

the Mountain Chalice



Unitarian Universalist Community of the Mountains

June 2018

UPCOMING SERVICES

Two Service Times on Sundays: 9:30 A.M. or 11:30 A.M.

Social hour is between the two services; either stay after the first service, or come early to the second one.

Religious education classes for children (K-5th grades) are offered during the 9:30 A.M. service, and classes for youth (6th-12th grades) are offered at 10:30 A.M.

Nursery care is available for both services.

JUNE THEME: BLESSING

What does it mean to be a people of blessing?

June 3 Blessed are We!
Rev. Kevin and the Congregation

NOTE: There is a single 10:30 a.m. Full Community (All Ages) Service this day, followed by an Interfaith Block Party!

As we draw near to the end of UUCM's fiscal year, when various leadership positions will change hands, we take time to express our gratitude for all who have been serving UUCM so generously with their time and talents.

AND THEN: after the service we will head outside to celebrate an interfaith block party with our religious neighbors! - Food trucks, music, a multi-congregation scavenger hunt... Come meet and connect to our neighbors.

June 10 Youth Service
UUCM Youth Group

Our UUCM Youth Group offers this service based on their new mural, the Principles of the Unitarian Universalist Association, and the youth's own insightful perspectives.

Saturday, June 16 Animal Blessing Service
Led by Rev. Kevin Tarsa, Carol Hyndman and Allison Rivers Samson
2:00 p.m.

The service will include readings, songs, blessings and species-appropriate treats. The humans will enjoy vegan snacks after the service. If your animal friend is shy and prefers to stay at home, you may bring a photo to be blessed. A favorite stuffed animal is also welcome. There will be an altar for photos or mementos of animal companions who have crossed the Rainbow Bridge. Cats and other small animals are best kept in carriers for their safety.

June 17 All Creatures, Great and Small
Rev. Kevin, Allison Rivers Samson & others

Albert Einstein wrote in a letter to a grieving father, "Our task must be to free ourselves . . . by widening our circle of compassion to embrace all living creatures." Just how far are we willing to extend that circle of compassion (named in UUCM's mission) to creatures other than humans? And why does it matter? Vegan refreshments between services.

June 24 To Be Announced
Worship Associate

Watch your email for an announcement about this service

July 1 A More Perfect Union...
Rev. Kevin Tarsa

"America never was America to me," wrote Langston Hughes in 1936, ". . . [it is] the land that never has been yet – And yet must be." What is "America" to you these days? And how shall we contribute to what it "yet must be?"

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Rev. Kevin Tarsa
UUCM Minister

From the Minister

WHAT DOES IT MEAN TO BE A PEOPLE OF BLESSING?

In one of our recent White Racial Literacy study group sessions we spoke of offering silent blessings to historically marginalized people we see, a silent blessing of goodwill and hope when more direct and mutual relating is not possible or invited in the moment, or when our desire to engage is more about meeting our own needs than about the wellbeing of the other person. I noted that such blessings, at the very least and perhaps most of all, affect those of us offering them.

I understand this kind of blessing as a thoughtful and heart-anchored expression of desire for the deep wellbeing of another. Like Ian Riddell's song inspired by the Buddhist Metta meditation – *"May I (you, all) be filled with loving kindness, may I (you, all) be well. May I (you, all) be peaceful and at ease. May I (you, we) be whole."* – this turning of our attention toward the well-being of another is a powerful invitation to reorient ourselves in ways that strengthen our compassion, open our hearts, and help us feel more deeply inter-connected.

A friend who is a Rabbi has spoken often to me of the myriad prayers and blessings encouraged in Judaism, such that prayer is continual throughout the day. There is a prayer upon waking, even before getting out of bed, prayers for before eating or before wearing new clothes, prayers to offer upon seeing anything unusual, prayers for whenever something good or bad happens, prayers for going to the bathroom, and and prayers to offer before going to bed. A person so engaged is continually orienting themselves toward mindfulness, attention, and their highest values, or, in the language of Judaism, toward G-d.

The practice of blessing others is a foundational spiritual practice for a community such as ours that seeks to love courageously. It can be practiced from within your own theological (or, if you prefer, non-theological) perspective and in your own language. It is a practice that calls us to deeper relationships with one another as well as with "others." It is a practice that we can call upon throughout each day. It is a practice that can change us. I invite you to it.

Yesterday I opened up this month's Soul Matter's packet, and lo, the first spiritual practice offered is the practice of offering

"secret blessings." I say that such blessings need not be secret, even when they are silent. At the very least, let yourself in on the secret. And maybe even voice those blessings directly to others, especially when gratitude is what you feel. Here, at the end of the congregation's "church" year, gratitude abounds as I look back.

May you be filled with loving kindness. May you be well. May you be peaceful and at ease. May you be whole.

– Rev. Kevin



Seeking Newsletter Editors

By Kevin Tarsa,
UUCM Minister

We are seeking organized and perceptive as well as eagle-eyed editors for this monthly newsletter, *The Mountain Chalice*.

Kathryn Young does beautiful work each month doing the design and layout. Now two kinds of editors would be helpful: 1) an editor who will attend to content, working with Rev. Kevin and congregation leaders to determine what needs to be included in each month's issue, contacting contributors, and gathering the content to give to Kathryn, and 2) a detail-oriented proofreader/editor to look over the drafts before they are sent out.

If you are, or might be, interested in either of these roles, please contact Rev. Kevin: minister@uugrassvalley.org or 231-883-1058.

REV. KEVIN'S SUMMER OFFICE HOURS

Rev. Kevin will be around much of this summer except for time away for General Assembly June 18-25, vacation July 12-23, and the UU Musicians Network conference August 1-5.

His office hours may get flexible over the summer, however. Call or email to make an appointment.

minister@uugrassvalley.org or (231) 883-1058

Board of Trustees



*Taylor Carey,
President,
UUCM Board of Trustees*

Thank you all for a very spirited and positive Congregational Meeting. Your votes in support of the new Board of Trustees candidates, for the Budget, and Bylaws amendments feel like powerful endorsements to continue developing and pursuing new and better ways to meet the needs of UUCM and to advance our Mission.

For reasons I cannot fully articulate, our meeting felt almost like a graduation ceremony. We have finally finished the transition from Rev. Meghan to Rev. Kevin. The preliminaries are over. The training wheels are off. We are ready to ride.

What seems like ages ago, the Congregation drafted a Ministerial Search Committee composed of Bev Lyon, Beth Freedman, Corrie Silva, Lindsay Dunkel, George Dunstan, Keith Johnson, and I to find us a new Minister. What a wondrous year that turned out to be, full of sometimes nearly unbearable pressure, tears, triumphs, and unalloyed hilarity, all culminating in the joyful calling of Rev. Kevin.

Not content to let the Search Committee members wander off to a well-earned rest, the congregation immediately drafted, Corrie, Beth, Lindsay, and George to serve on the Board of Trustees. At the end of her term, Corrie left and I came on, thrilled to serve with my old friends from the MSC and my new friends, Sandi Lauher, Yvonne Mills, Charlie Zimmerman, and Greg Fancher. When Greg and Yvonne left we bewitched Chuck Champlin into joining our ranks.

I am saddened to say goodbye to Beth, Lindsay, and George,

with whom I have served so long, and to Sandi, who has helped make this year so rewarding and productive. But, it is a sadness both leavened and alleviated by the happy anticipation of serving in the coming year with our incoming Board members, Karyn Packard, Jim Perkins, Dennis Weiher, and Maryann Currington. As they used to say in the old American Bandstand, "The hits just keep on coming!"

- Taylor

Nominating Committee



*Kathryn Young, Chair,
Nominating Committee*

UUCM Nominating Committee is pleased to present:

We are thrilled to have such a great group of people step forward to serve on the 2018-19 Board of Trustees and Nominating Committee. We are also grateful that we had a quorum, which meant that both the election and bylaws changes were voted in without a hitch!

2018-19 BOARD OF TRUSTEES:

- Taylor Carey, President
- Jim Perkins, Vice President
- Charlie Zimmerman, Treasurer
- Karyn Packard, Secretary
- Chuck Champlin, Maryann Currington & Dennis Weiher, Members at Large

A sincere thanks to my Nominating Committee co-members who all worked hard to search for members of our congregation who were good matches for the positions: Robin Hart, Melissa Ridgway and Dave MacLeod. It was a pleasure to work with these fine people, and I am excited to pass the torch to the next team. I know they will be excellent.

2018-19 NOMINATING COMMITTEE MEMBERS:

- Lin Jovanovic, Carmen Riley, Linda Siska
- Maya Knowles, Alternate

UUCM BOARD OF TRUSTEES

JULY 2017 - JUNE 2018

- | | |
|-------------------|-----------------------|
| Taylor Carey | <i>President</i> |
| Lindsay Dunkel | <i>Vice-President</i> |
| Charlie Zimmerman | <i>Treasurer</i> |
| Sandi Lauher | <i>Secretary</i> |

Members at Large:

George Dunstan, Beth Freedman, Chuck Champlin

Board of Trustees meetings are **NOW** held:
👉 **the third Thursday of each month at 5:15 p.m.** 👈
in the UUCM Channing Room.

UUCM members and friends are cordially invited to attend!
If you wish to address the board, please give two days notice
so the agenda timing can be adjusted.

Building & Grounds

Work Day Whirlwind

By Wally Holtan, Chair, Building & Grounds Committee

May's UUCM Work day was a resounding success. We had 13 volunteers who accomplished a lot. Rev. Kev, Bridget, George and Theresa worked in the yard on weeding and lawn control. (If you have not seen our beautiful yard you should take a look before the flowers are wilted.) The inside was handled by Gwen, Rene, Norah, mostly on installing new curtain rods and draperies on the sanctuary windows. Meanwhile, Jim was upstairs in R.E. putting doors on the cabinets in the back room. The three large garage units were cleaned by Steve and myself to get ready for displaying furniture during our yard sale on June 16th. Joel and Paul Elias worked at installing lights outside and upstairs in the kitchen. Additionally, Chris Hansen and Carol working tirelessly to install two of our new electric fans. They were there before we showed up and worked long after we left. This is a major electrical project and we are extremely grateful to them for devoting their time and effort.

You've probably noticed that our sanctuary project is moving toward completion. We have a little more painting to do and some wiring to make less visible. We appreciate all the time and energy of those who have worked hard to make this happen.

One of the tasks that Building and Grounds will be addressing is a new format regarding our operation. Look for these new organizational thoughts as they appear in emails and in the *Mountain Chalice* over the next few months.

Again, I will ask that if you think that this might be rewarding and fun, please give us a try. As spring continues and summer starts we will be needing a lot of help maintaining and keeping the outside in great shape. And as always there is always inside work and projects to accomplish. I hope to see you this month. We love meeting new people.



There are always plenty of chores to be done to maintain our historic building, and it's a great way to make friends while helping out!

Our next Building and Grounds workday is scheduled for 9:00 a.m. on Saturday, June 16th. Come on down!

Caring Committee

Caring Committee Update

By Anne Lyon, Chair, Caring Committee

We are a caring folk at UUCM, and it shows in so many ways. Our Caring Committee is always looking for ways to help our congregants who need a bit of love and support. We do so with confidentiality, so though we are a proud folk, prone to NOT asking for assistance, rest assured that Caring Committee concerns are private. Please let one of us know if you need a ride to the doctor or UUCM; an errand run; or a meal or three.

Our next monthly meeting will be at 4 p.m. on Tuesday, June 5th at UUCM. We welcome your interest!

CARING COMMITTEE

Anne Lyon, chair

Barbara Chesnut, Maryann Currington, Gwen Eymann, Robin Hart, Carol Hyndman, and May Lawrence

Committee meetings are at 4:00 p.m. on the first Tuesday of each month in the Anthony Room.

If you would like to reach out to members in need with rides, hot meals, home visits and more, please let us know.

Contact: Anne Lyon, (619) 933-1618
caring@uugrassvalley.org

Membership Committee

Social Events: Make New Friends, and Keep the Old!

By Claire Miller, Chair, Membership Committee

SATURDAY, JUNE 9, VALLEY MUSIC CONCERT #2

Our very own Rev. Kevin, Jordan Thomas-Rose and musical friends will be back for a second evening of delightful entertainment.

WEDNESDAY, JULY 4 - CONCERT AND FIREWORKS

Bring your own picnic supper and beverage, and join UU friends, old and new, for a lovely evening at the Nevada County Fairgrounds. There are entrance and parking fees.

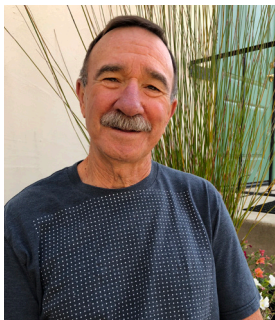
SEPTEMBER END OF SUMMER HOE DOWN

Date to be determined, enjoy an evening of fun, food, singing and fellowship, including a talent show and other entertainment (still to be determined)

Introducing our Newest Members

On May 20th, in a joyful and uplifting service, UUCM celebrated the New Membership of nine people. Our new members are: Sharon Walters, Elizabeth Fries, Brenda Morgan, Gene Gilligan, Kylah Rail, Claire Leve, Penny Harlan, Jim Olsen and Joanne Olsen.

A heartfelt welcome to all of you as you join us in living our mission. We are delighted that you are here. We present about half of our new members in this issue of the *Mountain Chalice*. Please look for the remaining four in our July issue.



GENE GILLIGAN

For the past 50 or so years, I have been a very competitive recreational runner. Running 5 or 6 days a week and racing at distances from 1500 meters to the marathon. I love running and wanted to share this joy as a coach. So I went to college as a 23 year old freshman. I discovered the love of teaching in college and

taught special needs students for 30 years. I also coached cross country for 13 years at Nevada Union. But all this fast running caused damage to my knee. I had several surgeries. At one of my first PT sessions my therapist said "From now on you need to carefully pick your miles." I took that as "You are going to have to change the priorities in your life."

So I started to focus more attention to my four daughters, three granddaughters and one grandson. Being more a part of their lives, family reunions, camping trips, white water rafting. Just being there for them. It's been great, but I'm still

active in our local running community, as a running coach for adults, and as a Race Director for the Daffodil Run and the NEO Challenge.



PENNY HARLAN

I was born in Sonora, California and attended school in the bay area. I married in 1959 and raised three children in Concord and Santa Rosa areas. I worked as a counseling secretary at Santa Rosa High School for 12 years, and did Compensatory Education for two years.

My husband and I retired to Grass Valley in 1989. Ten acres was a lot to maintain but we loved the freedom that enabled us to help raise our grandchildren and have dogs, cats, goats and chickens. Fifteen years later, I found myself looking for community involvement, and volunteered at Hospitality House cooking lunch for 5 years, also working with Grandmothers For Peace where I met wonderful, kind, caring people and learned about the Unitarian Universalist church.

I am happy to be a part of UU and look forward to serving the community and expanding my faith with like minded people that embrace the world with courageous love.



CLAIRE LEVE

I am a fourth generation Northern Californian with loving parents who always told us "Do what you love because if you do, you will do it well." I have learned later in my life that this was a great blessing and that not everyone has been so lucky to get this foundation.

I came to UUCM in May of 2016 because I was sickened by the "State of the Union" and wanted to find a loving, compassionate, active spiritually-based community to help bring sanity back to humanity's relationship and responsibility to life and the Earth. I am Christian and have been involved with Native American spiritual practices age seven, and have a minor in Native American Studies so I work actively with the seasons of the year and life. Here at UUCM I believe I have found a community based in Love from which hopefully I can contribute and thrive. I am not always comfortable with our differences but feel "stretching" to acknowledge, learn and grow from other perspectives rather than simply "tolerate others" with help me become more what I desire to be.

I live in Nevada City with my husband Gabriel. I have three

Membership Committee

grown children as does Gabriel so we have a small tribe!

I am an MD and anthroposophical doctor which means in addition to all my western medical training, I work from a perspective of seeing the human being as multifaceted with physical, life, soul, and spiritual needs with regard to health and illness. I have worked for decades with the intention to help empower women and their families regarding their will-being without turning ones' back on the resources and positive attributes of medicine and science.

My current passions include singing, rivers, universal access to quality healthcare, de-stigmatization and welcoming into the community those with severe persistent mental illness, and access to homes for the homeless in our community.

I enjoy hiking, whitewater kayaking and rafting, reading music, crafts, art, cooking, gardening and time with family and friends. Thank you for welcoming me into UUCM.



KYLAH RAIL

Hi everyone, I feel funny writing about myself, but if it helps us connect, I'm all for it!

I am a 33-year old queer person; I was raised in the Sacramento area by an astrologer and single mother. It has been about 17 years since I have called California my home, and

I am very grateful to be back. Most specifically, my partner and I moved here for the Yuba; I swear I think about swimming in her waters at least once per day.

I am interested in sincerity, deep listening, plants, multi-dimensional energetics/information/realities, the work of Dr. Michael Newton, kindness, MUSIC, healing with nutrition, dream symbolism, wandering around the woods, etc, etc.

I crave, and so enjoy, one-on-one conversations of the long and involved sort; I am more interested in sharing stories than I am in receiving opinions. I look forward to growing together as part of the UUCM community!



SHARON WALTERS

I've never written a bio before. I've never written a resume either. Never married, never had children – my god, where has the time gone! But I'm here, and I'm happy about it. I was born in San Francisco in 1948, and went across the Bay to UC Berkeley in 1966, where the anti-war

movement and the whole counterculture explosion were just taking off, and Governor Ronald Reagan regularly called out the National Guard against us unruly students.

After I graduated I went to New England to live for a few years with a sweetheart, but then returned for good to the Bay Area, doing odd jobs and living cheaply. The close friendships I made in this period are still my deepest emotional connections (after my two sisters). We began a writing/social group at that time that has met every two or three months for almost forty years.

The longest real job I ever held was managing the office for seven years in the 80's at the San Francisco bureau of *Newsweek Magazine*. This involved some reporting, when the correspondents were busy, and some bylines for me, which was fun.

After my father died, I helped my mother with financial and other paperwork and life issues until she passed away in 2005. I took over paperwork for the portion of an S corporation my parents left my sisters and me, and finally quit that a few years ago. I bought a house in Grass Valley when prices were low, and moved up here in 2015. What a wonderful place to live. I love it here!

Hospitality Team

Snack Teams for May

By Marilyn Young, Coordinator, UUCM Hospitality Hour

Every Sunday we enjoy snacks and refreshments along with socializing, between the two services - 10:30 until 11:20 a.m.

This month's schedule for contributing snacks:

June 3 - Block Party with Food Trucks... no coffee hour

June 10 - last names beginning with F to J

June 17 - last names beginning with J to R

PLEASE NOTE: As this service honors non-human creatures, we are asking for all refreshments to be vegan. (Using no animal-based foods.) If you need recipes or ideas, please email Allison Rivers Samson at: hello@allisonriverssamson.com

June 24 - last names beginning with S to Z

If you plan to bring a snack, please contact Marilyn Young (marilyny04@gmail.com).



Stewardship Committee

The Best Fund-Raising has an emphasis on Fun-Raising, too!

By Bob Miller, UUCM Fund Raising

Willie Sutton is supposed to have said that he robbed banks "because that's where the money is." UUCM has fund-raisers for the same reason.

There are several fund raising events at UUCM officially sponsored by our "Fund Raising" Team:

- Annual Auction
- Yard Sale
- Holiday Bazaar
- Two Valley Music Concerts – new this fiscal year.

In years past we have also sponsored Wine Tasting events. We have hopes of doing this again. Now and again fund-raisers will be initiated by other groups, with Board approval. We avoid having too many fund-raisers, knowing that members and friends are already very generous. Instead, we focus on a few major fund-raisers, especially those that are fun for the participants. We discourage other fund-raising suggestions. A fund-raiser needs to generate several thousand dollars to be worthy the effort it takes to put on. (We apologize to the Girl Scout cookie vendors and Ms. Jones 2nd grade class's magazine subscriptions sale.)

Many have expressed the hope that fund-raisers should be in support of outside organizations. We look forward to UUCM reaching the financial stability and flexibility to do this. We are excited by the prospect of running fund-raisers for external organizations when pledge income is sufficient to support the operating budget. An auction in support of, say, Hospitality House would generate a lot of enthusiasm.

There is not a fixed fund-raising committee. We find a home currently on the Stewardship Committee. A project team is established for each event.

We hope that fund-raising events provide benefits as well as raising money. This is certainly true of the Valley Music concerts that are great musical events. In the last two years we have celebrated St. Patrick's Day and Cinco de Mayo as part of the Auction event. The evenings were entertaining. The auction also generates many opportunities for members to interact in small groups, such as dinners, hikes, workshops and so on.

You can support UUCM's fund-raising by volunteering to help on a project team, attending the events and, as Willie Sutton would say, "spending money."

UUCM Yard Sale Needs Your STUFF– Saturday, June 16th

*By Bob Miller, Member,
Stewardship Committee*

In response to several requests from folks with items to donate, UUCM will be holding a yard sale on Saturday June 16th. Please save the date and your stuff. We have some space in a UUCM garage to store items for sale. Contact Bob Miller to arrange access to the garage.

Smaller items can be dropped off in the UUCM Admin office. More details to come nearer to the event. Volunteers who are able to help please apply now. Contact Bob Miller:
bob@sierramiller.com 530-205-5047



Don't Miss our Spring Valley Music Concert on June 9th

Those of you who attended the first Valley Music concert in November will certainly want tickets for this second concert in June.

Tickets are available on-line via <http://www.ugrassvalley.org/event-items/valley-music-spring-concert/> or <https://www.eventbrite.com/e/valley-music-tickets-46079918276> but you can save UUCM paying the commission by purchasing them after the services on Sundays or from Carol in the office. There is flexibility in the ticket pricing for members and friends on limited budgets.

Please see more details about the concert on the flyer following.



VALLEY MUSIC

SPRING CONCERT

Saturday, June 9, 2018

6:30 Reception | 7:00 Concert

\$25

No Host Bar & Light Refreshments

For tickets, call 530.274.1675 or visit www.uugrassvalley.org

An evening of music with family and friends

"Musical offerings range from Celtic to Classical, from Schubert to Sing-along, from Piano 4-hands to all hands on deck! Piano, voice, flute, trumpet, cello, guitar...and you."

• I N C L U D I N G •

Jordan Thomas-Rose, Piano & Voice

Rev. Kevin Tarsa, Piano & Voice

Michael Bankston, Trumpet

Janet Bullock, Voice

Kate Canan, Flute

Taylor Carey and Kathryn Young, Guitar & Voice

Karyn Packard, Piano

Conrad Sisk, Cello

Julie Tillinghast, Soprano

Tom Wernigg, Original Songs

vocal ensemble directed by Jordan Thomas-Rose

Hosted by the Unitarian Universalist Community of the Mountains
246 South Church Street | Grass Valley | 530.274.1675

Social Justice News and Activities

Social Justice Committee Needs Help with a Few Simple Tasks

By *Stu Chuang Matthews, Chair, Social Justice Committee*

We are looking for volunteers for any and all of the following. Each task should only take about an hour or two each month. This is a perfect opportunity to step up and make a difference without a huge commitment of time. Can you help? We need...

1. Someone to post a monthly flyer on our front bulletin board about that month's Pass the Plate recipient.
2. Someone to write a brief monthly blurb for *Mountain Chalice* about month's Pass the Plate recipient
3. Someone to write a weekly blurb about local social justice opportunities for *eChalice*

Local Volunteer Opportunities

By *Keith Johnson, Member, Social Justice Committee*

The Social Justice Committee encourages all members and friends to volunteer for justice work with local non-profit organizations. UUCM'ers are already doing outstanding work for the following groups. Please read the brief description of the group and the volunteer help that is needed, and if you are moved to do so please contact the UUCM contact person to volunteer. The contact person will have further information about the organization and may suggest other volunteer opportunities. If you would like to recommend other service organizations to be included, or if you wish to join us on the Social Justice Committee, please contact committee chair Stu Matthews (530-362-8456).

ANIMAL PLACE, SAMMIE'S FRIENDS SHELTER, GRASS VALLEY SHELTER

Animal Place cares for rescued farm animals. Sammie's Friends and the Grass Valley Animal Control Shelter care for rescued pets. All three of these organizations need help feeding, cleaning, walking, and socializing with animals.

Sammie's Friends' contract with Nevada County expires on June 30, 2018. They must submit a new proposal to renew the contract. Sammie's has done a great job of running the shelter. They have a great foster program, adoptions are up, they help with medical needs and food for pets whose caretakers are in need. Contact Carol Hyndman (530-477-0693).

HABITAT FOR HUMANITY

UUCM makes lunches for Habitat workers on the second Wednesday of each month at 11 a.m. at the church. Contact Keith Johnson (530-265-0277).

HOSPITALITY HOUSE

Hospitality House manages and operates Utah's Place, the local homeless shelter. Hospitality House needs help in three program areas:

UUCM purchases, prepares, and serves dinner to our guests at Utah's Place on the third and fifth Fridays of every month. Contact Wally Holtan (530-559-0050).

Hospitality House manages the Bread and Roses Thrift Store and help is needed in all aspects of store operation. Contact Cassandra Holdeman (530-575-4428).

Utah's Place needs volunteer monitors. Contact George Dunstan (530-205-8159).

IFM

Interfaith Food Ministry provides food at least two times per week to those in need. Currently they need both drivers and packers. Contact Anne Lyon (619-933-1618).

SIERRA ROOTS

Sierra Roots is a local homeless advocacy group which requests assistance in operating a cold weather shelter and their one-on-one advocacy program. Contact Keith Johnson (530-265-0277).

SYRCL

The South Yuba River Citizen's League is dedicated to preserving and protecting the South Yuba River. Volunteer opportunities include river monitoring, becoming a river ambassador, and clerical support. Contact Keith Johnson (530-265-0277).



Sandwich assembly line for making lunches to support Habitat for Humanity volunteers. Join us the second Wednesday of each month at 11:00 a.m.

Community Connections – Social & Spiritual Activities

Women's Circle in June: Mediterranean/Middle East Potluck MONDAY, JUNE 11, 2018, 6:00 P.M. AT ROBIN HART'S HOME

This month the UU Women's Group will be exploring the tastes of the Mediterranean and Middle East at the home of Robin Hart. Robin and her BBQ chef husband Chuck will be grilling Chicken Koobedah kabobs on the BBQ and will have a large pot of flavored rice to go with it. Please sign up for side dishes such as a Greek salad, hummus platter, pita bread, baklava and any other food items that will spice your imagination.

Contact Robin at 530-271-7121 or rhstarbird@gmail.com with questions. RSVP to the Women's group email list to let everyone know what menu item you will be bringing, and if you need a ride or can drive. (We'll carpool over to Robin's.)

All UUCM women (and friends!) are invited to any Women's Circle gathering. If you are not on the Women's Group email list, please contact Kathryn Young, or send an email to Carol Fulkerson at: admin@uugrassvalley.org and she will add you. Then you'll get monthly updates and reminders of our upcoming meetings.

Singing Meditation FIRST THURSDAYS, 7:00-8:30 P.M.

Singing Meditation is an interfaith spiritual practice in which singing and shared silence alternate in a deepening rhythm. The songs and chants are drawn from a variety of religious traditions, and participants are invited to bring song ideas. The music is taught as we go.

The Singing Meditation Circle is open to all. We will be glad for your presence, your voice, your heart, your spirit.

Drop-In Support Circle SUNDAYS FROM 10:50 UNTIL 11:25 A.M. IN THE ANTHONY ROOM ANNEX

We have found our new designated space in the "library annex" to be cozy and intimate. Please join us if you would like a safe, confidential place to share your feelings about life's challenges and give support to others.

The group normally meets every Sunday, 10:50-11:25.
NOTE: We will not meet Sunday, June 3rd as there is only one 10:30 a.m. service, followed by an Interfaith Block Party.

Circle Facilitators: (rotating) Janet Bullock (530-477-8760, janetbullock41@gmail.com), Corrie Silva, Tom Wernigg, and Penelope Williams.

Humanism Discussion Group WEDNESDAY, JUNE 6 10:30 A.M. TO 12 P.M. IN THE CHANNING ROOM By George Dunstan



Our topic for the June meeting is Inequality. Dave Macleod suggested the topic and offers the following thoughts and readings:

"I've winnowed my selections for Humanism readings on inequality down to four short articles hoping they will be good stimulation for discussion. There are lots of ways to approach the topic including economics, psychology, philosophy and even epigenetics. And of course we should explore how Humanism itself looks at inequality. I hope others are as stimulated as I am. I find the issues and various approaches fascinating."

<https://www.independent.co.uk/news/science/depression-anxiety-genes-epigenetic-changes-dna-poverty-a7047201.html>

<https://www.princeton.edu/news/2013/08/29/poor-concentration-poverty-reduces-brainpower-needed-navigating-other-areas-life>

<https://www.bloomberg.com/quicktake/income-inequality>

<https://www.economist.com/democracy-in-america/2017/09/08/the-cost-of-the-american-dream>

For those of you who might be interested in further readings on Inequality Dave says he has 18 additional articles relevant to the topic and he can be reached at dhmacleod@sbcglobal.net.

I look forward to seeing you on June 6th for our usual lively discussion.

For further information, or to be added to the Humanism Discussion Group email list, please contact George Dunstan (530-477-7635 or gvgeode@gmail.com).

Meditation Group

Tuesday mornings at 9, a self-directed group of congregants meets for an hour of meditation in the Sanctuary. Enjoy a time of inner peace and reflection with others. For more info: Shelley North Gerson, 272-8930, shelley10493@gmail.com.

Community Connections – Social & Spiritual Activities

Men's Groups

On Wednesday mornings, 8:30 – 10:00 in the Channing Room, and on Thursday mornings at What's Up? Coffee, (1110 E Main St., Grass Valley), men gather to enjoy each other's company and discuss the issues of the day or whatever takes their fancy, in an open and free-flowing way.

Recovering Spirit

2ND AND 4TH WEDNESDAYS,
10:30 A.M., ANTHONY ROOM ANNEX

Like all addictions, (Fill in the blank) kills the spirit.

There's a reason the Indigenous Elders of long ago referred to alcohol as, 'Spirits.'

Individual addictions often cover a wide range of behaviors that far exceed the use of drugs and/or alcohol. Not only is an addiction capable of depriving individuals of spiritual growth; just as often it breaks individual spirit as well.

This is not a Twelve Step program, nor is the goal to fix or offer counseling, but a quiet gathering for honest sharing and gentle fellowship. No matter what stage of recovery you find yourself, please feel welcome to come together in a confidential setting where we safely explore the many challenges of addictive behavior that distract from the sense of the spiritual.

For additional Information: Carmen Riley (530-272-2803)

Animal Blessing Service

Saturday, June 16th at 2 P.M.

By Carol Hyndman, Member, Social Justice Committee

UUCM will offer a blessing of the animals on Saturday, June 16 at 2 P.M. in the sanctuary, led by Rev, Kevin Tarsa, Carol Hyndman and Allison Rivers Samson. All are welcome.

If your animal friend is shy and prefers to stay at home, you can bring a photo. A favorite stuffed animal is also welcome. There will be an altar for photos or mementos of animal companions who have crossed the Rainbow Bridge. Cats and other small animals are best kept in carriers for their safety.

We will enjoy vegan snacks after the service. If you would like to bring something vegan and need ideas or a recipe, please email Allison Rivers Samson at allison@allisonriverssamson.com.

For any questions call Carol Hyndman at 477-0693 or email at countrycattery@gmail.com.



Rev. Leisa Huyck Seeks Affiliation with UUCM as Community Minister

Have you ever heard of community ministry? Community ministry is when an ordained minister serves the world instead of just one

congregation. Community ministers are chaplains, activists, therapists, teachers, social workers, leaders of nonprofit organizations, social entrepreneurs, and more. Whatever their ministry, it is important for community ministers to ground their service in their theology, spirituality, and community. In Unitarian Universalism, community ministers affiliate with a local congregation so they can do this well.

Affiliation involves making a covenant with the congregation. The covenant provides for beneficial mutual exchange and a clear understanding of how the community minister fits into the life of the congregation. The community minister is never the parish minister, but rather is one of the ministers of the congregation, whose ministry is one way whereby the congregation fulfills its mission in the world. The covenant is therefore a deep spiritual commitment between congregation and community minister.

Rev. Dr. Leisa Huyck, one of our members, is a UU community minister who would like to officially affiliate with UUCM. Rev. Leisa is called to help our culture make the spiritual transformation we need in order to live on our beautiful blue-green planet sustainably, with love and justice for all. She has an entrepreneurial community ministry called Viriditas Ministries, which you can find online at viriditasministries.org. The mission of Viriditas Ministries is **"Healing the heart, nourishing the spirit, and greening the world—with the power of love."**

The Board and Rev. Kevin will be working with Rev. Leisa this summer to discern together the details of what this welcome affiliation with UUCM might look like.



A few members take to the streets to represent our UU Community to the larger community we share.

Full Community Education

Religious Exploration

By Lindsay Dunckel, Co-Chair,
Religious Education Visioning Team

The month of June brings many blessings for us to explore with the children. The youth will be preparing for a youth-led Sunday service on June 10, organized around the theme of the seven principals which are so beautifully presented in the mural they created this year in the teen room. In the PreK classroom, Alexas will be leading the children in exploring the blessings of the world with their five senses and reading stories about Ramadan and flowers. In the Elementary classroom, the children and their teachers will explore three different holidays and the blessings they mark: Juneteenth, Ramadan, and Summer Solstice. They'll be making date rolls and sunburst art and doing a lot of laughing along the way, I'm sure!

Curious to get to know our fabulous youth? Adults are always needed to join in the Brunch Bunch trips - walk to Summer Thyme's and enjoy conversation with the youth and one of the teen group teachers. Volunteers always welcome - contact Rene Wiley at renemarie@gmail.com.

Parents of children in middle school might want to check out the MUUGS webpage, which describes the summer camp opportunity in July and the first weekend retreat for middle school UUs, August 17 & 18 in Santa Rosa. More information here: <http://www.pcdmuugs.org/the-ministry.html>

Interested in brainstorming what our Religious Exploration program should look like for next year? Join us at our summer retreat in July! Let co-chairs Rene Wiley (renemarie@gmail.com) or Lindsay Dunckel (lindsaydunckel@gmail.com) know you're interested and we can include you in the date planning. No strings attached - we'd just love to have your input and ideas!

Find Out What's Happening!

Please "like" and join our RE at UUCM Facebook page in order to encourage more of the youth and families to be in the know of what is happening at UUCM.

Like us at: <https://www.facebook.com/groups/REatUUCM/>



6th to 12th Graders:
You are invited to come to the

UUCM BRUNCH BUNCH

WHEN: Second Sunday of each month

WHERE: Meet in the UUCM Entry at 10:25 a.m.

WHAT: Walk to a Grass Valley restaurant for breakfast with other youth!

COST*: Depends on what you order!

WHY?:

- Get to know other UU youth
- Have *authentic* conversations about things that matter
- Explore monthly themes such as: *Hope, Intention, Perseverance*

...and have FUN!

* Financial assistance available... please talk to Rev. Kevin



Soul Matters Circles will Begin Again in September

Soul Matters Circles are small groups of eight to ten people that meet for two hours each month for 10-12 months to build meaningful connections and to explore in greater depth our monthly themes. The core

purpose is to create a formative space of acceptance and courage in which circle members can explore their deepest values and inner voice, helping each other to become the people they most want to be.

Soul Matters Circles invite members not only to talk and think about the monthly theme, but also to experience the theme, offering optional spiritual exercises to explore each month. Circle members receive a packet of readings, quotes, questions, suggestions for movies, music and books on the themes, food for personal reflection as well as the shared conversation. In the course of the year, each circle chooses and undertakes a service project in the congregation or the wider community.

Current Soul Matters Circles are finishing up this summer. New Circles will form in September. Watch for information about opportunities to sample a circle experience, and contact Phil Hart with questions and/or to express interest in joining a Soul Matters Circle in the fall: 530-272-6870.



Food for Thought and Reflection from Soul Matters

What does it mean to be a people of blessing?

A Soul Matters facilitator once shared, "I guess after plan A fails, I need to remember there's still a whole alphabet out there." It's not just our friend who needs help remembering that there's a whole alphabet out there; it's all of us. We all get stuck in wanting things a certain way. We all, at times, focus so intently on the few things going wrong that we completely miss the dozens of things going right. Tunnel vision too often takes over our days.

For Unitarian Universalists, this is the central tragedy of the human condition. We respect those who frame the human problem as sin or twisted wills, but it's nearsightedness that our religion is most worried about. Which is also why blessings are so central to our faith. They are, for us, a way of widening our view.

Unlike some of our brother and sister religions, we don't say a lot of blessings. Instead we point to them. For us, blessings are not something we give to each other as much as they involve us helping each other notice all that's already been given to us. And it's not just about widening our view to see the gifts themselves; it's about widening our understanding of life.

Pointing to blessings repairs our relationship with life, allowing us to see it as generous not threatening, full of grace-filled surprises not dominated by a cold indifference.

And there's a lot at stake when it comes to this wider view. When the world seems stingy to us, we are stingy to others. Those who feel blessed have little trouble passing blessings on. Our tradition takes this calculus seriously. As UU minister, Rev. Don Wheat, puts it "The religious person is a grateful person, and the grateful person is the generous person." In short, by noticing our blessings, we become a blessing.

So this month the question in front of all of us is not simply "Do you notice the blessings surrounding you?" It's also, "How are the blessings in your life leading you to bless others?" That "whole alphabet" out there doesn't just happen on its own; we add to it. Blessings don't just fill us up; they cause us to overflow. Life spills into us and we spill into others. In other words, blessings don't just enrich us; they connect us. And maybe that is the greatest blessing of all.

June 2018 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
JUNE 2018			
3	Sunday	First Sunday - Bring Food for People & Pets 10:30 11:45	Full Community Service Interfaith Block Party Outside
5	Tuesday	9:00 9:00 9:30 5:00	Morning Meditation Walking Group - meet at UUCM Membership Committee Meeting Caring Committee Meeting
6	Wednesday	8:30 10:30 12:30 2:00 4:30 5:00	Men's Group Humanism Discussion Group Committee on Ministry Meeting Governance Transition Committee Youth Music (Beginner) Youth Music (Advanced)
7	Thursday	8:30 9:00 7:00	Men's Group - What's Up Coffee Walking Group - Meet at UUCM Singing Meditation Circle
9	Saturday	daytime 6:30 7:00	Concert Rehearsal Valley Mountain Concert Reception Valley Mountain Spring Concert
10	Sunday	9:30 9:30 10:40 10:50 11:30	Youth Group Sunday Service Classes for Children Social Time & "A Board Member Is In" Drop-in Support Circle Youth Group Sunday Service
11	Monday	6:00	Women's Circle Offsite Potluck
12	Tuesday	9:00 9:00	Morning Meditation Walking Group - meet at UUCM
13	Wednesday	8:30 10:30 11:00 4:30 5:00	Men's Group Recovering Spirit Habitat for Humanity Lunch Prep Youth Music (Beginner) Youth Music (Advanced)
14	Thursday	8:30 9:00 10:30 5:30 6:30	Men's Group - What's Up Coffee Walking Group - Meet at UUCM Writers' Group Social Justice Night Worship Committee Meeting
15	Friday	4:00	Dinner Preparation at Utah's Place
16	Saturday	7:00 2:00	Yard Sale Animal Blessing Service
17	Sunday	9:30 9:30 10:40 10:50 11:30 12:45	Sunday Service Classes for Children Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service Religious Ed Visioning Team Meeting

DATE	DAY	TIME	EVENT DESCRIPTION
18	Monday	9:00	Mountain Chalice Submissions Due
19	Tuesday	9:00 9:00 4:00	Morning Meditation Walking Group - Meet at UUCM Global Affairs Discussion Group
20	Wednesday	8:30 4:30 5:00	Men's Group Youth Music (Beginner) Youth Music (Advanced)
21	Thursday	8:30 9:00 5:15 5:30	Men's Group - What's Up Coffee Walking Group - Meet at UUCM Board of Trustees Meeting Social Justice Committee Meeting
22	Saturday	8:00	Building & Grounds Work Party
24	Sunday	9:30 9:30 10:25 10:40 10:50 11:30	Sunday Service Classes for Children Brunch Bunch for Youth Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service
26	Tuesday	9:00 9:00	Morning Meditation Walking Group - Meet at UUCM
27	Wednesday	8:30 10:30 4:30 5:00	Men's Group Recovering Spirit Youth Music (Beginner) Youth Music (Advanced)
28	Thursday	8:30 9:00 10:30 5:00	Men's Group - What's Up Coffee Walking Group - Meet at UUCM Writers' Group Vegan Potluck
29	Friday	4:00	Dinner Prep at Utah's Place

JULY 2018

1	Sunday	First Sunday - Bring Food for People & Pets 9:30 9:30 10:30 10:40 10:50 11:30	Sunday Service Classes for Children Youth Group Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service
3	Tuesday	9:00 9:00 9:30 1:00 5:00	Morning Meditation Walking Group - meet at UUCM Membership Committee Meeting Developing White Racial Literacy Caring Committee Meeting
4	Wednesday		Independence Day Holiday Church Office Closed



Unitarian Universalist Community of the Mountains

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Telephone: 530.274.1675

Website: www.uugrassvalley.org

Two Sunday Services: at 9:30 A.M. and 11:30 A.M.

Office Hours: Monday through Friday, 8:30 A.M. - 12:00 P.M.

Rev. Kevin Tarsa Office Hours:

Tuesday: 10:30 A.M. - 12:30 P.M.

Wednesday: 4 - 6 P.M.

Thursday: 11 A.M. - 1 P.M.

UUCM STAFF MEMBERS

Reverend Kevin Tarsa, *Minister*

Carol Fulkerson, *Office Administrator*

Jordan Thomas-Rose, *Music Director*

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