

the Mountain Chalice



Unitarian Universalist Community of the Mountains

November 2019

UPCOMING SERVICES

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

Social hour is between the two services; you may 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.

What Does it Mean to be a People of Attention?

Our attention is a significant force in our lives, a force which itself warrants our attention. The spiritual journey and our month of exploration ask us to notice and attend to what attracts our attention, where we direct our attention, and how we apply our attention. We'll invite attention of the heart, of the spirit, and of the mind, and then, in our final service, we'll draw the threads together.

Chuck Champlin, November Worship Associate

Nov. 3 We Remember Them

Rev. Kevin, Lindsay Dunckel and all

We begin the month with our annual All-Souls rituals, remembering those who have died, calling our attention to the past, the people and the influences that have shaped and guided us. In this all-ages, "full community" celebration, we'll call upon word, ritual, image and song to invite us to meaningful, heart-centered memory.

Note: This Sunday, November 3, is the end of Daylight Savings Time. Fall Back and enjoy the "extra" hour.

- All are invited to bring photos or mementos of loved ones who have died.

First Sunday: Please bring non perishable food for people and pets.

Nov. 10 Of Attention and Burning Bushes

Rabbi David Azen, with Rev. Kevin

Rabbi David Azen, rabbi of nearby congregation B'nai Harim and CEO of Fresher USA, joins us to explore our theme of attention. Connect with our neighbors and benefit from the wisdom of Jewish teachings and tradition, not to mention Rabbi David's wonderful insight and presence. **Soup Lunch at 12:45 PM**

Nov. 17 The Power of Mind

Chuck Champlin

Turning our attention to the mind and the possible, we start by defining our problem -- seeing what is. In a guided meditation, we apply our attention to a search for imagined solutions while

detaching from old models. Finally, feeling the liberation available in this process, we open ourselves to new possibilities.

Nov. 24 Mindfulness (rather than Mind Fullness)

Rev. Kevin Tarsa

Readying for the holiday weekend, and integrating our November Sunday messages of heart, spirit and mind, we'll speak to and invite an experience of mindfulness, "attention to our internal and external experiences of the present moment," as Jon Kabat-Zinn puts it.

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*Rev. Kevin Tarsa
UUCM Minister*

From the Minister

REV. KEVIN'S OFFICE HOURS

Tuesday	1:00 PM - 2:00 PM
Wednesday	5:00 PM - 6:30 PM
Thursday	11:00 AM - 12:00 PM

Please contact Rev. Kevin or our Office Administrator to make an appointment for Rev. Kevin's office hours.

Contact Rev. Kevin to schedule appointments at other times.

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

admin@uugrassvalley.org or (530) 274-1675

November is a great month for turning our attention to attention.

The pull toward introspection that accompanies the lengthening nights, the national holidays that call us to unearth and examine our U.S. history and its continuing legacies, the family gatherings that surface our memories and the family dynamics that persist regardless of the ways we've changed personally...they each invite us to look, listen, feel closely, and to notice the stories we tell and retell about ourselves, our people and our world.

Our Soul Matters authors write that "True attention always comes at a cost..." and indeed, to notice in a deep way is, at the same time, to be called to be affected by what we learn.

This month, I invite you to focus your attention somewhere that matters to you, and to do so without expectations or existing narratives. Notice what is, rather than what you hope or expect, and then open your heart and your mind to what you discover. If you chose a word for the year, that word may be a doorway here.

Perhaps you turn your attention to your own deepest needs, the parts of yourself that most need to be witnessed, fed, attended to, forgiven, blessed, made known...

Perhaps you turn your attention to a relationship, moving back and observing your behavior from the outside, or moving in and noticing and naming your feelings to yourself or another...

Perhaps you turn your attention to this UU community, listening, seeing, feeling beneath the surface of the activities and the words to notice the timeless human needs that people seek to meet in religious community...

Perhaps you turn your attention to the wider community, where, sure, there are all kinds of visible needs, only this time, because you are looking especially thoroughly and thoughtfully, you notice one particular possibility for making a difference as an individual or as a congregation...



Perhaps you turn your attention to the Thanksgiving story, researching the history of its telling, the real events of that time, the legacies of what it says and what it doesn't say...

Perhaps you turn your attention to gratitude and commit to express it, even if belatedly...

My own attention is turning both inward and outward, as is often true for me at this time of year. I am turning inward to listen for the voice, the me, that is most authentic and true, rather than the me that is driven by my own or others' expectations. And I am turning outward to take a wide-angle notice of the unfolding world at

this moment in time, paying attention to clues for where that authentic me might meet that world in ways that serve the well-being of me, and it, and all.

To where is your attention turning these days?

- Rev. Kevin



Your Board of Trustees

*Rev. Karyn Packard
President,
UUCM Board of Trustees*

Yesterday morning I heard a wonderful quote from Admiral Stavridis. He said, "Leadership is an opening door that hangs on the hinges of character."

That so resonated with me and speaks to me personally of my opportunity to work with this particular Board of Trustees. This week we had the first meeting that any of us could remember that was packed full of information and tasks, but finished 15 minutes ahead of time. I'm believing more and more in our New Governance model. It is designed to reallocate responsibility, so that the BOT has the time to develop policy and process and not to bind itself to micro-management. It is working! The people on this board are great leaders, and they are also people of character. What a combination. When there are jobs to be done, they do them. When they are asked for input, they give it. When anyone on our team needs support, they are there. It is our privilege to provide leadership for UUCM as we continue to work towards the goal of a well developed and functioning Governance process.

Serving that goal, Janet Dunstan, Suzanne Ferroggiaro, and Leslie Champlin have begun the process of updating bylaws, policies and procedures. When this BOT finishes it's term, it is our expectation to hand over accurate updated materials to the next team. This will include comprehensive safety policy/policies. It is a large undertaking and will pull in lots of you for input. Be ready to help make sure your areas of interest get the focus they deserve.

It is an exciting time to be a part of UUCM. Our two other goals involve finances and facilities. They definitely are tied together. Joel and the Finance Team make sure that we always have current and accurate financial reports, which allow us to begin the process of looking into the physical future of our church. As we approach the payoff of our mortgage, we will discern our future paths. You are being invited into the conversation by our stewardship team. There are many levels to this kind of decision-making and all these levels need to be financed.

In Rev. Kev's minister's report, he introduced us to "Love Reaches Out," a study guide of outreach and branding strategies for Unitarian Universalist congregations and communities. This is an educational opportunity for us that will sync with our developing process to discern who we are and who we want to be. Of course, our physical plant's development is part of this equation. Look forward to being introduced to this material at the beginning of the new year.

If you are interested in some part of this "facilities" process, please let one of our BOT members know. There will be plenty of jobs for all those who have a passion for such things. Dennis Weiher, Kevin and myself will be having an initial meeting to set first steps this week. Aren't we fortunate to be a congregation of "possibility?"

Please note, next month's Board Meeting will be moved to **November 14th at 2:30 PM** to accommodate my traveling.

In addition, please mark your calendar for a Congregational meeting **Sunday, January 26, 2020**. We will have only one service at 9:30 AM that day, and the meeting will follow at 10:45 AM. We require a quorum of members for votes on bylaw changes. Please plan on attending.

With excitement, pride and commitment,

- Rev. Karyn Packard

UUCM BOARD OF TRUSTEES

JULY 2019 - JUNE 2020

Karyn Packard	<i>President</i>
Jim Perkins	<i>Vice-President</i>
Sandi Lauher	<i>Secretary</i>
Joel Houtman	<i>Treasurer</i>

Members at Large:

Maryann Currington, Janet Dunstan & Dennis Weiher

*Board of Trustees meetings are held:
the third Thursday of each month at 2:30 PM
in the UUCM Channing Room unless stated otherwise.*

*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.*

YOU ARE INVITED TO CELEBRATE
THANKSGIVING
AT UUCM



Thursday, November 28, 2019
at 2:00 P.M.

*No out-of-town plans this year? No family nearby?
Too much work to prepare ALL that food?*

***Come to UUCM's FOURTH Annual
Thanksgiving Potluck with Rev. Kevin Tarsa
and your UUCM family!***

(You are welcome to bring non-member guests.)

***Please sign up at the
Membership Table in the Foyer!***

Membership Team

Sign Up for a Circle Supper!

By Rev. Kevin Tarsa

Circle Suppers are small-group potluck meals in people's homes, scheduled throughout the year. They are great chances to get to know others in a relaxed yet meaningful way.

Claire Miller is organizing Circle Suppers this year. Look for sign up sheets on Sunday mornings in the entry way, and watch for online postings and sign-up options soon.

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 from 10:30 until 11:20 AM in the Alcott and Channing Rooms.

This month's schedule for contributing snacks:

November 3 - last names beginning with A to E

November 10 - last names beginning with F to J

Also - Soup Lunch at 12:45 on November 10 - all are welcome (Soup, Bread & Butter, Cookies...please contribute if you can!)

November 17 - last names beginning with K to R

November 24 - last names beginning with S to Z

If you plan to bring a snack or a Second Sunday Soup Lunch contribution, please let Marilyn Young know. We especially appreciate healthy snacks, and at least one gluten-free baked offering. (MarilynY04@gmail.com)



ORGANIC SHADE-GROWN FAIR
TRADE COFFEE AVAILABLE

By Joyce Banzhaf

Consider buying *Just Coffee*, the organic, fair-trade coffee we offered at the Coffee Hour during the summer. If you've enjoyed it, here's how to get it for yourself:

You may order coffee by emailing me at joycebanzhaf@yahoo.com and asking for Robusta (high caffeine), Arabica Sweet, or Decaf. Also, please specify 1 or 5 pounds, regular or dark roast, whole beans or ground. Coffee is \$9 for a one pound bag, and \$37 for a five pound bag. Decaf is \$10 for one pound, and \$42 for five pounds. Once I get 30 pounds of orders, I will send in the order. Thanks for supporting organic, shade-grown coffee where all profit goes to the co-op workers in Mexico.

Stewardship

Small Group Conversations

By Keith Johnson, Chair, Stewardship Team

You have recently received your written invitation to a small group conversation hosted by the Stewardship Team. Please note the date on your invitation (either November 3, 17, or 24) and please plan on attending. It will be fun (we promise)!

For those of you who suffer from Stewardship anxiety disorder, please note that we will not be discussing pledges or the pledge campaign. The purpose of the small group meeting is threefold: 1) to get to know each other better in a relaxed atmosphere; 2) to explore how generosity enhances our lives; and 3) to identify new initiatives and programs so we can fulfill our congregational mission.

A specific objective of the small group meetings is to receive your input concerning future spending priorities for UUCM. What are our financial goals and how are they related to the mission? What will be different if our financial goals are met? We will record your responses and forward them to the Board of Trustees. This dialogue may also continue during our visiting steward conversations next spring. Watch this space for further information about the pledge campaign.

If you have questions about the small group meetings, please contact Keith Johnson at kjohnson.uucm@gmail.com. If you cannot attend your scheduled meeting, please contact Keith to see if an alternative date can be arranged.

Happy Thanksgiving!

Upcoming Events

Save the Dates!

By Keith Johnson, Chair, Stewardship Team

The Stewardship Team is busy planning the following events to help fulfill our mission, raise funds, and tickle your fancy.

November 2nd - UUCM Annual Wine Market with Dave Luce

November 3rd, 17th, and 24th

Small Group Meetings at UUCM (Watch for Your Invitation)

November 9th - UUCM Valley Music Fall Concert

December 6th, December 13th, and December 20th
UUCM Holiday Bazaar

Mark your calendars now for these exciting events and stay tuned for further details. (Please see flyers on page 6.)

Unitarian Universalist Community of the Mountains presents their annual

Fall Wine Market

**Saturday,
November 2 at UUCM**

6:30 to 9 PM

\$20 per person

*includes tasting several selected
wines, accompanied by an array
of appetizers and desserts!*



VALLEY MUSIC

Saturday, November 9, 2019

7:00 P.M. AT UUCM • \$20



*An eclectic and fabulous night of music spanning from
the Renaissance to the very moment, with friends, family, and your hosts,
Jordan Thomas-Rose and Rev. Kevin Tarsa.*

Caring Team

We're Here for YOU!

By Gwen Eymann, Acting Chair, Caring Team

In this community we pay attention to each other and we share our joys and our sorrows. This gives us the opportunity to grow deeper in connection with one another, to share our lives with each other, and to be known for who we are.

Our thoughts are with **Sage and Maya Knowles**. Sage has recently had spinal surgery to remove a growth. We continue to hold Maya and Sage in our hearts with loving care.

We hold **Nancy Finlay** in our hearts as she is healing from surgery and prolonged illness. We are wishing her a steady return to strength and her vital self.

Gail Johnson Vaughan came through her surgery with flying colors! They caught the cancer at stage 1, no chemo required. She is so grateful for all the support from her UUCM family and wants all the quilters to know how much she loves the healing quilt they made and how much the hospital staff admired it.

We celebrate with **David and Cedar Moss** as they travel to Ireland for the wedding of their son. We also celebrate with **Steve Temple and Leisa Huyck** whose daughter, Melanie, is being married right here in Nevada County. Congratulations to the loving couples and their families.

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 ways you can participate and help serve this wonderful community.

Contact: Gwen Eymann (530) 274-7965, or email: caring@uugrassvalley.org

Caring Team Members: Gwen Eymann, *acting chair*, Maryann Currington, Jenny Dewey, Penny Harlan, Robin Hart, Carol Hyndman, Anne Lyon, David Moss



Building and Grounds

Fabulous Fall Weather at our October B & G Team Work Day!

By Wally Holtan, Chair, Building and Grounds Team

During our workday meeting we established that one of the goals for the coming months is to address the unsafe footing on the back patio area and to pursue getting adequate air conditioning in the children's meeting area upstairs.

Between the great turnout and the wonderful weather, much was achieved both inside and outside. One of the big accomplishments this month was the removal of the large old air conditioner in the small meeting room in the upstairs RE area. Thank you, George Dunstan and Jim Wiens. This will allow us to replace it in the spring with a small cooling unit that will be much more functional. Gwen, Connie, Bridget, Theresa and Jim spent most of the day cleaning up the yard and garden areas; Joel installed bulletin boards, repaired the lighting on our outdoor sign and tracked down some wall studs for the installation of the second television in the sanctuary.

With Keith gone this month to Ashland, the majority of the chair cleaning fell on Bonnie supported by Shannon and Andy Dooley-Miller. Thank you for tackling that routine reoccurring project! Paul Elias reversed the sanctuary fans for winter, located the circuit breakers for the electrical outlets related to the future sanctuary television and cleaned up the mess left by the street construction on South School street. It was a great day with many things checked off my work project list. Thank you all again!

Our November work day date is in flux at this time. I will clarify the date as soon as possible. Remember, whether you are an old-timer at UUCM or new to our community, the monthly work days are a great place to volunteer your time, meet new people or get to know someone better and have a fun rewarding time. Hope to see you soon.

Social Justice News and Activities

Social Justice News

For more information, or to get involved directly with the Social Justice Team, please contact Steve Temple at srtemple@ucdavis.edu or 530-220-0995.

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 Steve Temple (530-220-0995).

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 11:00 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 three times per week to those in need. Currently they need both drivers and packers. Contact Anne Lyon (619-933-1618).

See the next page for an update on the upcoming IFM events during the holiday season.

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).



Social Justice News and Activities, Continued

Nisenan Project Team

The UUCM Nisenan Project Update

By Carmen Riley, Nisenan Project Team Chair

In October, our Team was honored to have partnered with the Worship Team in hosting Shelly Covert (Spokesperson for the Nevada City Rancheria Nisenan Tribe and Chairperson for CHIRP – California Heritage: Indigenous Research Project) as guest speaker for UUCM's Indigenous Day service.

For many in the congregation, this was their first opportunity to hear Shelly speak and we hope not their last, as no matter what the function, Shelly always brings her gift of great heart and tremendous depth of knowledge. We wish to thank Shelly for taking time out of her busy schedule to share the pulpit with Rev. Kevin and Ember Amador, Shelly's Executive Assistant and Coordinator.

Upcoming events on the Nisenan calendar include the Tenth Anniversary of Nisenan Heritage Day on Saturday, November 2, from 10:00 AM - 4:00 PM at Sierra College, Grass Valley. This event is free to the public and features an all-day educational panel of speakers on various subjects as well as native dancers, native artists, and Indian Fry Bread tacos for sale.

An art reception fundraiser is scheduled for Friday Night, November 1, from 6:00 to 10:00 PM at the Nevada City Winery in Nevada City. For further details and more information about these and other upcoming events, please go to nisenan.org or www.chirpca.org

I would like to thank everyone on both teams for all that they did to make this year's Indigenous Day celebration such a special service. I am grateful to Eileen Hale for her beautiful artwork that appeared on the October 13 Order of Service cover, and to Suzanne Ferroggiaro for the awesome vision she created setting up our altar. Thank you also to Reverend Kevin and Allison Rivers Samson. Thank you one and all!



November Pass the Plate

Our November Partner

November's pass-the-plate partner/recipient is California Heritage: Indigenous Research Project (CHIRP), created to research, document, preserve, and protect California Indigenous Nisenan culture. CHIRP has been following the history and stories of the Foothill Nisenan people of the Nevada City Rancheria, and has played an important role in the re-introduction of the Nisenan people to the non-native community now residing in the Nisenan homelands of the Bear and Yuba river watersheds, especially in Nevada County where the Nisenan once had a federally recognized reservation.

Learn more at <http://www.chirpca.org/>

THANK YOU TO ALL WHO CONTRIBUTED IN SEPTEMBER

Thanks to people's generosity, the September Pass-the-Plate offerings at UUCM raised \$565 for the Wolf Creek Community Alliance.

IFM Holiday Plans

Making a Difference for Nevada County Families

By Anne Lyon

Are you wondering how to help folks in need during the holidays? From now through December you can "Sponsor a Family" at Interfaith Food Ministry. \$20 not only buys a holiday meal but also a regular distribution.

In addition, December 3rd is "A Global Day of Giving" at IFM when a non-profit campaign to feed the disadvantaged will include tours of IFM with light refreshments from 9:00 to 4:00. Volunteer drivers as well as workers for Cal Fresh (formerly food stamps) and facility management are also needed.

Contact Anne Lyon 619-933-1618 or mountan6@gmail.com.

Community Connections – Social & Spiritual Activities

Humanist Discussion Group

WEDNESDAY, NOVEMBER 6
AT 10:30 AM

By George Dunstan



The next meeting of the Humanist Discussion Group will be Wednesday, November 6th, at 10:30 at UUCM. Our topic will be Cognitive Biases. This link will take you to a summary discussion of the topic and under the Dive In Further section is a link to take you deeper.

<https://medium.com/thinking-is-hard/4-conundrums-of-intelligence-2ab78d90740f>

Join us as we delve into why thinking is hard!
I hope to see you at the meeting.

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.

UUCM Walking Group

By Theresa Houtman

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



Meditation Group

Tuesday mornings at 9:00 AM, 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, 7-8:30 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, and your spirit.

November Women's Circle & Potluck MONDAY, NOVEMBER 11, 6:00 PM AT UUCM ANNUAL PMS PARTY! (PIZZA, MOVIE & SUNDAES!)

UUCM Women's Circle is having their annual PMS Party this month – our little break before the hustle-bustle of the holidays. We'll be eating pizza, watching a DVD and having an ice cream sundae bar. We'll be laughing along with "When Harry Met Sally" – a RomCom with Meg Ryan and Billy Crystal.

Please RSVP to the Women's group email list: womensgroup@uugrassvalley.org. There will be a collection to cover the cost of pizza and ice cream, and we ask that everyone bring a favorite ice cream topping to share. If you need non-dairy ice cream, please bring it as your contribution.

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, (kathryneyounguu@gmail.com) 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, 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. The Thursday meeting location is now at Valentina's Bistro, 841 Sutton Way in Grass Valley.

Drop-In Support Circle

SUNDAYS 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: Corrie Silva: (corriesilva@sbcglobal.net or 415-204-7448), Janet Bullock, Wally Holtan and Tom Wernigg

Family Ministry offers many ways to serve the life of the community.

Contact Rene Wiley if you'd like to find out more! familyministry@uugrassvalley.org

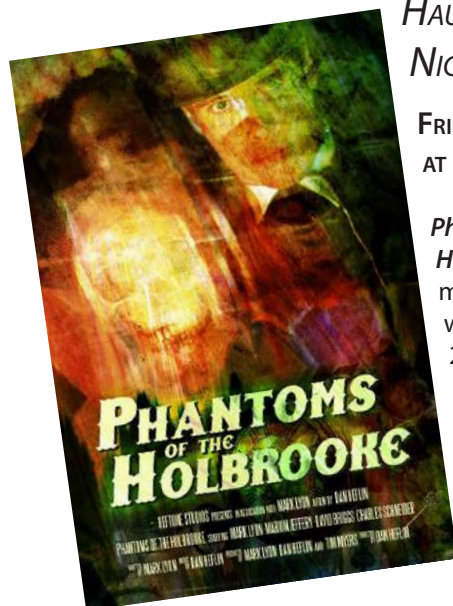
November is About Attention

By Rene Wiley, Chair, Family Ministry

For November, *what it means to be a "Family of Attention"* is the theme and our RE teachers dive in with clues from the Wonder Box, looking into the many ways our UU faith directs our attention.

RELIGIOUS EDUCATION CLASSES FOR PRE-K AND ELEMENTARY (5-13)

With rich resources from UU history and other faith traditions, the kids will notice how prayer brings attention to their inner life, meditation to their mindfulness, and the practice of gratitude to their senses of beauty all around, all things that are with us when we just take the time to notice! Sundays, November 10, 17 and 24, 9:30 AM. The journey unfolds with our traditional chalice lighting, storytelling, movement, activities, art, and snacks. Come join us!



HAUNTED MOVIE NIGHT FOR ALL AGES

FRIDAY NOV 1ST
AT 5:00 PM

Phantoms of the Holbrooke. This locally made docudrama was featured in the 2018 Nevada City Film Festival. The film reveals why some report that the Holbrooke may be the most haunted hotel in the world.

There will be a Q&A session to follow with Director Dan Heflin. Plenty of popcorn and drinks will be available, and feel free to bring healthy snacks and wear your ghostly or early 20th century attire!

OCTOBER 18TH VEGETARIAN FEAST WITH B'NAI HARIM WAS A GREAT EXPERIENCE OF BELONGING

On Friday, October 18, families and members attended the joint UUCM/Congregation B'nai Harim for an experience in belonging with our Jewish neighbors.

We shared in their Fall Harvest Festival with Sukkot blessings and shaking the Lulav under the Sukkah. After a vegetarian feast, we participated in the annual celebration of Simchat Torah.

To be invited to help carefully unroll the Torah as it stretched around the room and to hear the story of humanity and belonging was truly special. We look for more opportunities to unite with our neighbors at Congregation B'nai Harim.



UUCM Family Ministry, continued

FOR CLIMATE ACTIVISTS

One way that our members and families advocate for the climate is the **Citizen's Climate Lobby**. On **November 9th, 11:00 AM - 2:00 PM**, Climate Advocate Training will be held in Rocklin. This is valuable training to learn the foundations of how to be an effective climate lobbyist! Youth and Adults welcome.

The Nevada County Chapter of Citizen's Climate Lobby, a non-partisan group, meets every **third Monday at Briar Patch, 7:00 PM** - all ages! Teen activists are growing a powerful presence! Ask if the kids you know would be interested in joining the effort.

Climate art?

Watch for the carbon footprint "shoe" art project! Over 15 feet long and due to arrive to our front patio for us to decorate. The finished "shoe" may become available for parades and climate justice marches. We invite the entire UUCM congregation and some of the wider community.



Says David Whitehead, Nevada County Chapter of CCL: The Carbon Footprint Shoe is constructed to occupy the same volume as the volume of gases produced by burning 1 gallon of gasoline in an average automobile. The calculation was performed by a scientist and subjected to peer review by other scientists. The Shoe is 15.5 ft. long, 4 ft high, 4 ft wide.

HAPPY BIRTHDAY TO THE UN CHARTER!

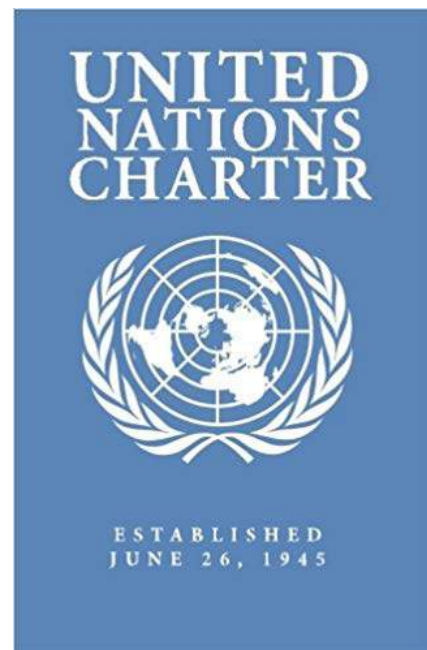
A BIRTHDAY CELEBRATION FOR THE UN CHARTER WAS SCHEDULED FOR **SATURDAY, OCTOBER 26**, BUT HAD TO BE POSTPONED BECAUSE OF THE **POWER SHUT OFF**.

PLEASE WATCH FOR THE ANNOUNCEMENT OF THE NEW DATE IN THE **UUCM eCHALICE**.

Join us in this fascinating opportunity to look back in celebration of 74 years of the signing of the United Nations Charter and discover how to be essential in support of our world's future.

Guest speaker, Troy Wolf, Senior Director of UNA-USA Education and Learning at the United Nations Foundation will be here from Washington DC., and will talk about how we can all support the work of the United Nations at the local level, and particularly as it relates to Climate Change and the UN's Sustainable Development Goals.

He will emphasize how crucial it is that adults support young people in their climate activism, and how UNA-USA members are leaders in intergenerational advocacy, membership, and support. Free UN membership will be given to those 25 and under!



Family Ministry offers many ways to serve the life of the community.

Contact Rene Wiley if you'd like to find out more! familyministry@uugrassvalley.org



What Does It Mean to be a People of Attention?

*From the
Soul Matters Authors*

Alice Walker famously wrote, "I think it pisses God off if you walk by the color purple in a field somewhere and don't notice it."

Walker's words are a great reminder that attention and gratitude go hand in hand. Indeed they are a perfect embodiment of the dominant message about attention: that it's here to wake us up to life's many gifts.

But it's also important to remember that attention has a few ulterior motives up its sleeve so some fair warning is required this month. Attention won't just make you grateful; it will make you fall in love. It won't just allow you to notice life's gifts; it also makes it impossible to ignore life's pain.

First, the love part.

Mary Oliver writes, "Attention is the beginning of devotion." It's a beautiful way of saying you cannot love something that you do not really see. Love simply isn't possible without deep noticing and noticing deeply seems to inevitably lead to love. Glances and self-interested attention never get to the real person. They stay on the surface and treat the other as a mirror. In that case, what you fall in love with is how they make you feel and how they enhance your stature with others. Which means that all you've really done is fall in love with yourself. Truly loving a person requires noticing your needs and then putting them aside. It asks you to look without expectation of who you want or hope they will be, and instead try to focus simply on who they are right now. It's a type of looking that keeps on looking until you discover something entirely new, entirely other, entirely and uniquely them. And once you notice something that's uniquely new, you're in trouble, because you will most definitely be devoted. You will no longer think about what you're getting. You will only want to give.

Now for the pain part which is not all that different from the love piece.

This time it's a UU minister, Rev. Sean Dennison, that captures it best. Sean writes "The ability to see beauty is the beginning of our moral sensibility. What we believe is beautiful we will not wantonly destroy." In other words, once we notice the beauty at the heart of others and the world, it pains us to see it destroyed. So seeing the beauty of something comes with a commitment. You don't just think to yourself "Oh, that's pretty," you think "My God, I must protect it." Its survival becomes your survival. Its pain becomes your pain.

All this is to say that we should expect to feel grateful this month. But, also, don't be surprised if you end up feeling devoted as well. Again, attention doesn't simply help you notice all you've been given; it also makes you fall in love and demands that you give of yourself. So consider yourselves warned, friends: True attention always comes at a cost, because real looking always results in you not being able to look away – often for the better.

This month may that be true for you!

Connect in Soul Matters Circles

By Rev. Kevin Tarsa

Soul Matters Circles are small groups of 5-8 people who commit to meeting once a month October through June to deepen connections among the circle members and with our community through the lens of our monthly themes.

Each month participants receive an electronic packet of resources (or a printed packet, if needed), and each person chooses how deeply they will explore these resources. The packets offer quotes, poems, suggested practices, questions to consider, books suggestion, music ideas, links to articles, videos and movies and more.

Participating in a Soul Matters Circle is one wonderful way to get connected at UUCM, to get a to know a few more people meaningfully and well as you explore your own inner life.

If you have questions and/or are interested in participating in a Soul Matters Circle, contact Soul Matters Coordinator Jo Waters. There may be spaces in existing circles, or there may be enough interest to initiate a new circle: jowaters@hotmail.com or (530) 414-6941.

There is also a related **Men's Circle of Trust**. For information about the Men's Circle, contact Jeff Stone jeffstone@mac.com (530) 446-3334 or Phil Hart philhart115@gmail.com or (530) 263-9679.

Adult Religious Exploration



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

BOOK GROUPS

FIRST SUNDAY BOOK GROUP - NOVEMBER 3, 1:00 PM

CHANNING ROOM

We decided to change our date to the first Sundays, in order to avoid the holidays. On November 3rd, we will discuss "Mr. Dickens and His Carol" by Samantha Silva. December 1, will be "Them" by Ben Sasse, and January 5, "A Primate's Memoir" by Sapolsky. We will meet in the library at UUCMGV, at 1:00 PM.

We would like to extend encouragement to UUs of all gender identities to join us.

Theresa Houtman notes,

"Them" by Ben Sasse is our December 1 reading choice. Joel and I have started this clearly written book by a Republican congressman and have found so much to discuss that our time talking outweighs the time reading. The subtitle gives a hint about why this is an important book to read and discuss. "Why We Hate Each Other and How to Heal". Read it and join us.

THIRD WEDNESDAY BOOK GROUP - NOVEMBER 20, 2:00 PM

HOUTMAN RESIDENCE, 418 CHAPEL, GV

We meet to discuss *Where the Crawdads Sing* November 20 and *Beneath the Starlit Sky* on December 18. These meetings will be at Houtmans' residence, 418 Chapel at 2 PM.

New members are always welcome in either group.

Contact Theresa Houtman, therosa48@sbccglobal.net to RSVP or with questions.

SPIRITUAL PRACTICE SAMPLER

SECOND SUNDAY SPIRITUAL PRACTICES SAMPLER

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

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

Look for information about the November Spiritual Practice Sampler in the Weekly Chalice.

CONTINUING CLASSES...

STARTING POINT

The final Wednesday Session will be on November 6 at 4:30-6:30 PM

New, and want to find out more about UUCM and UUism? Already a member or long time friend and want to get connected to new folks and to renew your connection to our UU tradition?

Sign up to be on the list for the next 4-session Starting Point series, an introduction to the Unitarian Universalist Journey. Starting Point is rooted in the understanding that religion is a journey, not a set of beliefs. In this rich, small group format, newcomers as well as current members have a chance to connect and to experience what it means to be Unitarian Universalist.

To put your name on the list, or for more information, contact the office at (530) 274-1675 or admin@uugrassvalley.org, or contact Rev. Kevin at minister@uugrassvalley.org or 530-274-1661.

STEWARDSHIP: THE JOY OF GIVING

with Rev. Kevin, Keith Johnson and Bob Packard

Last two Tuesday Sessions, 5:30 to 7:00 PM, November 2 & 19

Stewardship is about taking care of something we value and enabling it to grow. This 4-session series affirms every person as a steward—that is, as a caretaker or trustee with a vision for the future. It aims to empower all who participate in it to be stewards of self, family, community, congregation, and our Unitarian Universalist faith. What does stewardship mean to you? What is the story of our congregation? How can we commit more deeply to stewardship at UUCM and in our lives? Come join us as we seek to answer these questions and others in a relaxed, informal setting.

For more information and to register, contact Keith Johnson at kjohnson.uucm@gmail.com, 530-265-0277.

SEEKING ADULT RELIGIOUS EDUCATION CHAIR

UUCM is seeking an Adult Religious Education Chair to work with Rev. Kevin to solicit and communicate learning opportunities in the life of the congregation. Please contact Rev. Kevin if this might just be the perfect role for you right now. If you have ideas for learning opportunities that you want to experience and/or facilitate, Rev. Kevin will be glad to know that too! minister@uugrassvalley.org.

November 2019 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
NOVEMBER 2019			
1	Friday	3:00 PM 5:00 PM 5:30 PM	PWR Coalition Sewing Party Family Movie Night - Doors Open Film: Phantoms of the Holbrooke
2	Saturday	6:30 PM	Wine Market Event
3	Sunday		Daylight Savings Time Ends Today... Fall back and enjoy your "extra" hour First Sunday: Bring Food to Donate! 9:30 AM Full Community Sunday Service 10:30 AM OWL Classes 10:40 AM Social Time 10:50 AM Drop-in Support Circle 11:30 AM Full Community Sunday Service 12:45 PM Stewardship Small Group Conversations 1:00 PM Book Group
4	Monday	6:30 PM	Soul Matters Exploratorium
5	Tuesday	8:30 AM 9:00 AM 4:00 PM 5:30 PM	Walking Group (Meet at Houtmans) Morning Meditation Caring Team Meeting Adult RE - Joy of Giving workshop
6	Wednesday	8:30 AM 10:30 AM 4:30 PM 6:30 PM	Men's Group Humanism Discussion Group Starting Point Session Choir
7	Thursday	8:30 AM 8:30 AM 5:00 PM 7:00 PM	Men's Group at Valentina's Bistro Walking Group (Meet at Houtmans) Vegan Potluck Singing Meditation Circle
9	Saturday	1:30 PM 7:00 PM	Concert Rehearsal Valley Music Concert
10	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM 12:30 PM 1:30 PM	Sunday Service Classes for Children Nisenan UUCM Project Social Time Drop-in Support Circle Sunday Service Second Sunday Soup Potluck Spiritual Practices Sampler
11	Monday	6:00 PM	Veteran's Day - Office closed Women's Circle PMS Party
12	Tuesday	8:30 AM 9:00 AM 4:00 PM 5:30 PM	Walking Group (Meet at Houtmans) Morning Meditation Stewardship Committee Meeting Adult RE - Joy of Giving workshop

DATE	DAY	TIME	EVENT DESCRIPTION
13	Wednesday	8:30 AM 11:00 AM 4:00 PM 4:30 PM 6:00 PM 6:30 PM	Men's Group Habitat for Humanity Lunch Prep Ministry Council Finance Committee Meeting Social Justice Committee Meeting Choir
14	Thursday	8:30 AM 8:30 AM 10:30 AM 2:30 PM	Men's Group at Valentina's Bistro Walking Group (Meet at Houtmans) Writers' Group Board of Trustees Meeting
15	Friday	4:00 PM	Dinner Prep at Utah's Place
16	Saturday	9:00 AM	Building and Grounds Work Party
17	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM 12:45 PM 12:45 PM	Sunday Service Classes for Children OWL Classes Social Time Drop-in Support Circle Sunday Service Family Ministry Team Meeting Stewardship Small Group Meetings
19	Tuesday	8:30 AM 9:00 AM 5:30 PM	Walking Group (Meet at Houtmans) Morning Meditation Adult RE - Joy of Giving workshop
20	Wednesday	8:30 AM 4:00 PM 5:30 PM 6:30 PM	Men's Group Kindergarten play rehearsal Social Justice Committee Meeting Choir Mountain Chalice Articles Due
21	Thursday	8:30 AM 8:30 AM	Men's Group at Valentina's Bistro Walking Group (Meet at Houtmans)
24	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 OWL Classes Social Time Drop-in Support Circle Sunday Service Stewardship Small Group Meetings
26	Tuesday	8:30 AM 9:00 AM 4:00 PM	Walking Group (Meet at Houtmans) Morning Meditation Challenging White Privilege
27	Wednesday	8:30 AM	Men's Group
28	Thursday	2:00 PM	Thanksgiving Potluck
29	Friday	4:00 PM	Dinner Prep at Utah's Place



Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945
Telephone: 530.274.1675 Website: www.uugrassvalley.org

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

Office Hours: Monday through Friday, 8:30 AM - 12:00 PM

Rev. Kevin Tarsa Office Hours:

Tuesday:	1:00 PM - 2:00 PM
Wednesday:	5:00 PM - 6:30 PM
Thursday:	11:00 AM - 12:00 PM

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Reverend Kevin Tarsa, *Minister*
Carol Fulkerson, *Office Administrator*
Jordan Thomas-Rose, *Music Director*

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Mountain Chalice Newsletter Submissions are due by the 20th of the month prior to publishing.

Submit by email in Word/Pages format (not as a pdf) or simply by typing directly into an email to:

MtChaliceTeam@uugrassvalley.org

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

*Volunteer Team Members: Joanne Harris, Pre-Editor; Kathy MacLeod, Final Editor;
Kathryn Young, Design & Layout*

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