

the Mountain Chalice



Unitarian Universalist Community of the Mountains

February 2019

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.

FEBRUARY:

What does it mean to be a people of trust?

Feb. 3 Trust the Seeds
with Beth Karow, Rev. Kevin Tarsa, and more

We leap into our February theme of trust with a first Sunday full-community service rooted in practices that build trust. The service will be framed within the Celtic festival of Imbolc (St Brigid's Day or Candlemas) which marks the end of the depth of winter and celebrates the fertility of the coming seasons. Come, celebrate the rhythms of the Earth and the rhythms of our hearts.

First Sunday: Please bring food for Interfaith Food Ministries & Pets of the Homeless

Feb. 10 Communicating Peacefully, Even When...
Joyce Banzhaf and Eldra Jackson III,
with Rev. Kevin

The Alternatives to Violence Project (AVP) active in 33 states is a grassroots, worldwide movement dedicated to building peace in ourselves and in our homes, schools, institutions and communities. AVP seeks to release everyone's innate power to positively transform ourselves, and in so doing, transform the world. Join AVP facilitators Joyce Banzhaf and Eldra Jackson III to learn more about AVP and your own capacity for peaceful communication – building trust – even and especially in the midst of conflict. *Second Sunday Soup Lunch (yum!) at 12:30, Spiritual Practices Sampler 1:30-2:30.*

Feb. 17 Of Trust and Vulnerability: The Birthplace of Love. And Belonging. Oh, and Joy.
Rev. Kevin Tarsa

Brené Brown defines vulnerability as “the emotion we experience during times of uncertainty, risk and emotional exposure.” Vulnerability, she claims, is the core of all feeling, for to feel at all is to be vulnerable and exposed. She teaches that trust and our capacity

for vulnerability are built slowly, simultaneously and together in any relationship.

In a gathered community such as this one, courageous vulnerability and trust are essential if we are to be what we need to be for each other and for the world, and if we are to have true joy. Come, let's risk that possibility.

Feb. 24 Conflict Avoiders Anonymous
Rev. Dr. Leisa Huyck

Many people avoid conflict because they are afraid of the strong feelings that come with it. But conflict is actually healthy. How is that possible? And how can we resolve conflicts in ways that bring more love into the world?

Rev. Dr. Leisa Huyck was an ecologist for 20 years before becoming a minister. She is called to help our culture make the spiritual transformation we need in order to live on our beautiful planet sustainably, with love and justice for all. She is our Affiliated Community Minister and has taught conflict resolution for many years. You can find her online at viriditasministries.org.

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Rev. Kevin Tarsa
UUCM Minister

From the Minister

*"It is mutual trust, even more than mutual interest,
that holds human associations together."*

~ H.L. Mencken ~

Companioned by February's enticing hints of spring, garden time, and new life, we turn our attention to the nature and nurture of trust in our lives and in our community.

Trust, for you, may feel most resonant or pressing as a stance of hope, trust that all will be well, that all is well, at the deepest levels of reality and awareness. It is the hope I named in January, hope that has come to terms in some way with the inherent uncertainty of existence.

Or trust, for you, may feel most resonant or pressing as the foundation of (or obstacle to) relationship and connection that link you to others. Here trust is huge in its importance to human connection, love, community and joy. And trust is small, in that it is built one thoughtful action, one kind word, one simple interaction at a time.

As you know, years of gently developed trust can come crashing down in one terrible instant. And, as you may also know, a new and powerful form of trust can be constructed, in time and with effort, from the rubble. It is hard-won knowledge.

Researcher/storyteller Brene' Brown's impulse and invitation

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*

is to help shift the concept of "trust" from a vague and gauzy notion in our hearts and minds, to a set of identifiable and learnable behaviors, actions that both build and evidence trust. This month we'll encourage the same – moving from thinking and from words about trust, to the courageous willingness to live and interact in trust-worthy ways, moment by moment, small decision by small decision.

Unless we remain in solitary confinement this month, we cannot help but have opportunity to practice. As a community, this is vital to our ultimate well-being.

The Peaceful Communication workshops with Joyce Banzhaf, and Karyn Packard's Temperament workshops are great investments in trust building skill and knowledge. Gail Johnson Vaughan's Crucial Conversations series, next time she offers it, is another powerful opportunity. And each of our February Sunday services will invite your thoughtful focus on trust.

As we explore "the anatomy of trust," as Brené Brown puts it, let us be inspired by the touches of spring that grace February days, let us be helpfully tempered by the touches of winter that will sweep in on occasion, and let us invest courageously and generously in the mutual trust that holds us together as a community.

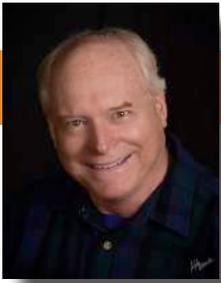
With care, and hope, and trust,

- Rev. Kevin



**UUCM'S NEWEST
MEMBER SIGNS THE
MEMBERSHIP BOOK -**

Please welcome Siobhan (pronounced "shuh-VON") Boylan next time you see her!



Taylor Carey,
President,
UUCM Board of Trustees

Board of Trustees

CHAPTER 1.

Is anyone having the feeling that they're being watched? You know, that eery sense that someone is following you around or sneaking a look over your shoulder. When you turn around, though, there's no one there but friends and people you know. Well, don't be concerned. It will not harm you. It's just the bright, elusive butterfly of the Nominating Committee, which is getting close to harvest season.

Every year the NOMCOM must suss out prime candidates for participation in the strange rites of governance renewal. In our system most candidates for elective office, both to the Board of Trustees, and to the Nominating Committee itself, are approached and queried about their interest/willingness to serve in one of the positions that become vacant in each new church year. While I understand that there have been times in the past when NOMCOM might have overplayed its role to the extent of discouraging people interested in running, that is not the case anymore. Current practices reflect the real challenges of finding candidates. Next church year we are going to need a new President and a new Treasurer.

If you are the least bit interested in serving on the Board or on the NOMCOM and have not already been contacted, please let someone on the Committee know. If, as we get closer to our May Congregational meeting and the elections, and you would like to throw your hat into the ring at the last minute, you may do so. Nominations may also be proposed from the floor of the Congregational Meeting.

CHAPTER 2.

Last month Janet Dunstan gave you a brief update on our continuing Governance Reorganization Project. I'm going to add a few more comments. The Reorganization responds to the inevitable consequences of growing beyond the scope of a family-style church. Since its inception UUCM has operated pretty effectively as an almost informal expression of the wishes, desires and expectations of its well-acquainted members.

However, we have grown past the point where we can continue to operate effectively in this manner. Before, the Board, the Minister(s), and the congregation were in almost intimate contact with each other. Most issues could be addressed with a brief conversation. Nowadays, however, issues and decision-making have grown in scope and complexity outstripping the ability of a gentle consensus to resolve. The reorganization addresses the issues arising from our growth by more clearly carving out and delineating the

scope of responsibilities to be shouldered by the Ministry and the Board.

It is our aim under the reorganization that the Minister and the ministry be the face of those things most people associate with core identity (religious organization, if you prefer). Unitarian Universalism means something to people. There is an aura, sense, and feeling identified with our denomination that is expressed in our principles, values, mission, and hearts. The qualities we are most proud of are represented by our ministry.

Under our reorganized structure, the Minister and the ministry will be largely freed from previous constraints of our blended Board/ministry hybrid and liberated to give full-throated voice to our dynamic, spiritual message.

The Board will not be idle. It will remain the ultimate representative of the congregation's power and duty. It will continue to monitor all facets of the ministry, interacting - but not interfering - with the Minister and the ministry's presentation of our faith. To this end we have made some adjustments in our committee structure to place interested volunteers in those areas that best represent their passions and interests. As a method of short hand reference entities denominated "committees" are affiliated directly with the Board. Entities denominated "teams" are under the direction of the Minister. These changes may seem off-putting, but please give them a try. Functionally, the intent is to put people in contact with the challenges and activities that interest them the most.

Stay tuned.

CHAPTER 3.

Last month's Treasurer's Report was rightly positive and optimistic. But, the Eeore Imperative requires a word of caution. Although we have all stepped forward generously to support the work of UUCM - we closed an enormous fiscal gulf in a single year - much remains to be done in the coming weeks, months, and years ahead. We have yet to achieve predicable financial stability going forward. We still over-depend on the heroics of our generous membership to undertake acts of fiscal kindness more often than we'd like. We're getting close, though, oh, so close.

- Taylor

*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.*

Welcoming and Membership Team

Thank You, Claire Miller

By Rev. Kevin Tarsa

We take time this month to express our deep gratitude to Claire Miller, who has been a member of the Membership Committee for six years, and who has chaired the group into the Newcomer/Welcome Team for the past two years.

Claire has brought her gifts for streamlining processes, her interest in people, her enthusiasm, and her very generous spirit to the role. She is stepping down from the chair role, but will still be active in welcoming and active around UUCM. When you see Claire, please thank her for her service. Greeters and ushers honor and thank Claire at an upcoming Welcomer Orientation.

Bonnie Lattin-Hensel has agreed to organize the Sunday Morning Welcoming Team - to schedule, orient, and support newcomers and ushers, and to support the team and processes that help newcomers to feel welcome. Rev. Kevin and the Team, with Brenda Morgan's marvelous insight, are currently focusing on this aspect of Membership. Thank you, Bonnie and Brenda!

Next the Team will turn its attention to the processes that help returning newcomers to get connected to the congregation, to support those who want to learn more, and to companion those who want to become members along their path toward membership. **We are seeking a leader or co-leaders for this aspect of Newcomer Welcoming and Membership.** Contact Rev. Kevin if you are interested and might love doing this.

Finally, the Team will focus on the ways that people connect socially, find their way to meaningful engagement, and are supported and nurtured into happy and meaningful leadership. **We are looking for a leader or co-leaders of this aspect of being a member as well.** Again, please contact Rev. Kevin if this piques your interest and might bring you joy.

UUCM WELCOMES MANY NEWCOMERS

We invite and encourage all UUCM members and friends to consider yourselves part of the Welcoming Team, helping newcomers to feel at home, oriented in the building, and warmly welcomed. You are all hosts, whenever you are here.

GREET AND WELCOME PEOPLE ON SUNDAYS

Is connecting to people right away one of your gifts and joys? Do you like to help people feel welcome and at home? Consider being a Greeter!

Do you also enjoy being of service in practical hands-on ways? Consider being an Usher!

The UUCM Welcoming Team is seeking both Greeters and Ushers on Sunday mornings to create a warm and welcoming atmosphere at UUCM. Welcoming Team Greeters' sole task is to offer an open and friendly welcome to people as they arrive.

Welcoming Team Ushers welcome people also, in addition to handing out orders of service, collecting the offering, putting out and collecting hymnals, attending to newcomers, etc.

These are great and helpful ways to volunteer at UUCM, to get connected, and to support UUCM's mission.

Bonnie Lattin-Hensel is the new organizer of this Sunday Welcoming Team. Sign up is easy via computer or a phone call to Bonnie. **We will hold orientations for all Welcoming Greeters and Ushers on (choose one) Thursday, February 7, 1-2:30, and Sunday, February 17, 12:30-2 PM** (with some lunchy edibles).

Contact Bonnie at 530-272-2469 or blattinhensel2@gmail.com – or see her on Sunday mornings.

Fun for All – UUCM Social Events!

All are welcome at these UUCM Social events:

SOUP SUNDAYS - SECOND SUNDAYS

After the second service, join in a casual Soup Potluck Lunch - eat and enjoy conversation with UU members, friends and newcomers. Willing to bring a soup? Or bread or a dessert? Contact Marilyn Young: MarilynY04@gmail.com

THE UUCM AUCTION – SATURDAY, MARCH 23, 2019

We're having a 60's Theme... come as you were! It's time to start thinking of services you might want to donate to raise money! Dinner parties, cabin stays, computer assistance, hikes, picnics, hand-crafted goods, handyman services, babysitting... what can YOU offer that would build relationships, provide enjoyable experiences and help further our mission?

Hospitality Team

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:

February 3 - last names beginning with A to E

February 10 - last names beginning with F to J

February 17 - last names beginning with K to R

February 24 - last names beginning with S to Z

If you plan to bring a snack, please contact Marilyn Young (MarilynY04@gmail.com).



Stewardship Committee & Auction

What's Coming Up?

By Keith Johnson, Chair, Stewardship Committee

With the 2019 pledge campaign coming up soon, it may be helpful to provide a short summary of the planned events. In February and March members will be invited to give testimonials at Sunday services. Each presenter will address why they choose to offer their time, talent, and treasure to UUCM. If you would like to give a testimonial, please let me know.

The actual campaign will kick off on Sunday, March 3rd. The following week all members and friends will receive a pledge brochure with a pledge card enclosed. We encourage you to fill out and return your pledge card as soon as possible. The sooner we receive the cards, the sooner we can forward income projections to the Finance Committee for next year's budget.

The pledge campaign will end with a celebration on Sunday, March 31st. Please note that there will be no congregational dinner this year, nor will there be one on one conversations with visiting stewards. However, if you have not yet attended a cottage meeting and would like to do so, please contact me and I will make sure you are invited to a meeting.

All of us on the Stewardship Committee hope that in the coming weeks you will have a chance to reflect on what UUCM means to you. We ask that you give generously to allow UUCM to fulfill its mission of compassion, sustainability, and justice.

Announcing our 60's Theme Auction

By Bob Miller,
2019 Auction Project Team

Where were you in the sixties? If you missed the sixties by a decade or a few, here's a chance to experience a taste.

This year's UUCM Services Auction theme is "The Sixties." Enjoy performances of some classic tunes from that era while we eat dinner. Please reserve the date in your calendar:

Saturday, March 23, at 5:30 PM

Once again, we will be using a web-based application to list donated services and administer the auction. You can see what's already available and add your own donations at www.togetherauction.com/uucm If you are unable to login let me know and I will establish an account for you.

The auction is a major fundraiser for UUCM but it's more than that. It's a fun night out with your UUCM friends. It's a dinner. It's Sixties entertainment. It's a way of creating various small

group activities such as dinners, hikes, play reading, workshops and more. You might even get a bargain or two.

It's time to start deciding what you would like to donate for the auction. Ideas include: dinners, vacation home rentals, guided tours, hikes, cakes, pies, games night, car washing, baby minding, bike maintenance, harp lessons, gardening help, hand-crafted items, handyman help, professional consultation or new unused items. If you have a hobby or an interest that you can share, it may be the basis for an offering.

Claire Miller, 530-205-5324 or truckeeclaire@yahoo.com, is standing by to help you -- with the wording, setting the minimum bid and even navigating the website.

NEW TO THE AUCTION?

HERE IS HOW IT ALL WORKS:

From now until a few days before the auction we encourage people to enter their donations of services or items on the web site. (www.togetherauction.com/uucm) A printed catalog will be available on the night of the auction.

Dinner will be served.

We will be selling tickets at \$25 each to cover the cost of the meal. (Ask about our special deals.) When you buy your tickets, you will also receive your bidding number.

Members are strongly encouraged to invite their friends, but this is not a public event.

Wine will be available for purchase.

LIVE AUCTION VS SILENT AUCTION

A few items will be bid "live" - that is with an auctioneer and a show of bidding numbers. Most items will be auctioned "silently". You will enter your bid on sheets around the rooms of UUCM. If you are outbid you can bid again. The bidding will be closed in waves so you don't have to be everywhere at once to monitor your bids.

Data entry folks in the office will enter the bids into our system. Our goal is to present you with a statement and allow you to pay at the end of the night. Checks are preferred but we will accept cash and credit cards.

If you win a "tangible" item, be sure to take it with you when you leave.

HELP

YES, we can sure use your help, both before and on the night. Let us know if you can offer your assistance.

Contact: bob@sierramiller.com 530-205-5047



Building and Grounds

Gratitude to a Hard-Working Team

By Wally Holtan, Chair, Building and Grounds Team

As many of you may have noticed, the lawn edging is continuing to be replaced thanks to George and Kern. Jim, Carmen and Gwen worked the entire morning on the outside garden and yard cleaning out the weeds and getting ready for the spring that will be showing up in the next few months. Connie and Bonnie cleaned the R.E. area upstairs, straightened up Rev. Kevin's office and the downstairs nursery. Joel replaced some of the damaged carpet squares in the Alcott room and he and Will Silva worked on getting electricity to the T.V. monitor in the sanctuary. We are getting very close to its installation. I want to thank these willing volunteers for their continued work to keep our UUCM building and grounds in great shape.

With the onset of the colder weather we have had increased activity from vagrants in our backyard. Unfortunately, these individuals are not respectful of our grounds necessitating that we our roof and backyard. If we get enough good weather, we will have our outdoor areas secure by the end of the month.

On another note, it has been really fun watching our community grow. As these new individuals settle into our community, there will be a time when they will want to become involved in helping UUCM. Building and Grounds provides great opportunities to become involved. It is only a three hour commitment once a month and a great way to meet people and do something that really makes a difference.

PLEASE NOTE: If you have skills with electrical, plumbing, painting, roofing or general construction and would be willing to volunteer on a help-needed basis, please let me know.

Wally Holtan, uucmgv@gmail.com

Caring Team

Welcome to the New Year

By Gwen Eymann, Acting Chair,
Caring Team

Please note: Gwen will be serving as acting Chair of the Caring Team until Anne Lyon is ready to resume her position.

In our community we share our joys and our sorrows, we share our celebrations and our grief. In doing so we grow deeper in our connections with one another, and therein lies possibility.

We've had the joy of celebrating Marilyn Winter's 90th birthday and Bill Nolan's 65th. We've shared the sadness that comes with illness and loss. We have the opportunity of supporting some of our beloved members with meals and rides. May we hold each other in care, hope and love.

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 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 we'd be glad to speak with you about the possibilities.

Contact: Anne Lyon, (619) 933-1618, Gwen Eymann (530) 274-7965, or caring@ugrassvalley.org

CARING TEAM MEMBERS:

Anne Lyon, chair, Gwen Eymann, acting chair,
Maryann Currington, Penny Harlan, Maryann Hart,
Robin Hart, Jenny Dewey, Carol Hyndman, May Lawrence



Social Justice News and Activities

Social Justice News

By Stu Chuang Matthews, Chair, Social Justice Team

Please join us for our monthly Social Justice Nights on the second Thursday at 5:30 PM where we present a topic we are concerned about and share a meal of pizza. Watch for announcements in the eChalice for current information.

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

Local Volunteer Opportunities

By Keith Johnson, Member, Social Justice Team

The Social Justice Team 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. Please read the brief descriptions below of the group and volunteer help that is needed. If you are moved to do so, please reach out to the designated UUCM contact person to volunteer. They 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 Team, please contact team 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. Sammie's Friends has a great foster program, and adoptions are up. They help with medical needs and food for pets whose caretakers can't afford it. 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 Keith Johnson (530-265-0277).

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 Citizens 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).

DONATIONS FOR NEVADA COUNTY PETS OF THE HOMELESS/PETS IN NEED

By Carol Hyndman, Member, Social Justice Team

Please remember donations for Nevada County Pets of the Homeless will be collected on the first Sunday of each month when food donations are collected for the Interfaith Food Ministry. Nevada County Pets of the Homeless provides food and services for our homeless and their pets. Nevada County Pets of the Homeless is now also called Nevada County Pets in Need, serving not only pets of the homeless but also pets of lower income people. Contact Carol Hyndman (530-477-0693).

ANIMAL LOVERS: DON'T MISS THE 6TH ANNUAL ANIMAL FILM FEST ON FEBRUARY 9 AND 10TH

By Carol Hyndman, Member, Social Justice Team

The 6th annual Animal Film Festival, put on by the Center for Animal Protection and Education, will be held on February 9th and 10th at two venues. Saturday's event will be at the Gold Miners Inn, 212 Bank St., Grass Valley, from 6 to 9 PM in the Ballroom. Sunday's event will be at the Nevada Theater, 401 Broad St., Nevada City, from 10:30 AM to 4 PM.

www.animalfilmfestival.org for more information.

Community Connections – Social & Spiritual Activities

February Women's Circle & Potluck:

MONDAY, FEBRUARY 11, 6:00 PM at UUCM

ANNUAL BOOK SWAP

Bring a book that has personal meaning for you, and come prepared to talk for a few minutes about why you chose it. This helps us get to know each other better, and we all end up with a list of books we may enjoy. If you are so inspired, bring a potluck dish related to your book. We'll also hold a book swap. If the book you talk about sparks joy and you can't let it go, or if it is in electronic or audio form, then bring other books or magazines you're ready to send to a new home.

RSVP to Kathryn Young (kathryneyounguu@gmail.com, 916-743-5688).

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, FEBRUARY 6
FROM 10:30 AM TO 12 PM

By George Dunstan



The UUCM Humanist Discussion Group will meet at 10:30 on Wednesday, February 6th, in the Channing Room at UUCM. We will be discussing the article "Is America's Future Capitalist or Socialist?" Click on the link below to read the article. We welcome your participation in our discussion.

<https://www.vox.com/platform/amp/the-big-idea/2019/1/7/18167691/what-is-socialism-capitalism-sanders-warren>

I hope to see you on February 6th.

For further information, or to be added to the Humanism Discussion Group email list, please contact George Dunstan (530-205-8159 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.

UUCM Walking Group News

By Theresa Houtman

Our walking group is thankful for Bridget's baking. Join us for walking, coffee and treats on Tuesdays and Thursdays at 8:30 AM, at Houtmans', 418 Chapel, GV. Well-behaved, leashed dogs are welcome on this gentle two mile walk. RSVP to Theresa: 530 277-9294

Singing Meditation

FIRST THURSDAYS, 7-8:30 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 to 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

For Families

By Rene Wiley, Co-Chair, Family Ministry

For the new year, our kid's class discovered fabric swatches in the toolbox of faith and together created a Tibetan style prayer flag, with blessings for the world. Historically the Tibetan prayer flags, which predate Buddhism, are meant to scatter blessings from above to all those in the area. We made our prayer flags based on the seven UU Principles and a major theme arose from our group. It turns out that the Fifth Principle, that all people should have a vote, was especially relevant for donut blessings! Have you been considering saying YES to donuts lately? Remember, you always have a vote for (or against) donuts, and you can thank the kids for that blessing.

COMING SOON!

Family Movie Night, an inter-generational activity! February's movie will be "The Muppet Movie." Stay tuned for February date and time.

January 21 UUCM Family Ministry showed support at The Love Walk. We invited the larger community to use their ingenuity to design protest signs as we asked "What do you stand for?"

FAMILY AND PARENT RESOURCES

These resources help parents as they engage the question: "What does it mean to be a family of Trust?" Feel free to share with your friends and extended families the following "Ideas to engage Trust as a Family."

FAMILY ADVENTURE IDEAS

Obstacle Course (indoors or outdoors) Trust Building
Create an obstacle course of a tunnel (under a table or bush with a blanket covering), over monkey bars, across "Lava" on stepping stones (pieces of paper), hanging from a rope, balancing on a curb, blindfolded partner walks around trees, etc. Invite your family to compete on the Obstacle Course, with points for:

- "Helpful comments through the tunnel,"
- "Family problem solving through the Lava,"
- "Trying again after falling off the balance beam,"
- "Trying something new," etc.

Keep track of helpful points and make up some as your family goes along. The points are trust points, so invite your family to enjoy how much they build trust.

GAMES

Rock Game - as suggested by Liza Earle-Center, Director of Spiritual Exploration, UU Church of Montpelier, VT
"On night hikes I used to have a wide assortment of rocks, small, medium, smooth, rough... I'd pass one to each child as we sat close together in the dark. They'd spend a couple minutes holding their rock as I guided them through really getting to know it... then I'd collect them all, and would slowly pass them to one person, slowly one at a time they would get handed around the circle. When yours came to you, you kept it (while still passing the others to your neighbor. Eventually

everyone has their rock back and is excited to have found it again! It takes trusting that you really DO know your rock well. This might be played in the daylight with blindfolds or an invitation to close their eyes as they pass the rocks."

The Zipper Game (a Trust Game which doesn't involve risking a fall) Suggested by Soul Matters member Liza Earle-Centers, UU Congregation of Montpelier, VT
<https://www.scholastic.com/teachers/blog-posts/brent-vasicek/building-trust-in-a-classroom/>

Trust Fall

Divide your family into pairs of roughly equivalent height and weight. In each pair, have one person stand directly in front of their partner, with their back turned toward them. Tell the person in front to close their eyes and fall backwards toward their partner. Their partner will catch them under the arms and take their weight gently to the floor, or lightly place them back up to standing. Have the partners reverse roles.

Trust Fall Fail - as a warning if you decide to try one!
<https://www.youtube.com/watch?v=wPOgvzVOQig>

STORIES TO READ TOGETHER

Belonging - Fannie Barrier Williams

<https://www.uua.org/re/tapestry/children/journeys/session4/132836.shtml>

"Fannie Barrier Williams helped start a home for girls in Chicago, and she started a center where people could live together, no matter the color of their skin. She was part of the group that started the National Association for the Advancement of Colored People (the NAACP), along with Frederick Douglass, Ida Wells Barnett, Frances Watkins Harper, and W.E.B. DuBois.



UUCM Family Ministry, continued

Fannie also worked with suffragists like Susan B. Anthony, helping women get the chance to vote. Because back then, remember, people thought that men were better than women. Women couldn't own property or have a bank account or vote in elections." - from the story.

Nothando's Journey

by Jill Apperson Manly (Author), Alyssa Casey (Illustrator)
Book: https://www.amazon.com/Nothandos-Journey-Jill-Apperson-Manly/dp/0615892353/ref=sr_1_1?ie=UTF8&qid=1543337146&sr=8-1&keywords=nothando%27s+journey
Video: <https://www.youtube.com/watch?v=x-ZWfw2kknA>

"NOTHANDO'S JOURNEY is a journey in self-discovery, told through the eyes of a young girl named Nothando. The book tells of the Reed Festival, an important celebration in Nothando's country of Swaziland in Southern Africa. Nothando and her brother venture into the unknown hills, in order to get to the festival on time. As Nothando explores the hills of Swaziland, she visits with various animals--Nothando moves freely with the animals and begins to become comfortable with who she is." - Amazon.

The video is great!

Theme Connection: Trusting in one's abilities.



If you have questions, comments, or suggestions regarding UUCM's Family Ministry, please email us at: education@uugrassvalley.org

FAMILY APP IDEAS

My PlayHome

<https://www.common sense media.org/app-reviews/my-playhome>

"Parents need to know that My PlayHome is a highly interactive, dollhouse-style app for kids. Kids can choose from five "types" of family members in generic white, Asian, and African-American skin tones; the characters include moms, dads, boys, girls, and babies. Kids can add all 15 characters (each has a different outfit, hairstyle, etc.) to their homes, allowing for flexibility in creating a variety of family types. They can create a mixed-race family, one with two (or three) moms, or one with only sons." - Common Sense Media

Theme Connection: Our families are places of trust. You can build a family like your own.



6th to 12th Graders are invited to the Monthly UUCM YOUTH 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 such as Mystery, Trust, Beauty & More

...and have FUN!

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

Adult Religious Exploration



...Cultivating our spiritual, emotional and intellectual strength to create a world more compassionate, sustainable and just.

Adult RE Classes for February

TEMPERAMENT THEORY FOR YOU, YOURS, AND US, PART 1

WITH REV. KARYN PACKARD

SATURDAY, FEBRUARY 2, 1-5 PM, SANCTUARY

This is a repeat of the previous two workshops for those who weren't able to attend or for those who want a refresher before the Part 2 class, which will be on March 2. Part 2 will be limited to those who have taken Part 1.

Spend an afternoon learning more about yourself, your spouse, your children or even the folks with whom you work and worship.

THE AGING WORKSHOP SERIES: UNDERSTANDING DEMENTIA: SEPARATING MYTH FROM FACT

SATURDAY, FEBRUARY 9, 1-3 PM - CHANNING ROOM

Learn what is happening in the Alzheimer's or dementia brain. Once we understand why the changes are occurring, we can learn how best to respond to the disease and associated behaviors. Presented by Renée Chevraux, MSW. Please sign up with Carol Fulkerson, www.ugrassvalley.org or call 274-1675, or Marilyn Young: MarilynY04@gmail.com.

SECOND SUNDAY SPIRITUAL PRACTICES SAMPLER

SUNDAY, FEBRUARY 10, 1:30-2:30 PM

Our Spiritual Practices Samplers are held the second Sunday of each month, after the Soup Potluck, from 1:30-2:30. They are designed to offer a hands-on introduction to various spiritual practices that members and friends find meaningful and sustaining.

This month, we'll engage the practice of coloring. Yes, coloring. Accompanied by music, color a page chosen from among the collection we'll have available. We'll set an initial intention of exploring "trust" in our lives, and then let our silent, non-verbal selves bring black and white pages to colorful life. We'll save time at the end to reflect together on the internal and the external experience. All are welcome!

COMMUNITY BUILDING THROUGH PEACEFUL COMMUNICATION WITH JOYCE BANZHAF

WEDNESDAY, FEBRUARY 20, 1-3 PM OR

FRIDAY, FEBRUARY 22, 6-8 PM

UUCM member Joyce Banzhaf leads workshops for the

Alternatives to Violence Project (AVP). The workshops are designed to be fun, using interactive exercises and games to examine ways people respond to situations where injustice, prejudice, frustration and anger can lead to aggressive words or behavior. The learning often leads to better relationships with yourself and others, a deeper sense of community, better conflict resolution skills and a more peaceful life.

To learn more, see the film, "The Work," to be shown at UUCM on Saturday, February 16, at 6 PM (with a possible additional showing on Sunday the 17 at 6 PM, if needed.)

For a hands on introduction to the practice, choose one of two mini workshops at UUCM listed above. For those then interested in more complete training, a set of Basic Workshops will be held (choose one), March 5-7, and March 22-24.

TEMPERAMENT THEORY FOR YOU, YOURS, AND US, PART 2 EXPERIENTIAL SESSION

WITH REV. KARYN PACKARD

SATURDAY, MARCH 2, 1-4 PM, SANCTUARY

To register, contact Karyn Packard: karyn@seagoer.net or call 562-900-9546 (Prerequisite: completion of Part 1)

Using your results on the Myers-Briggs Type Indicator and the Kiersey Temperament Sorter, join Rev. Karyn Packard for a focused time to try out your newly acquired knowledge, and apply it to actual life/church situations. Please bring your previous packets with you. There will be a theory review. You will have the opportunity to problem-solve in teams of both like and un-like temperament types.

WE'RE LOOKING FOR A COUPLE MORE PEOPLE FOR:

SHARED PULPIT

DATE AND TIMES TBD

Got a sermon in you? A message to offer?

Rev. Kevin will again lead a 10-session sermon seminar for a circle of 6-8 people. The experience was rich and deep last year and led to some wonderful services!

We've got a great core of people, with room for 2-3 more, and are determining a start date based on the life rhythms of the people signed up.

If this message-crafting possibility calls to you for the new year and you are interested in being part of this experience, or if you have questions, please contact Rev. Kevin right away: minister@ugrassvalley.org



listen to, another voice adds itself to the mix. This one telling us to trust that it's not all up to us. That sometimes it's ok to rest. That doesn't disturb but instead assures us that we can let go. That tells us to trust that we can - for a while - put the work down because others are ready to pick it up, knowing that we will be there to pick it up when rest calls to them.

So, friends, where does that leave us?
What is it?

- Trust life to pick us up?
- Trust life to push and poke us?
- Trust that it's ok to put the work down for a while?

It is all of them, of course. And more.

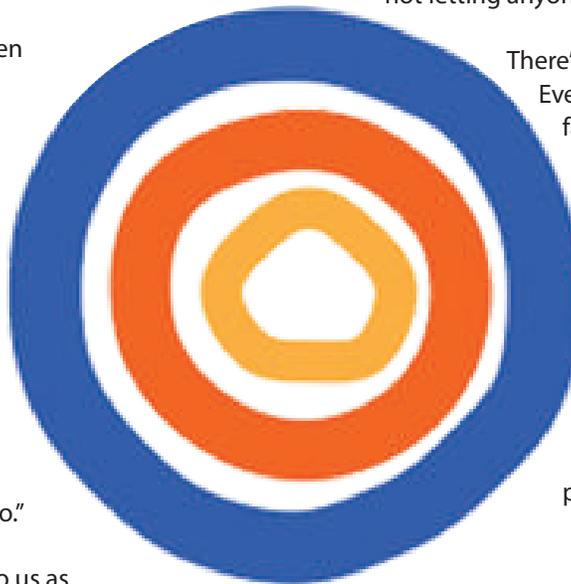
But maybe it's mostly about trusting that *we'll know* which call is right for us. Maybe it's about having faith in ourselves and not letting anyone tell us what we need to trust.

February Soul Matters Reflections

FROM THE SOUL MATTERS ORGANIZATION

What Does It Mean to be a People of Trust?

In religious circles, "trust talk" most often revolves around having faith that life will look after us. For instance, our Christian friends sing hymns about God "watching over us" and keeping "an eye on the sparrow." Our Jewish friends lift up the Exodus story to encourage faith that God will help us make our way even when things look bleak. Likewise, prayer practice for our Muslim friends is all about reminding oneself that you are in Allah's safe hands. We UUs translate similar sentiments using the language of trusting "a Love that will not let us go."



There's no one message this month after all. Everyone's heart is wrestling with a loss of faith in its own way. The trust you need to repair is likely different than mine. What we both long for is safe space. Space to say how hard that work of repair is. Space to say how much it hurts to have to repair it in the first place.

So let's remember that above all. And prove, this month, that we all can be trusted to offer each other that precious space.

This call to trust Life's support comes to us as a gift. After all, it's all too easy to convince ourselves that life is a foe. So we need our faith communities to restore our faith that life is ultimately a friend. We need the reassurance. We need to know that when we fall we can count on being picked up.

But what about being pushed? Don't we need to count on that too? A Love that won't let us go is essential, but isn't it just as important to have faith in a Love that won't let us get too comfortable? Especially as we welcome in Black History Month, we certainly don't want to forget about a Love that disturbs. We need a Love that promises to not let privilege remain hidden, and unsettles those who have it. A Love that tells those of us who are marginalized and tired, "I won't let your pain be ignored."

And just when that call to trust seems the one we all need to



Soul Matters

THEMES FOR 2018-19:

- | | |
|-----------|-----------|
| February: | Trust |
| March: | Journey |
| April: | Wholeness |
| May: | Curiosity |
| June: | Beauty |

February 2019 Calendar of Events at UUCM

DATE DAY TIME EVENT DESCRIPTION

FEBRUARY 2019

2	Saturday	1:00 PM	Temperament Theory for You, Yours, & Us
3	Sunday	9:30 AM	First Sunday: Bring Food for People & Pets
		9:30 AM	Full Community Sunday Service
		10:40 AM	Social Time
		10:45 AM	Meet the Minister
		10:50 AM	Drop-in Support Circle
		11:30 AM	Full Community Sunday Service
4	Monday	6:30 PM	Soul Matters Exploratorium
5	Tuesday	8:30 AM	Walking Group (Meet at Houtmans')
		9:00 AM	Morning Meditation
		4:00 PM	Caring Team Meeting
		6:00 PM	Mindfulness Recovery
6	Wednesday	8:30 AM	Men's Group
		10:30 AM	Humanism Discussion Group
		6:30 PM	Choir
7	Thursday	8:30 AM	Men's Group at Summer Thyme's Bkry
		8:30 AM	Walking Group (Meet at Houtmans')
		7:00 PM	Singing Meditation Circle
9	Saturday	1:00 PM	Adult RE Workshop
10	Sunday	9:30 AM	Sunday Service
		9:30 AM	Classes for Children
		10:25 AM	Brunch Bunch for Youth
		10:40 AM	Social Time
		10:50 AM	Drop-in Support Circle
		11:30 AM	Sunday Service
		12:30 PM	Second Sunday Salad/Soup Potluck
		1:30 PM	Spiritual Practices Sampler
11	Monday	6:00 PM	Women's Circle Potluck
12	Tuesday	8:30 AM	Walking Group (Meet at Houtmans')
		9:00 AM	Morning Meditation
		4:00 PM	Stewardship Team Meeting
		4:00 PM	Challenging White Privilege
		6:00 PM	Mindfulness Recovery
13	Wednesday	8:30 AM	Men's Group
		11:00 AM	Habitat for Humanity Lunch Prep
		4:30 PM	Finance Committee Meeting
		6:30 PM	Choir
14	Thursday	8:30 AM	Men's Group at Summer Thyme's Bkry
		8:30 AM	Walking Group (Meet at Houtmans')
		10:30 AM	Writers' Group
		5:30 PM	Social Justice Night

DATE DAY TIME EVENT DESCRIPTION

15	Friday	4:00 PM	Dinner Prep at Utah's Place
16	Saturday	8:00 AM	Building and Grounds Work Party
		6:00 PM	Film: "The Work" (Alternatives to Violence)
17	Sunday	9:30 AM	Sunday Service
		9:30 AM	Classes for Children
		10:30 AM	Classes for Youth
		10:40 AM	Social Time
		10:50 AM	Drop-in Support Circle
		11:30 AM	Sunday Service
		12:45 PM	Family Ministry Team Meeting
		6:00 PM	Film: "The Work" (Alternatives to Violence)
19	Tuesday	8:30 AM	Walking Group (Meet at Houtmans')
		9:00 AM	Morning Meditation
		6:00 PM	Mindfulness Recovery
20	Wednesday	8:00 AM	Mountain Chalice Articles Due
		8:30 AM	Men's Group
		1:00 PM	Alternative to Violence Mini Workshop
		6:30 PM	Choir
21	Thursday	8:30 AM	Men's Group at Summer Thyme's Bkry
		8:30 AM	Walking Group (Meet at Houtmans')
		5:15 PM	Board of Trustees Meeting
		5:30 PM	Social Justice Team Meeting
		7:00 PM	Climate Action Now
22	Friday	6:00 PM	Alternatives to Violence Mini Workshop
24	Sunday	9:30 AM	Sunday Service
		9:30 AM	Classes for Children
		10:30 AM	Classes for Youth
		10:40 AM	Social Time
		10:50 AM	Drop-in Support Circle
		11:30 AM	Sunday Service
26	Tuesday	8:30 AM	Walking Group (Meet at Houtmans')
		9:00 AM	Morning Meditation
		4:00 PM	Challenging White Privilege
27	Wednesday	8:30 AM	Men's Group
		3:30 PM	Worship Team Retreat (Off Site)
		6:30 PM	Choir
28	Thursday	8:30 AM	Men's Group at Summer Thyme's Bkry
		8:30 AM	Walking Group (Meet at Houtmans')
		10:30 AM	Writers' Group
		6:30 PM	(Possible) Worship Team Meeting

