

the Mountain Chalice



Unitarian Universalist Community of the Mountains

October 2018

UPCOMING SERVICES

Two Service Times on Sundays: 9:30 AM or 11:30 AM

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 AM service, and classes for youth (6th-12th grades) are offered at 10:30 AM

Nursery care is available for both services.

OCTOBER THEME: SANCTUARY

What does it mean to be a people of sanctuary?

Sanctuary speaks to the universal longing for a space to retreat from the dangers and depletions of the world.

As we dig deeper, we are reminded that the sanctuaries in our lives do more than simply protect us. They also send us. They don't just help us heal from our journeys; they also strengthen us for the new journeys ahead. In their fullest, they are not escape houses as much as fueling stations. They don't just whisper "Come and rest," but also "Be filled and go!"

How might we create, restore, receive and offer sanctuary?

October 7 In the Shelter of Each Other

Lindsay Duncel, Rev. Kevin Tarsa and all

During the Jewish festival of Sukkot, simple booths or huts are built and used, representing the huts in which the Israelites dwelt during their 40 years of wandering in the desert after escaping from slavery in Egypt. Weaving the stories of Sukkot with UUCM's history of offering shelter, we will kick off our theme of "sanctuary" by exploring both the sanctuary we seek and the sanctuary we can offer.

October 14 Not the Opposite of Life

Rev. Leisa Huyck

What if death is not the opposite of life, but a necessary part of it? How can facing death without flinching help us live our lives more boldly? This service will explore these questions and more, and will be followed on Oct.ober 20 with a 2-hour workshop that will delve into even greater depth, helping you release your fears of death.

October 21 To Be Like a Tree

Rev. Kevin Tarsa and Holly Rice

As a religious community committed to compassion and justice, we are called both to offer sanctuary to the wounded and suffering in our midst, and to draw on that sense of oasis and harbor to prepare us to take our courageous love out into the world.

October 28 Rituals of Remembrance

Wendy Wernigg, with Rev. Kevin Tarsa

Anticipating November's theme of "memory," we will begin this service with an annual ritual of remembrance for all ages, calling to mind and heart our loved ones who have died. **You are invited to bring photos and mementos of those you want to remember.** Then, Wendy Wernigg will offer the sermon she prepared in last spring's Lay Sermon Seminar, "Finding Comfort in Ritual," a reflection on death rituals and comfort.

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Rev. Kevin Tarsa
UUCM Minister

From the Minister

REV. KEVIN'S OFFICE HOURS

Tuesday	11:30 AM - 12:30 PM
Wednesday	4:00 PM - 5:30 PM
Thursday	11:30 AM - 1:00 PM

Other times by arrangement.

Please call or email Rev. Kevin to make an appointment.

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

I am appreciating the insight offered by the creators of our Soul Matters materials this month: that sanctuaries in our lives "don't just help us heal from our journeys; they also strengthen us for the new journeys ahead."

Serving as a spiritual and emotional oasis is an important part of our ministry, as many seekers arrive at Unitarian Universalist congregations in the midst of challenging life circumstances. I have met many wounded souls at our doorways: people disillusioned and wounded by life, families, partners, and/or a religion that was once home but that failed them in a time of need; people facing losses of loved ones, of love, of jobs, of purpose, of community, and of hope.

I have also witnessed those same persons' gradual healing as their injuries and hearts were held and salvaged with kindness, care and openness, and as they drew upon their own renewed or new-found strengths. Upon finding their footing, they would look again and anew to the road before them. Then, unless the congregation had more to offer than its service as a wayside hostel for the wounded, I watched those persons move on from the congregation as their hearts and their spirits sought something more, something beyond sanctuary for themselves.

We who make UUCM our home are called to help UUCM be the most healing oasis and sanctuary it can be for us and for others, and at the same time we are called to make UUCM an empowering base camp that sends its members out into the world as wayfinding agents of compassion, justice, and love. We are called to serve as a sheltering, well-stocked base to which members know they can return again and again to have their new wounds bound and salvaged, to warm themselves, to receive news and nourishment and to regain strength before heading out once more.

UUCM must be both shelter and launch pad, and those of us who remain over the years will likely find ourselves cycling from one to the other of those aspects many times, often drawing upon both simultaneously and in continually varying proportions.

Wherever you are in your cycle, may this congregation serve you well, and vice versa.

- Rev. Kevin

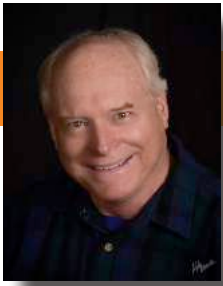
Come to our Brainstorming Party on the theme of "Mystery"

Join us for refreshments and playful, open-ended, creative brainstorming on the theme of "mystery" from 12:30-2:00 PM on Wednesday, October 10, at the home of Wendy Wernigg. Create a pool of possibilities for use in our December services – symbols,

stories, images, associations, thoughts, readings, poems, music, songs, activities, rituals. Contact Wendy Wernigg to RSVP and to get directions: wendyepgirl@gmail.com or 530-273-4503



Board of Trustees



Taylor Carey,
President,
UUCM Board of Trustees

REACHING OUT FOR CLARITY

The Board of Trustees has identified "Outreach" as among its highest priorities for the year. It sounds nice but is not without issues. First, what do we mean by outreach and, second, whose job is it?

The answers are more elusive than they appear. It turns out that the concept of reaching out has more colors than a chameleon. Are we reaching out to our congregation or to the greater community? Who benefits? What's the role of our Mission? What do we want to accomplish? Oh, and who are "we" anyway?

Under our new and ever-evolving governance model, those aspects of church life that people commonly associate with a denomination fall under the responsibility of the Ministry. Since our founding, however, the lines of responsibility at UUCM have been blurred, some falling to the Minister and some to the Board with no clear lines of direction or demarcation. We are working to change that. Using it as a representative example of anticipated challenges, under our new model, outreach, whether internal or external, falls most naturally under the auspices of the ministry. (Today we are talking about outreach. Tomorrow it may be something else.) At our September meeting the Board and Rev. Kevin wrestled with what this means and how it plays out.

We all agreed that the subject matter fell within the Ministry. We also agreed that the Board's interests were legitimate. But though legitimate, they were poorly defined. Kevin was and is perfectly willing to take them on, but needed us to define for him what we were actually seeking which introduced us to a pivotal phase of the process: finding clarity.

So this is how it will go. We are not stumbling in the dark, but we are treading a vague path in dim light. The components and characteristics of each change and whether to assign one to the Board and the other to the Minister may not be known until we are confronted by an opportunity to address it. We are going to learn by doing and making mistakes, and often as not, correcting them with more mistakes. The Eureka! moments will come and we'll be better for them. This time we addressed probably the most classic example of one body stepping back to let its successor step forward. The next one might be more subtle. It's fun to fix things.

THE CHALLENGES OF LIVING OUR FIRST PRINCIPLE

I feel that I would be remiss were I not to mention the battle over the next Justice of the Supreme Court. The heat is on and one is hard pressed to enter the discussion without raising one's voice and blood pressure. But that's not what I'm talking about.

What I've found interesting (I already know my thoughts on the nominee's fitness for the Court, and have since his name first surfaced) is the chance to apply our First Principle, "The inherent worth and dignity of every person," to my understanding of the unfolding story. More precisely, I've watched that principle shredded over and over as one revelation succeeds another. It is possible to achieve a thoughtful analysis without vilifying one's opponent but as is often said of those seeking the benefits of psychotherapy, you have to want to. Is it just me or does it seem that one side wants to more than the other?

COME TALK TO YOUR BOARD MEMBERS

Look for your UUCM Board of Trustees after services on Sundays. We are designing new name tags that will help you identify us. We are always delighted to hear your ideas, answer your questions, and get your feedback about UUCM. We are here to serve you and look forward to a conversation with you.

- Taylor

UUCM BOARD OF TRUSTEES

JULY 2018 - JUNE 2019

Taylor Carey	President
Jim Perkins	Vice-President
Charlie Zimmerman	Treasurer
Karyn Packard	Secretary

Members at Large:

Chuck Champlin, Maryann Currington & Dennis Weiher

Board of Trustees meetings are held:
the third Thursday of each month at 5:15 PM
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.

Membership Committee & Hospitality

Updates from your Membership Committee

By Claire Miller, Chair, Membership Committee

There is a lot going on at UUCM as we welcome back from vacations/ travel/ summer goings on, old friends and new to the new church year.

PATH TO MEMBERSHIP -

Several of you have already said that you are very interested in becoming a Member of UUCM this fall. The process will be slightly different than in the past, but the key milestones remain:

- Attend one of the "Meet the Minister" events – after the service on 1st Sundays of the month
- Let the Membership committee know that you are interested. (Talk with Claire Miller, chair of Membership, or any of the ushers.
- Talk with Rev. Kevin about Membership — the privileges and responsibilities.
- Plan to attend one of the "Small Group Dinners" with Rev. Kevin, someone from Membership committee, and a few other interested new people. These will be casual events – part social, part informational - to help you feel more at home at UUCM. Talk to Claire Miller for details.
- Plan to attend the next "Intro to UU" class on Saturday, November 10th from 9:00 AM until 2:00 PM. This workshop is a time to learn more, to get questions answered, and to experience time with others who are in a similar point in their spiritual journey. It will be a fun day together!

Hospitality Team

Snack Teams for October

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 AM

This month's schedule for contributing snacks:

- October 7 - last names beginning with A to E
- October 14 - last names beginning with F to J
- October 21 - last names beginning with J to R
- October 28 - last names beginning with S to Z

If you plan to bring a snack, please contact Marilyn Young (marilyn04@gmail.com).

Social Events for All: Save the Dates!

By Brenda Morgan

Here are a number of activities for anyone and everyone who is interested in getting to know other UUCMers better, and getting out and having some fun. All ages are welcome.

SALAD SUNDAYS -

SECOND SUNDAY OF OCTOBER

After the second service, we'll have a casual Salad Potluck Lunch where we'll eat and have conversations with other UUs and friends.

OPEN MIKE NIGHT - SATURDAY, OCTOBER 13

Calling all UUCM Talent! Polish up those tap shoes, pull out that accordion, or flute, or kazoo, practice that skit or stand up routine! We're having an All Ages, All Talent Open Mic Night, Saturday October 13, 6 PM to 8 PM, in the Sanctuary. Each act will be given 5-10 minutes and all are welcome to come and entertain or be entertained. Signup by October 1 by emailing a short description of your act and approximately how many minutes you will need to perform, to Brenda Morgan (bren2go@gmail.com) (text/call at 916 869 5794). Light refreshments are also needed for the evening if you would like to bring a snack.



VALLEY MUSIC FALL CONCERT - NOVEMBER 3

Reverend Kevin, Jordon Thomas Rose (and friends!), and maybe a surprise or two, will again be presenting an evening of refreshments, entertainment, sing-alongs, and fun. Mark your calendar.

Reception at 6 PM • Concert at 7 PM

Watch your E-Chalice for ticket sale information!

THANKSGIVING DAY DINNER - 1:00 PM - NOVEMBER 22

Share the bounty of a wonderful pot luck meal, with turkey and all the trimmings. All are welcome. There will be a sign up sheet closer to the date.

CHRISTMAS DINNER – 1:00 PM ON TUESDAY, DECEMBER 25

Another potluck feast. All are welcome.

Circle Suppers Coordinator Needed

We would like to continue these popular potlucks in members' homes, but we need someone to take on organizing them. If you would like to help, please let Claire Miller know that you are interested.

Contact Claire Miller, truckeeclaire@yahoo.com if you have any questions about membership, or are interested in joining the committee.

Building & Grounds

September Workday Adventures

By Wally Holtan, Building & Grounds Committee Chair

The September UUCM Work Day started out great. I arrived to find almost 20 people hanging at UUCM and I thought: "Wow, what a day we will have!" Of course, darn, many were waiting for the river clean-up at Wolf Creek. Actually, we had a very good day though. Nine volunteers showed up to help with UU maintenance and projects. René Wiley and Anita Wald-Tuttle painted the sanctuary screens so they will blend in better. George Dunstan and Jim Wiens worked on installing window shades on the front two windows. I hope you enjoy the light show they give as the sun moves around. They also repaired the pulpit, which was scratching the floor, as well as the ugly scratches it left behind. A light socket was replaced, and the glare from the front chandelier was toned down so it is not so annoying from the back of the sanctuary. I would like to offer a special thanks to Mary Cahill who vacuumed and cleaned the chairs all by herself. That was the one task I did not think we would get done that day.

Outside, Carmen Riley, Bridget Brackley and Gwen Eymann worked for three hours to weed the backyard and garden area, trim the juniper in back, and check the watering and the many other things they always do. I put up information and directional signs around the church to help our newer people find their way around the building. We are starting with paper signs to see how it works and would appreciate your feedback. You can talk to me or to Kathryn Young if you have some suggestions for other signage needed, or for clearer wording on the ones we have just made.

As always, we can use help with these work days. We would enjoy having you give us a try if you feel like volunteering for projects. Help keep our area looking its best. Next month, the work day is moved to Saturday, October 27 as Gwen and I will be on vacation for most of the month. I am looking forward to seeing you then.



Working together is a great way to get to know other UUs!

Caring Committee

Caring Committee Update

By Anne Lyon, Chair, Caring Committee

As always, we continue to monitor the congregation for folks who might need a hand, a ride, a meal, or a listening ear. Our strength as a congregation is reflected in the wonderful people who have stood up and offered to help in so many ways. If you know someone who could use a help and support, please let us know.

If you are drawn to support the well being of others through care and kind attention, please contact me. We meet the first Tuesday of every month at 4:00 PM at UUCM, and I'd be glad to speak with you about the possibilities.

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

CARING COMMITTEE

Anne Lyon, *chair*

Maryann Currington, Gwen Eymann, Penny Harlan,
Maryann Hart, Robin Hart, Carol Hyndman,
and May Lawrence

Committee meetings are at 4:00 PM 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

MOUNTAIN CHALICE TEAM

Joann Harris
Kathy MacLeod
Kathryn Young
Rev. Kevin Tarsa
Carol Fulkerson

First Editor
Final Editor
Design & Layout
Minister
Administrator

**Please submit your articles to the Mountain Chalice by
the 20th of the month prior to publication.**
**Submit by email in Word/Pages format (not as a pdf) or
simply by typing directly into an email to:**

MtChaliceTeam@uugrassvalley.org

**NOTE: All images should be sent as good quality jpg files
separately... not imbedded in your text document.**

Thank You!

Stewardship Committee

Cottage Meetings Begin

By Keith Johnson, Stewardship Chair

The Stewardship committee held its first Cottage Meeting on September 19 at the home of Janet Bullock. Those present were May Lawrence, Anita Wald-Tuttle, Gail Johnson-Vaughan, Paul Elias, Bob and Karyn Packard and Rev. Kevin. Committee members Keith Johnson and Carmen Riley were also present. The whole group enjoyed a beautiful fall day with tea, snacks, good conversation, and warm companionship.

After a thoughtful introduction the group engaged in dialogue concerning these questions:

- 1) Do you remember a time when someone offered you tremendous generosity?
- 2) Where are you finding opportunities for spiritual growth through generosity?
- 3) What would you really like this congregation to be able to do?

The responses were sometimes surprising, often entertaining, and always informative. Responses from this meeting and all future meetings will be collected and shared with the Stewardship committee, the Board of Trustees, and the congregation.

There will be fourteen additional Cottage Meetings from October through February. Most of them will be held on a mid-week afternoon but some will take place on weekends to accommodate our working members. We are still looking for Cottage Meetings hosts, so if you are interested please let me know.

Our goal is for everyone to attend a Cottage Meeting, so watch for your invitation. A good time will be had by all!



Stewardship Committee Members, left to right:
Bob Packard, Bob Miller, Brenda Morgan, Maryann Currington,
Carmen Riley, and Keith Johnson,



Wine Tasting: Saturday, November 10 Save the Date!

By Cynthia Schuetz

One of UUCM's most favorite and fun benefits is coming up, so save the date: Saturday, November 10, beginning at 6:30 PM. Our very own Dave Luce,

owner of the Alta Sierra Wine Store will curate several wines for us to taste. This year the wine tasting will be held at UUCM so there will be room for everyone who wants to come.

Dave selects several wines he knows will please even the most discerning wine drinker. Then he offers them and others at a reduced rate just in time for us to stock up for the holidays! There also will be a "small plate" appetizer pot luck and wine bags handmade by indigenous women in Africa.

This event will be fun, yummy and a wonderful way to support UUCM, which will benefit from the sale of tickets (\$25/person), wine and wine bags! There will even be a raffle! Watch for more information coming soon.

Pass the Plate

Celebrating Generosity!

Rev. Kevin Tarsa

During UUCM's 2017-2018 fiscal year, members, friends, guests and newcomers raised almost \$8000 in Sunday pass-the-plate offerings to support worthy causes in our community, an average of \$650 per month. Thank you!

MONTH	RECIPIENT
July	Domestic Violence and Sexual Assault Coalition (Now called Community Beyond Violence)
August	Sierra Fund
September	Sierra Forever Families
October	Citizens for Choice
November	National Alliance on Mental Wellness
December	UU Justice Ministry
January	Sierra Roots
February	BLUU (Black Lives of UU)
March	Wildlife Rehab and Release
April	IFM - Interfaith Food Ministry
May	Sammies' Friends
June	Citizens for Choice

Social Justice News and Activities

Social Justice Night on October 25

By Stu Chuang Matthews, Chair, Social Justice Committee

Save the date! The Social Justice Committee will hold a very special Justice Night on October 25 to learn about our new ground-up, congregation-led approach to social justice. Come, enjoy some food, and drink, and help to brainstorm about what kinds of issues we can tackle as a congregation. More details to come!

For more information, or to get involved directly with the Social Justice Committee, please contact Stu Matthews at stu@fourmajor.com or 530-362-8456

Citizens' Climate Lobby

By Stu Chuang Matthews, Chair, Social Justice Committee

After our last Justice Night, several UUCM members have become involved with the local chapter of the Citizens' Climate Lobby. Citizens' Climate Lobby describes themselves as such:

Citizens' Climate Lobby is a nonprofit, nonpartisan, grassroots advocacy organization that empowers people to experience breakthroughs, exercising their personal and political power. Our chapter is just one of hundreds of chapters across the world working to create the political will for a livable world.

We are laser focused on a specific piece of legislation and a proven strategy to gain its passage. We are working for the passage of Carbon Fee and Dividend, the climate change solution economists and climate scientists alike say is the "best first-step" to preventing the worst impacts of a warming world.

Learn more about the local chapter at https://citizensclimatelobby.org/chapters/CA_Nevada_County/

IFM Needs Volunteers

By Stu Chuang Matthews, Chair, Social Justice Committee

Our *Pass the Plate* recipient for October will be Interfaith Food Ministry (IFM). As always, IFM needs more volunteers. Volunteers drive, pack, and intervene for those in need. To get involved with IFM, contact Anne Lyon, (619) 933-1618.

On Saturday, October 6, IFM will host a Hunger Run, a 5K run and 4K walk. It is open to all ages, including babies in strollers (someone to push the stroller is required). You can visit the IFM website to register: <http://www.interfaithfoodministry.org>.

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 groups listed below. If you're interested, please contact the members listed after each organization.

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

Animal Place cares for rescued farm animals. Sammie's Friends and the Grass Valley Animal Shelter care for rescued pets. All three of these organizations need help feeding, cleaning, walking, and socializing with animals. Contact Carol Hyndman (530-477-0693).

HABITAT FOR HUMANITY

UUCM makes lunches for Habitat workers on the second Wednesday of each month at 11 AM 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 at (530)-205-8159.

IFM

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

NEVADA COUNTY PETS OF THE HOMELESS/PETS IN NEED

Please bring pet food donations on the first Sunday of each month when we also collect food donations for the Interfaith Food Ministry. Contact Carol Hyndman (530-477-0693).

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. Keith Johnson (265-0277)

Community Connections – Social & Spiritual Activities

October Women's Circle & Potluck: MONDAY, OCTOBER 8, 6:00 PM AT UUCM

By Janet Bullock

WORDS OF WISDOM W.O.W. WOMEN OF WISDOM

UUCM Women's Circle is gathering again to take turns sharing what we have learned along the way. This yearly event, lead by Janet Bullock, is becoming a rich and interesting tradition for our Circle.

We will address the question: What personal story can I tell that describes an important learning in my life which has contributed to my wisdom?

What - Women's Circle Pot Luck
Where - UUCM - Alcott and Channing Rooms
When - Monday, October 8, at 6 PM
Who - All UUCM women – members and visitors, new and old.

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 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.

Humanism Discussion Group

WEDNESDAY, OCTOBER 3
FROM 10:30 AM TO 12 PM

By George Dunstan

The UUCM Humanist Discussion Group will meet in the Channing Room. The topic for our meeting will be "#MeToo and the Culture of Science" led by Karen Tajbl. Karen has supplied the following readings on our topic:

<https://www.nature.com/articles/d41586-018-05404-6>
Sexual harassment is rife in the sciences, finds landmark U.S. study—report from National Academies of Sciences, Engineering, and Medicine.

https://www.nature.com/articles/d41586-018-01744-5?utm_source=briefing-dy&utm_medium=email&utm_campaign=briefing&utm_content=20180918
National Science Foundation: institutions it supports must report sexual harassment.

https://www.nature.com/articles/d41586-018-06678-6?utm_source=briefing-dy&utm_medium=email&utm_campaign=briefing&utm_content=20180919
There is a serious lack of female and non-Western reviewers of scientific articles.



I hope to see you at our October 3 meeting.

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).

UUCM Walking Group News

By Theresa Houtman

Now that the weather has cooled down, the UUCM walking group will be meeting at UUCM on Tuesdays and Thursdays at 8:30 AM. We usually walk the perimeter of Condon Park, a gentle two miles. Afterwards we meet at Houtmans' house at 418 Chapel for coffee and conversation. Well-behaved, leashed dogs are welcome on the walk and at Houtmans'. We hope you will join us.

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.

Singing Meditation

FIRST THURSDAYS, 7:00-8:30 PM

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.

Men's Groups

On Wednesday mornings, 8:30 – 10:00 in the Channing Room, and on Thursday mornings, 8:30 to 10:00 at Summer Thymes, (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.

Drop-In Support Circle

SUNDAYS FROM 10:50 UNTIL 11:25 AM
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.

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

UUCM Family Ministry

UUCM's Family Ministry

By René Wiley, Co-Chair, Family Ministry

Fall is here and we are excited to move forward with all that we will gathered from the annual Religious Education conference in Sacramento and from the September 30th presentation of our UUCM special guest speaker, Kimberly Sweeney, author of "The Death of Sunday School." Kimberly Sweeney will stay for a congregational conversation to help us explore the shifting needs of our families and children and how we at UUCM might release ourselves from the structures of our past, and boldly experiment in order to serve them well.

Thank you to Theresa Houtman and her culinary team for offering to provide a delicious Fresh Harvest luncheon which will be served on Sunday. We appreciate you!

There will be opportunities to be in conversation with the Family Ministry team (our new name for what has been the "Religious Education Visioning team" - we are wanting to name our aspiration to serve families more fully) as we grow toward new goals in faith formation. We want your ideas on how we can support worshipping together and modeling an inviting and engaging faith community.

Join us in Family Ministry! We would love to know of your interest in guiding how we will serve families and the entire community more fully in worship and faith formation for all ages. Contact Lindsay Dunckel, Rene Wiley, Rev. Kevin Tarsa or one of our FM team members. We meet on the third Sundays at 12:45-3 PM.

Family Ministry team members are: Jo Waters, Walt O'Maley, Marilyn Winters, Jennifer Tayler-Wightman, and co-chairs Lindsay Dunckel and René Wiley.

Looking for a simple way to serve? We need a few welcoming people to help once a month in greeting families at first service as a Family Ministry Liaison. This could be you! A willingness to help is all that is needed.

A warm thank you to our continuing teachers! We appreciate your talent and passion. Emily Gallup, Linda Siska, Walt O'Maley, Marilyn Winters, and Lindsay Dunckel.

Corrie Silva will be joining us this year partnering with Marilyn Winters. Welcome, Corrie!

Jasper Waters (with support of mom Jo Waters) is providing Childcare. It's wonderful to hear him work his magic as he sings to the kids! Childcare includes *Toolbox of Faith* curriculum for our youngest folks.

Brunch Bunch continues on second Sundays at 10:30. We welcome newcomers! The teens gather at UUCM, walk to

Summer Thymes and enjoy brunch, sharing, and connection for about an hour. Order and pay for your own food; please let us know if assistance is needed. No one will be turned away. Coming of Age program will begin soon for high school ages. This program bridges teens to young adulthood. Watch for more information to come.

UUCM Youth to do Podcasts!



UUCM Podcasts begin this fall with our youth and Walt O'Maley. We look forward to hearing member interviews and stories from our faith community and the larger world.

This Summer's *Epic of Evolution* was an experiential adventure of world Creation Myths and scientific facts led by a wonderful educator, Susan Merrill. The kids enjoyed the sequential learning and they are looking forward to starting new curriculum this month.



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 AM
WHAT: Walk to Summer Thymes 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

...and have FUN!

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



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

<https://www.facebook.com/groups/REatUUCM/>

Introducing our "Toolbox of Faith" Program for our Elementary and Preschool Children

What do duct tape, a hardhat, sandpaper, and a magnifying glass have to do with religious education? They are some of the real tools that we will use in our new elementary and preschool exploration of the *Toolbox of Faith* program as symbols of the tools we use to be Unitarian Universalists. For example, we will use duct tape to reflect on being flexible in our faith; we will use a hardhat to represent being resilient in our faith; and we will use sandpaper to illustrate how to smooth out rough spots with humor in our faith. Welcome to the *Toolbox of Faith* program!

In *Toolbox of Faith*, we may learn how to play the Cloak and Dagger game, how to make a compass and a duct tape lunch bag, and what Athenian ostracism meant in classical Greece. (It's like being "voted off the island," 4000 years ago!). Children will hear intriguing, thought-provoking stories about some of the important qualities of our faith, and have Council Circle discussions to reflect on how we live our Unitarian Universalist faith in our everyday lives.

SESSION/TOOL:

- 1: Toolbox and Ruler
- 2: Magnifying Glass
- 3: Compass
- 4: Duct Tape
- 5: Mirror
- 6: Paintbrush
- 7: Chalk
- 8: Hammer
- 9: Canteen
- 10: Saddlebags (such as Bike Panniers/Backpacks)
- 11: Listening Tool, i.e.: auto mechanics' listening tool, stethoscope, large seashells, or even a spy listening toy
- 12: Sandpaper
- 13: Gloves
- 14: Flashlight
- 15: Level
- 16: Hardhat

TOPIC:

- Faith
- Questioning
- Integrity
- Flexibility
- Reflection
- Expression
- Democratic Process
- Power
- Spirit of Life
- Courage
- Listening
- Humor
- Love
- Justice
- Atonement
- Resiliency

(Please be on the lookout, we may be asking if you can lend some tools.)

We look forward as the Toolbox of Faith begins on Sunday, October 14th.

René Wiley & Lindsay Dunckel
Co-Chairs, Family Ministry Team

Adult Religious Exploration

Adult RE Kicks Off October with Some Great Offerings

By Cynthia Schuetz, Adult RE Coordinator

Now that the Adult RE "Kickoff" is over and many of you had the opportunity to meet class/workshop facilitators and learn about some of the classes that are on the calendar for the coming nine months, we're ready to move forward to "...cultivate our spiritual, emotional and intellectual strength..." with our October offerings! Whoeee!

FIRST AGING WORKSHOP: HOME IS WHERE...? SATURDAY, OCTOBER 13, 1-3:00 PM

There will be workshops focused on aging every month except December. Facilitated by Anita Wald-Tuttle, Marilyn Young and Cynthia Schuetz, we will explore our (and society's) attitudes about aging. With participants' input, we will review what the series will address each month on second Saturdays, 1:00 to 3:00 PM. Following our introduction, we'll welcome Elizabeth Fries who will invite us to explore our October theme of Sanctuary, "Home Is Where...?". She'll address the various types of living arrangements for future needs and provide a look at what's available in our area for what price. Let Anita or Marilyn know if you're coming...or just show up!!

"NOT THE OPPOSITE OF LIFE" WORKSHOP: OCTOBER 20, 1-3:00 PM

Following up on Rev. Dr. Leisa Huyck's sermon on October 14, "Not the Opposite of Life," she will facilitate a workshop on October 20, 1:00 to 3:00, also entitled "Not the Opposite of Life." She describes the workshop this way: "You will engage in experiences intended to help you face death directly so that you can release your fears of dying and live your life more boldly." Please bring a journal or notebook and pen for writing. If you can lie down on the floor, please bring a pillow and a yoga mat or towel to lie on. (If you can't lie on the floor, sitting will work too.). If you plan to attend, please email or call either Rev. Leisa (leisahuyck@gmail.com; 220-4170 or send an email to: AdultRE@uugrassvalley.org.

FIVE WISHES WORKSHOP SATURDAY, OCTOBER 27, 1-3:00 PM

Rev. Karyn Packard will lead a workshop on "Five Wishes," assisted by Elizabeth Fries. *Five Wishes* is a model of Advance Care Planning. It's discussing and documenting our wishes and preferences for the kind of care and treatment we do or do not want *in advance*, so that if we are unable to communicate our choices in a crisis, what we want is already understood. *Five Wishes* takes the guessing out of caring. It helps guide you, your loved ones, your trusted advisors, and your healthcare team through conversations before a health crisis.

If you plan to attend please email or phone Rev. Packard: Karyn@seagoer.net; (562) 900-9546 (accepts texts), so she can have the right number of materials.

BOOK STUDY GROUP WITH REV. KEVIN TUESDAY, OCTOBER 30, 3-4:30 PM

Rev. Kevin will begin a six-session book study (over three months) on *American Immanence, Democracy for an Uncertain World* (referenced by Kevin in his July 1 sermon). The group will meet with the author, Professor Michael S. Hogue, online at the beginning and end of the series. Contact Rev. Kevin if you are interested: minister@uugrassvalley.org or 530-274-1661

FROM TROUBLING TO TERRIFIC 4 SESSION CLASS WEDNESDAY, OCTOBER 31, 3-4:30

Gail Johnson-Vaughan will facilitate the first class on "From Troubling to Terrific." Gail says "This four-session series will provide you with tools you can use to eliminate common pitfalls and problems we encounter in crucial conversations. You'll learn your style under stress, how to create safety, steer a crucial conversation out of the danger zone and navigate tricky topics successfully." Class 1: *Conversations that Matter, Understanding Your Style Under Stress*. Please contact Gail with questions and/or to let her know you'll be there: gail@give4kids.com; H: 530-477-9501 or C: 530-277-6571.

MENTAL HEALTH FIRST AID TRAINING OCTOBER 24 AND 25, 9 AM-1 PM

A special opportunity to receive training in "Mental Health First Aid" occurs on Wednesday, October 24 and Thursday, October 25, (9:00-1:00, both days) in the sanctuary. It will be open to the public and facilitated by two professionals from Nevada County Health and Human Services. "Mental Health First Aid" is a groundbreaking public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and surveys common treatments. It will be a live training course which uses role-playing and simulations to demonstrate how to assess a mental health crisis, select interventions and provide initial help. Learn how to connect people to professional, peer and social supports as well as to self-help resources. The program addresses early detection and intervention by teaching participants about the signs and symptoms of specific illnesses such as anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program also offers concrete tools and answers to key questions like "What can I do?" and "Where can someone find mental health help?"

Adult RE is off to a roaring start! If you have questions, please send them by email to our new adult RE address: AdultRE@uugrassvalley.org.

October Soul Matters Reflections

(FOOD FOR THOUGHT AND REFLECTION FROM THE SOUL MATTERS ORGANIZATION)

What does it mean to be a people of... SANCTUARY?

Just saying the word "sanctuary" brings one a sense of peace and safety. It can bring back conflicted memories for some, but for most of us the idea of sanctuary conjures up feelings of being protected. Like its close cousin refuge, it speaks to the universal longing for a space to retreat from the dangers and depletions of the world. One thinks of the family ties and friendships that protect, restore and heal us. The sanctuary movement and its refuge for immigrants is another powerful example of offering life-giving safe space. As the well-loved Irish proverb puts it, "It is in the shelter of each other that the people live." So, certainly, the hunger for protection and the call to protect each other is central to this month.

But as we dig deeper, we are reminded that the sanctuaries in our lives do more than simply protect us. They also send us. They don't just help us heal from our journeys; they also strengthen us for the new journeys ahead. In their fullest, they are not escape houses as much as fueling stations. They don't just whisper "Come and rest," but also "Be filled and go!" The archetypal image of a toddler leaving and returning to their parent's leg comes to mind. That "home base" is not a tether but the very thing that allows us to venture out. Having been blessed with shelter, we are strengthened to offer that same gift of shelter to others. In other words, sanctuary always comes with a calling. And so the question for all of us this month is not just "Where do you find shelter?" but "Having been empowered by shelter, how can you share that same gift with others?"

Along the way, we also discover that our sanctuaries need sheltering and protection themselves. It's a paradox: our sanctuaries can't protect and repair us unless we also protect and repair them. The green sanctuary movement is a great example of this. The solace of nature and the life-giving interdependent web needs us as much as we need them. The same is true for the sanctuaries in our personal lives. Friendship, silence, stillness: these are all things that wither if we don't tend to and make space for them. So, in the end, maybe the most important question this month is "How are we



caring for our sanctuaries so they can take care of us?

Maybe that's the most important vision of all this month. It's not that of a stern-faced people sticking to their single vision through thick and thin, but that of a playful people exchanging visions and helping each other encounter new and larger worlds. Can we be people who don't just ask each other "Are you staying true to your vision?" but who also say with a smile, "What new vision is calling to you?"

Soul Matters Themes for 2018-19:

October:	Sanctuary
November:	Memory
December:	Mystery
January:	Possibility
February:	Trust
March:	Journey
April:	Wholeness
May:	Curiosity
June:	Beauty

It's Not Too Late to Join a Soul Matters Circle!

Soul Matters Circles have begun again as of September. These small groups meet monthly for deep connection and meaningful reflection on the monthly theme. Phil Hart is hosting a new Men's Sharing Circle in a similar vein.

If you would like to participate in a Soul Matters Circle, and/or if you have questions about the circle experience, please contact Jo Waters at jowaters@hotmail.com or contact Rev. Kevin. For questions about the Men's Sharing Circle contact Phil Hart at philhart115@gmail.com or (530) 263-9679.

October 2018 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
OCTOBER 2018			
2	Tuesday	8:30 AM 9:00 AM 9:30 AM 4:00 PM 6:00 PM	Walking Group (Meet at UUCM) Morning Meditation Membership Committee Meeting Caring Committee Meeting Mindfulness Recovery
3	Wednesday	8:30 AM 10:30 AM 4:30 PM 5:00 PM 6:30 PM	Men's Group Humanism Discussion Group Youth Music (Beginners) Youth Music (Advanced) Choir
4	Thursday	8:30 AM 8:30 AM 7:00 PM	Men's Group at Summer Thyme's Walking Group (Meet at UUCM) Singing Meditation Circle
7	Sunday	First Sunday - Bring Food for People & Pets 9:30 AM 10:40 AM 10:45 AM 10:50 AM 11:30 AM 3:00 PM	Full Community Sunday Service Social Time Meet the Minister Drop-in Support Circle Full Community Sunday Service Fahrenheit 11/9 Movie/Potluck
8	Monday	6:00 PM	Women's Circle Potluck
9	Tuesday	8:30 AM 9:00 AM 2:00 PM 6:00 PM	Walking Group (Meet at UUCM) Morning Meditation Stewardship Committee Meeting Mindfulness Recovery
10	Wednesday	8:30 AM 11:00 AM 12:30 PM 4:30 PM 4:30 PM 5:00 PM 6:30 PM	Men's Group Habitat for Humanity Lunch Prep Brainstorming on Mystery at Wernigg's Finance Committee Meeting Youth Music (Beginners) Youth Music (Advanced) Choir
11	Thursday	8:30 AM 8:30 AM 10:30 AM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at UUCM) Writers' Group
13	Saturday	1:00 PM 6:00 PM	Adult RE - Series on Aging Open Mic Night
14	Sunday	9:30 AM 9:30 AM 10:25 AM 10:40 AM 10:50 AM 11:30 AM 12:30 PM	Sunday Service Classes for Children Brunch Bunch for Youth Social Time Drop-in Support Circle Sunday Service Salad Lunch Potluck
16	Tuesday	8:30 AM 9:00 AM 5:30 PM 6:00 PM	Walking Group (Meet at UUCM) Morning Meditation Global Affairs Discussion Group Mindfulness Recovery

DATE	DAY	TIME	EVENT DESCRIPTION
17	Wednesday	8:30 AM 4:30 PM 5:00 PM 6:30 PM	Men's Group Youth Music (Beginners) Youth Music (Advanced) Choir
18	Thursday	8:30 AM 8:30 AM 5:15 PM 5:30 PM 7:00 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at UUCM) Board of Trustees Meeting Social Justice Committee Meeting Climate Change Coalition
19	Friday	4:00 PM	Dinner Prep at Utah's Place
20	Saturday	9:00 AM 12:00 PM 1:00 PM	Mountain Chalice Articles Due Rehearsal for Valley Music Concert Adult RE - "Not the Opposite of Life"
21	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM 12:30 PM 12:45 PM 2:30 PM	Sunday Service Classes for Children Classes for Youth Social Time Drop-in Support Circle Sunday Service Congregational Governance Meeting Family Ministry Team Meeting Concert Rehearsal
23	Tuesday	8:30 AM 8:30 AM	Morning Meditation Walking Group (Meet at UUCM)
24	Wednesday	8:30 AM 9:00 AM 4:30 PM 5:00 PM 6:30 PM	Men's Group Mental Health First Aid Class Youth Music (Beginners) Youth Music (Advanced) Choir
25	Thursday	8:30 AM 8:30 AM 9:00 AM 10:30 AM 5:30 PM 6:30 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at UUCM) Mental Health First Aid Class Writers' Group Social Justice Night Worship Committee Meeting
27	Saturday	8:00 AM 2:00 PM	Building and Grounds Work Party "Small Potatoes" Concert
28	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM	Sunday Service Classes for Children Classes for Youth Social Time Drop-in Support Circle Sunday Service
30	Tuesday	8:30 AM 9:00 AM 3:00 PM 3:00 PM 6:00 PM	Walking Group (Meet at UUCM) Morning Meditation <i>American Immanence</i> Study Group Adult RE - "From Troubling to Terrific" Mindfulness Recovery
31	Wednesday	8:30 AM 4:30 PM 5:00 PM	Men's Group Youth Music (Beginners) Youth Music (Advanced)



Unitarian Universalist Community of the Mountains

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Two Sunday Services: at 9:30 AM and 11:30 AM

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

Rev. Kevin Tarsa Office Hours:

Tuesday: 11:30 AM - 12:30 AM

Wednesday: 4 - 5:30 PM

Thursday: 11:30 AM - 1 PM

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Mountain Chalice articles must be submitted by the 20th of the month prior to publishing to:

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