

the Mountain Chalice



Unitarian Universalist Community of the Mountains

November 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.

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**

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

NOVEMBER THEME:

What Does it Mean to be a People of Healing?

NOTE TIME CHANGE: SERVICE STARTS 1 HOUR LATER!

Nov. 1 *We Remember*
Rev. Kevin, Allison Rivers Samson & Beth Karow

It's been said that how we approach death is how we approach life. Have you noticed that our culture sometimes struggles with both? What might our world be like if we embraced death as a part of life? Something to revere, rather than fear? In our annual ritual, we'll remember those whose bodies have died yet their spirits continue to live in our hearts.

Nov. 8 *O Say Can You See?*
Rev. Kevin Tarsa, Allison Rivers Samson and You

No matter what happens on November 3, our national temperature is bound to be high this Sunday. Healing will indeed be a theme for our civic future, though we may not yet know exactly what that looks like. We'll take a deep breath and draw on our deepest knowing to look for the medicine, the healing rituals, the salves, and the wellness practices we need in this moment.

Nov. 15 *On Healing and Being Healed – A Tapestry Service*
Members and Friends, with Allison Rivers Samson

Blessed with an abundance of healers in our congregation, and experiences of many kinds of healing modalities, we'll lean in to listen with our hearts to a few of our members who have healed and experienced healing. May we each realize our capacity for both.

Nov. 22 *Turned Tables: Thanksgiving... and other stuff we've "always" done*
Rev. Kevin Tarsa and Allison Rivers Samson

Thanksgiving has had a particular aura and story in the dominant cultural narratives of the United States, but the historical realities and the experiences around our own family tables have never matched the Norman Rockwell veneer. The shifts that come with the pandemic have us looking beneath the surface, revealing more of the truths that have always been there, calling us to get real, and maybe even heal in the process.

Nov. 29 *This Healing Day*
Rev. Kevin Tarsa and Allison Rivers Samson

Though the U.S. Thanksgiving tradition raises a set of personal and social dilemmas, as we'll note the previous Sunday, this harvest season of the year still calls our awareness to the importance and the power of gratitude. No matter what is going on in our lives and in the world, let's together embody appreciation and thankfulness, for the sake of our spiritual, emotional, and social wellness.

INSIDE THIS ISSUE

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



Rev. Kevin Tarsa
UUCM Minister

From the Minister

What does it mean to be a people of healing? We are about to find out!

Okay, maybe that's always true. Maybe we always live at the edge of healing, whether we recognize it or not. But this year? This year?!

I was leading, just then, into the topic of the election and fraying democracy and the healing that's going to be needed no matter how the election experience manifests. But I'm already stopped as I recall the months of rallies and vigils and marches to lift up respect for black lives. I'm given pause as I weigh the heft of seven months of the pandemic in our lives, with all the changes and all the losses.

We are already finding out what it means to be a people of healing because we're in the parts of several interwoven healing processes more like the lancing of boils than the relief we might more comfortably associate with the notion of healing.

Healing is very much underway, around racism and white supremacy, around coming to terms with human mortality and the reminder that we humans are not in control of everything, and around the tragic shortcomings of our democracy/republic from its very beginnings. Healing is very much underway, I say. And, for many, painfully so.

Our Soul Matters authors hold out the spiritual ideal of a heart that is broken open to let in the world in its fullness, and so to let in the world's medicine, a heart broken open to let in the holy words we need. Spiritual wisdom often helps us, like this, to come to terms with the pain in our lives.

Personally, I'm not feeling heart-breaking-open energy. At least not yet. That will come, I expect, whether from empathy with people's suffering (given one post-election scenario) or

some hard-won national suturing and reconciliation (given another post-election scenario). No, right now I'm feeling lancing-of-the-boils energy, and I'm finding it helpful and hopeful to remind myself that this, too, is a vital, if painful, maybe even gruesome, part of the healing journey.

It's all rather risky, yes, and necessary, like those emergency medical procedures undertaken in an unsanitized wilderness, MacGyver-like, with the mundane materials at hand. The wounds are going to need repeated and unpleasant-for-all-involved cleaning and dressing, even as we're on the move toward whatever vision of the future sustains us. That's one view of this journey, as a journey of healing, a lurch toward health, with no guarantees.



At least that's how this one heart sees it at this moment, how this one gay, white, male, 57+, UU heart makes spiritual sense of the worry, the pain, the risk, and the height of the stakes: there is, underneath it all, a healing underway, in this moment and in the danger-graced moments to come.

If ever we needed one another, the time is here.

How does your heart see this moment?
What spiritual knowing or metaphor is sustaining you?

With care,

- Rev. Kevin

REV. KEVIN'S OFFICE HOURS

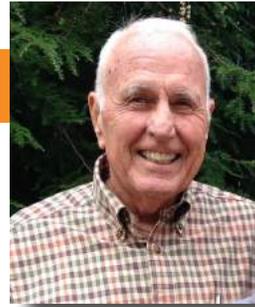
Tuesday	1:00 PM - 2:00 PM
Wednesday	5:00 PM - 6:30 PM
Thursday	11:00 AM - 12:00 PM

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



Board of Trustees

Jim Perkins, President,
UUCM Board of Trustees



Endowment

Phil Hart, Chair
Endowment Legacy

Bylaws 2021

UUCM bylaws will have a fresh new look in January 2021. Among the changes are reformatting, sections moved, words updated or added for clarity, and duplicate statements removed. The proposed bylaws reflect our new governing structure with a focus on our mission. Modifications will be marked and annotated for distribution to Members and Friends. Watch for several Q & A opportunities to be scheduled in November.

Our next meeting is Wednesday, November 18 at 4:00 PM by Zoom. If you plan to attend, please let us know.

Stay healthy and safe.

—Jim

Hi, my name is Phil Hart. When Jim Perkins asked me to chair the Endowment Legacy Program I said "yes." As I have moved into my 60's, 70's and now 80's, I have become increasingly conscious of my mortality and of the need to let my family and others know how I wish to have my assets distributed. I have discovered that planned giving is a flexible, safe and simple way to distribute some of my estate to UUCM.

I am grateful to carry on the wonderful work of my predecessors at UUCM. Over time I have become more aware of the value that the mission of the UUA and UUCM have represented to our world and I want this work to continue into the future. Our Legacy Endowment Program allows me to support this desire now and after I'm gone.

Making planned gifts allows us to provide financial support to our community in a more significant way than is possible with donations from earned income and may permit donors or their families to receive important estate and income tax benefits. The program allows us to manage our assets while living and to plan ahead for financial insecurities of the future after we're gone. The funds you allocate now will continue to earn income for UUCM toward the day they are fully funded.

There are many ways to give to the Endowment Fund. You can simply add UUCM as a beneficiary to IRAs and other retirement funds. You can amend wills and trusts, or make life income gift arrangements such as charitable remainder trusts, gift annuities and gifts of real estate as planned gifts to UUCM. As always, it is wise to consult with a qualified attorney or estate planning advisor when considering what method of planned giving is right for you and your family.

Growing the UUCM Endowment Fund is an important goal for our community. A robust Endowment Fund can serve as a crucial source of funding for programs and facilities that will sustain our UU community into the future. Once the Endowment Fund reaches \$50,000, earnings will become available to help pay for UUCM programs and other projects benefitting our community.

If this program interests you, I look forward to assisting your understanding of the program's benefits by supplying additional information, answering your questions, conducting zoom meetings, and generally being available to help.

Please contact me – let's talk.
Philhart115@gmail.com 530-263-9679

—PHIL

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.



Stewardship

Maryann Currington,
Chair, Stewardship Team

November Stewardship Update

The air is brisk, the smoke has cleared and our Stewardship Team is energized. Or, perhaps it's the effect of our deliciously successful online bake sale. After many hours of preparation, the site, togetherauction.com/uucm, was easy and fun to navigate. The donations from our members were irresistible and I found it hard to stop bidding. So many of us are looking forward to November evenings made special with wonderful homemade treats. Many, many thanks to all who donated, those who purchased and, especially, Lesley Champlin, Susan Merrill and Bob Miller who put our first all on-line auction together.

We also held our online workshops, "Money and Our Society." After listening to a Ted Talk by Richard Wilkinson, "How Economic Inequality Affects Our Society," it was, unfortunately apparent that our country is suffering from a growing inequality. Our group discussion confirmed that we were not only aware of the negative effects of economic inequality but witnessing the results of it in the intense anger in our Black communities. Anita expressed her concern for the seniors that she observes who suffer from economic depression. I, personally, was struggling for some positive answer when I heard Anita talk about becoming involved and joining groups and movements that promote justice in our society. Anita has the solution: be actively involved! Maybe, that's also the answer to living a long, positive and vigorous life.

We will soon be doing a quarterly review of pledges. We know this is a year like no other and, pledging for some of us, may be off schedule. If you receive a gentle prompt that your pledging is off schedule, know that we are here to listen and to help. You may pledge, as always, by check and indicate on it that it is for your pledge or you may pay online, www.uugrassvalley.org

Call me at any time with questions, (530)307-9663 or email murrington1944@gmail.com or Stewardship@uugrassvalley.org.

With respect and love,

- 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 September Pass-the Plate partner, *Communities Beyond Violence*, will receive 1,041.25! Thank you, everyone!

We are currently completing October collections for *Nevada County Habitat for Humanity*.



Feeding Families, Fueling Hope for 30 Years

November's partner is Interfaith Food Ministry, which believes in a community where no one should feel the hurt of hunger. They do tremendous work to feed the hungry and reduce food insecurity in Nevada County.

Your ongoing support for our partners makes a difference!

On Line Giving

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.



Caring Team

Gwen Eymann
Chair, Caring Team

UUCM Caring Team Update

By Gwen Eymann, Chair, UUCM Caring Team

Autumn is here and we still have Covid-19, the rains have yet to come, an uncertain election looms ahead, and there is so much more in our own lives. It all feels daunting; yet we are reminded by our UU faith to be guided by love, hope, kindness and compassion. Please, stay connected with one another, offer support, make a call, reach out. We all need it.

There is now a UUAM (Unitarian Universalist Animal Ministry) Pet Loss Support Group available for those grieving the loss of their beloved pets. It meets the first Wednesday of every month at 5:00 PM. You will be linked up with other UU's from across the country, sharing your loss and your love. The link for the gathering is: tinyurl.com/UUAMChaplain

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 service, cards and phone calls, support for memorials and life celebrations. During these times of physical distancing we are unable to offer direct physical contact, but other ways of connecting are still available 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, 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 Friday, as well as our Sunday Services and the Sunday Drop-in support group. 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

-Gwen

Caring Team Members:

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

Building and Grounds

Our First Work Day in a While!

By Wally Holtan, Building and Grounds Team Chair

The smoke has cleared and the weather has cooled some and I am happy to announce that we had our first workday in six months. We were physically-distanced and masked and it was really fun to see some real people again and not in a Zoom meeting.

The primary goal of this workday was to approach the painting of the front doors and the outside sills of the building and we made a good first step toward getting this project started. It will take some time to complete this job and we will need a number of volunteers to help us finish in a timely manner. Looking forward to more personal interactions with people.

In looking at the amount of work needed to catch up with the maintenance of the outside grounds, we are contemplating hiring a yard maintenance service. If anyone has the name of a company you could recommend, please get in touch with me at uucmgv@gmail.com.

Here is hoping that we continue to have a safe fall season and get rain soon.

-Wally



Election Day Connection Space

Election Day Connection Space

NOVEMBER 3, 2020 FROM 4:00 PM - MIDNIGHT

Election Day: Check-in, connect, hang out, be with kindred spirits - UUCM Zoom room open all evening long, from 4:00 PM to midnight. Watch your email and the eChalice for updated information and special events on November 3 and beyond.

JOIN OUR ELECTION DAY ZOOM MEETING!

<http://bit.ly/ElectionUUCM>

Meeting ID: 883 0104 7476

Passcode: 375899

Join by phone:

1 669 900 9128

Meeting ID: 883 0104 7476

Passcode: 375899



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

Covenant of Right Relations

Covenant of Right Relations Review/Revision Update

Thanks to all of you who emailed feedback and/or participated in Zoom sessions over the last five months!

There will be a Zoom meeting for a "Last, Last Review of CRR Changes" on Thursday, October 29th, 5-6:30 PM, which will be your last chance to see proposed changes before they go to our Board of Trustees for approval in November.

The Zoom link will be sent out by the 29th.

Our CRR R/R Team has considered all of your suggestions and is proposing this draft below for your final review during the Zoom meeting on Oct. 29th. We welcome your feedback on this draft, asking, "Is this a covenant you could agree with?"

UUCM is reviewing and revising our Covenant of Right Relations (CRR) as 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. ("Living the Covenant of Right Relations, Options for Addressing Challenges" will be reviewed at a later time.)



After the Board of Trustees' approval this year, the revised covenant will be presented for approval at the January, 2021 Congregational Meeting.

Find our latest proposed draft of our revised Covenant of Right Relations on the following page.

Suzanne Ferroggiaro suzanneferro17@gmail.com

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 & Revision, October 21, 2020

Covenant of Right Relations

In affirmation of our mission statement and to further its realization, we the members and friends of the Unitarian Universalist Community of the Mountains do covenant to be in community with each other.

Recognizing that different points of view are natural in human relations, and wishing to relate to others as harmoniously as possible, I will:

- Treat others with kindness, empathy and respect.
- Communicate with patience, flexibility, and a willingness to negotiate in the spirit of cooperation.
- Respect confidentiality.
- Be aware of my own thoughts, feelings, and needs, and when possible, share them directly and honestly with those involved, without judgment or blame.
- Invite, respect, and listen to all points of view, while setting aside assumptions or character judgments, and while making welcoming space for minority opinions.
- Take responsibility for my own mental, emotional, and spiritual balance, asking for support when I need it.
- Respect individual needs, and acknowledge that the health, safety, and well-being of our community may take precedence over those needs. Seek compassionate understanding, restoration of harmony, reconciliation, and forgiveness when individual needs cannot be met.
- **Signature:** _____ **Date:** _____

*Note:
Covenant may be added to the back of the Pledge Form, with a copy given to the signee.*

Justice News and Activities

Justice News

NEXT MEETING: WEDNESDAY, NOVEMBER 25, 5:00 PM

This month, the Justice Team meets on the fourth Wednesday at 5:00 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 Covid, volunteers are needed even more, but 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 and volunteers are busy gearing up for the Holiday Season! Paulette's Spaghetti Dinner & Hunger Run were both successful, fun and fruitful community events.

IFM and United Way of Nevada County are partnered to provide supplemental groceries to students and their families at three local high schools this fall.

Food drives have been a great way to get involved, supporting those in need this challenging year! Twin Cities Church offers drive-through food drop-offs one time per month at their church. IFM volunteers help unload and sort donations on the spot. In September, Mrs. McDonald's 7th grade class held a food drive for IFM that focused on peanut butter and jelly! In October, they were collecting canned soup. Lake Wildwood Community is hosting a food drive for IFM October through November 6th.

HOLIDAY DISTRIBUTION DAYS:

November: MWF 10 AM - 1 PM ; 16th, 18th, 20th, 23rd & 25th.
December: 14th, 16th, 18th, 21st & 23rd.

SPONSOR A FAMILY FOR THE HOLIDAYS!

\$20 pays for both a Holiday Meal and a family's regular food distribution. (\$40 covers two families, \$60 for three.) Checks can be made payable to IFM, and mailed to: 440 Henderson Street, Grass Valley, 95945, or donations can be made online at: feedingfamilies.org.

VOLUNTEER OPPORTUNITIES:

- Spreadsheet Maintenance
 - Donor letter stuffing
 - Hand letter writing to donors
 - Phone calls to donors
- Contact Naomi Cabral @ naomidd.ifm@gmail.com

Volunteers are needed for all weekly packing and distribution shifts: MWF 7 AM - 2 PM and TTH 8 AM - 11 AM
Contact Anna Gloria @ agloria.ag@att.net

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.

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 45 to 50 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 November discussion topic.)

To be added to the Humanism Discussion Group email list, please contact George Dunstan:

Humanism@uugrassvalley.org



WALKING GROUP

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

SINGING MEDITATION CIRCLE - VIA ZOOM

First Thursdays, 7-8:30 PM

Contact SingingMeditation@uugrassvalley.org

WOMEN'S CIRCLE – VIA ZOOM SECOND MONDAYS, 6:00 PM

All UUCM women (and friends!) are invited to any Women's Circle gathering. Robin Hart has volunteered to host the Zoom meetings as her internet connection is somewhat reliable!

Meanwhile, we are still asking for recipe contributions -- you don't have to be a member of the group to share a recipe! Please email to: shannondooleymiller@gmail.com

This month, if you have a silly joke to share, please come join us and we can all have a little laugh! Since we normally watch a movie and eat pizza and ice cream for our November meeting... why not share something you've enjoyed recently on TV -- a new series, movie, etc.? We could use some new ideas for safe, at home entertainment!!

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 NOVEMBER TOPIC

By George Dunstan

The November 4th meeting of the UUCM Humanist Discussion Group will be at 11:00 via Zoom. Here's the link to the meeting: [https://](https://zoom.us/j/92259246223?pwd=ZG10YlpXSkrRHcdkxGRSMWV1enVsdz09)

zoom.us/j/92259246223?pwd=ZG10YlpXSkrRHcdkxGRSMWV1enVsdz09

We will continue our discussion of Our Common Purpose and address Strategy #4 - Dramatically Expand Civic Bridging Capacity and its two recommendations along with Strategy #5 - Build Civic Information Architecture that Supports Common Purpose and its five recommendations.

Note that this will be the day after the general election and our discussion may be altered by the current events and our reactions.

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 and its release comes at a time when the current inequities of our society are apparent to more people than ever, possibly providing an opportunity to enact many of these recommendations.

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

I look forward to seeing you at our meeting on November 4th at 11:00 AM.

Art & Aesthetics



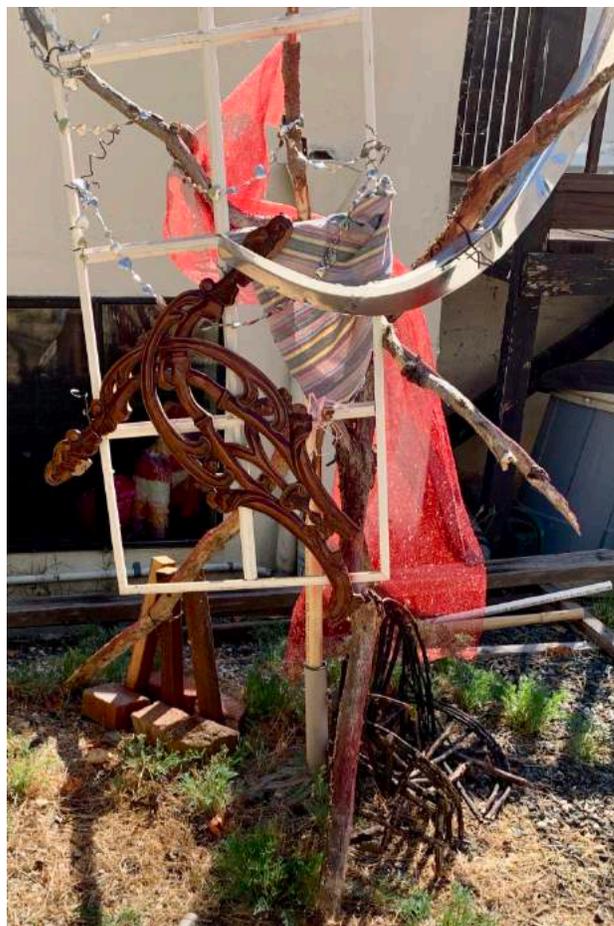
Robin Hart, Chair,
Art & Aesthetics Team

The Art & Aesthetics team has begun a new community project so that we can support the congregation together while we are apart. We are in the process of creating a community sculpture made from found materials. Everyone can contribute to the sculpture which is now placed in the garden in the back of the church.

Our Team has done the foundation of the sculpture and are asking the congregation 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! It's up to YOU!

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

Family Ministry is for Everyone

Family Ministry is All Ages and Multi-Generational. We hope you will find inspiration in all of the opportunities here (and there). So may it be!



Using Chalice Home Rituals at your Thanksgiving Dinner Table or Online Gathering

The rituals in **Chalice Home** (click link below) can engage deeper exploration of this month's theme of Healing by stepping into our true selves and engaging the ongoing gift of gratitude.

Thanksgiving can be a time of family and gratefulness even as we gather online. Consider using some of the elements from this Chalice Home ritual as part of your Thanksgiving Dinner Table time, in person or online!

- Use simple hand-drawn thank you cards as part of a centerpiece for the Thanksgiving Dinner Table
- In addition to the practice of saying something you are grateful for, add "Spirit of Life" as a prayer.

https://www.soulmatterssharingcircle.com/uploads/9/4/5/0/94501751/sm_2020-11_ch_healing.pdf

Calling All Youth Ages 14-15 Interested in Finding Personal Meaning

This is a unique opportunity to invite a mentorship with a UUCM member. This special person could be someone you admire or your grandparent. "Travel" together from mid-January through Spring, with a weekly guided workshop led by our talented Linda Siska. The Unitarian Universalist journal *To This I Give My Heart* will be the source to connect, reveal each other's values, and create your own personal credo. Contact Linda Siska or Rene Wiley at familyministry@uugrassvalley.org by November 30th for help to invite a perfectly suited mentor! The Personal Credo may become video or audio presentations at UUCM Sunday church services this Spring. Join the journey that will give the gift of a lifetime of meaning.

KIDS of ALL AGES can join 59Kids Connection

Come take a quick and super fun dive into the theme of Healing with the amazing duo of Lindsay and Walt for lessons and UU expressions of bringing the gift of our true selves AND gratitude. **Online Wednesdays at 5:15 - 6:15 PM**
Contact familyministry@uugrassvalley.org for the link.

Are You 18 to 25?

There is a discovery process underway right now with Rev. Kevin Tarsa, Rene Wiley, and Sophia McKean exploring what's next at UUCM for the Young Adult community. We are guided by values-rich ways for young adults and emerging adults to connect, inspire, and lead. Interested in this ongoing conversation? Check out the resources at yami.org Join yami's The Sweet Potato newsletter - a bi-monthly round-up of online UU young adult ministries, media and more! Click here to subscribe.

Thanks for October Help!



Virtual hugs to all who came out and helped create the UUCM Pumpkin Altar! With very special thanks to Shannon and Andy Dooley-Miller.



What Does It Mean to be a People of Healing?

From the Soul Matters Authors

Jewish teaching includes frequent reminders of the importance of a broken-open heart, as in this Hasidic tale:

A disciple asks the rebbe: "Why does Torah tell us to 'place these words upon your hearts'? Why does it not tell us to place these holy words in our hearts?" The rebbe answers: "It is

because as we are, our hearts are closed, and

we cannot place the holy words in our hearts. So we place them on top of our hearts. And there they stay until, one day, the heart breaks and the words fall in.

- Parker J. Palmer

Oh how we want to escape our pain. Worry, loss, death, exhaustion, anxiety, Covid claustrophobia, political instability, the unraveling of our democracy, racial harm. It's all overwhelming. We want to stitch up our protective coverings as soon as we can so our exposed and tender nerves can rest. We want the pain behind us as soon as possible.

But what if the work is to travel toward it? What if proximity to pain, not distance from it, is the real route to healing?

This seems to be what Parker Palmer is trying to tell us. And what our faith is trying to teach us.

Here's what else Palmer has to say: "When the heart is supple, it can be "broken open" into a greater capacity to hold our own and the world's pain: it happens every day. When we hold our suffering in a way that opens us to greater compassion, heartbreak becomes a source of healing, deepening our empathy for others who suffer and extending our ability to reach out to them."

This doesn't just reframe pain; it also helps us reimagine our relationship with vulnerability. Maybe vulnerability isn't the cause of our pain but the first and needed step toward healing our pain. Maybe vulnerability isn't so much the problem as the ticket that allows us to get on healing's train.

This is what all the great spiritual traditions teach. Forget eliminating your pain; lean into it. Don't run from it as fast as you can; befriend it. Hold it in your frightened hands until you

realize it's more malleable than you thought. Until you realize your strong and courageous hands can shape it, can take its sharp edges and mold them into pathways that connect you with other people's pain, can transform it from a weapon that has wounded you into a bridge that connects you to others.

It's then that we realize that pain can be more than a cage cutting us off from the world. It can be a tool that makes room, that carves open an entirely new space to live in. A space where we are more deeply connected to each other than we imagined possible.

This of course doesn't mean the hurt goes away. But it does mean we end up feeling larger, and more whole. And maybe that is the most important healing of all.

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 ...

November:	Healing
December:	Stillness
January:	Imagination
February:	Beloved Community
March:	Commitment
April:	Becoming
May:	Story
June:	Play

Full Community Education

Upcoming Class to Check Out!

Difficult Conversations and the Healing Needed to Have Them: Nonviolent Communication learning with Desiree Banzhaf

Desiree Banzhaf (sister of Wendy Wernigg and Joycie Banzhaf's daughter) will be facilitating a Nonviolent Communication Group that is focused mainly on difficult conversations and the healing needed to have them.

Each of the six Zoom sessions will be 1.5 hours. They will be held on Saturdays 4:00-5:30, beginning on November 14th and ending on December 19th. Desiree would like all interested people to attend at least the first session, if possible, so that they will be oriented to the group.

"We'll practice with various difficult conversations that people have had or want to have. I would like to model and practice communication that includes warm curiosity, compassionate listening, and deep understanding while at the same time staying true to oneself. I'd like to demonstrate how to be with our fears, sadness, and anger in a compassionate, accepting way and express it self-responsibly."

"At any point in the process, the person working may need some empathy or reflections before continuing. I may shift the focus more toward individual healing at those moments. Also, at various points, I will highlight important concepts as we work through the examples. Questions will be welcome throughout the group time."

By way of introduction:

"I'm Wendy Wernigg's sister and Joyce Banzhaf's daughter. I live in Santa Cruz and have been able to attend services more frequently lately because y'all are doing it on Zoom."

Interested? Contact admin@uugrassvalley.org.



ABOUT DESIREE:

Desiree is enthusiastic about helping people enjoy their lives more fully and creating a society that works for all. She is passionate about learning from the body's wisdom and from the natural world. Since 2002 she has trained extensively in Nonviolent Communication. She has worked as a coach and mediator and has facilitated many communication workshops. She

has co-created and been a part of many organizations in Santa Cruz, including Sanctuary Santa Cruz, Muslim Solidarity Group, Co-op SC, and Santa Cruz Climate Action Network.

Book Groups



FIRST SUNDAY BOOK GROUP - NOVEMBER 8, 1:00 PM

On November 8, at 1:00 PM, the Sunday Book Group will be led by Susan Merrill in our discussion of Pulitzer Prize winner, Michael Chabon's *Moonglow*. We will also choose another book for January at this session. On December 6, Jo Waters will explore with us *American War, A Novel* by Omar El Akkad.

THIRD WEDNESDAY BOOK GROUP - NOVEMBER 18, 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 in 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.



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, (530) 277-9294 or BookGroupInfo@uugrassvalley.org to RSVP or with questions.

November 2020 Calendar of Events at UUCM

DATE DAY TIME EVENT DESCRIPTION

NOVEMBER 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	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
2	Monday	6:30 PM	Soul Matters Exploratorium
3	Tuesday	8:00 AM 4:00 PM 4:00 PM	Walking Group Caring Team Meeting Election Connection Room on Zoom open until Midnight!
4	Wednesday	8:30 AM 11:00 AM 5:15 PM 7:00 PM	Men's Group Humanism Discussion Group via Zoom Kids Connection Hour Choir
5	Thursday	8:00 AM 8:00 AM 7:00 PM	Men's Group via Zoom Walking Group Singing Meditation Circle
6	Friday	4:00 PM	Friday Afternoon Check-In via Zoom
8	Sunday	10:30 AM 12:00 PM 1:00 PM	Sunday Service Drop-in Support Circle Sunday Book Group
9	Monday	6:00 PM	Women's Circle Potluck
10	Tuesday	8:00 AM 4:00 PM 6:30 PM	Walking Group Challenging White Privilege Reading Group Starting Point Series
11	Wednesday	8:30 AM 4:30 PM 4:30 PM 5:15 PM 7:00 PM	Men's Group Ministry Council Meeting Finance Committee Meeting Kids Connection Hour Choir
12	Thursday	8:00 AM 8:00 AM 10:30 AM	Men's Group via Zoom Walking Group Writers' Group
13	Friday	4:00 PM	Friday Afternoon Check-In via Zoom

DATE	DAY	TIME	EVENT DESCRIPTION
15	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
17	Tuesday	8:00 AM 6:30 PM	Walking Group Starting Point Series
18	Wednesday	8:30 AM 2:00 PM 4:00 PM 5:15 PM 7:00 PM	Men's Group Wednesday Book Group Board of Trustees Meeting Kids Connection Hour Choir
19	Thursday	8:00 AM 8:00 AM	Men's Group via Zoom Walking Group
20	Friday	4:00 PM	Friday Afternoon Check-In via Zoom
22	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support Circle
24	Tuesday	8:00 AM 4:00 PM 6:30 PM	Walking Group Challenging White Privilege Task Force Starting Point Series
25	Wednesday	8:30 AM 5:00 PM 5:15 PM	Men's Group Social Justice Meeting Kids Connection Hour
26	Thursday		Thanksgiving - see eChalice for Thanksgiving Opportunities
27	Friday	4:00 PM	Friday Afternoon Check-In via Zoom
29	Sunday	10:30 AM 12:00 PM	Sunday Service Drop-in Support 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, Editing, and Kathryn Young, Design/Layout

Staff Contributors: Rev. Kevin Tarsa and Carol Fulkerson