

the Mountain Chalice



Unitarian Universalist Community of the Mountains

June 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.

JUNE:

What does it mean to be a people of Beauty?

It is said that beauty is in the eye of the beholder. In June, we examine not only the eye, but also the idea that beauty is inherent, independent of the eye that is seeing. And more, the spiritual possibility that beauty flows in the dance between the two. What is your relationship to beauty? And why does it matter?

June 2 The Beauty of We
Rev. Kevin Tarsa

Note: ONE 10:00 AM Service – Flower Communion*, Gratitude, Youth Bridging... followed by the Interfaith Block Party.

This Sunday we celebrate community, mark the transition of several youth, and express gratitude for UUCM's amazing volunteers. It is said that many hands make light work. To that, we add that many hearts make lightwork. The energy that has been generously shared in our community brings more light and beauty into the world. Part of what makes UUCM special is the love and care of our hands and our hearts. Our co-creations offer more beauty to the world.

First Sunday: please BRING FOOD for Interfaith Food Ministry and Pets in Need, *AND a flower, if you can, for our communal bouquet.

June 9 Six Names for Beauty
Rev. Kevin Tarsa

The English word "beauty" intimates an experience of longing, according to author Crispin Sartwell in **Six Names for Beauty**. Beauty as captured in other languages and cultures, however, points to other possibilities – to our benefit.

June 16 Our Fathers, Our Selves
Bob Branstrom and Rev. Kevin

Within this Father's Day reflection on fatherhood, Bob Branstrom shares the funny story about the role his father played in helping him "become his own man" during a disastrous sailing outing. Whatever your own relationship to fatherhood may be, come, let Bob's remembering and reflection inspire your own.

June 23 A Tapestry of Artists
UUCM Artists

At what point does art become beauty? While it's being conceived? During the creation? Once it's complete? At the point of being experienced? Is beauty even a necessary element of art? This morning, we'll hear from some of our many talented UUCM artists about their creative processes as we ask about their relationship to beauty and whether and how that shows up in their work.

June 30 The Changer and the Changed
Allison Rivers Samson and Rev. Kevin Tarsa

If beauty is born of the relationship between the expression and the beholder, what happens after the moment of beauty's emergence? Is it the end, or does it live on, perhaps in whom we become? At the end of this month exploring beauty, Allison and Kevin ask, "How might we respond to beauty's invitation to look closer, go deeper, see more?"

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Rev. Kevin Tarsa
UUCM Minister

From the Minister

the scenes, bringing their discerning eye and punctuation and grammar knowledge and skill to the varied pieces submitted. A huge and heart-felt thank you to each of them. Please thank them when you see them.

June brings the beginning of summer as well as the end of UUCM's "church" year, and the theme of beauty speaks meaningfully to each.

In the June 2 service (one service at 10:00 that day, before the interfaith block party), we will take time to thank board members, committee and team leaders, volunteers of all sorts, and staff, too. As several of our teens ritually "bridge" into young adulthood that day, we will lift our gratitude for them as well.

This year we will also once again take time in that service to write thank you notes (love notes, I say) to those people at UUCM whose presence and effort we have appreciated throughout the year. We are blessed with a tremendous abundance of generous and beautiful people in this congregation, so many of whom work quietly and tirelessly behind the scenes. Well, it's been a very full and busy year, and perhaps "tirelessly" is not quite accurate.

Here, I want to take time to express a special gratitude to Kathryn Young for designing and typesetting the Mt. Chalice so beautifully each month, and to Kathy MacLeod and Joanne Harris for proofreading so carefully for us. Kathryn works remarkably patiently with our last-minute (or my late) submissions, chases down missing information and articles, locates photos, and brings her wonderful skill and artistry to each issue. We are very fortunate.

Kathy and Joanne are two of those who work quietly behind



Please also find opportunities to thank your board members, especially out-going members - president, Taylor Carey, treasurer, Charlie Zimmerman, and member-at-large, Chuck Champlin. Serving the congregation and its mission by serving on the board is a very generous gift of oneself, as any of their spouses can tell you. Returning board members will be Maryann Currington, Karyn Packard, and Dennis Weiher. With the shift in UUCM's governance structure, the board may move more of its focus now to deep, long-range vision work and leadership.

As for the beauty of early summer itself... When I was searching for a congregation to serve, readily available natural beauty was on my list of required location attributes, and here, I have found beauty at the ready all year round. The arriving warmth of summer calls me into the cooler glades, to the higher altitudes, and, of course, to the river. Beauty everywhere.

- Rev. Kevin

UUCM's Ministry Council is Getting Underway in Earnest!

By Rev. Kevin Tarsa

I am very pleased to announce that Dennis Weiher and Lesley Champlin have agreed to chair the new Ministry Council made up of ministry team leaders and staff. They will work with me, chairing meetings, keeping things organized, recorded, and moving forward, etc. To begin, we are expecting the Ministry Council to meet every two months, at least to start. The gatherings will be helpful and exciting opportunities for connecting, sharing plans, calendaring, collaborating, imagining, advising, and developing leadership skills. We hope they will be fun, too, at the same time they help all of us to live into UUCM's mission.

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

Board of Trustees



Taylor Carey,
President,
UUCM Board of Trustees

This is my final President's Column. I have been watching this moment's inexorable approach for two years. It's the end of something, but every moment is simultaneously the end of something and the beginning of something else. Every moment is the past, present, future rolled into one. We have made solid progress during that time. Our major undertaking, the Governance Project, is no longer a concept but a working model. Although much remains to be done in the months and years ahead, we are no longer merely planning to do it. We have done it and we are living into the future under a fluid, evolving structure that will permit us to meet our duties and responsibilities creatively. Cool.

I want to thank Rev. Kevin and my fellow Board members for their friendship and support. I was raised by wolves. I'm not easy to get along with and not always agreeable. Somehow, we managed to pull through with few recriminations and more than a little laughter. This was also cool.

It is seldom easy, no matter the amount of crystal ball-gazing or tea leaves-reading, to gauge the trajectory of the future. At this very moment our nation is in the throes of a crisis more threatening than at any time since the Civil War. The World Wars posed less risk to our continued existence. External threats tend to bring peoples together to fight a common enemy. But threats from within pit friend against friend and parents against their children.

I raise this seeming non sequitur because our faith in something external to ourselves keeps us together. We UUs unite around our common values and principles. Christians and other theological faiths bond to notions peculiar to their denominations. Americans cling to a shared ideal of a government arising from the People and devoted to the common good. Much of this is myth, of course, but we are a meaning-making species and so long as our myths and fables help sustain our common understanding, they keep us glued together.

But our myths are breaking down. Many Christians have chosen to forsake the teachings of their savior in favor of a bizarre and tortured calculus of self-loathing, bigotry, and greed. Republicans, while proclaiming themselves the party of freedom seemingly cannot move quickly enough to strip women of their fundamental right to self-determination and bodily integrity. Democrats, who stand ready at a moment's notice to denounce the President's breathtaking criminality, shrink from their constitutional duty to remove this malefactor from office because tightly polled political calculations cannot guarantee their popularity in the aftermath.

UUs are not moral relativists. Our values do not shift in the wind. In interesting times, as in our past and into the future, our values stand fast, a beacon to those in distress and a comfort to those in need. Our role will continue to anchor in reason those feeling themselves dragged all over the spectrum by swirling currents of doubt. That might be the coolest part, yet.

- Taylor



Photo of our beloved community's home
by Allison Rivers Samson

UUCM BOARD OF TRUSTEES

JULY 2018 - JUNE 2019

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

Members at Large:

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.

Interfaith

BLOCK PARTY

Sunday, June 2 from 11:30 A.M. - 2:00 P.M.

South Church Street from Walsh to the Edge of Emmanuel Episcopal Property
(This portion of Church Street will be closed to through traffic 10:30 a.m.-2:00 p.m.)

All Welcome!

- Food Trucks: Sweeney's Weenies, Lazy Dog & Horn of the Bull
- Live Music
- Bingo Mixer with Prizes
- Bounce House

HOSTED BY:

Congregation B'Nai Harim at the Nevada County Jewish Community Center,
Emmanuel Episcopal Church, Grass Valley United Methodist Church, and the
Unitarian Universalist Community of the Mountains

Hospitality Team

By Marilyn Young, Coordinator, UUCM Hospitality Hour

Every Sunday, everyone is welcome to enjoy snacks and refreshments, along with socializing, between the two services - 10:30 until 11:20 AM in the Alcott and Channing Rooms.

This month's schedule for contributing snacks:

- June 2 - No coffee hour due to Block Party after service
- June 9 - last names beginning with F to J
- June 16 - last names beginning with K to R
- June 23 - last names beginning with S to Z
- June 30 - 5th Sunday - EVERYONE is on!

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

SET UP AND CLEAN UP HELPERS NEEDED

We really could use more volunteers for both set up and clean up for our Hospitality Hour. It's not a difficult task, and you'll be working with others, so the job goes quickly. Please let Marilyn Young know if you can volunteer once a month, or...?



Nisenan Project

April and May were Busy Months for the Nisenan Project Team

By Carmen Riley, Chair, Nisenan Project Team

Our Team had the honor of meeting with Shelly Covert (Spokesperson for the Nevada City Rancheria Nisenan Tribe, and Executive Director for C.H.I.R.P.) in April, which gave us many new opportunities for moving forward with our mission as a Task Force Team to assist the local Nisenan Tribe.

A heartfelt 'Thank You' goes out to several individuals from our congregation who agreed to meet with Tribal members in order to share their expertise in such areas as Legal, Legislation, Lobbying advice, and more. Thank you one and all for your willingness to volunteer your time and talents!

Gently used furniture and appliances were gladly donated to several Tribal members, as well as to C.H.I.R.P. (California Heritage: Indigenous Research Project) by several different members of our congregation. Thank You for your generosity and willingness to coordinate the details!

C.H.I.R.P moved their office from Nevada City to a newly acquired, donated space on Bitney Springs Road. What a gorgeous property!

Hospitality House and The Sierra Fund coordinated a Clean-up Party to take place in late May for the thirty-two acre property controlled by C.H.I.R.P. Several Members and Friends of UUCM were present for this very important task. Again, Thank You! Richard Johnson, author and Tribal Chairman for the Nevada City Nisenan Rancheria, harvested Soap Root from the hillside above my house with the idea of re-establishing this highly valued native plant to the newly acquired property.

Ahead, there's still much work to be done! For those UUCM Members and Friends interested in volunteering their time and talents to the Nevada City Nisenan Tribe and C.H.I.R.P., many more opportunities will be made available in the coming months.

On behalf of the Nevada City Nisenan Rancheria Tribe, C.H.I.R.P., and the UUCM Nisenan Project Team, once again, Thank you one and all!

If you're interested in becoming involved, please contact Carmen Riley (don't text) 530.272.2803 or email: copythat2413@yahoo.com

Fund-Raising

Support Merchants Who Support UUCM!

By Bob Packard, Chair, Finance

Did you know that there are merchants give back to the community? UUCM is registered as a community organization and receives a share of all that you spend at SPD and at Amazon, provided you register with them and select UUCM.

HERE'S HOW:

For Amazon, create an "Amazon Smile" account for all your online shopping, and they will donate 0.5% of your purchase price to UUCM. Go to <https://smile.amazon.com/> and log in with the same credentials you've been using for your current Amazon account. Then look up "Unitarian Universalists Community of the Mountains" and designate them as the organization you want to support. Then use the Amazon Smile account when you shop and they will start sending money to our church.



Shop at SPD for your groceries and use the eScrip card to earn up to 3% of your purchase price for UUCM. You will be fundraising every time you shop at SPD if you use your SPD Community Card or your registered phone number. A Finance Committee member will help fill out eScrip applications at next Sunday's services. Or go online now and do it yourself! SPD buys local and helps UUCM thrive.



Caring Team

We're Here for YOU!

By Gwen Eymann, Acting Chair, Caring Team

In our community we share our joys and our sorrows, and with this sharing we grow deeper in our connections with one another. We may be called to action in this caring as needs around us arise. By keeping our eyes and ears open to the needs of others, by being curious, we may be able to offer ourselves to help someone in need.

This past month we have experienced a collective loss with the death of our dear May Lawrence, who died unexpectedly at the age of 92 on May 3. May had such an enthusiasm for life, never wanting to miss a thing. Her bright mind and optimistic outlook was an inspiration for us all. She will be remembered and greatly missed. A memorial will be planned at UUCM later this summer.

Anne Lyon is working hard at getting her mobility and strength back, despite her many setbacks. Since she is not able to drive and her medical care is in Roseville, she is in need of help with rides for physical therapy and medical appointments. Anne will happily pay someone to be her chauffeur for these excursions. If you or someone you know may be interested, please contact Anne. She also needs help with shopping, errands and rides about town.

We are keeping Cynthia Schuetz and Jim Perkins in our hearts as Cynthia journeys through her battle with brain cancer. One way we can help is by providing meals for them a couple times a week. There is a meal train website that will give you information. The website address for Jim and Cynthia is: <https://www.mealtrain.com/trains/zv8lky>.

The Caring Team continues 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 ways people have stepped up and offered to help. If you know someone who could use help and support, please let us know.

If you are drawn to this important work of supporting others through care and kind attention, please contact me or Rev. Kevin. 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: Gwen Eymann (530) 274-7965,
or email: caring@uugrassvalley.org

CARING TEAM MEMBERS:

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

Everybody Choir

"Everybody Choir" Opportunity

By Janet Bullock

Heads up, everybody. We're singing again! On July 14 everybody at UUCM – young and old and in-between – who wants to sing in the choir is welcome. Janet Bullock will lead.

We'll be singing a 4-part, easy, well-known song. (Even if you don't read music, there are others that do...don't let it deter you). Practice recordings will be emailed and a couple of practice sessions will be scheduled on Wednesday evenings (July 3 and 10) and on Sunday after church for those who can't make the evening rehearsals.

Let Janet know if you are interested. Mark your calendars.
janetbullock41@gmail.com



Photo by Allison Rivers Samson from our recent Music Service.

UU General Assembly

The Power of We

JUNE 19 - 23, 2019 IN SPOKANE, WASHINGTON

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations send voting delegates.

In a time of great challenge and heartbreak in our world, what does our faith demand from us? At this year's General Assembly we will explore the power, possibility, purpose, struggle and joy of finding the path forward together as Unitarian Universalists. Attendees will leave inspired, with the tools needed to carry on the work into their own congregations and communities. <https://www.uua.org/ga>

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. Following are descriptions of each 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 IN NEED

By Carol Hyndman, Member, Social Justice Team

Please remember donations for Nevada County Pets in Need will be collected on the first Sunday of each month when food donations are collected for the Interfaith Food Ministry. Nevada County Pets in Need serves not only pets of the homeless but also pets of lower income people. Contact Carol Hyndman (530-477-0693).

Community Connections – Social & Spiritual Activities

Humanist Discussion Group

WEDNESDAY, JUNE 5
FROM 10:30 AM TO 12 PM

By George Dunstan



The UUCM Humanist Discussion Group will meet on Wednesday, June 5th and we will be discussing the Foreword and Preface to Francis Weller's book *The Wild Edge of Sorrow*. We will also include in the discussion an interview with Francis Weller that appeared in *The Sun*. Weller provides a definition of "soul", a concept that many humanists find troubling or at least a stumbling block, and this definition may be a significant remedy to the discomfort that some may feel.

Here is a link to that article:

<https://www.thesunmagazine.org/issues/478/the-geography-of-sorrow>

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

Join intrepid walkers at 8:30 on Tuesdays and Thursdays at the Houtmans', 418 Chapel, Grass Valley. We walk a gentle two miles and then have coffee, conversation and treats. Cat-friendly dogs on leashes are welcome. Please contact Theresa Houtman (530) 277-9294 to confirm.

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.

Women's Circle in June: Potluck Dinner & Gathering

MONDAY, JUNE 10, 2019, 6:00 P.M.

AT CONNIE WRIGHT'S HOME

This month the UU Women's Circle will be meeting at the home of Connie Wright who lives in Morgan Ranch, not too far from UUCM. We will be bringing ingredients to create a build-your-own burrito/taco/salad bar.

RSVP to the Women's group email list (womensgroup@uugrassvalley.com) to let everyone know what menu item you will be bringing, and if you need a ride or can drive. (Some can carpool over to Connie's.)

We'll need a variety of ingredients, so please decide what you'd like to bring and let us know. We will need flour and corn tortillas and lettuce as a base for our creations. Then.... we'll need shredded chicken, beef or turkey taco meat, refried beans, Spanish rice, grated cheese, lettuce, tomato, fresh salsa, olives, sour cream, avocado/guacamole, grilled veggies... and anything else that sounds good to you. A couple of dessert items would also be nice.

Closer to the event, Kathryn will send out an email with directions to Connie's home... that would be a great time to respond.

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

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 TO 11:25 AM

IN THE ANTHONY ROOM ANNEX

Join us in the cozy and intimate "library annex" between the two services at 10:50 AM. If you would like a safe, confidential place to share your feelings about life's challenges and give support to others, this group should be a good fit for you.

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

UUCM Family Ministry

Family Ministry Update for June

By René Wiley, Family Ministry Co-Chair

ALL AGES MOVIE AFTERNOON

Last month, we thoroughly enjoyed and were inspired by the viewing of the art film *The Way Things Go*, and accepted the challenge of building Rube Goldberg machines for making our own film afterwards. Watch for the next All Ages Movies to be announced soon!

You can see a video of our machine in action here:
<https://www.youtube.com/watch?v=XoyKSj6MdM&feature=youtu.be>



Kids of all ages enjoyed building Rube Goldberg machines!

What Does it Mean to be a Family of Beauty?

At UUCM, Family Ministry embraces the shared experience of community and worship with all ages in our congregation, all of us as members of a larger, covenanted family. We cherish our actual families, too, and seek to meet them where they are. We offer these ideas to engage in Beauty together and we are reminded that lightheartedness often points the way.

WITH YOUR KIDS - FAMILY JOURNEY

Tree Beauty: Take a tour of a nearby park and notice the beauty and variety in the trees. What if all trees were supposed to look like a social construct from a cartoon? Invent personalities for the trees, i.e. these five cedars are a little wild, as they live in the back of the park. They have a secret rock band they play in when no one is around.

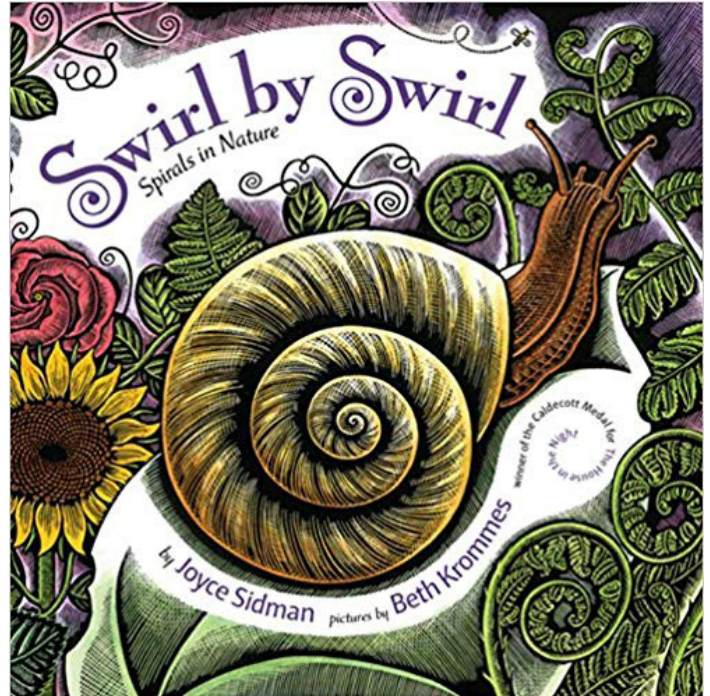
STORIES TO READ TOGETHER

Swirl by Swirl, Spirals in Nature by Joyce Sidman (Author), Beth Krommes (Illustrator)

Book: <http://amzn.to/2jWtGiv>

Video: <https://www.youtube.com/watch?v=XUJWBEXniMM>

Celebrate the beauty and value of spirals. What makes the tiny snail shell so beautiful? Why does that shape occur in nature over and over again, in rushing rivers, in a flower bud, even inside your ear?



This video: *Sometimes You're a Caterpillar*

https://www.youtube.com/watch?v=hRiWgx4sHGg&list=PL8P1NNxdxil6gcm6fxPDG9Yt_IMrMrluf&index=39&t=0s

As recommended by UUA Youth Office, Race and Identity Resources.

Snail and Caterpillar are besties, but they are different. There is great value in trying to see what others have to deal with. It's really important to stop and see the other's side so the beauty of everyone can shine through.

FAMILY DISCOVERIES

Try umami, the fifth taste. "Umami describes foods with an inherent savoriness. It has been described as broth-like or meaty. You can taste umami in foods like Parmesan cheese, seaweed, miso, and mushrooms, which contain a high level of the amino acid, glutamate. Foods with umami elements include chicken, beef, and pork, as well as tomatoes, cheese, soy, potatoes, and carrots." <https://www.npr.org/templates/story/story.php?storyId=15819485>

UUCM Family Ministry



**6th to 12th Graders are invited
to the Monthly**

UUCM YOUTH BRUNCH BUNCH



Announcing Family Camp!

CAMP TWO OF THE MENDOCINO WOODLANDS

Week One: July 7-13, 2019

Week Two: July 14-20, 2019

At the end of the road, deep in the Redwood forest, by the Little North Fork of the Big River, is a place to go... where people are happy to welcome you for who you are, not what you are... where you are encouraged to be and let be... where you are included in the Family, not despite who you are, but because of who you are... a place where it is safe for kids to be kids. It's a mystical place, where the simplest things are spiritual: dancing, singing, drumming, walking, and talking. Once you've been to Family Camp, you'll wonder what you did without it. It is a wonderful respite in your busy life, whether you can come for one week or two, you owe it to yourself and your family to do it this year.

Each week consists of four days of daily activities and child care, one free day (no activities planned), and a whole week's worth of delicious meals and evening activities!

<http://www.ncuucc.org/calendar/family-camp/>



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*



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

Adult Religious Exploration for June

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



LIVING WELL, DYING WELL SATURDAY, JUNE 8, 1-3 PM

Tim Lilyquist, from Chapel of the Angels, will join us to discuss this important topic. If you should die today, who is responsible for your final affairs? Do you have questions about the death industry but don't want to sound "morbid"? Join us to discuss what happens when someone passes, what to do, what can be done ahead of time, what are our options and any other questions.

Please sign up with our administrator, Carol Fulkerson (admin@uugrassvalley.org or 274-1675).

BOOK GROUPS

SECOND WEDNESDAY BOOK GROUP - JUNE 12, 2 PM LOCATION VARIES

Our Second Wednesday Book Group met on a cold and stormy day at Theresa's. Six of the nine people who intend to participate were able to join together to choose books to be read in the next three months. On Wednesday, June 12, at 2 PM, we will discuss *Becoming* by Michelle Obama at Theresa's. Each person is invited to share what really spoke to them in this book.

On Wednesday, July 10, at 2 PM, we will discuss *No Rooms of Their Own: Women Writers of Early California* edited by Ida Rae at Suzannah Hart's home. Our August 14 meeting will again be held at Theresa's for discussion of *Range of Motion* by Elizabeth Berg.

LAST SUNDAY BOOK GROUP - JUNE 30, 3 PM CHANNING ROOM

Our 4th Sunday Book Group has met and will be reading *A Gradual Awakening* by Stephen Levine for its next meeting in the Channing Room, June 30 at 1:30. Ram Dass commends this book on mindful meditation for its simplicity and social responsibility. Janet Bullock has two copies available. This group is open to all but is scheduled for those who cannot attend during week.

These book groups are open to men and women. If they become too large for good discussion, a new group will be started. Fiction and non-fiction will be discussed. You are welcome to come to one of the groups that reflects your interest and availability each month. Please contact Theresa Houtman, therosa48@sbcglobal.net to RSVP or with questions.

SECOND SUNDAY SPIRITUAL PRACTICES SAMPLER SUNDAY, JUNE 9, 1:30-2:30 PM

Our Spiritual Practices Samplers are held the second Sunday of each month. (This month it will be after our Congregational Meeting.) They are designed to offer a hands-on introduction to various spiritual practices that members and friends find meaningful and sustaining.

"Lectio Divina"

Transforming Words & Images into Heart-Centered Prayer
Rev. Karyn Packard

You are invited to join Rev. Karyn Packard to enter this unique experience of prayer. Enter into the rhythm of lectio divina. Allow yourself to sink into silence and spaciousness and begin to explore its contours. This is an ancient four-movement process of contemplation and reflection. Discover where your heart is being led. Open yourself to trust in the way the Spirit is moving you.

FIVE WISHES – ADVANCED DIRECTIVE CLASS WITH REV. KARYN PACKARD AND ELIZABETH FRIES PA-C SATURDAY, JUNE 22, 1-5PM

Whether you have already completed an advanced directive, are in the process, or haven't begun, this is your opportunity to address this important task. Join Rev. Karyn Packard and Physician Assistant Elizabeth Fries for an afternoon that allows you the opportunity to get this important document completed. Both these women have extensive experience in end-of-life decision-making and are able to answer your questions and guide you in completion. As the "witness" required on the document cannot be someone who would benefit from your estate or is involved in your healthcare, we will be able to witness your signatures, in order to have legal documents to take home with you.

Coming in July..

SECOND SUNDAY SPIRITUAL PRACTICES SAMPLER SUNDAY, JULY 14, 1:30-2:30 PM

In *Outside Lies Magic*, John R. Stilgoe invites our awareness of ordinary surroundings, "awareness that builds into mindfulness, into the enduring pleasures of noticing and thinking about what one notices." Stilgoe encourages us to widen our angle of vision, to step sideways and look at something seemingly familiar, to walk a few paces and see something utterly new.

June Soul Matters Reflections

FROM THE SOUL MATTERS

ORGANIZATION

What Does It Mean to be a People of Beauty?

Where do you look for beauty?

There is universal agreement that we all must make time to visit museums and sit before stunning sunsets. But seeking beauty there is not enough. Every religion agrees: The secret to encountering spiritual

beauty is to visit and observe the

unlikely places. Indeed, one could argue that this is the job of religion. It exists to teach us and to help us observe beauty in the less noticed places. Just think of all the seemingly odd advice that religion sends our way:

“Notice your feet!”

There’s a beloved poem by Chilean poet Pablo Neruda about a pair of his socks. In this and other poems, he brings the ordinary things around us to life, helping us see how they so clearly carry the memories and meanings of our lives. Religion does the same. It tells us that these ordinary objects are not just background but beautiful partners. They don’t just enhance our relationship with the world and each other; they are among the most important relationships we have. They are fellow journeyers in and of themselves.

“Notice what’s at the front of the protest march!”

UU minister Sean Parker Dennison writes, “The ability to see beauty is the beginning of our moral sensibility. What we believe is beautiful we will not wantonly destroy.” With this we are reminded that beauty does more than soothe and heal. It demands. It calls. It creates commitment. It doesn’t just say

“Love and appreciate me.” It says “Protect me! Fight for me!” It’s steps out in front of us and points to a precious world that needs our help. It paints a picture of new ways of living and declares, “Follow me there!” It’s not just the thing that nurtures our activist efforts. It is the reason we take to the streets.

“Notice yourself!”

Again beautiful things are not just objects to be appreciated and adored. They are not pretty things we purchase and possess. They possess us. They are containers for pieces and parts of ourselves. We don’t just observe them; we pour ourselves into them. They don’t just sit there; they open themselves up and invite us to spill our longings, memories, hopes and hurts into their care. When we observe them, we observe and re-member ourselves.

“Notice what’s behind it all!”

Our own Ralph Waldo Emerson writes, “The world is not painted or adorned, but is from the beginning beautiful; and God has not made some beautiful things, but Beauty is the creator of the universe.” The Quaker theologian Rufus Jones writes, “Beauty has no function, no utility... It greases no wheels, it bakes no puddings. It is a gift of sheer grace, a gratuitous largesse. It must imply behind things a Spirit that enjoys beauty for its own sake and that floods the world everywhere with it... Our joy in it shows that we are in some sense kindred to the giver and revealer of it.”



Here we are reminded that beauty is not just an elegantly painted portrait. It is also the artistic force of the universe that is constantly painting us. Pulling out the elegance in each of us and the world around us to create the portrait that is life.

So, yes, friends, by all means, get yourselves to the museum this month. Make time to gaze at the color-laced sky on your evening walks in the woods. But let’s not forget to also visit the unlikely places and the beauty that awaits us there.

June 2019 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
JUNE 2019			
2	Sunday	First Sunday: Bring Food for People/Pets 10:00 AM TBD 10:45 AM 11:30 AM	Full Community Sunday Service Drop-in Support Circle Social Justice Meeting Interfaith Block Party
3	Monday	6:30 PM	Soul Matters Exploratorium
4	Tuesday	8:30 AM 9:00 AM 4:00 PM	Walking Group (Meet at Houtmans') Morning Meditation Caring Team Meeting
5	Wednesday	8:30 AM 10:30 AM 4:30 PM 6:30 PM	Men's Group Humanism Discussion Group Youth Music (Beginners) Choir
6	Thursday	8:30 AM 8:30 AM 7:00 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at Houtmans') Singing Meditation Circle
8	Saturday	1:00 PM	Adult RE Aging Workshop: Living Well, Dying Well
9	Sunday	9:30 AM 9:30 AM 10:25 AM 10:40 AM 10:50 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM	Sunday Service Classes for Children Brunch Bunch for Youth Social Time Drop-in Support Circle Sunday Service Second Sunday Lunch Annual UUCM Meeting Spiritual Practices Sampler
10	Monday	6:00 PM	Women's Circle Potluck - OFF SITE!
11	Tuesday	8:30 AM 9:00 AM 4:00 PM 4:00 PM	Walking Group (Meet at Houtmans') Morning Meditation Stewardship Committee Meeting Challenging White Privilege
12	Wednesday	8:30 AM 11:00 AM 4:30 PM 4:30 PM 6:30 PM	Men's Group Habitat for Humanity Lunch Prep Youth Music (Beginners) Finance Committee Meeting Choir
13	Thursday	8:30 AM 8:30 AM 10:30 AM 5:30 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at Houtmans') Writers' Group Social Justice Night
15	Saturday	8:00 AM	Building and Grounds Work Party

DATE	DAY	TIME	EVENT DESCRIPTION
16	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM 12:45 PM	Sunday Service Classes for Children Classes for Youth Social Time Drop-in Support Circle Sunday Service Family Ministry Team Meeting
18	Tuesday	8:30 AM 9:00 AM 5:00 PM	Walking Group (Meet at Houtmans') Morning Meditation UUCM Nisenan Project
19	Wednesday	8:30 AM 4:30 PM 6:30 PM	Men's Group Youth Music (Beginners) Choir
20	Thursday	8:30 AM 8:30 AM 5:30 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at Houtmans') Social Justice Committee Meeting
21	Friday	4:00 PM	Dinner Prep at Utah's Place
22	Saturday	1:00 PM	Adult RE - Five Wishes
23	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM 3:00 PM	Sunday Service Classes for Children Classes for Youth Social Time Drop-in Support Circle Sunday Service Book Group
25	Tuesday	8:30 AM 9:00 AM 4:00 PM	Walking Group (Meet at Houtmans') Morning Meditation Challenging White Privilege
26	Wednesday	8:30 AM 4:30 PM 6:30 PM	Men's Group Youth Music (Beginners) Choir
27	Thursday	8:30 AM 8:30 AM 10:30 AM 5:15 PM 6:30 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at Houtmans') Writers' Group Board of Trustees Meeting Worship Team Meeting
30	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

