

# the Mountain Chalice



Unitarian Universalist Community of the Mountains

April 2020

## UPCOMING SERVICES

*Our Sunday Services are held online and via phone – in Stay-at-Home mode - until further notice. 10:30 AM each Sunday.*

*Religious Explorations for Kids is lead on Zoom by Lindsay Dunckel at 9:40 AM Sundays.*

For access please contact [familyministry@uugrassvalley.org](mailto:familyministry@uugrassvalley.org)

### TO JOIN THE SERVICE ON SUNDAYS:

Online via Zoom:

<https://zoom.us/j/746107217>

Meeting ID: 746 107 217 #

Audio by phone:

Dial in: 1-669-900-9128

Meeting ID: 746 107 217 #

You may join by computer, smart phone, or simply call in by phone. Microphones/phones should be muted and cameras turned off. Use the "Chat" to write your hello, to share joys and sorrows, to respond to questions asked in the service, and to trouble shoot navigating Zoom.

### NEW TO ZOOM?

Try a Zoom test on your computer: <https://zoom.us/test>  
Download the Zoom App for your phone (Zoom Cloud Meetings)

### What Does it Mean to be a People of Liberation?

*Wendy Wernigg, April Worship Associate*

#### April 5 Just Below the Surface: Liberating Our Selves and Each Other

*Members and Friends with Rev. Kevin Tarsa*

*Liberation begins close in. With our very identity. We enter this month right there, this month of continuing, self-revealing physical distancing, invited to our own reflection by several voices sharing personal stories of found liberation.*

#### April 12 From the Buried Grain: Liberating Spirit Rev. Kevin

*Join us for a UU take on Easter Sunday/Oestre, celebrating symbols of the season as entryways to personal and collective liberation.*

#### April 19 I Hear You Calling: Liberating Earth Lindsay Dunckel, Rev. Kevin, and all

*Our monthly full-community service, near Earth Day this month, calls us to listen to the young voices of courage, and to live our value of sustainability. All. Year. Long.*

#### April 26 Liberation Members of the Humanist Group, with Wendy Wernigg

*UUCM's humanist discussion group meets monthly all year long to explore the world through a humanist lens. Let group members' take on liberation invite you to notice your own lenses.*

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Rev. Kevin Tarsa  
UUCM Minister

## From the Minister

*My life flows on in endless song; Above earth's lamentation,  
I hear the sweet, though far-off hymn that hails a new creation.  
Thro' all the tumult and the strife, I hear the music ringing;  
It finds an echo in my soul - how can I keep from singing!*  
- original lyrics by Pauline T. (possibly)

I have followed the suggestion to sing while washing my hands so that I get the full 20 seconds of washing time in. Otherwise, I shortchange it. I rotate through a series of songs – *Comfort Me, Come and Go With Me to that Land, I've Got Peace like a River, Meditation on Breathing*, and a song that begins, "Every little cell in my body is happy, every little cell in my body is well..." sung to the tune of *Shortnin' Bread* (taught by Beth Karow at our last Singing Meditation). My mood determines the song choice.

Beyond lengthening my hand washing time, the singing pauses any other thoughts in my head and brings me back to the moment at hand, quite literally. Each time it pulls me out of automatic pilot mode and invites me to be present, honest, attentive. In the heightened need to wash my hands, the motions themselves become a prayer of sorts, and I find myself thoughtful about others and their needs and about the demands and risks of this moment in the large picture of things. I think about what is needed from me as a minister to this community.

As an individual, I cycle through the emotions spoken to by those various hand washing songs, with their calls for comfort, or making a way together to the land of our vision, or acknowledging that I am at once a person of peace, joy, love, pain, tears, and strength.

Though I lean readily toward optimism, I also straddle now the threshold between trusting that we human beings have the resilient capacity, will, and creativity to weather the coming social/economic/political challenges that this virus brings with it, and, in my less sure moments, worrying that baser human instincts will win out in the end in some frightening societal

collapse. I know that many of you straddle that threshold as well. So much is unknown.

In these times of profound uncertainty and physical distancing, it will be especially important for each of us to find our spiritual grounding and the practices that get us there, meaning to find our ways of feeling, of sensing - in our body/mind/spirit - the connections between ourselves and the rest of all that exists beyond us, including other people, other forms of life, the earth, and more... Part of our work is now to support each other in this.

You who are comfortable with the word spirituality, I expect that you know what I mean.



For those who are not, including some of my fellow humanists, I'll name that the traditional equating of spirituality solely with supernaturalism or theism is an unnecessarily narrow approach. Spirituality can include those things, but need not.

Let go of the word, if it helps, and focus on the experience to which it refers, the experience of feeling a deep connection to whatever is beyond you as an individual human being. The experience of feeling both yourself and all at the same time. It will be an experience that is, in the end, inherently wordless.

Not something you get your mind around so much as an experience that you feel.

For some of us, engaging time outdoors in "nature" is an important spiritual practice, where we feel a link or oneness with this extraordinary universe. Some of us will find spiritual connection most readily in intimate, revealing, emotional conversations and connections with other people. Some of us will find spiritual grounding in a profound internal experience of "Spirit" or "God" or "Goddess" or "Love." Some of us will reach it only when our bodies are actively involved – in yoga, or qi gong, or dance, or body prayers.

I find my spiritual grounding most readily and reliably in singing, whether alone, or, best of all, with others. When I am singing, it feels like I am sending roots down into the earth and branches up and out in every direction. I come to feel both deeply calm and deeply energized at the same time. It grounds me, gives me a timeless sense that I am okay as is, and allows me to see with openness and creativity the realities and

## From the Minister, continued

the possibilities before me, "above earth's lamentation." My friends, "thro' all the tumult and the strife" of these trying times, may some regular and intentional spiritual practice allow you to hear the music that is always ringing, allow it to "find an echo in your soul" and maybe even, hail for you "a new creation."

How can I, how can we, help?

With care,

- Rev. Kevin

### Behind the Scenes: The Process of Live-Streaming our Services

By Bob Miller, Sound Team

Here are a couple photographs from our first experience of capturing our Sunday service so we could put it out to you on Zoom. It's complicated...

You can see the iPhone on a mini-tripod pointing at worship associate Jeff Stone doing a sound check. The iPhone is hard wired to the Internet and thence to Zoom. Allison is sitting at the computer that is hosting the Zoom meeting (also hard wired to the Internet.) Allison has to select the various video sources for the meeting and monitor the chat stream. Not shown at the rear is Gary Lauer at the sound board mixing input from the piano, Kevin's vocals and the main mic. This sound is fed into a second computer and thence to Zoom. The big screen shows the view of the on-line audience. You may see wires, including power and Ethernet to the various devices. There is a long meandering Ethernet cable to the router in the office.



This photo shows David Samson. He arrived on Saturday afternoon with a box of technical gizmos that he used to interconnect everything.



Jordan is recording a song for an on-line service.

Amazingly, it all worked. Please do not try this at home. Thank you all who connected to Zoom and created a UUCM community event.

### 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](mailto:minister@uugrassvalley.org) or (231) 883-1058

[admin@uugrassvalley.org](mailto:admin@uugrassvalley.org) or (530) 274-1675



## Your Board of Trustees

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

We are facing change minute by minute. But, as James Baldwin reminds us, we deal with changes by facing them. As President of your Board of Trustees, I am proud of our minister and our congregation. We have invested the time into thoughtful decision-making to support the best outcome for everyone during this virus epidemic. For me, I react well to having tasks to do. I need a plan. As I have communicated with many of you, I have heard some of your plans. Some examples: cleaning out closets, organizing of all sorts, hiking, cooking, movies, puzzles, games, home schooling, telephoning, and of course our new friend Zoom. For the first time, your BOT will have met online on March 26th. We moved our meeting to accommodate Janet's trip (which now had to be rescheduled). We have had a trial run with the program. I have gathered all of the printed material and have it organized to share those documents on line.

I must admit, I like face to face much better. It suits my temperament. I remember researching and teaching a class on temperament and how it impacts working remotely. For extraverts like me, it can be very stressful not to be able to read body language. I'm not at my most productive. However, we are fortunate. We have an introverted minister in Kevin. He really likes hibernating and working things out in his own time. Thankfully, he knows how to put his ideas into practice with technology. I can't imagine where we would be in this crisis without him. Because of his skills, and the support of others in the congregation, we now are streaming on the internet. I don't know about you, but I have decided to share our UUCM services with family and friends this Sunday. Joel has researched how people could make donations on line. Possibilities abound. That is one thing that I am noticing. In the process of problem-solving, we may actually be making improvements on our previous way of life. I would love to hear your opinions or personal experiences of this. We are considering having a forum/blog where things like this could be shared.

We are continuing with our Stewardship process, trying to make the best personal connections possible while being mindful of virus safety. Those connections seem more relevant now than ever. Finance prepared their draft budget for us to consider at the March board meeting. By the time you read this, we will have done as many of you do at home, reconciled what we want with what we have. Our facilities group has taken a hiatus during this isolation time. Your Governance Committee has been hard at work and there are three policies that were voted on during our March meeting. Dave MacLeod has taken on the various safety policies. We are so grateful.

He is a wonderful researcher/organizer and that was just what we needed on this challenging task. We are so aware of how necessary having these policies in place has become. All of these are the ways that your BOT is facing our current challenges and making the changes those challenges require.

However, there are things that we are facing that none of us can change. I leave you with a part of a poem I wrote many years ago when facing challenging times:

*It's important to remember  
Take time to reflect  
Spiritual gifts... answers  
Might be different than we suspect.*

*We have much to surrender  
Let go of our pride  
Maybe make some changes  
Fears must subside.*

*Must live each day  
In blessed gratitude  
Savoring each moment  
Life's delights accrued.*

*Blessings,*

*- 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 unless stated otherwise.*

*At the present time, they will be held online so we can help contain the spread of COVID-19.*

*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.*

# Stewardship

# ROARING 2020!

## Stewardship Campaign Update

By Keith Johnson, Chair, Stewardship Team

Despite all the external challenges, the 2020/21 Pledge Campaign is off to a good start. As of this writing, we have received a total of \$111,000 in pledges from about 25% of all UUCM members and friends. Thanks so much to all who have pledged.

If you have not already done so, please fill out and return your pledge form now. You may mail it to the office, return it to the office in the box marked "pledge forms" in the office, or you may email it to any member of the Stewardship Team.

Your prompt attention to this matter is greatly appreciated as the Finance Committee needs revenue estimates to draft next year's budget. Thank you and stay safe.

Do you have any questions? See me or any other member of the Stewardship Team: Keith Johnson, *chair*, Lesley Champlin, Maryanne Currington, Bob Miller, Bob Packard and Carmen Riley.

Stewardship Team email: [Stewardship@uugrassvalley.org](mailto:Stewardship@uugrassvalley.org)



## Fundraising Team

### Update on the Auction

By Bob Miller, Fundraising Team

Have you collected your tangible items you won at the Auction? Make sure you put your events in your calendar – dinners, workshops and more. You can still go online at [www.togetherauction.com/uucm](http://www.togetherauction.com/uucm) to see what you won, who is coming to your event and see if you still owe a payment. We made a profit of \$9,500 for UUCM's operating budget. In the pictures you can see Suzanne Ferroggiaro and Kern Hildebrand on a snowshoe hike they won from Claire and Bob Miller. They are on the trail from Boreal heading to Lakes Angela and Flora. They stopped on a rock for a lunch provided by Claire. Bob's navigation was somewhat erratic but they saw both lakes and made it back safely.

Planning is already under way for next year's auction. If you have ideas or want to help, contact Siobhan Boylan - [siobhan.boylan@gmail.com](mailto:siobhan.boylan@gmail.com)



## Caring Team

### Meet the Caring Team Members

By Gwen Eymann, Acting Chair, Caring Team

Have you ever wondered about the people on the UUCM Caring Team and why we do what we do? For the next few months we will be featuring a statement from our team members about who we are and what this work means to us. Allow me to introduce Robin Hart:



*"In 2005 I was invited to help the then Caring Committee with the Giving Tree Project, to help bring the holiday spirit to needy families with donated gifts. After serving on several other committees, I found my calling at UUCM with this group, and fifteen years later I am still called to do the work of the Team: helping the minister with the pastoral concerns of the church when a congregant needs a helping hand. My greatest joy each holiday season is to continue spearheading the Giving Tree Project, giving back to the wider community in the spirit of giving and living our mission statement."*

- Robin Hart

We are in uncharted waters with Covid-19, and are having to learn new ways to stay connected. Unable to function as before, Caring Team is being challenged to find new creative, safe ways to connect from a distance. We have a small list of volunteers who have offered to make store and pharmacy trips and run essential errands. There are also many options in our community for delivery or grocery store shopping that allow curbside pickup. We will be sending out this information via email with weekly updates as we gather more information.

AND, if you are wondering what you might do for our UUCM community during this time, here are some of the ways you can help:

1. Pick up the phone and make a call, write an email, or send a card to folks you know and to folks you would like to know better. In other words, reach out in safe ways. We all need each other now more than ever. Please let me know if there is someone you know who could use more contact and support.
2. There may be some who are not be in a position to leave their home and could use some help with shopping for prescriptions, groceries, or essential household errands. Might you be in a position to offer that service in a safe way? If necessary, packages could be left at the door so no physical contact would be necessary. Please let me know if you can be a helper.

3. If you are a person who could use some help with errands or would like a little more social interaction, please speak up. There are many of us in the community who would be honored to help and it gives us a chance to get to know each other in a deeper way. Please let the Caring Team know if there are ways we can help.

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

#### Caring Team Members:

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

## Building and Grounds

### Flexibility Appreciated During our Uncertain Times

by Wally Holtan, Building and Grounds Team Chair

I would like to thank all the volunteers that showed up for our delayed February UUCM workday. For the first time in a few months we were able to do a thorough cleaning of the inside of the building including a scrub down of the Nursery and all the upstairs rooms, thanks to Martha Turner, Maryanne Hart and George Dunstan. The thermostat up in R.E. was replaced by Paul Elias as the old one was getting hard to read. Any questions on its operation should be addressed to Paul. The Dooley-Millers cleaned the wainscoting in all the rooms as well as the sills of all the windows. The outside was tackled by Kern, Gwen, Theresa, Jim, George, Connie and Joel. Mel Berry started working on leveling the patio until the rain began. Phil Hart, Bob Packard and George cleaned ALL the inside chairs in the building. It was a great workday with so much accomplished! Thanks everyone so very much for volunteering; I hope I did not forget anyone.

The primary focus this coming year will be to replace the windows in the upstairs R.E. meeting room. Ready for some good news? With the last rains there were no leaks in the building! The roof leak, I believe, has been temporarily repaired and the sanctuary leak did not show itself. Whether the sanctuary remains dry will be revealed soon enough in future windy storms. I for one, am holding out good hope that the leaky situation is resolved. Our Board is working on an overall approach to our newly owned building that will allow us to address other issues we have in a timely manner.

With the current virus situation UUCM workdays will be different. We will tackle projects on an individual basis which means we will pick a project and seek one or two people to work on that project in a safe way. This will be a learning experience for all of us. As always, we can use new volunteers and we would love your help.

## Art & Aesthetics Happenings

By Robin Hart, Chair, Art & Aesthetics Team

Since we are all now sequestered away from the church due to the virus outbreak, I thought that if you and your families are home together, you might want to spend some creative time drawing, painting, doing crafts, or writing poetry and stories. I invite you to share these with the congregation by sending me photos or a word file of the creative things you come up with. We will try to post them online or in this monthly article.

Please email me at [rhstarbird@gmail.com](mailto:rhstarbird@gmail.com)

This month we are featuring an article from team member Linda Siska about herself and her work:

*My journey through art can be summed up by the phrase, "Jack of all trades. Master of none." One of the advantages of having been on this earth since the days of the dinosaurs is that I'm perfectly okay with that. I learned long ago that I wasn't going to be the next Andy Warhol, and that I didn't particularly care for Andy at any rate. I've never felt compelled to sell my art — I'm fine with decorating my nest and gifting others, whether they wanted my gifts or not. It has been humbling to realize that not everyone did want my gifts. Last time we visited our daughter, I rescued one of my prize winning quilts from her cat's bed. Poor kitty now has a bare box, but he never slept in it anyway.*

*In my earlier days, I crocheted table runners, knitted ties, painted landscapes, wrote really bad poetry, and macraméd gigantic wall hangings. At some point in time, I dabbled in stained glass, pottery, basket making, and upped my game to writing fantasy books for children. I'm still working that last angle, and have been co-authoring with our two grandchildren. Our grandson gave me the material for "Camouflage and the Giants," a book about a ninja-wizard-samurai-sensei who can make himself invisible and who defeats all the bad guys. Our granddaughter has me writing about a Firesmoker who tricks people into going through magic portals that lead to a parallel reality. Not to worry, her lost heroes find a corner store where they can use the bathroom and purchase ICEEs.*

*My current passions include art quilting, decorative painting, and gardening. Oh, and building with Legos. That last one is truly addictive, and it is an extremely good thing that I can't afford to indulge as much as I would like. It started with wanting to make a model of Hogwarts, complete with secret passageways, trap doors, a chamber of secrets, and Moaning Myrtle's bathroom. It's for the grandchildren. Of course it is.*

*Well, at least I'm never bored!*

- Linda Siska



Pictured above: Four Seasons Art Quilt and Hogwarts Model in Legos

# Justice News and Activities

## Justice News

For more information, or to get involved directly with the Justice Team, please contact Steve Temple or Stu Matthews at [Justice@uugrassvalley.org](mailto:Justice@uugrassvalley.org)

## Local Volunteer Opportunities

By Keith Johnson, Member, 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. **During the Shelter in Place Order, volunteers are needed even more, but please contact the organization to find out their needs and hours before showing up.**

### 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 extra hands Thursdays from 8 to 11 AM for sorting and packing, and on Fridays from 8:30 AM to 1 PM for distributions. Contact Anne Lyon (619-933-1618).

If you're a Briar Patch owner AND IFM volunteer, you're eligible for discounts at Briar Patch thanks to new PatchWorks Nonprofit Neighbors program. Volunteer for six hours or more and you'll receive a 15% off coupon for one shopping trip. If you volunteer for 12 hours or more, you will get two coupons, good for that month. Questions? See Anne Lyon.

### 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).

## Pass the Plate

In February, UUCM Members, Friends and newcomers gave \$896.75 to Sierra Roots and its important work serving persons without homes. Thank you for your ongoing generosity!



Our April Pass-the-Plate recipient is Sammie's Friends, whose mission is "to provide medical care for the animals at the Nevada County Animal Shelter, making them adoptable, and to support other disadvantaged animals in Nevada County that, without help, would otherwise be euthanized to end their suffering."

In these weeks at home, April Pass-the-Plate checks for Sammie's Friends may be mailed to UUCM at 246 S Church St, Grass Valley, CA 95945. Please write Sammie's Friends in the memo line. We are looking into creating a Pass-the-Plate option on UUCM's website, in the donate/pay pledge section accessible from the home page: [uugrassvalley.org](http://uugrassvalley.org)



## Justice Team



### Introducing one of our UUCM Social Justice Warriors: Pat Paddock

Each month, the Social Justice Team would like to share the story of one of our UUCM members who has made a contribution in an area of Social Justice. This month, Pat Paddock, shares her story.

*I have been a member since 2000. New to the area I was looking for my spiritual home. I met Ernie Jackson square dancing, told him of my search, was invited to UUCM, attended the first meeting at this location and was immensely pleased to find such a welcoming place and diverse, open, accepting people, with no agenda pertaining to dogma. My now dearest friend, Anita, was the first person with whom I spoke.*

*When Ernie asked me to sign the membership book, I told him I could not in good conscience belong to any organization which didn't have a Social Action program, since I have a son who happens to be gay and belong to Parents and Friends of Lesbians and Gays. He promptly asked me if I was willing to start one, and, of course, that grabbed my interest! I told him I had started a group in Orange County, CA, for parents, family members and friends of gays, to help promote understanding and acceptance of their loved ones. Ernie promptly asked me if I would be willing to start a Social Action program at UUCM. I joyfully accepted, and here I am! PFLAG is still meeting in Orange County, as are over 400 groups nationwide and internationally, including the one I started in Grass Valley. I am proud to have been one of 20 people who signed the charter to become a national organization in the early 1980's. My son is alive and well and living here in Grass Valley, having survived the AIDS pandemic which broke my heart.*

*The message I would like to share is to always be kind to one another!*

– Pat Paddock

If you would like to share your contribution or suggest a member who has contributed to a Social Justice program or cause, we would like to publish these stories. Please contact Steve Temple or Maryann Currington [murrington1944@gmail.com](mailto:murrington1944@gmail.com)

## Nisenan Project Task Force

### Meeting by Zoom Really Works!

by Carmen Riley, Nisenan Project Task Force Leader

Our monthly meeting for March was held via ZOOM. Thank you, Rev. Kevin, for making arrangements, and thank you, Eileen, for being on board with Rev. Kevin to conduct the meeting. Unfortunately for the rest of our team, we weren't there to personally welcome our guests, Shelly Covert, spokesperson for the NC Nisenan Rancheria, and her very important executive assistant, Ember Amador.

Nevertheless, the meeting was very productive. The April CHIRP (California Heritage Indigenous Research Project) fund raiser, Lyla June and Mamuse: A NIGHT OF MUSIC & ART, has been temporarily canceled – along with everything else in the state. This event will be rescheduled as soon as it's safe to do so. If you have tickets, please hang onto them or consider donating the \$25.00 towards CHIRP if you are unable to attend in the future.

Once again this year in October, Shelly will be joining Rev. Kevin at the pulpit for our 2nd Annual October Indigenous Day Sunday service. She's authored a soon-to-be-published children's book which will be featured as our children's read. If you attended this service last year, you already know what a dynamic speaker Shelly is. If you didn't, please make plans to join us for a very moving service on the Sunday of the October holiday weekend.

Plans to sponsor author, Richard Johnson, Nisenan tribal chairman, for an afternoon Nisenan historical event (open to the public) has temporarily been put on hold.

Our Team's UUA Book Read, *The Indigenous People's History of the United States* book group, is currently scheduled for the afternoon of June 3 from 2:00-4:00 PM. We do have a few copies of the book for loan. Anyone who is interested in joining this group and borrowing a book, please contact Eileen Hale. [eileenmice@eileenadelehale.com](mailto:eileenmice@eileenadelehale.com)



**Nisenan**  
of the Nevada City Rancheria

# Community Connections – Online Activities

## Flatten the Curve and Heighten the Connection!

*Though the building is closed, UUCM is open.*

In order to care for each other and the community, UUCM's building is essentially closed, and all meetings and services are happening online or via phone. Caring people are thoughtfully contacting members who might not have email or internet connections. Carol, UUCM's office administrator, will be working from home, monitoring phone messages and email from a distance.

As long as we are in this virus-slowness mode, there are several ongoing weekly opportunities for UUCM Members and Friends to connect via Zoom or phone, in addition to other circles and meetings you may be participating in. Here's what we've lined up so far.

### WEEKLY @ UUCM

(watch your email for links and phone numbers. If you need links, please contact [uucmOnline@uugrassvalley.org](mailto:uucmOnline@uugrassvalley.org))

#### MONDAY MORNING CHECK IN - 10:00 AM

Open conversation and sharing for members and friends, facilitated by various congregation leaders. 1 hour.

#### WEDNESDAY EVENING SHARING CIRCLE SERVICE - 7:00 PM

Chalice Lighting, Opening Words, Singing, a chance to breathe and reflect, Joys and Sorrows sharing, Closing Words. 45-minutes.

#### FRIDAY AFTERNOON CHECK IN - 4 PM

An open, end-of-the-week, TGIF conversation and sharing for members and friends, processing the week and getting ready for the weekend, with encouragement to tune up our personal spiritual practices.

#### SUNDAY SERVICES - 10:30 AM

(Children and Youth meet at 9:30)

#### SUNDAY DROP-IN SUPPORT CIRCLE - NOON

Confidential Peer support. The circle's mission is to provide a place for UUCM folks to drop in (now via Zoom) to give and get a little extra support.

*"We usually meet for about 35 minutes, and the format is a circle where we take turns (usually about 3 minutes) to share what is present for us. Sharing is confidential. If there is time remaining we do extra sharing in a popcorn fashion. (Advice should be given only when requested or with permission.) We are a sharing and support circle rather than a therapy session."*

Please join in as it will serve your spirit, knowing that your presence will be a gift to others.

## UUCM Groups Continue to Meet via Zoom (and Phone)!

There are many groups that meet regularly at UUCM which have moved their meetings to the Zoom app while the Shelter in Place order continues. You may also call into Zoom by phone. Please contact the individual organizers if you are interested in joining!

### Humanist Discussion Group

*By George Dunstan*

Meeting by Zoom, Wednesday, April 1 at 10:30 AM. For further information, or to be added to the Humanism Discussion Group email list, please contact George Dunstan: [Humanism@uugrassvalley.org](mailto:Humanism@uugrassvalley.org)

### Walking Group - SUSPENDED FOR NOW

*By Theresa Houtman*

Tuesday and Thursday mornings. Please contact Theresa Houtman at [Walking@uugrassvalley.org](mailto:Walking@uugrassvalley.org) to find out when we are resuming walks or to get on the list.

### Singing Meditation Circle - via Zoom

FIRST THURSDAYS, 7-8:30 PM

Contact [SingingMeditation@uugrassvalley.org](mailto:SingingMeditation@uugrassvalley.org)

### Meditation Group - SUSPENDED FOR NOW

Tuesday mornings at 9:00 AM, when resumed. Contact: Shelley North-Gerson, [Meditation@uugrassvalley.org](mailto:Meditation@uugrassvalley.org)

### Women's Circle – SUSPENDED FOR NOW

SECOND MONDAYS, 6:00 PM AT UUCM

These will be postponed until the Shelter at Home restrictions are discontinued. 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](mailto:admin@uugrassvalley.org) and she will add you. You'll get monthly updates and reminders of our upcoming meetings... when they start again.

### Men's Groups - via Zoom

Men gather to enjoy each other's company. On Wednesday mornings, 8:30 to 10:00 - contact [Men@uugrassvalley.org](mailto:Men@uugrassvalley.org)  
Thursday mornings, 8:30 to 10:00, contact [BookMen@uugrassvalley.org](mailto:BookMen@uugrassvalley.org)

## Liberation in April

By Rene Wiley, Chair, Family Ministry

I hope that the whole congregation will consider what it means to be a Family of Liberation together.

The covid19 situation seems to have turned our lives upside down. While we cannot liberate ourselves from the uncertainty this new reality holds, we can hope to liberate ourselves from the discomfort of the uncertainty. We can realize that uncertainty is the natural state of life. We have never really controlled things. We can consciously loosen the grip of the anxiety of the unknown and face what we need to do with a non-anxious presence. We can lean into the mystery with a shift of our intention to tune into our bodies and name the emotions out loud. Let's liberate ourselves from the illusion that we can control anything and may that help us make it through the discomfort that change always brings. Moreover, it is my hope that we will find the beauty in the new possibilities of ways to connect and support one another.

By holding space online, we have been physically liberated from meeting in a classroom at 246 S. Church St.!

Most Sundays at 9:40 AM, Lindsay leads the kid's group in a wonderful Zoom Religious Exploration class, with the freedom of showing up in pajamas for a remote exploration of our theme. They keep tradition with a home chalice and are ready to share their joys and sorrows, engage in a story, and create an art project together. There is still a joyful amount of giggling and playfulness! These young friends love to be in contact and can't wait for their next chance to Zoom.

*Upcoming RE sessions will explore what the April holidays can teach us about liberation. Everyone is invited to join in.*

For access please contact [familyministry@uugrassvalley.org](mailto:familyministry@uugrassvalley.org)

**PASSOVER** - "We are liberated together and liberation takes time."

**EASTER** - "Loss and defeat never have the last word. We can be liberated from hopelessness."

**EARTH DAY** - "Saving the Earth is saving us. Our interdependence liberates us."

**RAMADAN** - "Make room for and remember what matters most. We are liberated from the material into the spiritual world."

### CREATE A LIBERATION CENTERPIECE AT HOME

Choose a color for a cloth, a chalice, an offering box, a way of sharing Joys and Sorrows (candles or rocks in water).

For "How are we a people of liberation?":

- Cloth Color: white and green
- Chalice: white
- A variety of objects representing liberation from the RE sessions including:
  - Easter Eggs
  - Passover Seder Plate
  - Blue Marble Earth Photo from Space
  - Quran
  - Spring Flowers

### UNDERSTANDING LIBERATION IN OUR FAMILIES

Educator Cosmo Fujiyama, in her TED talk, "Learning as Liberation," advocates consciously building in "pause-and-get-perspective moments" into one's life. Coming from a family of avid snow skiers, she calls these "lift moments," inspired by the ski-lift rides between runs, when she and her dad would look down on the slopes below from high above, reflecting on the run they'd just had before rushing down the slope again. For Fujiyama, these "lift moments" liberate one from the feelings of overwhelm, stuckness, and disengagement, because they allow one to focus instead on the learning, freeing one's self to think and act differently next time.

### NEW TWIST?

Try building a fort from recycled newspaper:

<https://www.handimania.com/diy/newspaper-fort.html>

### SPRING PLANTING OF A VICTORY GARDEN!

In an effort to ease our lives and connect with hope, is it time to share in a healthy future harvest with our family and neighbors by planting a Victory Garden? <https://www.farmersalmanac.com/bringing-back-victory-gardens-27178>

### LIBERATION FROM GRAVITY (ALMOST!): FLYING AND FLOATING

Consider one of these lofty options:

- Fly kites
- Play around with a radio-controlled helicopter
- Make parachutes for tiny dolls and action figures and see who can get the most hang time
- Have a paper airplane flying contest
- Working as a team, try to play "keep it up" with a feather or balloon, either blowing or by using your hands.

While Family Ministry has postponed the OWL Kinder-1st Grade class and other events, we will keep you updated on ways we can support each other in spirit.



## What Does It Mean to be a People of Liberation?

*From the  
Soul Matters Authors*

*"True wisdom comes  
in understanding that  
sometimes, you are both the  
prison and the key."  
- Johnathan Jena*

Jena is right. Liberation is much more complicated than we usually tell ourselves. It would be so much easier if life really was divided up neatly between the good and bad guys, between those trapped and those holding the key. There are certainly times when the fight for freedom is about calling out and challenging "those people." But true liberation seems to rest with those who have the courage to start with themselves and notice how "me" and "them" are more entangled than it appears at first blush.

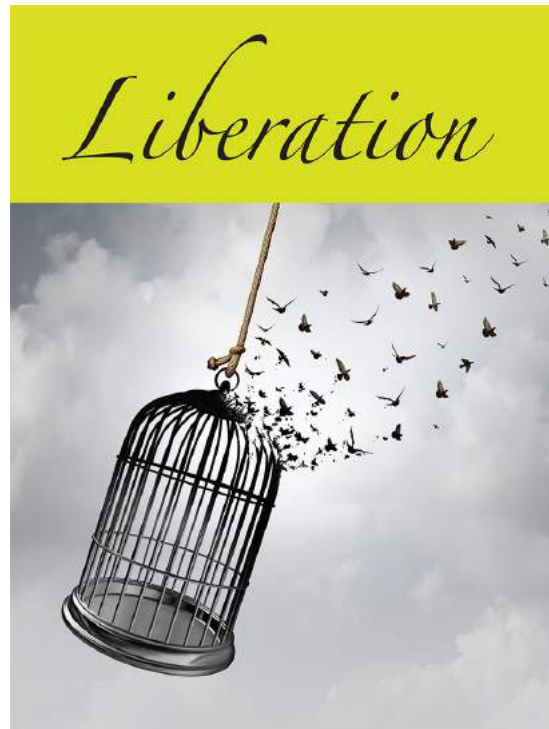
And seeing ourselves as both prison and key is only the beginning. Sometimes we are also the guard, carrying out orders we don't like but are too afraid to challenge. And what about the many ways we are funders of the entire jail? The wise ones are right: dismantling oppressive systems begins with noticing the many ways we ourselves prop it up.

So does this mean that confession plays a bigger role in liberation than we'd like to admit? Well, yes, a bit of healthy self-confrontation seems a must. We need to push ourselves when we play the helpless victim, put on the holier-than-thou cloak of self-righteousness and hide behind those stories about having "good intentions" or "clean hands."

Yet, as every religion worth its salt says, confession by itself leads down a dark road. It must always be paired with compassion. We've got to remember that as well. We've got to remember that we are all liberators and oppressors, victims and victimizers. It's not just you that is prisoner, key, guard, warden and jail funder wrapped into one. It's all of us. You, me, them. We all play all the parts. We're all caught up in the mess, pain and tragedy of it together.

Which seems to mean we all need to be a bit more humble and a bit more kind.

Indeed, in the end, maybe those are the most important keys. Maybe that's the way we all can make it out together.



### **A Flaming Chalice** by Rev. Kevin Tarsa

*A flaming chalice:  
a fire in a cup,  
symbol of this tradition.*

*Such ordinary things,  
combined,  
kindled,  
placed in the center  
to mark this time together  
extraordinary,  
as set aside to remember,  
to cultivate,  
to focus  
the most vital energies of  
hearts,  
our souls,  
our minds,  
our hands...  
virus,  
or no virus.*

*A fire in a cup,  
Such ordinary things  
calling our attention to  
the particular light  
that lets us find our way  
in this extraordinary moment.*



# Adult Religious Exploration



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

## LOOKING FOR OPPORTUNITIES TO LEARN AND GROW?

Here are some of the offerings being prepared. Watch for more information in the eChalice, and future editions of the Mt. Chalice or contact [adultRE@uugrassvalley.org](mailto:adultRE@uugrassvalley.org) anytime.

### THREE WATERSHED UNITARIAN SERMONS – and What They Have to do with Us Rev. Kevin and Keith Johnson

**Still on – presented via Zoom!**

Here's the schedule:

- **Tuesday, April 7, 5:30 to 7:00 PM**  
"Unitarian Christianity"  
by William Ellery Channing (1819)

*(You are not required to read ahead of time.)  
To download a pdf of the sermon, click this link:*

<http://www.uugrassvalley.org/wp-content/uploads/2020/03/Unitarian-Christianity-W.E.-Channing-1819.pdf>

#### Join Zoom Meeting

<https://zoom.us/j/829751063>

Meeting ID: 829 751 063

#### Dial in by phone

1-669-900-9128

Meeting ID: 829 751 063 #

- **Tuesday, May 19, 5:30 to 7:00 PM.**  
"The Commencement Address"  
by Ralph Waldo Emerson (1838)
- **Tuesday, June 16, 5:30 to 7:00 PM**  
"The Transient and Permanent in Christianity"  
by Theodore Parker (1841)

Unitarian Universalists celebrate our diversity of spiritual and theological beliefs. However, we do have one thing in common – we love a good sermon. Are you familiar with the three 19th century sermons that are universally acclaimed as the three greatest UU sermons of all time (or at least three watershed sermons in our journey)? Please join Keith Johnson and Rev. Kevin as we read portions out loud and discuss the sermons of William Ellery Channing, Ralph Waldo Emerson and Theodore Parker.

For each class Keith will provide a brief introduction to the sermon. Next, everyone will read out loud selected passages from each sermon. We will invite your immediate reaction to the sermon. Lastly, Kevin will close by reflecting on the lasting historical impact of these sermons.

Sound interesting? Please contact Keith Johnson at [kjohnson.uucm@gmail.com](mailto:kjohnson.uucm@gmail.com) to register. No need to prepare for this class but if you are so inclined you may read the sermons in advance. Contact Keith for pdfs of the individual sermons, or see *Three Prophets of Religious Liberalism: Channing, Emerson, Parker* by Conrad Wright. A copy is available in the church library.

#### STARTING POINT -

Orient yourself in the journey of Unitarian Universalism - for newcomers as well as existing members. Next series begins as soon as we have a group of interested people. Sign up now with [admin@uugrassvalley.org](mailto:admin@uugrassvalley.org) and we'll keep you updated.

## Book Groups

Book Groups are continuing after a short hiatus. All are invited to join by Zoom in the next few months if we are unable to meet in person. We may need to change times slightly to accommodate other Zoom meetings but here is the current plan.

### THIRD WEDNESDAY BOOK GROUP - APRIL 15, 2:00 PM

On April 15, the group will meet via Zoom to explore Ann Patchett's moving non-fiction account of her friendship with Lucy Grealy in her book *Truth and Beauty*. Call Karyn at 562-900-9546 for information on this meeting.

On May 20, Kate Canan will lead the discussion of *Cold Country* by Russell Rowland. This discussion will either be by Zoom or at Theresa Houtman's, 418 Chapel, GV. We will also choose new books for the next three months.

### FIRST SUNDAY BOOK GROUP - MAY 3, 1:00 PM ANTHONY ROOM (UUCM LIBRARY) OR BY ZOOM

May 3, we'll discuss *Testament* by Margaret Atwood. Jo Waters will lead the discussion.

On June 7 at 1:00 PM, Mary Pickett, will spearhead the very apt exploration of *Station Eleven*, by Emily St John, either at UUCM or by Zoom. We will choose books for the next three months, so please bring your ideas.

Readers are welcome to attend either or both groups at any time. Contact Theresa Houtman, [BookGroupInfo@uugrassvalley.org](mailto:BookGroupInfo@uugrassvalley.org) to RSVP or with questions.

# April 2020 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
<b>APRIL 2020</b>			
1	Wednesday	8:30 AM 10:30 AM 7:00 PM	Men's Group via Zoom Humanism Discussion Group Wednesday Evening Sharing Circle
2	Thursday	8:00 AM 7:00 PM	Men's Group via Zoom Singing Meditation via Zoom
3	Friday	4:00 PM	Friday Afternoon Check In via Zoom
5	Sunday	10:30 AM 12:00 PM	UUCM Sunday Online Service Drop In Support Circle via Zoom
6	Monday	10:00 AM 6:30 PM	Monday Morning Check In via Zoom Soul Matters Exploratorium via Zoom
7	Tuesday	1:00 PM 4:00 PM 5:30 PM	Executive Committee Meeting via Zoom Caring Team Meeting via Zoom Unitarian Christianity via Zoom
8	Wednesday	8:30 AM 4:30 PM 7:00 PM	Men's Group via Zoom Finance Committee Meeting via Zoom Wednesday Eve Sharing Circle via Zoom
9	Thursday	8:00 AM 10:30 AM 5:30 PM	Men's Group via Zoom Writers' Group via Zoom Social Justice Meeting via Zoom
10	Friday	4:00 PM	Friday Afternoon Check In via Zoom
12	Sunday	10:30 AM 12:00 PM 1:30 PM 1:30 PM	UUCM Sunday Online Service Drop In Support Circle via Zoom Spiritual Practices Sampler Quantum World workshop via Zoom
13	Monday	10:00 AM	Monday Morning Check In via Zoom
14	Tuesday	12:00 PM 4:00 PM	Executive Committee Meeting via Zoom CWP Reading Group via Zoom

DATE	DAY	TIME	EVENT DESCRIPTION
15	Wednesday	8:30 AM 7:00 PM	Men's Group via Zoom Wednesday Evening Sharing Circle
16	Thursday	8:00 AM 2:30 PM	Men's Group via Zoom Board of Trustees Meeting via Zoom
17	Friday	4:00 PM	Friday Afternoon Check In via Zoom
19	Sunday	10:30 AM 12:00 PM 12:45 PM	UUCM Sunday Online Service Drop In Support Circle via Zoom Family Ministry Team Meeting via Zoom
20	Monday	10:00 AM	Monday Morning Check In via Zoom
22	Wednesday	8:30 AM 7:00 PM	Men's Group via Zoom Wednesday Evening Sharing Circle
23	Thursday	8:00 AM 10:30 AM 6:00 PM	Men's Group via Zoom Writers' Group via Zoom Worship Team Meeting via Zoom
24	Friday	4:00 PM	Friday Afternoon Check In via Zoom
26	Sunday	10:30 AM 12:00 PM 1:30 PM	UUCM Sunday Online Service Drop In Support Circle via Zoom Quantum World workshop via Zoom
27	Monday	10:00 AM	Monday Morning Check In via Zoom
28	Tuesday	4:00 PM	CWP Task Force via Zoom
29	Wednesday	8:30 AM 7:00 PM	Men's Group via Zoom Wednesday Evening Sharing Circle
30	Thursday	8:00 AM	Men's Group via Zoom



## Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945  
Telephone: 530.274.1675      Website: [www.uugrassvalley.org](http://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

### UUCM STAFF MEMBERS

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

### E-MAIL ADDRESSES

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530.274.1675

**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:

**[MtChalice@uugrassvalley.org](mailto:MtChalice@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  
Staff Contributors: Rev. Kevin Tarsa and Carol Fulkerson