

the Mountain Chalice



Unitarian Universalist Community of the Mountains

September 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 and Walt at 5:15 PM on Wednesday Evenings
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 # • **NEW! Passcode: 688010**

Audio by phone: Dial in: 1-669-900-9128
Meeting ID: 746 107 217 # • **NEW! Passcode: 688010**

SEPTEMBER THEME:

Heart-Centered Renewal

Worship Associate of the Month:

Gail Johnson Vaughan

September 6 Dreaming of Rain When the Fire Comes First
Rev. Kevin Tarsa

We enter the theme of heart-centered renewal knowing that we are living in the midst of uncertainty and anxiety, in the powerful and unsettling stirrings that make way for renewal and cultivate our resilience. Renewal itself lies out on the far horizon line, it seems. Let's together lift up our hope and ready ourselves for the road ahead. Our sister congregation in Reno will join us for this service.

September 13 Feeding the Open Heart
Gail Johnson Vaughan, Worship Leader

Keeping our hearts open in the midst of chaos, crisis, and confusion can bring us healing and lead us on a path of peace that invites us into heart-centered renewal. This service gives us an experience of open-heartedness that we can use to enter and dwell in a deep heart-centered present even while the winds of destruction and confusion swirl around us.

September 20 Bring Me Back: A Place to Forgive and to Be Forgiven
Rev. Kevin Tarsa

Rosh Hashanah this weekend begins the Jewish year and opens the

ten-day period of deep introspection and repentance that commemorates the creation of the world and leads to Yom Kippur, also known as the Day of Atonement. Such reflection and its journey of forgiveness offer one of the deepest and most challenging forms of heart-centered renewal. How can we together be a home for such a possibility?

September 27 Renewing Our Vows - Heart-Centered Justice
Rev. Kevin Tarsa

One of the gifts of the pandemic is that it has opened space for a powerful awareness of racism and white supremacy in our culture and in ourselves. Real change starts close in. It takes courageous love to confront our own white fragility and to find ways to be part of heart-centered justice.

INSIDE THIS ISSUE

Item	Page
Upcoming Services.....	1
From Rev. Kevin Tarsa.....	2
Board of Trustees.....	3
Caring Team.....	4
Building & Grounds.....	4
Stewardship Update.....	5
Pass the Plate.....	5
Online Giving.....	5
Justice News and Activities.....	6
Community Connections.....	7-8
Art & Aesthetics.....	8
UUCM Family Ministry.....	9
Full Community Education/Soul Matters.....	10-11
Book Groups.....	11
Covenant of Right Relations.....	12-13
Monthly Calendar.....	14
UUCM Contact Info and Office Hours.....	15



Rev. Kevin Tarsa
UUCM Minister

From the Minister

Our new set of Soul Matters themes leads us into the fall and the remainder of the congregation year, through what cannot help but be an extraordinary year no matter how the details play out.

We begin by asking what it means to be a people of **Renewal**.

I struggled to find my footing in this theme, at least connected to September. Renewal is a wonderful focus; it's just that in the midst of a raging fire season, a sweeping and painfully politicized pandemic, the live lancing of our nation's racism abscess, unbelievable, chaotic and frightening political maneuvers, and myriad other uncertainties for the future, renewal seems a bit, well, off the mark. Something for down the road, but not our reality right now – although the seeds are right here.

I've chosen to frame renewal in this way, as a horizon point toward which I am directing my efforts. As Gail Johnson Vaughan and I danced with this renewal theme (or sparred, as was the case for me), we added a lens, and are looking at our current focus as "heart-centered renewal." For me, the goal is to channel our resources toward supporting our ability to stay heart-centered and open through what is sure to be a rough and anxiety-laced, dare I say, anxiety-graced, ride ahead that will activate all of our defensive triggers and call out survival behaviors we thought we had long outgrown.

The process of renewal and resilience does indeed begin now, even though the journey will stretch out for a good, long while.

Among charismatic Christians, "renewal" refers to a process of being made spiritually new. Being made new, in the best senses of that possibility, may be, in the end, the expensive and precious gift from the spiritual/social/emotional crucible of these times. In this absolutely liminal era, we may very well be "made new" as individuals, as a congregation, as a community and as a nation.

So, we'll plant such seeds of **renewal** in September, move into **deep listening** in October, carry the listening into **healing** in the election month of November, and recognize and enter

the value of **stillness** in December. By January, we'll need to focus on **imagination**, as we envision **beloved community** anew in February, consider our **commitment(s)** in March, and look to **becoming** in April. In May, as we approach the end of the congregation year and our annual meeting, we'll focus on **story**, for the story we tell ourselves about whatever has happened will influence our path at least as much as the events themselves. And, if all has gone well enough, and maybe especially if it hasn't, we'll close the year by remembering the importance of **play** and joy.

En route, we will continue to figure out together how to be community now, through all of those themes, applying them to UUCM life as well as our individual lives.



In the end, I do expect a great deal of powerful renewal. I've lived long enough now for this to be a source of hope for me. I know that true renewal will require intense heat, and bring with it discomfort I'd prefer to avoid. I know that things have to come apart for something truly new to be made.

And so I remind (or convince) myself each morning to keep my heart open, if I can. Open to seeing anew. Open to being made new.

May this September invite your own heart-centered journey into renewal.

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



*Jim Perkins, President,
UUCM Board of Trustees*

Your Board of Trustees

Greetings! Namaste! Shalom! I just listened to the service on other religions' contributions to UU and I'm feeling full of inspiration. What a beautiful service! I am so grateful to Rev Kev and the worship committee for the outstanding job they do every week. It is really a lot of work, much more so than putting on a regular service in the sanctuary, and they deserve our appreciation. Thank you!!

The Board of Trustees has been involved in an interesting project the last couple of months. We have developed a vision and goals for the upcoming year. We started with Open Questions. Open Questions facilitate participation and open the Board to the influence of the congregation. They create space for dialogue and an opportunity for the Community to wrestle with important unanswered questions. The purpose is not to find a single answer, but to inform the Board in setting goals for the next year.

The questions chosen for this year include:

- **How can we sustain and strengthen community now?**
- **How can we cultivate and sustain our spiritual and emotional strength in this time?**
- **How can we keep a sense of wonder?**

As you can see, the Corona Virus had a strong influence in our decisions but these are unusual times that require perhaps unique steps to solve these questions.

Next we developed an annual vision of ministry. The Board and Minister articulate the vision by framing it in terms of end results. It is the job of the Minister and Ministry Council to figure out how to accomplish it, to determine what "success" looks like, and how to measure results. The Vision for this year includes the following:

- **Strengthen the Sunday online experience – in terms of connection, quality and content**
- **Strengthen UUCM's virtual interface and effectiveness for current members as well as for potential members**
- **Strengthen personal and small group connections in the Congregation**

Finally, we developed Board Goals and Priorities. The Board is responsible for creating plans and processes, and charges committees and task forces to achieve the goals of the board

which for this year include:

- **Well-functioning finances**
 - o Continue to strengthen Finance Committee
 - o Explore professional staffing of financial duties
 - o Streamline Treasurer and Finance Committee duties
- **Continue to strengthen our governance structure**
 - o Review and revise bylaws
 - o Create a process for leadership development
 - o Sufficiently staff committees
 - o Oversee and support follow-up on COSM's (Committee on Shared Ministry) Communications Assessment and Recommendations
- **Facilities Planning**
 - o Establish a Facilities Committee to develop short-range and long-range plans, including cost estimates
 - o Establish a Pandemic Committee to develop contingency plans

Now that you know what is keeping us busy so long into the night, I hope you find these helpful.

Stay healthy and safe.

—Jim

UUCM BOARD OF TRUSTEES

JULY 2020 - JUNE 2021

Jim Perkins	<i>President</i>
Pam Kisor	<i>Vice-President</i>
Jo Waters	<i>Secretary</i>
Bob Packard	<i>Treasurer</i>

Members at Large:

Janet Dunstan, Gene Gilligan & Reine Thibeault

The Board of Trustees business meetings are held on the third Wednesday of each month, from 4:00 to 7:00 PM. At the present time, all meetings 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

An Invitation to Join the Team

By Gwen Eymann, Co-Chair, UUCM Caring Team

Fire Season has arrived with a vengeance, and it seems like just one more unwelcome event added to the many disturbing and unwelcome events of this year. My wish for you all is that you are ready to do what you need to be safe and have what you most need in the event of an emergency. UUCM is revising and updating the Fire Cluster Group information, and if you don't have it or would like to be added to a Cluster Group, please reach out to Carol Fulkerson, our UUCM office administrator.

Our Caring Team would like to invite new caring folks to join us in our mission to provide parish care. For various reasons our team has gotten smaller and we would love to have some new caring faces to join in our mission. Under normal circumstances our role is to offer support to the UUCM community by providing personal contact, visits, essential errands, rides to medical appointments and UUCM Sunday service, cards and phone calls, support for memorials and life celebrations. Of course, during these times of physical distancing we are unable to offer direct physical contact, but the other ways of connecting are still viable and needed. If you feel called to this important work, please give me a call. I would love to tell you more about our role in the community.

As we continue to navigate through what it means to live with a pandemic, we are finding ways to share our joys and sorrows. Through our Zoom Sunday Services we share with each other our losses: illness, emotional stress and strains, the death of family members and friends. And, we share our celebrations: the birth of new babies, the achievements of our children, the birthdays and anniversaries. We may not be together in person, but we are joined in spirit and caring compassion for each other.

We are now moving into our sixth month of social and physical 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 forgo 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 Wednesday and Friday, as well as 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. Please feel free to contact us by email: caring@uugrassvalley.org or gweneymann@gmail.com

Caring Team Members:

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

Building and Grounds

It's Been a Challenging Month

by Wally Holtan, Building and Grounds Team Chair

As I write this column there is smoke in the air and we have just been removed from the possible evacuation list. I miss seeing everyone at our monthly workdays and hope you are all staying safe and well. As the fall cooler weather settles in, there are a few projects that are on the schedule and, for now, will have to be done as individual or small group projects.

I will need a few painters to tackle painting the window sills of the building which have not been painted for years, making them vulnerable to dry rot. There are also more painting projects inside the building that need to be done and we will need to work in the yard, as it has not been addressed this summer.

I would like to thank Paul Elias for his research into an air conditioner for the upstairs meeting room. It has been ordered and will be installed so that when we can gather again in the building, that room will be able to be cooled.

I look forward to a time when things will be less challenging and we can again work together as a group. If you have any special skills or talents you could share, please let me know. (uucmgv@gmail.com)

Thank you,

Wally

Below is our new outdoor sign in case you have not seen it.





Maryann Currington,
Chair, Stewardship Team

Stewardship

Closing the Books on 2019-2020 with Good News

I can write with joy that we have closed the books on the 2019-2020 Pledge Campaign and it was a success! A success means that the amount of money initially pledged by all members was closely satisfied. We lost some members during the year and their pledges were left incomplete but we gained new members and new pledges. We experienced the added burden of a pandemic but our generosity continued. We are, indeed, a Congregation of generous people and we should all benefit from the physiological, psychological and spiritual gifts of generosity.

Recently, Warren Buffet's sister, Doris, died and most major newspapers carried a beautiful tribute of her philanthropy. Doris inherited many millions when her mother died. Instead of impersonally giving to large charities, Doris and her Sunshine Woman carefully reviewed requests for donations and gave many, many small personal gifts to individuals. She gave her wealth and her time generously until her death.

Not noted in any publication and very anonymous, was another beautiful example of generosity very close to home. A member who lives a very carefully frugal life satisfied her 2019-2020 pledge and I noted had an overage of \$50. I've been carefully reviewing overages because many are meant to be applied to the 2020-2021 pledge year. When I checked to see if this was the case, she explained that she had received some additional money (I assume the stimulus check) and was happy to make a donation.

I don't mean to detract from Doris' generosity but, rather, to exemplify, how beautiful true generosity is, no matter the size of the gift. When something, time, talent or wealth, is given freely from the heart for good intentions, it is an uplifting and empowering human experience.

Respectfully,

- Maryann

Stewardship Team email: Stewardship@uugrassvalley.org

Pass the Plate

Each Month UUCM donates 25% of all undesignated Sunday offerings to an organization whose work aligns with UU values and UUCM's mission. People are also welcome to designate 100% of their offering toward the Pass-the-Plate partner of the month.

UUCM members and friends donated \$885.00 in June to **KARE Crisis Nursery**, whose mission is to provide shelter and respite for children whose families are facing a crisis, and to provide support for those families.

Donations totaled \$923.29 for our July partner, the **Bear Yuba Land Trust**. Among its many efforts the BYLT oversees the beloved Independence Trail that suffered significant damage from the recent Jones Fire. With sadness they report that all the wooden structures within the fire perimeter along Independence Trail West, including the iconic flume spanning Rush Creek and the Rush Creek Ramp, were consumed by the blaze. Built with the hands of local volunteers under the vision of John Olmsted, this heartfelt endeavor became the first wheelchair accessible wilderness trail in the United States.

Our August partner has been **Color Me Human** (watch for donation totals next month) and our September pass-the-plate partner is **Communities Beyond Violence**, whose mission is to offer resources for building healthy relationships and to work with community partners to provide services for healing the effects of interpersonal violence. CBV's vision is a community unified in peace and justice for the safety and well-being of every individual.

Thank you for your ongoing generosity!

YOU MAY GIVE ANYTIME IN ONE OF THE FOLLOWING SEVERAL WAYS...

- You can give through [UUCM's Online Giving](#) page. (Choose Pass-the-Plate, General donation, or Pledge)
- You can mail in a check for your current pledge or plate offering to UUCM, 246 South Church St, Grass Valley, CA 95945. (Please designate in the memo line whether your check is for your pledge, general donation, or Pass-the-Plate.)
- You can give through PayPal by giving to paypal.me/uucm (Please leave a note as to whether your check is for your pledge, general donation, or Pass-the-Plate.)
- For a general offering donation, you may text your amount to 833-579-0483. 25% will go to Pass-the-Plate.

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).

The IFM partnership with Gold Country Meals on Wheels is going great! More seniors continue to be added to the program through GCCS (Gold Country Community Services).

The High School Pantry will begin a new location in the Fall at Bear River High School.

Volunteers with a minimum of 12 hours who are also Briarpatch co-owners, get a 15% discount one time a month.

With the increased food insecurity due to COVID19, IFM needs more donations than ever. 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).



Community Connections – Online Activities

Staying Connected through Zoom

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.

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

WEDNESDAY EVENING CHECK IN - 7:00 PM

Open conversation and sharing for members and friends, facilitated by various congregation leaders. One hour.
Please note: We may be experimenting with this check in so it can best serve the needs of our congregation.

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

(Kids' RE now meets Wednesday at 5:15 PM)



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

First Wednesdays, 11:00 AM

(See Article on the next page)

Contact 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. Robin Hart has volunteered to host the Zoom meetings as her internet connection is somewhat reliable! With COVID19 restricting our ability to gather in person and potluck, our meetings are more of a check in and social outreach for those who appreciate some human connection. 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 AM - contact: Men@uugrassvalley.org
Thursday mornings, 8:30 to 10:00 AM, contact: BookMen@uugrassvalley.org

Continued on next page...

Community Connections



HUMANIST DISCUSSION GROUP'S SEPTEMBER TOPIC

By George Dunstan

The September 2nd meeting of the UUCM Humanist Discussion Group will be at 11:00 via

Zoom. Here's the link to the meeting:

<https://zoom.us/j/92259246223?pwd=ZG10YlpXSkrRHcDkxaGRSMWV1enVsdz09>

We will continue our discussion of Our Common Purpose and address Strategy #2 - Empower Voters, and its 7 recommendations.

For those of you who haven't been with us for the last two meetings when we talked about this publication here's a little background.

The American Academy of Arts & Sciences has recently released a bipartisan report from their Commission on the Practice of Democratic Citizenship looking at the state of our democracy. After two years of work the report details 31 recommendations on how to strengthen it.

Here is a link to a 10+ minute long PBS Newshour piece from June 11th that interviews two of the three chairs of the commission:

<https://www.pbs.org/newshour/show/amid-inequality-and-polarization-how-can-we-strengthen-american-democracy>

And here is a link to the Commission's report:

<https://www.amacad.org/ourcommonpurpose/report>

The report's 31 recommendations are organized in six strategies. The entire document is worth study and consideration. Its release comes at a time when the current inequities of our society are apparent to more people than ever, perhaps with an opportunity to enact many of these recommendations.

You can read the entire report online, download it as a pdf file, or order a free printed copy.

I look forward so seeing you at our meeting on September 2nd at 11:00.

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



Art & Aesthetics

Robin Hart
Chair,
Art & Aesthetics Team

Thank you so much for sharing all your home chalice designs and settings over the last few months. It has been inspiring to see how you are honoring the traditions of our faith while we are separated at home. Although we are still apart, we are united in our community together as one.

On August 22nd we had our second Café Concert for Summer over zoom and were treated once again to another program featuring the talented members of our congregation. Jordan Thomas-Rose not only MC'd the concert, but did a live performance of his original song "The Hill" as well. He also presented a video of his father Stan and the Thomas-Rose Family singing "Stand Up Together." We heard more original songs from Kate Canan, and Tom Wernigg, and new to our church, Terry Boyles. We even had a mystery opera singer perform three pieces, and it was revealed at the end that it was our own Karyn Packard, with audio recordings from her opera career in the past!

To round out the evening, Eileen Hale recited two of her poems, and Linda Siska gave us a reading from her unfinished story crafted with her granddaughter. Wendy Wernigg also tickled our funny bones with a stand-up comedy act. In between sets we again showcased the visual artistic talent from our Aesthetics team and the Art and Exploration group. Although we cannot have art shows in the library right now, this is an excellent way to share the visual art of the congregation. Big thanks also go out to Bob Miller for doing all the tech for the program. We say "Bravo!" to Bob, our multitasking maestro for a job well done! Kudos to Carol Fulkerson for all the help in gathering submissions and promoting the event.

We will let you all know when we will have another call for submissions for the next Café Concert for Fall.

The Art and Aesthetics Team is also conjuring up a new community project that will launch in the new church year in September. Stay tuned for more details.

Stay well and keep a rainbow in your hearts.

- Robin

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

Kids' RE has Moved to Wednesday Evenings at 5:15PM

By Lindsay Dunckel

As we adapt to being together online, we have found that games are our favorite activity - like 20 Questions, Truth or Dare, I Spy. Especially when there is something for everyone to do - roll a die, take a turn, make a selection. In September, we will again follow Soul Matters curriculum for religious education gatherings - now adapted for online. Each lesson is made up of some basic building-blocks and follows the monthly theme that our worship services and adult Soul Matters Circles will follow, beginning with Renewal in September.

The building blocks are:

- **"Introduce It"** - Object lessons and wonder box presentations to help leaders introduce the lesson/theme angle for the children
- **"Tell It & Talk About It"** - Stories (and some puppet scripts) to help bring the theme angle to life through storytelling
- **"Meditate on It"** - Various mindfulness practices to help children engage the theme angle in a more reflective and quiet way.
- **"Explore It"** - Small group activities and experiential learning designed for online experience. Just because we can't be together physically doesn't mean we can't play and create together online.
- **"Take It Home"** - Ideas about how to weave the theme angle into family and home life.

Each month will include one session focused on anti-racism through the lens of that month's theme as well as the usual mix of exploring world holidays, myths, UU traditions and sources of wisdom, and exploring life's big questions.

If you'd like to pop in to offer a story or lead a meditation or share a science experiment, we'd love to have you join us! Contact familyministry@uugrassvalley.org

Let's Continue to Make Safe Social Connections this Fall!

Remember the Summer Social?

<http://www.uugrassvalley.org/uucm-summer-social-fun/>

We invite you to share your ideas with us for staying connected into Fall! As I hear that some may be feeling lonely and wondering how they still fit into this community, I am reminded that one powerful way to self-care is to give to others by starting up a meaningful conversation. We each have a vision of what our community hopes for, so let's lean in and discuss! My hope is that we are seeking and finding all of the ways that help us to thrive in these really tough times.



Rev. Kevin and the Sampson Family enjoy a Socially-Distant In-Person Social Visit

SHARE A PHOTO OF YOUR VISIT!

With consent from both parties, please email a video or photo of your Social visits to (subject: Summer/Fall Social) familyministry@uugrassvalley.org so that the online congregation shares in the greeting.

CDC safety guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

And remember, use your judgement and above all, be safe!



What Does It Mean to be a People of Heart-Centered Renewal?

From the Soul Matters Authors

September is a season of homecoming for us UUs. And renewal is central to that. At the opening of each new church year, we renew our commitments to each other and our church community. We renew our energy for another year of journeying together.

It's also a time of renewing our renewal questions. Yes, that sounds odd, but it's essential to understanding the importance of this month, and the importance of our faith. You see, one of the less noticed roles of religion is its sneaky way of changing our lives by asking us to change the questions we ask. This is especially true when we talk about renewal.

In our culture and secular lives, the questions we ask about renewal focus mainly on health (Are you drinking enough water? Are you getting enough sleep?) and work/life balance (Are you making enough time for family, play and rest?). Those are fine questions, but they don't take us very deep or push us very far. They don't enable the kind of transformation that religion wants for us.

And so along comes religion and it says, "Hey, look over here. There's a box with an entirely different set of renewal questions that nobody's opened yet." Questions like:

- *Are you sure it's your body that's tired, or could it be your soul?*
- *What if "time away" isn't about restoring ourselves in order to return to our work, but instead about making space to decide if it's time to reconfigure ourselves and re-imagine what our true "work" is?*
- *Is it time to renew your responsibility to those who will come after you?*
- *Is it time to renew your commitment to carry on the work of those who came before us?*
- *What if you saw your daily living and loving as an opportunity (even a calling) to renew others' faith in humanity?*
- *Could it be that continual self-improvement is not the path to renewal but instead compassionate acceptance of who you already are, warts and all?*

- *What if renewing our common future isn't just about moving forward, but instead requires a return to an honest telling of the past?*

And that's just the questions that are sitting on top of the pile!

So friends, this month let's dig in together. Let's renew and refresh the renewal questions we ask. Let's remind ourselves that, indeed, we change our lives by changing the questions we ask.

Upcoming Soul Matters Themes

By Rev. Kevin Tarsa

Throughout the year, UUCM draws on monthly themes to help us explore our spiritual, emotional and intellectual lives. The Minister and Worship Team members are always looking for stories, poems, artwork, music, rituals, readings, reflections, quotes, and images related to the themes.

We invite you to look ahead to the upcoming themes. What comes to mind and heart for you? Please share any resources you know or have created, and please keep your hearts, eyes, and ears open all year for anything that might help us help each other enter these themes meaningfully.

Please send your suggestions and ideas to worship@uugrassvalley.org or minister@uugrassvalley.org or to any of the worship associates:

Look forward to these 2020-21 Soul Matters Themes

What does it mean to be a people of ...

September:	Renewal
October:	Deep Listening
November:	Healing
December:	Stillness
January:	Imagination
February:	Beloved Community
March:	Commitment
April:	Becoming
May:	Story
June:	Play

Full Community Education

Soul Matters Circles Begin Again, Try our Sample Circles in September

...Are you looking for deeper connection with others and a space within which you can explore your deepest values and your deepest self?

...A space within which you can grow in profound ways and become the person you most want to be?

...Perhaps, even and especially during physically distancing pandemic times?

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

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

Participating in a Soul Matters Circle is one important way to get connected at UUCM, to get to know a few more people meaningfully and well as you explore your own inner life. Currently, circles take place via Zoom.

For both current circle members who want to continue in circles, as well as new folks who are curious, we will offer sample circles in September, in the Soul Matters theme of Renewal (or "heart-centered renewal," as we are framing the theme for Sunday services).

If you are interested in participating in a Soul Matters Circle this year, or you have questions, please contact Soul Matters Coordinator Jo Waters: jowaters@hotmail.com or (530) 414-6941.

Click [HERE](#) to see the Soul Matters Circle Participant Guide on the UUCM website.

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

Book Groups



FIRST SUNDAY BOOK GROUP - OCTOBER 4, 1:00 PM BY ZOOM

The Sunday Book Group is cancelling their September meeting, but Reine Thibeault will guide us through the metaphysical science fiction, *Mr Penumbra's 24 Hour Bookstore* by Robin Sloan on October 4. You will want to know where this book is leading you.

THIRD WEDNESDAY BOOK GROUP - SEPTEMBER 16, 2:00 PM

On Wednesday, September 16, Connie Wright facilitates the discussion of *Fascism, A Warning*, by Madeleine Albright, who examines fascism in the twentieth century and the lessons of the past through her childhood experiences during war-torn Europe, and her 14 years as Secretary of State. The legacy of fascism, Albright points out, has endured through the twentieth century and now presents a more virulent threat to international peace and justice than at any time since the end of World War II. The book is a call to arms about the lessons to understand and the questions to pose to save ourselves from repeating the tragic errors of the past. (This was postponed from August.)

PLEASE NOTE:

Several of us wish to focus on *An Indigenous People's History of the United States* for the Wednesday, October 21 meeting and the Sunday, November 1 meeting, either having our own discussion or joining UU discussion. Contact Theresa with your feelings about this plan.

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.



Suzanne Ferroggiaro, Chair,
Covenant of Right Relations
Review/Revision Team

Covenant of Right Relations

Covenant of Right Relations Review/Revision Update

Like the photo of many hands forming a heart below, we need each hand to complete our "heart" of UUCM. Looking forward to hearing from YOU! Thanks to all the folks who already sent feedback!

UUCM is reviewing and revising our Covenant of Right Relations (CRR) and we need our members' input. This is part of the Board of Trustees' Governance work to align our Covenant with our Mission Statement. There is general agreement that our Covenant has served us pretty well as it is since it was created 11 years ago, and that it's just time for a few updates and tweaks. On the next page, you will find our current CRR with proposed changes. We are asking you to send us your feedback on the proposed changes now and during the next few months as they are refined.



("Living the Covenant of Right Relations, Options for Addressing Challenges" will be reviewed at a later time.)

HERE'S OUR TIMELINE AND PROCESS...

JUNE, JULY, AUGUST, AND SEPTEMBER:

Gather and consider feedback on proposed changes; hold Zoom meetings for opportunities to reflect on fine tuning of changes

OCTOBER, NOVEMBER:

Submit first and final drafts to Board of Trustees for review and approval

JANUARY, 2021:

Present final draft at our Congregational Meeting

It is appropriate to begin our review in light of Rev. Kevin's sermon in January, (which is definitely worth a re-read!) <http://www.ugrassvalley.org/multimedia-archive/connected-beyond-belief-january-12-2020/>; and... considering the theme in June, "What does it mean to be a people of compassion?"; and... at this time, in the midst of racial justice issues.

As Rev. Kevin noted... "Our Covenant is about our spiritual integrity, emotional integrity, and intellectual integrity... It is about how the members/friends will be with each other, treat each other, journey together, and live in integrity with each other... It's not about being perfect; it's about being committed to work toward health and wholeness... The

behavioral covenant is meant to call us to behaviors that support the health and integrity of our relationships with each other, to remind us that it matters." And in "Behavioral Covenants in Congregations", Gilbert Rindle reminds us that, "We live our faith in the context of community."

On the following page, you'll find our current Covenant of Right Relations with proposed words to change underlined and proposed changes in bold. Please read through it and if you have feedback, send it (as succinctly as possible and preferably in a different font color!) to:

Suzanne Ferroggiaro suzanneferro17@gmail.com
OR Tom Wernigg tomwernigg@gmail.com

We look forward to hearing from you and thank you so much for your time.

- Suzanne

Covenant of Right Relations Review, Continued

Covenant of Right Relations Review & Revision, June 2020

(Proposed words to change are underlined and **proposed changes are in bold.**)

Covenant of Right Relations (different title, "**Behavioral Covenant**"?)

(Add Preamble connecting to Mission? ie... In full acceptance of our mission statement and to further its realization, we the members and friends of the Unitarian Universalists Community of the Mountains do covenant to be in community with each other in these ways...?)

Recognizing that conflict is normal (**different points of view are natural?**) in human relations and wishing to relate to others as harmoniously as possible, I sincerely intend to: (**I will?**)

- Treat others with kindness, empathy and respect.
- Communicate with patience, flexibility, and a willingness to negotiate in the spirit of meeting as many needs as possible. (**finding the best outcomes possible?**)
- Be aware of my own thoughts, feelings, and needs, and share them directly and honestly with others, without judgment or blame. (**add: ridicule? derision?**)
- Invite and listen to all points of view, respecting others' feelings and needs and encouraging minority opinions.
- Take responsibility for my own mental, emotional, and spiritual balance, asking for support when I need it.
- (**Take problems/concerns first directly, kindly, respectfully to those holding responsibility?**)
- Be mindful of the needs of the group as a whole, mourning together when individual needs cannot be met. (**While respecting individual needs, acknowledge that the health, safety, and well-being of our community transcends individual agendas? share compassionate understanding? seek restoration of harmony? forgive and reconcile?**)
- **Respect and support those holding positions of responsibility?**
- **Signature line?** _____ **Date:** _____

September 2020 Calendar of Events at UUCM

DATE DAY TIME EVENT DESCRIPTION

SEPTEMBER 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.

DATE	DAY	TIME	EVENT DESCRIPTION
1	Tuesday	8:30 AM 4:00 PM	Walking Group Caring Team Meeting
2	Wednesday	8:30 AM 11:00 AM 5:15 PM 7:00 PM	Men's Group Humanism Discussion Group Kids' Connection Hour Wednesday Evening Sharing Circle
3	Thursday	8:00 AM 8:30 AM 4:00 PM 7:00 PM	Men's Group Walking Group Forward the Vote Campaign Singing Meditation Circle
4	Friday	10:00 PM 4:00 PM	Executive Council Meeting Friday Afternoon Check In
6	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
8	Tuesday	8:30 AM 4:00 PM	Walking Group Challenging White Privilege Reading Grp
9	Wednesday	8:30 AM 4:30 PM 5:15 PM 7:00 PM	Men's Group Finance Committee Meeting Kids' Connection Hour Wednesday Evening Sharing Circle
10	Thursday	8:00 AM 8:30 AM 10:30 AM 4:00 PM 5:30 PM	Men's Group Walking Group Writers' Group Forward the Vote Campaign Social Justice Meeting
11	Friday	4:00 PM	Friday Afternoon Check In
13	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
14	Monday	6:00 PM	Women's Circle Gathering
15	Tuesday	8:30 AM	Walking Group

DATE	DAY	TIME	EVENT DESCRIPTION
16	Wednesday	8:30 AM 2:00 PM 4:00 PM 4:30 PM 5:15 PM 7:00 PM	Men's Group Wednesday Book Group Board of Trustees Meeting Ministry Council Kids' Connection Hour Wednesday Evening Sharing Circle
17	Thursday	8:00 AM 8:30 AM 2:30 PM 4:00 PM	Men's Group Walking Group Board of Trustees Meeting Forward the Vote Campaign
18	Friday	4:00 PM	Friday Afternoon Check In
20	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
22	Tuesday	8:30 AM 4:00 PM	Walking Group Challenging White Privilege Task Force
23	Wednesday	8:30 AM 5:15 PM 7:00 PM	Men's Group Kids' Connection Hour Wednesday Evening Sharing Circle
24	Thursday	8:00 AM 8:30 AM 10:30 AM 4:00 PM 3:00 PM	Men's Group Walking Group Writers' Group Forward the Vote Campaign Worship Team Meeting
25	Friday	4:00 PM	Friday Afternoon Check In
27	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
29	Tuesday	8:30 AM	Walking Group
30	Wednesday	8:30 AM 5:15 PM 7:00 PM	Men's Group Kids' Connection Hour Wednesday Evening Sharing Circle



Unitarian Universalist Community of the Mountains

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

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

... During the COVID-19 Stay-at-Home: 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: *(Please call in advance for an appointment.)*

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:

Kathy MacLeod, Editor, and Kathryn Young, Design/Layout

Staff Contributors: Rev. Kevin Tarsa and Carol Fulkerson