

the Mountain Chalice



Unitarian Universalist Community of the Mountains

June 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.

Connection Time for Kids is led on Zoom by Lindsay Duncel at 9:40 AM Sundays.

For access please contact 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 #

What Does it Mean to be a People of Compassion?

Worship Associate of the Month: Allison Rivers Samson

June 7 *The Unexpected Generosity of Self-Compassion*
Rev. Kevin Tarsa with Allison Rivers Samson

Western cultures promote the competing values of both individualism and the fear of being "selfish." This can lead to a denial of self-compassion. In reality, it may be that taking care of ourselves is one of the most generous things we can do for others, releasing them from a set of burdens and filling our own cups so that we have something to give.

June 14 *The Art of Compassion*
Rev. Kevin Tarsa with Allison Rivers Samson

Offering our loving kindness is easy when we like the person on the receiving end. And we can stretch, without too much effort, to encompass the stranger about whom we feel neutral. Now, the person whose behavior irks or angers us? Hmmm...

From the self-compassion we've been cultivating throughout the week, we'll continue our journey along the path of the Buddhist Metta meditation, extending the circle of our loving care and concern a few rings outward.

June 21 *The Evolution of Compassion*
Allison Rivers Samson with Rev. Kevin Tarsa

Life teaches us that it's possible for our compassion to expand and continue to evolve. If that's true and we believe that growth is a good thing, it may be helpful first to know where we are. This morning, we'll ask, "Where do you draw the line? Where is your compassion meeting an edge? What's your next move outward?"

June 28 *Mobilizing Our Collective Compassion*
Members and Friends with Allison Rivers Samson

UUCM members claim the mission of creating "a world more compassionate, sustainable, and just." And of course, those three ideals are connected. How can and do we together cultivate, live, and sustain our collective compassion? And where does that lead us now?

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Rev. Kevin Tarsa
UUCM Minister

From the Minister

What does it mean to be a people of compassion, for us to be a people of compassion together?

The Soul Matters organization that we use as a resource throughout the year asks those of us in participating congregations for theme ideas for the next year and then gives us a chance to vote on the final list. The theme for this June was to have been "play." Allison Rivers Samson (worship associate for June) and I had started imagining all kinds of possibilities for exploring the nature and place of play in our lives. And then, The Virus arrived. The Soul Matters creators realized that the theme of "play" would be out of alignment with the suffering that so many people have been experiencing, and they changed the theme to "compassion," the heart's response to suffering.

Compassion, they write, "is comprised of a three-part experience of noticing another's pain, feeling with another, and responding in some way." As you'll read in the Soul Matters column this month, they invite us to move beyond the starting place, our noticing and empathetic "feeling with" others, and to recognize and focus on the "action" component of compassion. "What do we do? What are we doing?" become the questions.

This month I invite us to notice and "feel with" the suffering of people inside and outside the congregation, people whose experiences may be much more difficult than our own, and to ask ourselves, together, "What can we do? What shall we do?" Our services will help us explore the questions all month long, beginning with cultivating and grounding ourselves in self-compassion so that we are in the best possible place to reach out healthily and helpfully. Even from – especially from - our separated, stay-at-home daily lives.

In the May 17 service I shared the UUA leadership's recommendation that our congregations plan for a year of virtual operations while remaining flexible to unfolding circumstances along the way. In other words, be ready, in case, and stay nimble.

I didn't stress the flexibility part of that recommendation, and the idea that it could be an entire year before UUCM gets back to gathering fully in person struck many of you deeply and painfully. I hear you. I find, personally, that the accumulating lack of direct, in-person contact is starting to deplete my reserves, even for this introvert. The possibility of a year yet is daunting.

And... I am confident that we will find ways to sustain and embody community. There will be numerous creative possibilities between complete sequestering and the eventual return to all of us being together on a Sunday morning. Members and friends are already sending in their ideas.

With the leadership of your Board, we'll be preparing proactively for that possibility of a year, while continually adapting along the way to the changing local, state, and national realities. Staying at home has worked amazingly well to contain the virus spread, so far, in Nevada County. Recognizing that effectiveness, and given the vulnerability of our membership, we'll proceed with care and caution. I expect that UUCM will follow the gradual public re-opening path as restrictions are eased, within our own sense of wise timing.

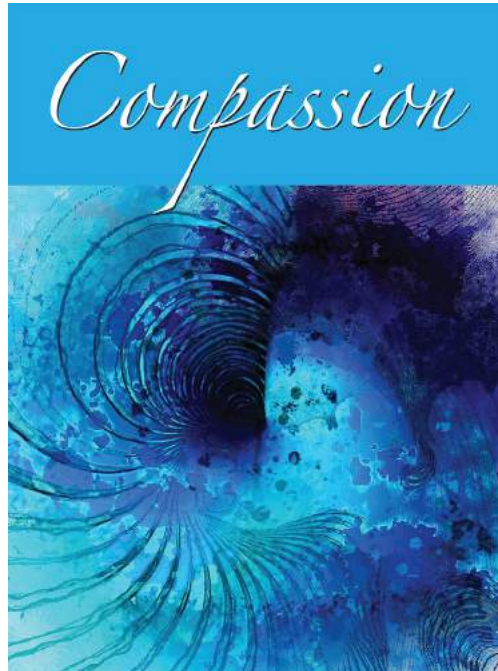
Your Board and I are paying attention to requirements and recommendations, and are keeping the health and well-being of members, friends and staff at the forefront of our discernment. I expect that a staff return to on-site office time will come first, at the beginning of June, followed by possibilities for small gatherings. We'll be looking for ways to support such gatherings and to encourage safety at the same time. Full in-person services will surely come last, and we do not know

when that will happen.

So, hang in there, everyone! We're finding our way together as we go. We'll prepare for the long haul, and be glad for any easing that arrives en route.

We're counting on you to help us sustain meaningful connections to one another. Please share your ideas, your needs, and your insights with me and with the Board any time. Start with compassion as your guide, for yourself and for others who are suffering, and help us know what we can best be doing together to move toward the world we desire, the world more compassionate, sustainable, and just.

With care, - Rev. Kevin



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



Rev. Karyn Packard
President,
UUCM Board of Trustees

Your Board of Trustees

Saturday, May 23 at 4:00 PM. This was the first time we have had an opportunity for folks to ask questions prior to the annual meeting. We want to know what you are thinking, and share our thoughts with you.

BLOOM WHERE YOU ARE PLANTED

While I was in seminary, I was fortunate to have as my Psalms professor, one of the finest Old Testament scholars known, Walter Brueggemann. He taught us the connection of those ancient "song lyrics" and our current lives. His points of view have informed me over time. We are in a precarious time, but we are a community in covenant. Here is how Brueggemann framed his message of hope:



"What is promised in covenant is not equilibrium but faithfulness. And faithfulness, contrasted with the quiet security yearned for by this world, is flowing, surging, and moving. The upshot of faithfulness, then, is not certitude, but precariousness – precariousness which required a full repertoire of hoping, listening, and answering to live joyously.... life does not consist in pleasant growth to well-being, but it consists in painful wrenchings and surprising gifts..."

Your Board of Trustees is committed to hoping...listening... and answering...

Based on the message from our UUA denominational leaders, it is going to be a while before we are together again in person. However, our UUCM family will continue to build on our abilities to create meaningful worship and empathetic pastoral care. Your BOT will continue to conduct accurate and transparent business, giving UUCM the leadership needed to not just maintain, but to continue to grow. Of course, we are all very dependent now on a virtual reality. I must admit, it is much easier to call a last-minute special meeting of the board and have them all in front of me in half an hour. Yes, they are responsive! I continue to be very grateful for their quality and commitment.

We are hoping. ...that this time of social distancing will end and the virus will run its course. ... that UUCM can be financially sound when things become more normal. ...that our members remain committed to our vision and mission even though the context may change. And we hope for facility changes that meet our needs.

We are listening. As we prepared for our virtual Annual Congregational Business Meeting, we planned two discussion sessions. The first was Friday May 22nd at 7:00 PM, the second

Lastly, we are answering. It is our commitment to respond to the church's needs with transparency and accuracy. This term, the BOT has actually lived into our new Governance. We can tell you that it works! We have intentionally scheduled workshops to vision our future together. We have rewritten, with the help of stakeholders, policies and bylaws that are a map for our future. They are now available on SharePoint. We are working on how to make them broadly accessible. The past documents are there too, well-organized and labeled by Janet Dunstan. Do we think they are perfect? No, of course not. However, a lot of effort has been expended (and is currently underway) to document who we are and what we do. That is "you" on a page. It will change with the rotation of people and ideas. UUCM is a "living document." But this year's tenacity with this task leaves a well-defined roadmap as each new Board determines its own journey.

We continue to be committed to hoping...listening...and answering.

I believe that UUCM can expect "surprising gifts." We bloom where we are planted.

Faithfully,

- Rev. Karyn Packard

UUCM BOARD OF TRUSTEES

JULY 2019 - JUNE 2020

Karyn Packard	President
Jim Perkins	Vice-President
Sandi Lauher	Secretary
Joel Houtman	Treasurer

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.

Caring Team

Meet the Caring Team Members

By Gwen Eymann, Acting Chair, Caring Team

Thresholds was the theme for last month, and the caring team crossed its own kind of threshold. Tom Wernigg has agreed to join the leadership of the caring team and co-chair with me. I am grateful for his willingness to serve in this role, and we as a team welcome his insight, his leadership, and his caring empathy. When you next see him, give him a big thank you.



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 Anne Lyon:

"It brings me joy and satisfaction to help others through rough times.."

- Anne Lyon

We are now moving into our fourth month of social distancing and for many of us it is taking its toll. We are social creatures who need touch and connection with our family and friends, and during this isolation we have had to forego much, if not all, of that. We at the Caring Team want you to know we have volunteers who are happy to reach out with phone calls, and there are regular Zoom connections every Monday, Wednesday and Friday in addition to our Sunday Services. We also have volunteers who have offered to shop or run essential errands if you have need of those services. Please reach out if we can be of help during these difficult times. We are staying connected in the ways we can and we are working to keep the community whole as we continue to navigate through these uncharted waters. Please feel free to contact us by email: caring@uugrassvalley.org



Caring Team Members:

Gwen Eymann and Tom Wernigg, *co- chairs*
Maryann Currington, Jenny Dewey, Penny Harlan,
Robin Hart, Carol Hyndman, Anne Lyon



Building and Grounds

May was a Quiet Month

by Wally Holtan, Building and Grounds Team Chair

This month B&G does not have a lot to report. Other than keeping the front area in decent shape, we have been quiet and staying home. I would, however, like to send a huge thank you to Mel Berry for the wonderful job he did leveling out the back patio and making it safe for people to walk without a fear of tripping and falling. I know it took him hours of work, and if you look carefully at the photo below, you will see that the sand in between the new bricks matches the other bricks in color. Someday when you see him, please thank him.



On another front, the windows in the upstairs Family Ministry room and the kitchen are being replaced. This will address the mold and temperature control problems that have plagued us for years.

As the weather stabilizes, I hope to send out invitations to members to volunteer to do certain outdoor and possibly indoor projects. Most of these projects will be done on an individual or very small group basis. I look forward to the time when we can all work together again, but am uncertain when that will happen.

Meanwhile, our poppies go on blooming brightly, oblivious to worldwide pandemics... and completely ignoring social distancing protocols!



*Robin Hart
Chair,
Art & Aesthetics Team*

Art & Aesthetics Team

With the ongoing pandemic, it looks like our congregation will be connecting remotely on zoom for quite a while. With these challenging times, the Art & Aesthetics Team would like to help keep the community together by offering creative challenges for you to do with your families. Our current project is the **Design Your Own Chalice Challenge**.

Send your creative creations to: art@uugrassvalley.org.

We also are planning something really entertaining for the whole congregation on Zoom. Stay tuned for more info in the coming weeks.

This month we are featuring an article from team member Eileen Hale about herself and her work.



**INTRODUCING A&A
TEAM MEMBER
EILEEN HALE**

I have been drawing and painting since I was very young. I did the first painting that I liked when I was in second grade: a horse with a red bridle and (I think) saddle. I messed it up a little the first time, and copied it over. I also told my mother, when I was a kid, that I shouldn't have to do chores because I was an artist. She didn't seem to buy that...

From that first horse, like many horse-crazy girls, I went on to draw horses and more horses, and then, for a change, some more horses. I could practically draw horses in my sleep.

For many years I did animal portraits on commission – especially black dogs. Black dogs (or cats) don't photograph well, and so people would often commission a drawing or painting, to capture some of the detail that was hard to see in the photograph. For me, on the other hand, whenever I got a commission for a portrait of a black dog, my heart would sink– since a) it was going to be me

staring at the photos till I could decipher the obscure detail, and b) because, when I was working in charcoal or watercolor, the dark color took longer to build up; and, besides which, c) I really hoped for a dog, or cat, or horse – or rabbit or pig - with lots of interesting color and pattern, and found (yet another) black dog to be - boring... Various animals still show up in my paintings a lot, as do trees and other plants.

I have worked in many different media. As a collector of scraps of things - wrapping paper, fabric, string, even the leftover ends of thread, patchwork, applique and collage were natural ways to use up some of those collections. Collage is also a good place for the failed paintings to end up.

I also love watercolor, and I found I had an affinity for it. And once water-mixable oils came along, I went back to working with them.

Finally I retired from portrait work, to follow my own ideas and experiment, let a painting develop and see where it would take me. I do a lot of abstract work, but my greatest love is mixing styles in what I call "Abstract Expressionist Dream Surreal," mixing abstract and figurative, finely rendered painting and a rougher style, all in one piece. I aim to push the boundaries for more diversity, more polarity, and yet at the same time want the whole to be unified and organic. I want it to honor both difference and harmony – but never too settled a harmony – always a dynamic, restless, shifting harmony.

– Eileen



Stewardship



2020-21 Pledge Campaign is a Roarin' Success!

By Keith Johnson, Chair, Stewardship Team

The final results of the pledge campaign are now in so I thought you might be interested in some details. The total pledged is \$215,352, up from \$200,924 last year. This represents a 7.2% increase from last year. Hurray! This is a great result particularly in light of the coronavirus and the stay-at-home order which went into effect in the middle of our campaign. Thank you, UUCM!

We received 114 pledges for 20/21. A total of 55 people increased their pledge, 17 decreased their pledge, and 42 stayed the same as last year. We have nine new pledging members (AKA pledge units) since July 1, 2019. These new members are responsible for a significant portion of the total pledge increase from 19/20 to 20/21. Thank you, new members!

The Stewardship Team recruited 23 visiting stewards which is the largest number of visiting stewards we have ever had. The visiting stewards were able to contact every member and friend for a face-to-face conversation, at least until the stay-at-home order went into effect. By all accounts the visiting stewards' conversations went well and they are the heart and soul of any pledge campaign. Our stewards understand that pledging is not simply fundraising but instead is fulfilling our mission through generosity. Thank you, visiting stewards!

The stewardship goal this year was for everyone to move up one step on the pledge ladder described on the back of the pledge commitment form. The results were very encouraging. Out of the total 114 pledges, 25 pledgers moved up one step on the ladder. This is awesome, particularly in view of the enormous challenges imposed by the coronavirus.

Thanks to all who participated in the 20/21 pledge campaign. Your generosity means we have more pledge income for next year. More importantly, thanks to you our mission to create a world more compassionate, sustainable, and just is now a little bit more attainable.

Stewardship Team email: Stewardship@uugrassvalley.org

Pass the Plate

UUCM members and friends raised \$917 for Sammie's Friends in April! Thank you for your continuing generosity. Next month we'll report the amount collected in May for Hospice of the Foothills.

UUCM's June Pass-the Plate recipient is KARE Crisis Nursery, which provides safe, nurturing care for the small children of families experiencing a stressful situation. It is the vision of the KARE Crisis Nursery that all children in our community will be able to grow and thrive free from the threat or possibility of child abuse and/or neglect. Their mission, therefore, is to provide shelter and respite for the children, and assistance to their families who are facing a crisis, and to safely and effectively supervise Court Ordered visitations for families seeking reunification.

Giving During Zoom Church Services

Now that we cannot physically pass a basket around to collect your donations, we have several ways for you to continue to contribute to safely to UUCM and to our Justice partners.

To **TEXT** your offering gift (like dropping money in the basket): text the amount to **833-579-0483**. Text the amount you wish to give. 25% will go to the current month's pass-the-plate recipient. The first time you do this, you will receive a registration link in reply. Follow it, fill in your info (you can use a credit card or debit card.) Then press PROCESS, and you are done. After the first time, you just put in the amount in the text and it will work automatically. You can even set up a recurring donation if you would like to.

To give via **Paypal**, go to: paypal.me/uucm. You may leave a "note" if you want 100% of your gift donated to the pass-the-plate recipient of the month. Otherwise, 25% will go to pass-the-plate. (No other percentages, please.) You may also list "pledge" to pay your pledge, or "donation" to make a general donation.

To give via **UUCM's website**, go to: uugrassvalley.org and click on the Online Giving/Donate image. There you may choose Pledge, Endowment fund, General donation, or Pass-the-plate.

And, of course, as always, you may mail in your pledge via the U.S. Postal Service:

UUCM, Atten: Treasurer
246 South Church Street, Grass Valley, CA 95945

Be sure to write Pledge, Donation, Endowment Fund, or Pass-the-plate (or the organization name) in the memo line.

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

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.

PLEASE NOTE: 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. The descriptions for each organization's activities may not be exactly what is happening at the moment.

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).

Utah's Place needs volunteer monitors. Contact George Dunstan (530-205-8159).

IFM UPDATE

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

Currently, IFM is partnering with Gold Country Community Services, Food Bank of Nevada City, and Freed, in order to feed more seniors. As seniors are the most vulnerable during this pandemic, IFM is providing the *Senior Grocery Bag Program*. As a result of the partnership, IFM reaches 400 more seniors than they previously could reach!

In addition, IFM is working with United Way and FBNC for the Nevada Union High School pantry program. Every other Tuesday, students and their families can get food distributions through the high school drive through.

With the increased food insecurity due to COVID19, IFM needs more donations than ever. They are not sure where events will be come fall. This could affect the regular fundraising efforts previously depended upon at year's end. Checks can be made to: IFM at 440 Henderson Street, Grass Valley, 95945 or online at interfaithfoodministry.org.

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).



Justice News and Activities



UUCM MEMBER
CORRIE SILVA
INTRODUCES HER
FAVORITE VOLUNTEER
ORGANIZATION:
SADDLE PALS

I became a member of UUCM in 2007. I was attracted to a community of accepting, open-minded people. My soul is nourished by our religious community.

I have always loved horses and shortly after leaving San Francisco and moving to Grass Valley, I had the opportunity to actually connect with some. I learned that, as prey animals, horses, for survival, are acutely attuned to energy from other beings. When a bond of trust develops between a horse and a human, it is a profound experience. When a horse trusts a person, he will remain calm in circumstances that would instinctively trigger a fight or flight response; loud noises, quick movements, unfamiliar objects. Horses with this ability are used in therapeutic programs to give people an opportunity to experience this magical connection.

Right after I moved to Grass Valley, I began volunteering for the Saddle Pals program. Saddle Pals is an equine-based therapy program under the auspices of United Cerebral Palsy. Saddle Pals serves people, mainly children, with a variety of physical and emotional challenges. Each client has a team of volunteers and a unique plan so they can experience connection with the horse and achieve success at their level of ability. These clients face many obstacles in their daily lives, and it is very rewarding to see their progress and share their joy.

About four years ago, Saddle Pals obtained grant money for a second program, Heroes Astride. This program, at no cost to



the client, offers a therapeutic experience for veterans.

Getting to work with these gentle, patient horses is an added bonus for me. Three years ago I had the great fortune of purchasing one of the horses used in both of these programs. Buddy is my first horse, and watching him bring happiness to others fills me with love.

There are many ways to volunteer at Saddle Pals and I would be happy to share more with anyone who is interested. Saddle Pals contact information is below for those who want to learn more about volunteering.

– Corrie

UCP Saddle Pals
17761 Grizzly Bear Drive/PO Box 1464
Grass Valley, CA 95949
(530) 268-8785

<https://www.facebook.com/UCPSaddlePals/>

NOTE: Saddle Pals is currently closed due to health and safety standards during the COVID-19 pandemic.

UUCM Gets Out the Vote

UUCM's Task Forces and Justice Team are joining together to Get Out The Vote (GOTV)! We're using the easy letter-writing tools provided by Vote Forward, a nonprofit organization that's empowering volunteers, including many UU teams nationwide to help register voters from under-represented demographics and encourage them to vote. There's never been an easier way to make a big impact!

UUCM GETS OUT THE VOTE ZOOM PARTIES

Watch the eChalice for information and links to GOTV gatherings to connect us while we write our letters. Your Task Forces and the Justice Team are hosting regular events starting now into November. The first one on June 4th will introduce you to the registration and writing process with subsequent gatherings featuring interesting UUCM guest speakers and a variety of activities sure to make you smile.

MOVIE SCREENING AND REFLECTION

If you missed the first showing, please join us for this encore presentation of the 40-minute movie "Suppressed: The Fight to Vote" followed by reflection and an introduction to letter writing using the Vote Forward tools.

DATE: Tuesday, June 30th

TIME: 4:00 pm

The link will be available in the eChalice

If you can't make it to an event, you can still join in! Simply go to the Vote Forward website at <https://votefwd.org> and register. Once registered you can start downloading letters to be personalized.

For questions contact Reine Thibeault at okreine@yahoo.com

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

MONDAY MORNING CHECK IN - 10:00 AM

Open conversation and sharing for members and friends, facilitated by various congregation leaders. One 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 length.

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. Our meetings usually last 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 Meet via Zoom

There are many groups that meet regularly at UUCM which have moved their meetings to the Zoom app while the danger of exposure to COVID-19 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



The next meeting of Humanist Discussion Group will be on Wednesday, June 3rd on Zoom at 11:00. Our topic will be Risk Assessment and Management and here are three brief articles to seed the discussion.

<https://theconversation.com/how-to-deal-with-lifes-risks-more-rationally-94366>

<https://www.theatlantic.com/technology/archive/2010/06/why-were-so-bad-at-managing-risk/57522/>

<https://www.psychologytoday.com/us/blog/the-inertia-trap/201303/why-are-people-bad-evaluating-risks>

For further information, or to be added to the Humanism Discussion Group email list, please contact George Dunstan: Humanism@uugrassvalley.org

WALKING GROUP

Tuesday and Thursday mornings. Please contact Theresa Houtman at Walking@uugrassvalley.org to get on the list.

SINGING MEDITATION CIRCLE - VIA ZOOM

First Thursdays, 7-8:30 pm

Contact SingingMeditation@uugrassvalley.org

WOMEN'S CIRCLE – VIA ZOOM

SECOND MONDAYS, 6:00 PM

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

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

Thursday mornings, 8:30 to 10:00, contact

BookMen@uugrassvalley.org

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

How Can We be a Family of Compassion?

By Rene Wiley, Chair, Family Ministry

I'm finding a great example of compassion with the extension of grace offered during our Soulful Parents sharing circle. As we listen deeply to one another, there is a moment of compassion that allows emotions to be present. In that magical space of kindness we often find a way to return home to our true selves. Such compassion feels so rare and good! Parents can join us on Fridays 4:00 to 5:00 PM. Contact Rene at familyministry@uugrassvalley.org.

NPR host Krista Tippett, who gave the 2016 Ware Lecture at the Unitarian Universalist General Assembly in 2010, gave a [TED talk on "compassion"](#) in which she encouraged the audience to give body back to the word. The idea of compassion had been hollowed out by our culture, she said, but its virtues were manifold, and worth reclaiming.

Read our own Mags Yen Chuang Matthews' article on the importance of movement for kids ages 0ish-100!
<https://www.theunion.com/lifestyles/health/margaret-yen-chuang-matthews-getting-kids-to-move>

FLEX YOUR COMPASSION MUSCLES WITH LETTER WRITING

In 2015, UU religious educator Kimberly Sweeney shared a fun and simple spiritual practice that she'd adopted the year before. It was writing letters! But not just any letters. Kimberley wrote MAGICAL letters. She was feeling blue at the end of a long and difficult winter where she lived in New England. (And it gets COLD in New England.) She probably missed playing outside with friends. She probably missed being able to go to friends' houses to hang out. And she probably missed seeing friends' beloved faces, and getting and giving hugs, high-fives, or waves hello with twinkly-eyed smiles. Maybe this is how you feel this month, after a long and difficult winter, and then spring, of living in the pandemic.

Kimberly knew she wasn't the only one who might need some connection and kindness in hard times. So, she started sending people her letters, real letters, sent in the mail – and she made them wonderful--magical, even! She surprised people with clever, colorful, unexpected missives until the hard times became better.

In letters to neighbors, friends and family members, challenge yourself to include at least three of the following:

1. One each of these rather silly words (in a natural, conversational way): cactus, rolling pin, zesty, crimped, zoom, and quaver.
2. A letter written or typed with each sentence in a different color.
3. A letter typed with an old, "real" typewriter.
4. A note that starts with the words, "Thank you..."
5. A drawing or printed-out photograph of you wearing a funny hat
6. A quote from a famous UU
7. Add confetti into your envelope along with your letter.
8. A home-made bookmark (see below for link to tutorials!)
9. A string of paper dolls (see below for tutorials link):

FINDING COMPASSION IN STORIES--AND MARKING IT!

Many families, during the pandemic, have rediscovered read-alouds, or done a lot more solo reading than they'd done in the past. Stories can offer a way for us to grow our compassion; narratives invite us to immerse ourselves in another's experience, thinking their thoughts and feeling their feelings.

A colorful drawing on a thin length of paper works just fine as a bookmark. A small piece of beloved fabric does, too. Here are some other creative ideas: (Note: Paper clip bookmark idea not great for youngest kids.)

<https://www.architectureartdesigns.com/25-creative-diy-bookmarks-ideas/>

This bookmark tutorial, a heart that wraps around a page's corner, might intrigue an avid airplane-folder or other origami lover, and ties in well with our theme of compassion, wrapping the world in love:

<https://www.youtube.com/watch?v=UqE4WbR-9t4>

HOLDING ONE ANOTHER: COMPASSIONATE "TOUCH"

A chain of paper dolls holding hands can be a nice way to let a friend know that even when it is not safe to touch hands in real life, we are still connected to them.

This is a [sweet tutorial](#) for making paper doll chains in the most familiar, gingerbread-person shape. But there are [other shapes](#) you might enjoy trying, too. All you need is paper and scissors.

If you decide to send out letters or cards to neighbors and farther-away friends this month, these chains can be a fun addition to that mail!

Full Community Education

UU General Assembly



What Does It Mean to be a People of Compassion?

*From the
Soul Matters Authors*

It might seem like one of our easier monthly themes. After all, compassion sounds...well, nice. It conjures up a bunch of warm feelings. Images come to mind of people telling each other they are keeping them in their thoughts. It would seem to be all about emotional connection and empathetic feeling.

But then along comes a quote like this:

"Compassion hurts. When you feel connected to everything, you also feel responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others."
-Andrew Boyd

Or this:

"True compassion is to engage in the suffering of others."
- The Charter for Compassion

Both are reminders that compassion is not just a matter of niceness and thoughtful feelings. It's a deeper type of feeling that drives us to **action**.

Indeed, that may be compassion's defining characteristic; it is distinguished by **doing**. To feel the pain of another, well, the word "empathy" has that covered. But compassion takes it a step further. Compassion calls us to do something about that pain.

In other words, compassion calls us to change things! It's not just about comforting others; it's about our comfort getting disturbed. It's about connecting with another's pain and struggle so deeply that we can't rest until they rest. When we feel compassion - real compassion - we don't just **understand** another's pain, we want it to stop. And then we do what's needed to make it stop.

It makes one wonder: Maybe the true test of compassion is justice.

And if that's close to the mark, then maybe compassion's question for us this month isn't what we thought it was. Instead of asking us, "Are you able to feel?" maybe it's asking, "What are you prepared to do?"

General Assembly 2020 Goes Virtual

The Unitarian Universalist Board of Trustees has voted to make General Assembly 2020 - our big, annual UU business meeting/conference - a 100% virtual event. A virtual GA has many benefits, including a significant reduction in our carbon footprint and the possibility of higher attendance, since it is more accessible for delegates and anyone else burdened by travel costs or time.

Registration for the June 24-28 event is open to all (\$150), and UUCM will designate three official delegates. Members, please contact President Karyn Packard or Rev Kevin if you are interested in serving as a delegate from UUCM.

There are also several events open to all for free. To register, visit uua.org/ga.



ROOTED, INSPIRED, & READY!

...is the theme for General Assembly in June 2020. We are in touch with our theological roots, we are engaged in transforming our faith, and we are fired up to take action in the wider world.

NEW FINANCIAL AID OPPORTUNITIES FOR 2020

As we prepare for a 100% virtual event, new volunteer opportunities have become available. If you have moderate technical skills and can assist other participants during GA, consider [applying to be a GA Volunteer](#) (registration included).

Due to the generosity of our current 2020 registrants, [additional registration scholarships](#) have been made available.

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?

**LAST OF THE THREE
WATERSHED UNITARIAN SERMONS –
on Tuesday, June 16**

Rev. Kevin and Keith Johnson

Here's the schedule:

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, 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 Ralph Waldo Emerson and Theodore Parker.

As he has in the past two classes, 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 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.

Book Groups

Book Groups are continuing by Zoom for the next few months until we are able 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 - JUNE 17, 2:00 PM

On May 20, we reviewed *Cold Country* by Russell Rowland. Our own Montana expert Kate Canan led this discussion and we were joined by the author who is her personal friend!

In June, Karyn will again guide us as we delve into the author's experience in a Hasidic community as we discuss *Unorthodox* by Deborah Feldman on Wednesday, June 17 at 2:00 PM.

On Wednesday, July 15, Theresa Houtman invites us to revisit William Heat-Moon in his new novel, *O America, Discovery in a New Land*. Those who read *The Greater Journey* may especially appreciate this fiction, with history about an English physician's journey to discover America at about the same time in history. We decided to review and contrast Moon's earlier book. We invite all who enjoyed this Sunday group pick to join us.

Connie Wright will facilitate our discussion of *Fascism* by Madelyn Albright on Wednesday, August 19, at 2:00 PM.

FIRST SUNDAY BOOK GROUP - JUNE 7, 1:00 PM

BY ZOOM

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 more likely by Zoom. We will choose books for the next three months, so please bring your ideas.

Meetings will be on Zoom until further notice. Readers are welcome to attend either or both groups at any time. Contact Theresa Houtman, BookGroupInfo@uugrassvalley.org to RSVP or with questions.



June 2020 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
JUNE 2020			
Please note: All meetings and services are held by Zoom until further notice: Watch for links and meeting numbers through your email from UUGeneral or the meeting hosts.			
1	Monday	10:00 AM 6:30 PM	Monday Morning Check In Soul Matters Exploratorium
2	Tuesday	8:30 AM 4:00 PM	Walking Group (Meet at Wolf Creek Trail) Caring Team Meeting
3	Wednesday	8:30 AM 11:00 AM 2:00 PM 7:00 PM	Men's Group Humanism Discussion Group Indigenous History of US Book Group Wednesday Evening Sharing Circle
4	Thursday	8:00 AM 8:30 AM 7:00 PM	Men's Group via Zoom Walking Group (Meet at Houtmans') Singing Meditation Circle
5	Friday	4:00 PM	Friday Afternoon Check In
7	Sunday	9:30 AM 10:30 AM 12:00 PM 1:00 PM	Children's Connection Time Sunday Service Online via Zoom Drop-in Support Circle First Sunday Book Group
8	Monday	10:00 AM 6:00 PM	Monday Morning Check In Women's Circle Gathering
9	Tuesday	8:30 AM 12:00 PM 4:00 PM	Walking Group (Meet at Wolf Creek Trail) Executive Committee Meeting CWP Reading Group
10	Wednesday	8:30 AM 4:30 PM 7:00 PM	Men's Group Finance Committee Meeting Wednesday Evening Sharing Circle
11	Thursday	8:00 AM 8:30 AM 10:30 AM	Men's Group via Zoom Walking Group (Meet at Houtmans') Writers' Group
12	Friday	4:00 PM	Friday Afternoon Check In
13	Saturday	7:00 PM	Spring Music, Poetry, and Art Concert/Cafe
14	Sunday	9:30 AM 10:30 AM 12:00 PM	Children's Connection Time Sunday Service Online via Zoom Drop-in Support Circle

DATE	DAY	TIME	EVENT DESCRIPTION
15	Monday	10:00 AM	Monday Morning Check In
16	Tuesday	8:30 AM 5:30 PM	Walking Group (Meet at Wolf Creek Trail) Transient & Permanent in Christianity Sermon workshop
17	Wednesday	8:30 AM 2:00 PM	Men's Group Wednesday Book Group
18	Thursday	8:00 AM 8:30 AM 2:30 PM	Men's Group via Zoom Walking Group (Meet at Houtmans') Board of Trustees Meeting
19	Friday	4:00 PM	Friday Afternoon Check In
21	Sunday	9:30 AM 10:30 AM 12:00 PM	Children's Connection Time Sunday Service Online via Zoom Drop-in Support Circle
22	Monday	10:00 AM	Monday Morning Check In
23	Tuesday	8:30 AM 4:00 PM	Walking Group (Meet at Wolf Creek Trail) CWP Task Force
24	Wednesday	8:30 AM 6 AM-8 PM	Men's Group UUA Virtual General Assembly
25	Thursday	8:00 AM 8:30 AM 10:30 AM 5:30 PM 6 AM-8 PM	Men's Group via Zoom Walking Group (Meet at Houtmans') Writers' Group Worship Team Meeting UUA Virtual General Assembly
26	Friday	6 AM-8 PM	UUA Virtual General Assembly
27	Saturday	6 AM-8 PM	UUA Virtual General Assembly
28	Sunday	9:30 AM 10:30 AM 12:00 PM 6 AM-8 PM	Children's Connection Time Sunday Service Online via Zoom Drop-in Support Circle UUA Virtual General Assembly
29	Monday	10:00 AM	Monday Morning Check In
30	Tuesday	8:30 AM	Walking Group (Meet at Wolf Creek Trail)



Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945

Telephone: 530.274.1675

Website: www.uugrassvalley.org

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

... During the COVID-19 Quarantine: ONE Sunday Service via Zoom at 10:30 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

minister@uugrassvalley.org

admin@uugrassvalley.org

music@uugrassvalley.org

TELEPHONE

530.274.1661

530.274.1675

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

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