

the Mountain Chalice



Unitarian Universalist Community of the Mountains

October 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**

OCTOBER THEME:

What Does it Mean to be a People of Deep Listening?

October 4 Ears Wide Open
Members and Friends, with Beth Karow and Chuck Champlin

Our October theme of Deep Listening suggests going beyond the chatter of daily life to the place where the soul speaks, where the heart can be truly heard in its joy or pain, hope and expectation. Our Tapestry service, hosted by Worship Associates Beth Karow and Chuck Champlin, welcomes several speakers from our congregation who will share experiences of listening and being heard – sharing and receiving deep views of themselves and others.

October 11 An Indigenous People's History
Rev. Kevin Tarsa,
with Beth Karow and Chuck Champlin

Even in states where it's not an official holiday, Indigenous People's Day is gradually eclipsing Columbus Day as hidden histories become more widely known, understood and appreciated. As a spiritual commitment, we'll listen deeply to indigenous history and wisdom, beginning with the local Nisenan tribe for whom this land has long been home.

October 18 Listen, Listen, Listen to My Heart's Song
Rev. Kevin Tarsa and UUCM's Caring Teams

Listening – to our deepest selves and to one another – has become a central spiritual practice in Unitarian Universalism. Why? And how might we cultivate our ability to listen so deeply and so completely that we, as Nelle Morton put it, “hear each other into speech.”

October 25 E pluribus UUnum: An Election Service
Rev. Kevin Tarsa

Election Day was celebrated as a colony-wide holiday in mid-1700s Massachusetts, and the ministers of our early heritage preached election sermons to inspire (and admonish, no doubt) the people. We'll focus on inspiration and resilience – and whatever else seems important ten days before our nation reaches this watershed E-day.

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From the Minister

*Rev. Kevin Tarsa
UUCM Minister*

Oh, my friends, if we are to take this month's theme of *Deep Listening* to heart, we are going to have to listen very deeply indeed to hear much beneath the howl of the nationwide storms and beneath the self-generated ringing in our own ears.

I knew that the national din would get louder before the election, and then, Supreme Court Justice Ruth Bader Ginsberg died, and both the outside roar and the inside clamor went up several degrees immediately. In the emotional energies that arose then, I got new wafts of a very painfully divided and divisive future, a future with no pretense of restraint or tolerance, no in-between or both/and. Of late I've felt, more than heard, overtones of the Civil War's intense moral divide, and can imagine viscerally, for the first time, the possibility of being on opposite sides of such an absolute chasm from some of my siblings.

And even at that level of high alert, I'm still registering all that's happening as ultimately part of "the fire this time" that I spoke of on September 6, the fire that must come in order to open the way for significant movement forward. Eventually. Even the appointment to fill the vacancy left by Notorious RBG's enormous absence, and the presidential election, no matter the outcome, are part of that unavoidable fire.

Listening is going to get more difficult, in many ways. And so, we are going to celebrate and cultivate deep listening this month, in the midst of the growing din!

We will celebrate listening deeply to one another, and listening deeply to the most true voice within. We will honor listening to the realities of indigenous people, listening-centered Soul Matters Circles will kick-off again in earnest (highly recommended!), and we will listen to our collective needs, taking time at the end of the month to do whatever we need to do for and with each other as the election bears down upon the nation.



Taking time to breathe, to center, and to listen, will become ever more important. Let's help each other find ways to keep breathing in peace and breathing out love, even as we show up, some of us, masked, for the marches, vigils and rallies; as we write another pile of letters with Vote Forward, some of us; as we shelter our fragile health at home, some of us; and as we listen for the important patterns beneath the noise, all of us, and listen for the singing overtones high above the obvious notes, where most people don't notice them, at least not consciously.

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

Caring Teams

An Invitation to Join the UUCM Caring Team

By Gwen Eymann, Co-Chair, UUCM Caring Team

Autumn is upon us, the days cooler, the nights longer, the hope for rain feels more like a possibility than a distant fantasy. We have been looking at the theme of heart centered renewal this past month and exploring the idea that from the ashes of the fire rises the Phoenix. May that spirit of renewal be with you.

Our Caring Team would like to invite new caring folks to join us in our mission to provide parish care. 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 services, 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.

We want you to know we have volunteers who are happy to reach out with phone calls, and there are regular zoom connections every 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 feel free to contact us by email: caring@uugrassvalley.org or gweneymann@gmail.com

Caring Team Members:

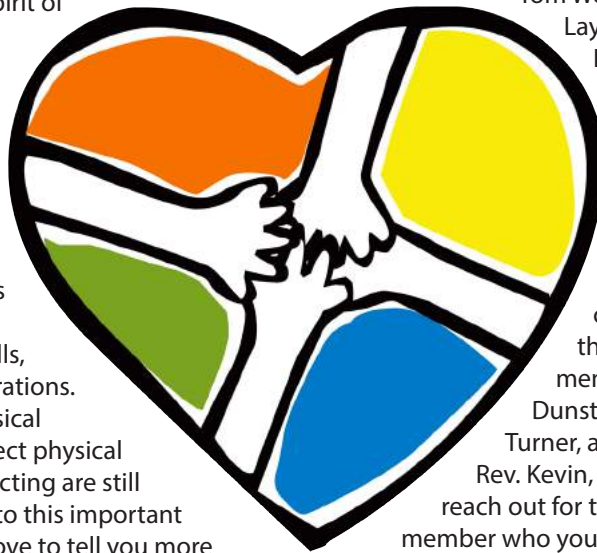
Gwen Eymann, *chair*, Jenny Dewey, Penny Harlan, Robin Hart, Carol Hyndman, Anne Lyon

Introducing UUCM's New Lay Pastoral Care Team

We'd like to tell you about an exciting new adjunct ministry underway at UUCM. It's tentatively called the Lay Pastoral Care Team (LPC Team). It has taken shape as an offshoot of the Caring Team, which as described above "offers ongoing one-on-one contact with UUCM members and friends during times of special need..."

It has become clear over time that we need a team to assist the minister by being responsive to more sustained, perhaps long-

term, calls for support from members of the congregation who are facing particularly deep life challenges. The LPC Team will serve as an extension of Rev. Kevin's role as your minister to provide individualized pastoral care to UUCM. Team members will be working under Rev. Kevin's close supervision and guidance. Their primary role will be to serve as a caring presence, listening deeply and accompanying members as they find their own way.



Tom Wernigg has agreed to serve as the Lay Pastoral Care Team chair. Gwen Eymann, who has been instrumental in developing and implementing the plans for this group, will continue to lead the original Caring Team in hands-on care efforts.

LPC Team members have held an opening retreat/training, and will continue ongoing learning throughout their time on the team. The charter members of the LPC Team are George Dunston, Carol Richey, Corrie Silva, Martha Turner, and Tom Wernigg. You may contact Rev. Kevin, Tom, or any member of the team to reach out for this kind of support, or to refer another member who you know is in a time of crisis. Rev. Kevin will work with the Lay Pastoral Care Team members to discern availability and fit. It is our vision that team members will commit up to one hour per week of one-on-one presence.

It is important to note that team members will not be acting as trained therapists or other professionals. If it becomes evident that these kinds of services are needed, they are prepared to refer congregants to Rev. Kevin and to outside help. All interactions will remain confidential within the trio of congregant, LPC member, and Rev. Kevin. In the event that an LPC Team member senses that the person they are accompanying is suffering abuse, neglect, or domestic violence, they will inform Rev. Kevin, who has the responsibility to report such suspected dangers.

Rev. Kevin invited the members of this initial Lay Pastoral Care team. If serving on the LPC team in the future interests you, please let him know. minister@uugrassvalley.org

To reach Tom Wernigg, chair of the new LPC Team, please email: tomwernigg@gmail.com

If you would like to serve on the Caring Team offering hands-on support of meals, rides, phone calls, etc, please contact Gwen Eymann, as noted in the previous column.



Maryann Currington,
Chair, Stewardship Team

Stewardship



A Global Pandemic Calls for a Creative Approach to Fund-Raising

The Stewardship Team has planned a busy and interesting October for our UUCM family. What could be more traditional and fun than an old fashioned Bake Sale? We brought the sale into our new "pandemic reality" and put it online. UUCM is blessed with wonderful bakers and now we'll get the opportunity to taste some mouth-watering treats and raise money for our beloved Church. The details for the Bake Sale will be coming via email. The call for bakers began the week of September 21 and the sale is scheduled for the week of October 19. If you have a special baked treat you would like to contribute, please contact Lesley Champlin at lesleyp723@hotmail.com.

We've seen unprecedented social unrest this summer. The pain of marginalized groups in our country has become glaring as the wealth of the upper one percent has grown dramatically. In two Zoom workshops, the Stewardship Team will explore Money and Society. On October 13 we will view and discuss the Ted Talk by Richard Wilkinson, "How Economic Inequality Harms Societies." In our next workshop on October 20, we will examine the realities of economic class in day to day challenges. We invite participation in either one or both workshops. Please look for upcoming email invitations.

The realities of this novel time of social restrictions have added challenges for our Team. We are working diligently to learn new skills and continue to be true Stewards of our beloved Church.

If you have any questions about upcoming events, please contact me at murrington1944@gmail.com or call (530) 307-9663 or send a note to the Stewardship Team email: Stewardship@uugrassvalley.org

Respectfully,

- Maryann

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.

Thanks to UUCM's generous members and friends, UUCM's August Pass-the Plate partner, *Color Me Human*, will receive \$1116.25! Thank you, everyone!

As we go to press, we are completing September's collection for *Community Beyond Violence*.



October's partner is Nevada County Habitat for Humanity, which "builds stability and self-reliance for local families, bringing people together to build homes, communities, and hope – driven by a shared vision of a world where everyone has a decent place to live."

Your ongoing support for our partners makes a difference!

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 at: paypal.me/uucm (Please leave a note as to whether your offering 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 automatically go to Pass-the-Plate.

Justice News and Activities

Justice News

NEXT MEETING: THURSDAY, OCTOBER 22, 5:30 PM

The Justice Team now meets on the fourth Thursday of each month at 5:30 PM. For more information, or to get involved directly with the Justice Team, or to get the Zoom link for the above meeting, 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).

INTERFAITH FOOD MINISTRY (IFM) UPDATE

IFM celebrates 33 years of feeding those in need in our county! They give heartfelt thanks to the 16 church partners and volunteers who help this effort. Also, big thanks to community businesses who regularly support these efforts! Twin Cities Church partners with IFM with monthly food drives (see their web page for their schedule). Last month, SPD donated frozen Smart Chicken. A new campaign began in September with Safeway and IFM "Nourishing Neighbors - Breakfast for Kids". Your support at Safeway registers helps expand this program.

Many thanks to local farmers who are donating abundant, fresh produce to their pantry. A new partnership with the Friendship Club of Nevada County will help them address clients' needs in the coming year. An extended partnership with United Way will support additional high school food pantries this Fall. This will especially help the growing needs of students and their families during the COVID epidemic.

TWO UPCOMING EVENTS:

IFM's annual Spaghetti Dinner at Paulette's is still being planned for October 16th. AND, IFM's Hunger Run has gone virtual! You can run/walk anywhere you'd like, count those miles or hours for The Run, until October 9th. You can sign up for the run until October 9th. interfaithfoodministry.org.

Volunteers are needed to cover all shifts at IFM. Shifts of greater need are MWF 7 - 9 AM and T/TH 8 - 10AM, for sorting. However, many time shifts are available. Please contact IFM for all shift opportunities. IFM is taking all the Covid precautions at this time to ensure the safety of their volunteers (hand sanitizing, masks and social distancing). Please contact Anna Gloria at agloria.ag@att.net to help you.

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-slows 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

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

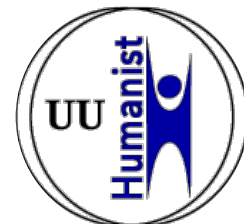
There are many groups that meet regularly at UUCM which have moved their meetings to the Zoom app while the danger of exposure to COVID-19 continues. You may also call into Zoom by phone. Please contact the individual organizers if you are interested in joining!

HUMANIST DISCUSSION GROUP

First Wednesdays, 11:00 AM

(See article on the next page detailing the October discussion topic.)

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! This month, Shannon Dooley-Miller is hoping to revive our cookbook project. A lot of folks have been doing more home cooking during Covid -- have you got some new favorite recipes? We need them! Email to: shannondooleymiller@gmail.com

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 others' company.

Wednesday mornings from 8:00 to 10:00 AM, and/or

Thursday mornings from 8:00 to 10:00 AM

Contact for either group: mensgroup@uugrassvalley.org

Continued on next page...

Community Connections



HUMANIST DISCUSSION GROUP'S OCTOBER TOPIC

By George Dunstan

The October 7th 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=ZG10YlpXSkrHcDkxGRSMWV1enVsdz09>

We will continue our discussion of Our Common Purpose and address Strategy #3 - Ensure the Responsiveness of Government Institutions and its 4 recommendations.

For those of you who haven't been with us for the last few 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, possibly providing the 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 to seeing you at our meeting on October 7th 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

The Art & Aesthetics team is pleased to announce a new community project that will launch in October in order that we can support the congregation together while we are apart. We will be creating a community sculpture made from found materials that everyone can contribute to and will be placed in the garden in the back of the church.

The Aesthetics Team is planning on beginning the foundation of the sculpture (weather and smoke permitting) on September 30th. Then a call-out to congregants will be sent out on UU General and the eChalice, for you to come by the backyard of the church and safely add a piece of material (branches, plastic pipe, wire, fabric – or whatever interesting material you can think of) to create a towering art piece that will symbolize the interconnectedness and unity of our congregation. We will be photographing the progress and posting the photos in the eChalice. Let's see what a wonderful unity art piece we can create together!

The A&A team is also announcing the next Café Concert/ Halloween Bash on Saturday, October 31st at 7:00 PM. It will be a Spooktacular Goulish Evening for all ages. Dress up in Costume and join in the fun on zoom. Besides an evening of hauntingly good entertainment, you will get to pick the best costumes and pumpkin carvings, and there will be lots more interactive fun in which to participate. Jordan Thomas-Rose will be Fangtastic as our Halloween host.

We're Howling for your Talent for the video portion of the evening. Sign up at admin@uugrassvalley.org with your name, talent and title of your piece.

When you have your videos complete, there will be a link to the Concert/Bash Google drive to upload your pieces. The link will be posted both in an email on UU General and in the eChalice in October. Please have all submissions uploaded by October 24th so our technical team has time to stir up a witch's brew of fun and entertainment.

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

Thanks from Family Ministry

By Rene Wiley

Thank you to the UUCM congregation for your support of Family Ministry, Religious Exploration, and all things multi-generational. You are so appreciated!

Shannon Dooley-Miller, thank you for your wonderfully fun Pumpkin Altar idea that brings all comers together, safely, in body and spirit!

As ever, deep thanks to Lindsay Dunckel and Walt O'Maley. Throughout the year UUCM has been so lucky to have them guiding the RE experience with games and online fun that our lively group "59Kids" looks forward to each Wednesday evening at 5:15 pm. All kids may join!

Contact familyministry@uugrassvalley.org for the zoom link.

RE Experience

This month, Religious Exploration finds the many ways our UU faith invites us to become people of Deep Listening. Deep Listening brings us into the realm of compassion and points out the importance of listening to your heart.

Examples of Deep Listening for our youngest with these two Kinder readers:

The Crickets by Arnold Lobel (in Mouse Soup)

Video: https://www.youtube.com/watch?v=Y2nw5-B_HJQ

Book: *The Crickets in Mouse Soup*

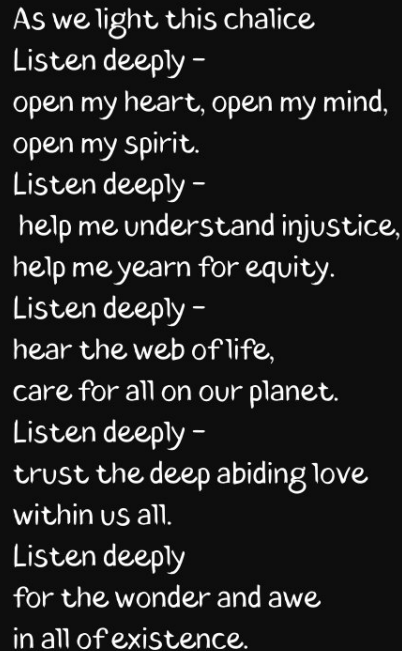
I Need a Lunchbox by Jeanette Caines

Video: <https://www.youtube.com/watch?v=XT8lGjHUMoY>

Book: *I Need a Lunch Box*

Chalice Home – Not just for families!

We have been successfully adapting to online church and can all be very proud of the effort and strength it takes. I find gratitude and a place to hit reset during the week with the small altar space we've made at home. Each month, Family Ministry will bring you something from Soul Matters' Chalice Home as another way to weave in the monthly theme and make meaning with your own chalice.



As we light this chalice
Listen deeply –
open my heart, open my mind,
open my spirit.
Listen deeply –
help me understand injustice,
help me yearn for equity.
Listen deeply –
hear the web of life,
care for all on our planet.
Listen deeply –
trust the deep abiding love
within us all.
Listen deeply
for the wonder and awe
in all of existence.

~ Robin Slaw

Celebrating Deep Listening with a Remembrance Ritual

This month we invite you to honor the way we seek to listen to those who have died: elders, pets, family friends. While these loved ones are no longer with us physically, they live on in our hearts through our memories as well as the wisdom they shared with us. We "hear" them "speak" to us still through the stories we tell of them.

In addition to telling stories about your loved one, you will also add a photo or a memorabilia of them to your chalice home. May these photos be your family's way of hearing them say, "Listen up! I'm still speaking!"

REFLECT:

Share family memories about people and pets who have died. Tell beloved memories but also invite reflection on what wisdom they literally shared with you or what the story of their lives "says" to you.

Here are some thoughts as you consider how you want to introduce this activity to your family:

UUCM Family Ministry, continued

For us UUs, late October can be a time for remembering those who have passed on, recently and a long time ago. UUs are not the only ones that use this time of year to think about those who have died. For instance, Halloween was born from Samhain, an ancient Pagan holiday, when the boundary between the living and the dead grows thin; the Day of the Dead is a holiday celebrated throughout Mexico and Mexican communities in the United States to remember and honor ancestors who have died.

Remembering those who have died is a way of listening to and letting their voices live on. It's a way of saying "Their light never fully goes out." That's part of why we light candles for those who have died.

When we offer a memorial service for someone who has died, we often share stories of how that person lived their life. These stories can be sad, and they can also be joyous, or moving. We listen to the stories and learn how to live our own lives in a better way, in honor of the person who has died. We also remember special things about that person. One grandfather loved Snickers Bars so the family made sure to have a big bowl of them available after the memorial service so everyone could remember their grandfather. Another elder loved flowers, and so the family provided Forget Me Not seed packets to everyone who attended her memorial picnic.

Adding Your Symbol:

Find a photo or memorabilia of the people you remembered and add them to your chalice display.



A sample home chalice from one of our UUCM members

Upcoming Events

BACK TO SCHOOL BLESSING - SUNDAY, OCT. 4 -

Rev. Kevin offers this special blessing during the Sunday service. Deeply listen with us to the voices of our students as they describe the challenges they face and what they look forward to this school year.



FAMILIES WITH KIDS - REGULAR RE CANCELLED ON OCTOBER 28TH FOR PUMPKIN CARVING EVENT!

Instead, come carve pumpkins at 4:00 PM in the UUCM backyard (with masks on) to prepare for the Halloween Pumpkin Altar at 5:30. We will be safely distanced and have lots of wipes and sanitizer available. Bring your own pumpkin and carving supplies. Bring your own snack and drink. Extra pumpkins available!

HALLOWEEN PUMPKIN ALTAR - WEDNESDAY OCT. 28, 5:30 - 6:30 PM,

ALL COMERS! Bring your already carved Jack-o-lanterns, battery candles or flashlight, and your mask to UUCM's front steps to assemble an altar and a harvest photo op! We encourage all who are ready to socially distance in this manner to join.





What Does It Mean to be a People of Deep Listening?

From the Soul Matters Authors

This is your chance to listen carefully. Your whole life might depend on what you hear.
- Joyce Sutphen

Listening helps us find our way. The listening of therapists allows us to navigate our way through life. We turn to prayer to hear God's guidance. We listen to experts so we can get ahead. Like a flashlight that leads us through the darkness, listening helps us keep on course.

And yet our faith says not quite. There's so much more to it than that. Listening doesn't just guide us through the world, it says. It also creates our world.

Just think about why you listen to those close to you. Is it really just to gather information? To hear the other clearly? Or is it because you've discovered in those rare moments of deep listening that a space suddenly opens up? A space that feels sacred. A space that, once you've experienced it, you never want to leave.

This is why the flashlight way of understanding listening is so limited and limiting. Listening's value isn't just instrumental. It doesn't just help us collect and expose information. It's not just a tool.

It's a place.

Those voices calling us home are our home. We don't have conversations; we are our conversations. Listening literally determines the world we live in. And whom we become.

That old story about the cricket and coins comes to mind. Two people are walking down a busy city street. Everyone is rushing to and from their work, trying to get ahead. One of the friends turns to the other and says, "Do you hear that? It's a cricket!" The other friend responds with doubt, but after focusing his attention finally hears it. "Wow," he says, "How did you hear that cricket with all the noise around us?" His friend responds, "It's all about how I was raised, about what I was taught to listen for." He goes on, "Here, I'll show you something." The friend then reaches into his pocket and pulls out a handful of coins - nickels, quarters, dimes - and he drops

them on the sidewalk. Everyone who was rushing by stops... to listen.

One wonders if this is why the poet says, "Listen carefully. Your whole life might depend on what you hear."

Again friends, we must remember this: We don't have conversations, we are our conversations. Who and what we listen to is who and what we become.

May this month, and our time together, help us take one more step toward listening our way into being.

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 ...

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 This Month

...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.

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

Reine Thibeault will guide the First Sunday Book Group through the metaphysical science fiction, *Mr Penumbra's 24 Hour Bookstore* by Robin Sloan on October 4. We will also choose books for November and December at this meeting, so you are welcome to bring your suggestions.

THIRD WEDNESDAY BOOK GROUP - 2:00 PM

After a thought provoking discussion of *Fascism, A Warning*, the Wednesday Book Group chose books for November and December.

On November 18, at 2:00 PM, we will discuss *Squeeze Me* by Carl Hiaasen. This fast read promises to be unrelenting, hilarious escapism – a novel of social and political intrigues.

On December 16, at 2:00 PM, we will embark upon a real-life investigation of a 1986 fire which burned the Los Angeles public Library and 400,000 books. Interwoven into this story is a delightful reflection of the past, present and future of libraries in America. *The Library Book*, by Susan Orleans was a New York Times selection for one of the year's best books in 2018.

We will also be providing a one session discussion of *An Indigenous People's History of the United States* for those unable to commit to the multi-session study group. It is open to all members and attendees as are our other groups. Please contact Theresa at 530-277-9294 with questions or to sign up. We have not yet set the date and time.

Meetings for both groups will continue 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.



Covenant of Right Relations

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

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 until October 1st.

("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
(This has already occurred.)

WEDNESDAY, OCTOBER 7, 4:00 PM OR 7:00 PM:

Please join one of the Zoom meetings for a last look and reflection on revisions.

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:** _____

October 2020 Calendar of Events at UUCM

DATE DAY TIME EVENT DESCRIPTION

OCTOBER 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	Thursday	8:00 AM 8:30 AM 4:00 PM 7:00 PM	Men's Group via Zoom Walking Group Forward the Vote Campaign Singing Meditation Circle
2	Friday	4:00 PM	Friday Afternoon Check-In via Zoom
4	Sunday	10:30 AM 12:00 PM 1:00 PM	Full Community Sunday Service Animal Blessing Drop-in Support Circle Sunday Book Group
5	Monday	6:30 PM	Soul Matters Exploratorium
6	Tuesday	8:30 AM 4:00 PM	Walking Group Caring Team Meeting
7	Wednesday	8:30 AM 11:00 AM 4:00 PM 5:15 PM 7:00 PM	Men's Group Humanism Discussion Group via Zoom Cov. of Right Relations Review Kids Connection Hour Cov. of Right Relations Review
8	Thursday	8:00 AM 8:30 AM 10:30 AM 4:00 PM	Men's Group via Zoom Walking Group Writers' Group Forward the Vote Campaign
9	Friday	10:00 AM 4:00 PM	Executive Council Meetings Friday Afternoon Check-In via Zoom
11	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
12	Monday	6:00 PM	Women's Circle Zoom Meeting
13	Tuesday	8:30 AM 4:00 PM 5:00 PM	Walking Group CWP Reading Group Econ Justice/Class Workshop
14	Wednesday	8:30 AM 4:30 PM 5:15 PM	Men's Group Finance Committee Meeting Kids Connection Hour

DATE	DAY	TIME	EVENT DESCRIPTION
15	Thursday	8:00 AM 8:30 AM 4:00 PM	Men's Group via Zoom Walking Group Forward the Vote Campaign
16	Friday	4:00 PM	Friday Afternoon Check-In via Zoom
18	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
20	Tuesday	8:30 AM 1:00 PM	Walking Group Econ Justice/Class Workshop
21	Wednesday	8:30 AM 2:00 PM 4:00 PM 4:30 PM 5:15 PM	Men's Group Wednesday Book Group Board of Trustees Meeting Ministry Council Meeting Kids Connection Hour
22	Thursday	8:00 AM 8:30 AM 10:30 AM 3:00 PM 4:00 PM 5:30 PM	Men's Group via Zoom Walking Group Writers' Group Worship Team Meeting Forward the Vote Campaign Social Justice Meeting
23	Friday	4:00 PM	Friday Afternoon Check-In via Zoom
25	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
27	Tuesday	8:30 AM 4:00 PM	Walking Group CWP Task Force
28	Wednesday	8:30 AM 4:00 PM 5:30 PM	Men's Group Pumpkin Carving for Families Harvest Pumpkin Altar and Photo Op All are invited - wear a mask!
29	Thursday	8:00 AM 8:30 AM 4:00 PM	Men's Group via Zoom Walking Group Forward the Vote Campaign
30	Friday	4:00 PM	Friday Afternoon Check-In via Zoom
31	Saturday	7:00 PM	Fall Halloween Concert



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*

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

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

MtChalice@uugrassvalley.org

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

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