

the Mountain Chalice



Unitarian Universalist Community of the Mountains

November 2022

UPCOMING SERVICES

Our Sunday Services are at 10:30 AM in person and also via Zoom.

If you are feeling unwell or have been exposed to COVID, please attend online.

TO JOIN THE ZOOM SERVICE AT 10:30 AM ON SUNDAYS:

Online via Zoom: <https://zoom.us/j/746107217>

Meeting ID: 746 107 217 # • Passcode: 688010

Audio by phone: Dial in: 1 669 900 6833 or 1 408 638 0968

Meeting ID: 746 107 217 # • Passcode: 688010

• • See Page 12 for Kid-Centered Activities • •

NOVEMBER THEME: *The Path of Change*

November 6 *At the Threshold of Change: A Tapestry Service*

Gracie Kendrick, Reine Thibeault, and Cheryl Morris, Worship Associates

So many of us are finding ourselves at the threshold of change: no longer where we were, not yet where we will be. In this holy place, there is an invitation to the now. Hear from three of our members about finding their way through experiences of profound change in their own lives.

Nov. 13 *Yes, and...*

Gail Johnson Vaughan and Beth Karow, Worship Associates

How is it with your spirit on this post-election Sunday? How does our UUCM mission and our personal sense of purpose guide our next steps? Join us for this service as we explore together what we are now called to be.

Nov. 20 *Through the River and Over the Woods*

Rev. Kevin Tarsa, Someone, Worship Associates

How do we navigate change while hanging onto the traditions we hold dear? Is it possible to rethink the way we get "to grandmother's house" and better align our rituals with our values?

You are invited to bring an item from your Thanksgiving centerpiece or table to place on our shared table during the service.

Nov. 27

Good News, Bad News

Lindsay Dunckel, Worship Associate

Life is full of changes and surprises. How can we meet them with hope? What does our UU tradition teach us about how to make a path through life's twists and turns? We'll explore in story, ritual, and song.

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Board of Trustees

*Pam Kisor, President,
UUCM Board of Trustees*
president@uugrassvalley.org

This past summer and fall have been difficult for me. Thanks to a back injury and surgery, I have spent the past four months physically limited. In that time, I have gone from a person who is used to being fully independent, to a person who has needed help with just about everything. It has been a humbling experience to say the least.

I often talk about the process of letting go, and I often admit that I am not too good at it, even though I know it is an important skill. These past months I have gotten a lot of practice with letting go of control and accepting my limits. I can't necessarily say that I have gotten better at letting go, but I have grown from this experience, and I have a much deeper appreciation for just how fragile we really are. I am once again reminded of how much we need each other, and I have been touched by the loving care of family, friends, and our UUCM community. I am grateful that I am a part of a community that knows the importance of connection and caring for each other. I am grateful also for how warmly I have been welcomed back to my in-person attendance at UUCM. It has been wonderful to rejoin this community that I am so blessed to be a part of.

I was fortunate to get back to church activities just as Kevin was leaving for his sabbatical. And by the time you read this article Kevin will be returning to us. I am happy to say that thus far our community has been doing well. We have managed to continue our ministry and governance work, oversee UUCM's operations, and keep the building safe as we go about our respective duties and activities. In other words – we are a strong and capable community and Rev. Kevin's absence has shown us just how capable we are. We miss him (of course!) but our continuing justice task forces, creative groups, ministry teams, and the board know our jobs. We have direction, and we have managed to stay connected and care for each other in right relations. We also managed to keep the lights on throughout his absence. This was our test run before his longer break next winter. Then it will be time to take the training wheels off – and we are ready!

Namaste,

Pam

UUCM BOARD OF TRUSTEES

JULY 2022 - JUNE 2023

Pam Kisor	<i>President</i>
Rene Wiley	<i>Vice-President</i>
Gail Schulz	<i>Treasurer</i>
OPEN	<i>Secretary</i>

Members at Large:

Taylor Carey, Janet Dunstan and Lisa Haden

UUCM Committees:

Finance • Governance • Endowment
Nominating

Board meetings are open to all members and friends starting at 1:30 PM on the third Wednesday of each month. Meetings are currently being held in the UUCM sanctuary as well as on Zoom. An email announcing the meeting and a Zoom link will be sent to the community each month, one week prior to the meeting.

If you wish to address the Board, please give at least two days notice so the agenda timing can be adjusted.

Please Join an 8th Principle Discussion



*By Janet Dunstan,
UUCM 8th Principle Coordinator*
JanetDunstan@uugrassvalley.org

Find out more about UUA's proposed 8th Principle!
Our final discussion group will be held:

Sunday, November 12, 1:00 to 2:30 PM
in person after the Service

These sessions provide an opportunity to explore your questions and concerns about endorsing the 8th Principle.

To prepare for discussion, check out the list of resources on our website ([8th Principle](#)). If you have a question you'd like to explore, please email me at the address above, and I will add it to the list.



Membership

Kate Canan, Leader,
Membership Team
membership@uugrassvalley.org

Want to Learn More About UUCM and Get Connected?

CALLING BOTH NEW AND EXPERIENCED SEEKERS!

If you've been attending services or checking out the website and are curious to find out more, or if you are already a member and wanting to renew your sense of community and of this religious tradition, join Rev. Kevin, other newer folks, and existing members for meaningful and fun connection as well as information. Come first for "UU 101," a single, interactive, introductory session. We'll explore the history, principles, and sources of Unitarian Universalism and our congregation's mission statement. There will be plenty of time for questions and discussion, because, after all, UU is a denomination where questioning is highly encouraged!

If that session piques your interest, you are invited to continue with a deeper look – **Starting Point**, five rich sessions of connection and learning. (This part of the series asks for a commitment to attend all five sessions.) Throughout both **UU 101** and **Starting Point**, we'll approach Unitarian Universalism and membership at UUCM as ongoing journeys. And rather than simply hearing about Unitarian Universalism, participants will have a chance to experience Unitarian Universalism, with awareness that each person brings important insight, experiences and perspectives to this shared journey.

We'll be holding **UU 101** sessions monthly and **Starting Point** series a few times a year. It is wonderful to have members mixed in with new folks.

We've scheduled the following dates in the Channing Room:

UU 101:

Saturday, November 19 at 1:00 PM,
Saturday, December 10 at 12:00 PM

Coming Soon!

Starting Point Five Part Series:

Tuesdays, 6:30-8:30 PM,
November 29, December 6 & 13, January 3 & 10

To sign up for **UU 101** or the **Starting Point** series, or to learn more about UUCM and membership in general, please contact Kate Canan at membership@uugrassvalley.org or Rev. Kevin at minister@uugrassvalley.org. (Not available until 11/14/22)



Stewardship

Maryann Currington,
Leader, Stewardship Team

This past summer the Stewardship Team came together to assess our 2022-2023 pledge campaign and explore our path for the 2023-2024 campaign. Although the 2022-23 campaign was monetarily successful, the response from members was quite slow. The team spent many hours contacting individual members to pledge.

The Stewardship Team felt we didn't have a real personal connection to our members. Covid isolation and restrictions, and changes in membership definitely contributed. We regretted not initiating our Visiting Steward program. This program gives our members the opportunity to speak to one another, not only about pledges, but about their relationship to UUCM. Our team saw a clear need for this type of communication between members and that it should be a year-round connection. We began to develop the concept for a year-round Steward program.

Our Stewards will communicate with a small group of assigned members. The number of assigned members will be either three or four. The number of communications, whether phone, email, text, or maybe a cup of coffee at the Flour Garden, will be left to the individuals. The conversations will be related to members' connection to our UU community. The conversation about pledging will only come up as a reminder.

The new Stewards will be well supported by the Stewardship team. We're planning a workshop to answer any lingering questions and lots of suggestions for conversation starters.

This wonderful web of communication will be a valuable asset to keep our UU community close-knit and personal. If you haven't signed up to become a Steward, it is not too late. Contact Stewardship@UUGrassValley.org.

With Love and Respect,

-Maryann

Choir, Choir, Choir!

Holiday Choir Opportunities!

By Gabrielle Lawson

Music@uugrassvalley.org

The UUCM choir is back for the holiday season! Warm up those beautiful vocal chords and head on down to practice with us, Wednesday nights 6:30 – 8:00 PM, in the Sanctuary. Ages 10 and over - we welcome our youth. Performances are scheduled for Sunday service on December 11 and Christmas Eve at 8:00 PM.

How can I keep from singing?!



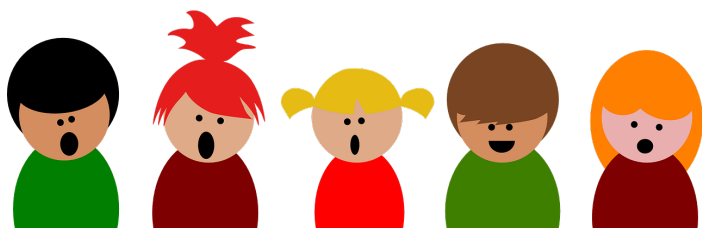
Mommy and Me Choir

By Gabrielle Lawson

Music@uugrassvalley.org

The irresistible sound of children singing comes to the UU Community of the Mountains! Our goal is to have lots of fun while leading to performances at the December 11 Sunday service, and again at 5:00 PM on Christmas Eve. Start planning a memorable holiday!

First meeting is Sunday, November 13 at 12 noon, following the Sunday service, in the Sunday School room. More details to follow...contact Gabrielle Lawson at Music@uugrassvalley.org.



String Ensemble

Calling All String Musicians!

By Claire Miller

ClaireMiller@uugrassvalley.org

UUCM's String Ensemble is ready for more members. A core group of six musicians has been playing together for several weeks now, and we are just beginning to work on some Christmas music with potential for sharing with the congregation on Sunday, December 18 and Christmas Eve. Rehearsals are every Friday starting at 4:15 PM.

If you play violin, viola or cello - please check us out!

Contact Claire Miller for more information at ClaireMiller@uugrassvalley.org



Solstice Eve Celebration



*Save
the Date!*

A Magickal Solstice Celebration

WEDNESDAY, DECEMBER 21ST

By Beth Karow

BethKarow@uugrassvalley.org

Our annual Solstice Eve celebration is a magickal mixture of chanting, silence, fire, and meaning in the midst of the year's longest nights. Come, celebrate renewal and hope together, whether on-site or via Zoom, as we swing 'round this significant turn in the wheel of the year!

You are invited to bring a joyful refreshment to share.



Parish Care

Gwen Eymann
Leader, UUCM Parish Care Team
Caring@uugrassvalley.org

By Jenny Dewey, Member, UUCM Parish Caring Team

November is the month people turn their minds to turkeys. Many in the Grass Valley area, and surrounding communities, loathe turkeys. The birds leave traces of their presence in well-cared-for gardens and landscapes in general. People don't like this about turkeys.

I am not someone who loathes turkeys. I like them. I even admire them. Turkeys bred in caged areas demonstrate the consequences of inbreeding, meaning they are incredibly dumb. Wild turkeys are a different sort of bird. They know the ropes when it comes to appearing and vanishing in the blink of an eye. You never see traces of their passing on the ground. I will not eat turkey on Thanksgiving Day.

Consider caring for the fate of turkeys as you would a baby, featherless robin, or a tiny newborn panda. Life beats inside of them. These creatures need our concern and respect.

While mulling about this consider helping people in need in our UUCM community. The Parish Caring Team focuses on awareness of those wanting rides, grocery deliveries, trips to the doctor (Covid restrictions observed when required), and much more. Volunteers are always welcome.

To follow up on helping with the Caring Team visit the [Caring Team Member Resource form](#) and consider signing up. If you have questions or would like assistance from the team, please contact us at Caring@uugrassvalley.org

And blessing on all for a peaceful and turkey-free Thanksgiving Day.

PARISH CARE TEAM MEMBERS:

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



Lay Pastoral Care Team

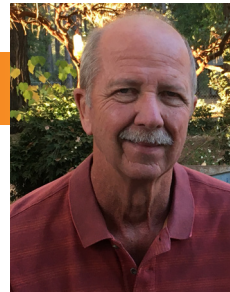
Are You Facing a Life Challenge?

UUCM's Lay Pastoral Care Team (LPCT) offers a confidential, caring presence to congregants undergoing stressful life challenges. With the support and guidance of the minister, team members commit to be available for weekly caring conversations of up to one hour, and for the duration of a congregant's current challenge or until a time of closure arises naturally.

During Rev. Kevin's first renewal leave (October 3-November 14) please contact a member of the Lay Pastoral Care Team when you are facing difficult and stressful portions of your journey and if you feel that a companioning presence from one of our team members might be helpful to you.

LAY PASTORAL CARE TEAM MEMBERS:

George Dunstan, Gwen Eymann, Carol Richey, Corrie Silva, and Tom Wernigg or email: Caring@uugrassvalley.org



B & G Team

Wally Holtan, Leader,
Building & Grounds Team
B-G@uugrassvalley.org

I'm B-a-a-ck!

I am happy to announce that I was able to attend the Building and Grounds workday in October. There were a few challenges, but my knee did well, and it was great to be able to spend time with friends while helping to clean the chairs in the sanctuary! We had a good day and accomplished everything on my to do list for the day. George Dunstan, Phil Horning, Gwen Eymann, and Connie Wright worked on the outside. Paul Elias, Keith Johnson and I worked on vacuuming and wiping down the chairs in the sanctuary and Mel Berry repaired a leaking faucet in the kitchen. George and Mel also cleaned the carpet in the Alcott room while Paul cleaned the cobwebs and spiders around the entrance doors to the building. It was a great day, and "many hands surely do make light work" . . . and good community.

Please join us for one of our workdays - they are fun and social! I invite anyone who would like to volunteer two to three hours of their time on a once a month basis and to meet new people.

-Wally



Art and Aesthetics Team

Robin Hart, Leader,
Art & Aesthetics Team
art@uugrassvalley.org

The Art & Aesthetics Team now meets every other month, so our next meeting is this month (November). We are still looking to add a few new members this year to help us continue to make the environment of UUCM spiritually and aesthetically pleasing to our congregation. If you are interested in getting involved, please contact us at: art@uugrassvalley.org.

- Laura Harter – Acrylic Paintings – September 15 to November 15
- Jenny Dewey and Carmen Riley – Mixed Media – November 15 to January 15
- Barbara Chesnut – Wall Quilts – January 15 to March 15

The art show in the library will transition from the paintings of Laura Harter to a mixed media show featuring Jenny Dewey and Carmen Riley on November 15. Learn a little more about these two artists below, and meet them at the gallery show.

*Take care, enjoy some fall color, and
keep a rainbow in your hearts!*

- Robin

ARTIST BIOGRAPHY FOR *Jenny Dewey*



I have enjoyed a long career writing and illustrating books for children. A great percentage of these books focus on natural history, the natural world as seen through a “naturalist’s” lens. Working on books has brought years of satisfaction in writing and drawing. At the same time the urge to “free draw” (my term for it) has always

existed. Free drawing means producing personal images set apart from the rules, regulations, and constraints required when illustrating for publication.

The pictures in this exhibit represent the relaxed and uninhibited side of my work. Every personal enterprise involves exploring new territory. I hope these drawings will be viewed as new territory being explored.



ARTIST BIOGRAPHY FOR *Carmen Riley*

I reflect on my Cherokee lineage and know the art-forms I love best are related to a distinct spiritual link. My beliefs have always been associated with a love for animals of every kind. These beliefs, together with traditional Native American designs, form the foundation of my work.

People ask a lot of questions about my Spirit Dolls. Where do your ideas come from? How long does it take you to make one?

The Spirit Dolls emerge from somewhere in my heart and mind and take as long as a year to complete. Much of the time I devote to beadwork and the making of walking sticks using natural materials like animal fur and leather. When beading I prefer the tiniest possible beads. Scottie Hart, my beading instructor, is one of the best.



I love wire wrapping, selecting rocks and minerals that attract my senses as well as my eyes. One source of inspiration comes from attending Pow Wows. Many diverse tribes are represented at these gatherings. I see colors and hear sounds that resonate as familiar.

I have worked within the UUCM Community in many capacities, among these as Chair of the Nisenan Team. At present I am a member of the Evacuation Team rescuing animals from wildfires. My job is to see to “large animals,” horses, goats, llamas, and sheep.

My work in this exhibit represents the range of my interests. There is always more to be done and thought about and created. This truth is something I love about being an artist.

Caterpillars, Butterflies and Birds – A Glimpse of Linda Siska

by Jenny Dewey

Linda Siska calls her garden an “edible landscape.” She thoughtfully considers the welfare of caterpillars, butterflies, and birds, knowing this line-up of creatures describes the seventh Unitarian Universalist principle: The Interdependent Web of Life.

In Linda’s mind there is no separation between human reliance on Mother Earth and the circle of life as a whole. Squirmly caterpillars are destined to be butterflies. They provide nourishing food for baby birds. Without caterpillars to feed their young, local birds would die out.

Linda has been a member of the Unitarian Universalist community since 1998, and her commitments to the environment and the seventh principle are central to her beliefs. Her strict Christian upbringing failed to suit the Earth-centered religion she believes in. The UU church gave entry to the celebrations of equinoxes, solstices, and ceremonies to celebrate reaching “the age of wisdom.”

Linda’s skill in a range of artistic pursuits is apparent once one comes to know her. Her reticence on the subject is disarming. It also conceals the mystery of what one individual can create, again and again, with beauty and unquestionable ability. Linda creates exquisite watercolors, quilts, painting-on-wood, and the *pièce de résistance*: building structures with Legos.

What some call “magic” Linda calls “Links to remind people of the beauty of the world.” Her commitment to understanding the why of the natural world coexists with a desire to live in balance with it.



Linda Siska, second from right, surrounded by four generations of her family including her mom, daughter, granddaughter and sister.

Much of Linda’s married life has been spent traveling the world. She and her husband, Pat, lived in Germany for twenty years and saw a great deal of Europe during that time. In recent conversation it was discovered Linda has never been to San Francisco. This horrifying truth has led many of her friends to demand she put this city on her list of must-see-

destinations.

One daughter, one son, and two grandchildren are the focus of much of Linda’s attention. She worked for some time writing a story with her granddaughter. Her abilities – painting, writing, quilting, or building castles with Legos – are enviable. This substantial and thoughtful individual looking out for caterpillars, butterflies, and birds, is surely just as significant.

Writing about my friend Linda is a joy. It is also an opportunity to encourage all of us who mess around in gardens to take a page from her playbook and design our gardens as “edible landscapes.”

UUCM Writing Workshop

Writing as a Means to Connect

By Jenny Dewey

A Writing Workshop Series with Jenny Dewey

Mondays from 3:00 to 4:00 PM in the UUCM Library

November 7, 21, 28; December 5, 19, 26

Always wanted to write? Got a seed germinating? Curious about exploring the writing process? Looking to connect with others?

Join writer and artist Jenny Dewey in a gentle, meaningful process of expressing yourself, beginning with writing and sharing an introduction to who you are. Then move to the writing that calls you next. See Jenny's profile in the October Mt. Chalice.

Connecting with others occurs in a variety of ways. It is a process. Imagine yourself a voyager, a traveler. Chances are you will never grow close to those you meet along the way. As a wayfarer your goal is to observe and to keep moving. Creating lasting relationships usually begins with small gestures, a smile or a nod. One cannot know the outcome of any relationship until time has passed and trust has been established.

People attending UUCM hear a lot about the significance of making connections with people around them. They want to know more about each other. This can be a slow journey with bumps, setbacks, and even the urge to abandon your goal.

Writing is like this. It, too, is a process. Writing includes setbacks and the urge to give up. Imagine you have a tiny seed in the palm of your hand. The seed has promise. You know there is a chance it will grow beyond its unimpressive size. It will change from a small thing to something bigger.

A desire to sit down and write requires courage. You are likely to begin with an idea, and, as it is with getting to know someone, the idea changes over time. You understand this. You accept it as essential to the process. These writing sessions offered under the UUCM "tent" provide a chance to express yourself with words. Unlike the roamer, here is the chance to explore in a deeper way the world you are passing through.



Honor the Ancestors Potluck Supper

Celebrate Day of the Dead with Your UUCM Family!

SUNDAY, OCTOBER 30 AT 5:00 PM

By Beth Karow

We will spend our last Sunday service of October Remembering our Ancestors at our Day of the Dead service. Let's reconvene in the evening with a potluck supper that continues the celebration...

We all have favorite foods that instantly remind us of someone who has passed on. Whether it's Great Granny's dinner rolls, Auntie's Peach Pie, Grampa's famous brisket... recipes that, each time we make them, fill us with memories of our Beloved Dead.

This time of year, when the veil between the worlds of Living and Dead is thinnest, is a perfect time to gather together as a community to feast, sharing recipes as we share old memories while making new ones. Bring a favorite potluck dish to share; a picture for the Ancestors Altar; and maybe a story to tell about your loved one and their favorite food.

COME, LET'S HONOR OUR LOVED ONES AND FEAST TOGETHER!

Watch the eChalice and UUGeneral for further information and how to sign up for this potluck gathering. In the meantime, if you would like to help plan, setup and/or clean up, or if you have any questions, please contact me at: bethkarow@uugrassvalley.org

Justice News and Activities

Join Us for Monthly Justice Nights

By Bob Miller, Justice Team Co-Chair

Justice@uugrassvalley.org

SAVE THE DATE FOR OUR

December Justice Night at UUCM on Thursday, December 8
UUCM Potluck at 5:15 PM

PRESENTED BY THE **Nisenan Project Team Task Force**

Frank Lawrence will be talking about his work with the Nisenan, including restoring Federal Recognition; learn about the Team's process of working with the Nisenan, how they are beginning to regain land, and more. Question & Answer session to follow.

nisenan@uugrassvalley.org



UUCM Contributes to Ancestral Homelands Reciprocity Program

By Eileen Hale

Carmen Riley (past Chair of UUCM's Nisenan Project Team) and Pam Kisor (UUCM Board President) present a \$1,200 check for our annual contribution to the Ancestral Homelands Reciprocity Program (AHRP) of CHIRP to Shelly Covert, Spokesperson of the Nevada City Rancheria Nisenan Tribe in UUCM's Indigenous People's Day Sunday service on October 9.

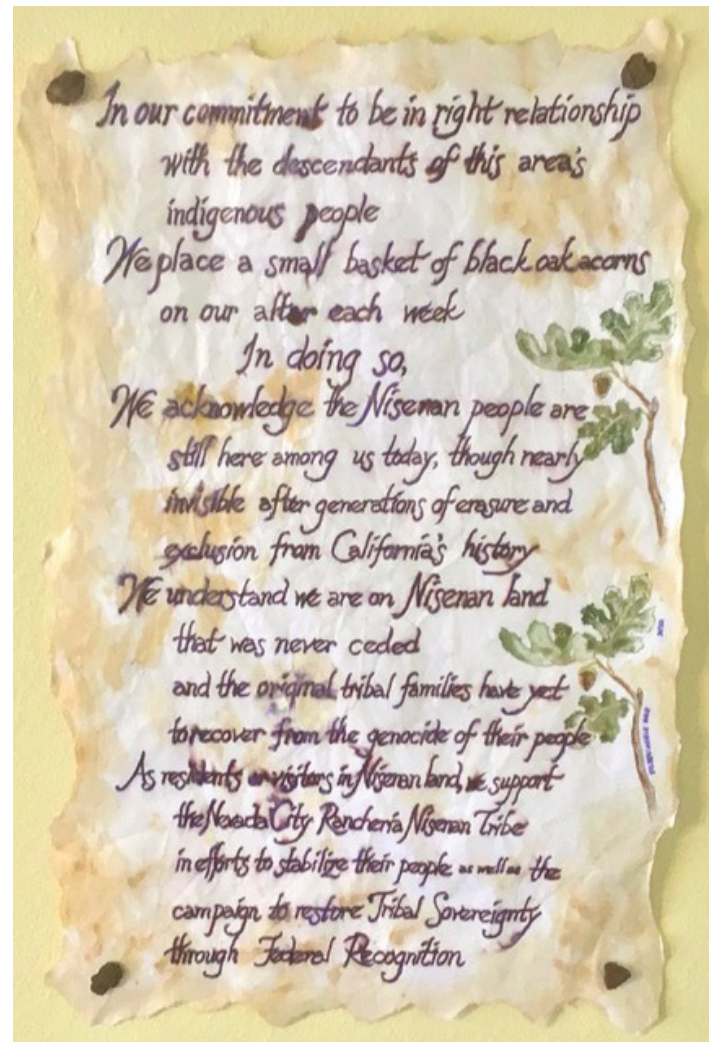
Nisenan Project Team DESPERATELY Needs New Active Members

The Nisenan Project Team's purpose is to work with the Nevada City Rancheria Nisenan Tribe, to give them whatever support they need that we can provide, and, in particular, to educate ourselves and our wider community about the long-time and ongoing presence of the Nisenan here, to help restore their visibility.



We deeply care for this endeavor, but in the past year we have lost or are losing three strong active members to moves out-of-area, and our fearless leader, Carmen, to the impact of a death in her family.

We need more active members to continue our momentum. If this calls to your heart, contact us at nisenan@uugrassvalley.org. Don't know much about the Nisenan? Join us - we'll be happy to help you learn!



Nisenan Land Acknowledgement

You may have noticed a new piece up on the walls of the foyer/entryway. Installed on October 8, just before our Indigenous People's Day service, this is our Land Acknowledgement, represented as a scroll, designed, lettered, and painted by Eileen Hale.

Like the basket of black oak acorns that sits on our altar, the sprig of oak leaves with acorn represents the staple food source of the Nisenan and their spiritual relationship with this generous and sustaining being, the black oak tree.

Justice News and Activities

Friends of Sierra Rock Art to host 20th Anniversary Celebration

By Eileen Hale

What is Rock Art? Is this a different kind of music that, maybe, combines Rock'n'roll with visual art? Or something???

If, like me, you misread this at first, here's the answer: rock art is what was painted or carved on rock surfaces by the indigenous peoples of the area in past millennia.

The Friends of Sierra Rock Art, headquartered locally, is a group formed with the purpose of monitoring and protecting that art form from damage by time/weather and vandalism. They have regular outings to view rock art. You can learn more about them at <https://sierrarockart.com/>. By the way, the group was co-founded by Bill Drake, whom some of you will know from other contexts.

Everyone is welcome to attend their 20th anniversary celebration.

Date: October 28

Time: 7:00 PM

Place: Madelyn Helling Library, Nevada City

Share the Plate

UUCM's September Share the Plate recipient, [Sierra Streams Institute](#), will receive \$680.50 thanks to generous UUCM members, friends, and visitors. These weekly donations add up! Thank you all.

As of this writing, we are currently finishing up collections for our October partner, [Wildlife Rehabilitation and Release](#).



Our November Share the Plate recipient is [Bright Futures for Youth](#) (BFF) is committed to addressing the ever-changing needs of youth, from sixth graders to those in their mid-20s in Nevada County. The organization was created by the merger of The Friendship Club and the NEO Youth Center in the summer of 2020. BFF helps youth in numerous ways, including after-school programs, a drop-in Youth Center, and by ensuring

access to services. Their focus is on health and wellness, healthy relationships, and community connectedness.

Thank you, each of you, for your continual compassion- and justice-centered generosity.



By Anne Lyon, IFM Board Representative

November & December AT IFM

Sponsor A Family for the Holidays campaign has begun!

All donations go towards providing Thanksgiving and Christmas meals for our clients. The goal this year is to feed 1,000 families! Look for a new Gift Catalog on the IFM website, starting November 1, that shows what items you might also "purchase" with your donation, e.g.,

\$50.00 buys one ham or turkey

\$25.00 buys 24 cans cranberry sauce, mashed potatoes or green beans.

You can donate in the name of someone as a gift in their name and an acknowledgment card will be sent.

THERE IS STILL TIME . . .

. . . to register for IFM's annual walk/run and golf tourney this coming weekend, October 29! Register on-line at www.interfaithfoodministry.com or show up at Alta Sierra Country Club. Race time 8:00 AM. All proceeds benefit Holiday Meals Distribution.

. . . to bring gently used Halloween costumes to IFM for their clients' children.

IFM needs Volunteers - Monday, Wednesday, Friday and Saturday. Checkers, drivers, packers and sorters. To volunteer, please call Venus at IFM: (530) 273-8132

Paper bags and paper egg cartons still needed. (619) 933-1618

Recycle your eWaste weekly, Thursdays, 7:00 to 11:00 AM, held at IFM, suggested donation \$10

UUCM has volunteered two hours of grounds help at IFM, 2nd Tuesday of each month, 2 - 4:00 PM.

Contact Keith Johnson: justice@uugrassvalley.org

Community Connections – Online & In Person

Staying Connected

WEEKLY @ UUCM

[Subscribe to the weekly e-chalice](#) for Zoom links and phone numbers. If you need links, please contact uucmOnline@uugrassvalley.org

SUNDAY SERVICES - 10:30 AM VIA ZOOM OR ON-SITE

Please do not attend in person if you are feeling unwell or have had a COVID exposure. Masks not required, but recommended for those at high risk for illness. Should CDC guidelines change or Nevada County's infection rates increase, our attendance/mask policy may also change.



SUNDAY DROP-IN

SUPPORT CIRCLE - 12:30 PM

Confidential Peer support. The Circle's mission is to provide a place for UUCM folks to drop in (now via Zoom - get link [HERE](#)) 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 and/or In-Person

Please contact the organizers if you are interested in joining!

WALKING GROUP - NOW AT 8:00 AM

Tuesdays: Wolf Creek Trail, meet at the Northstar Mine Parking Lot, 8:00 AM. **Thursdays:** Meet at the Houtman's at 8:00 AM for local walk with outdoor social time afterward. Well-behaved, leashed dogs welcome. Please contact Theresa Houtman at Walking@uugrassvalley.org for info.

MEN'S GROUPS

Men gather to enjoy each other's company. Wednesdays from 8:30 to 10:30 AM at UUCM; Thursdays from 8:30 to 10:30 AM at various offsite locations. Contact for either group: men@uugrassvalley.org



HUMANISM DISCUSSION GROUP

FIRST WEDNESDAY OF EACH MONTH AT 10:30 AM

The Humanism Discussion Group is a gathering for both those who identify as Humanists and those who are interested in learning about this philosophy. Discussions explore aspects of Humanism, as well as various topics and their connections to this belief system, with a focus on how Humanism relates to today's world. Subjects for group discussion are chosen by members and optional readings on the subjects are made available prior to the discussion.

When health precautions allow, we meet in person at UUCM. We Zoom the meeting for those who are not able to attend in person: [ZOOM LINK](#)

Please view the UUCM Website [CALENDAR](#) for the most up to date meeting information. For questions, please contact: Humanism@uugrassvalley.org

SINGING MEDITATION CIRCLE

First Thursdays, 7-8:30 PM, on-site and via Zoom
Contact SingingMeditation@uugrassvalley.org

WOMEN'S CIRCLE MONTHLY POTLUCK – SECOND MONDAYS, 6:00 PM

All UUCM women (and friends!) are invited to any Women's Circle gathering. Come make connections with other UUCM women, and have a few laughs, share stories and concerns. We will continue to potluck so long as the virus is somewhat at bay.

Our November meeting will be our annual PMS Party... PIZZA, MOVIE, SUNDAES!! We will order pizzas and buy ice cream, and everyone will be asked to bring an ice cream sundae topping -- plus contribute to the cost of the pizza. And we'll sit in the sanctuary and watch a fun movie.

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 meetings, and you can participate in discussions about our activities.

Family Ministry offers many ways to serve the life of the community.

Contact Jo Waters if you'd like to find out more! familyministry@uugrassvalley.org

November News

By Jo Waters, Leader, UUCM Family Ministry Team

Hopefully we are in for a lovely, cool November. October remained pretty warm right up to the end, and it's just not Fall until the temperature drops. As the leaves turn and the nights lengthen, we experience this month's theme of Change.

There is the possibility of taking a group of young people to the Foundry Sings! event on Wednesday, November 9 from 6:00 - 9:00 PM. Check it out here: <https://minersfoundry.org/event/foundry-sings-2/> and let us know if you are interested.

HAPPENINGS

- **The 3rd Thursday Game Night** at the Waters house will be November 17 at 6:00 PM.
- This month's **All Ages Service** will be on November 27, the weekend after Thanksgiving.
- The new **Parents' Group Gathering** may hold its second meeting this month. Watch the eChalice for details.

WE STILL NEED VOLUNTEERS...

We are still seeking volunteers to help our Family Ministry Team support our children and families. If you can give an hour on Sunday as a **Kids Connection helper**, please let Jo Waters know. We are also looking to train a few more **OWL facilitators** this year to run a middle school class in the Fall of 2023. If this calls to you or you have questions, contact Jo Waters at familyministry@uugrassvalley.org.

...AND A PAID FAMILY MINISTRY COORDINATOR!

We are also still looking to hire a Family Ministry Coordinator. The job description and application are posted on the website (scroll down for position descriptions). [Job Descriptions](#) Please pass them along to anyone you think might be interested.

PARENTS' GROUP GATHERING

Calling all parents and others actively raising children! Join your peers in a gathering meant to feed your spirits as well as your stomachs. Our first meeting was in the Sanctuary on Tuesday, October 25, at noon to 1:00 PM. Chanti Smith facilitated this gathering with support from Lindsay Dunckel. We hope to have many more. Come bring your questions, thoughts, desires, and plans for the kind of support you need. Childcare NOT provided. Watch for details in an upcoming eChalice.

Annual Pumpkin Altar Friday, October 28th!

Come join us on Friday, October 28, for our annual Pumpkin Altar event. We will set up tables on the front patio at 5:00 PM for those of you who would like company to carve your Jack O' Lanterns. Bring a pumpkin and your favorite carving tools. For those who prefer to carve at home, please bring your creations by 6:00 PM to display in front of the sign. We will be providing caramel apples and hot apple cider. If you come in costume, you can pose for a picture with the pumpkins and go home with a goody bag.



Full Community Education



Soul Matters: Welcome to The Path of Change

*"I wonder, particularly in a time
where everything seems urgent,
what the role of pause and breath
is, in this season, to help us gear up
for whatever this transformational
moment we find ourselves in is."*

- Rev. Jen Bailey

*"[We need] space to imagine a new way, and new self. Not
moving or pushing but sitting and cultivating... [the goal] is to
allow you space and time to reflect on your past, present, and
future. To imagine a new beginning."*

- Rev. Sara LaWall

What if pushing is only half of it?
What if there is time to waste?
What if rushing is what got us into this mess?
What if catching our breath shrinks the clouds
and expands our view?

What if space for breathing
is what enables the seed of change to take root?
What if pausing allows the longing to grow?
What if it's not about taking control of life,
but being quiet enough to hear life speak?
What if slowing down is what allows us
to notice we're not the only ones who long for change?

And what if catching our breath isn't about resting up,
but the way we finally and fully feel our pain?
What if the quiet is what enables us to notice
how uncomfortable this life of comfort has become?
And what if comfort has been withheld from us?
Wouldn't that mean that rest is a revolutionary act,
allowing us to combat a culture that works to keep us tired,
and numb?

What if, in the end, it is silence that allows us to hear
the still small voice inside
that says,
"We can no longer wait!"



Upcoming 2022-23 Soul Matters Themes The Path of...

November:	Change
December:	Wonder
January:	Finding Our Center
February:	Love
March:	Vulnerability
April:	Resistance
May:	Creativity
June:	Delight



Sunday Book Group

UUCM SUNDAY BOOK GROUP - FIRST SUNDAY OF THE MONTH AT 12:30 PM IN THE CHANNING ROOM AT UUCM

November 6 *The Warmth of Other Suns*
by Isabel Wilkerson

December 4 *Once There Were Wolves*
by Charlotte McConaghy

We shift to fiction for our December group. We will be discussing *Once There Were Wolves* by Charlotte McConaghy. Inti Flynn arrives in Scotland with her twin sister Aggie to lead a group of biologists in reintroducing wolves to the Scottish highlands. She hopes to heal not only the dying land, but Aggie too, unmade by the terrible secrets that drove the sisters from Alaska.

We will also be considering books to be read in 2023 and discussing the possibility of a second late afternoon weekday group.

Contact Theresa at BookGroupInfo@uugrassvalley.org if you have any questions, or wish to be added to the email list.

November 2022 Calendar of Events at UUCM

For the most current version of the UUCM Monthly Calendar, please click this link: <https://www.uugrassvalley.org/calendar/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
10:30 Remembering Our Ancestors – Beth Karow		8:00 Tuesday Walking Group	8:30 Men's Group	8:00 Thursday Walking Group	4:00 UUCM Strings ensemble coordinator	1:00 Membership Team Meeting
10:45 Kids' Connection		4:00 Parish Care Team Meeting	10:30 Humanism Discussion Group	7:00 Singing Meditation		
12:30 Drop-In Support Group			6:00 Worship Team Meeting			
12:30 Soul Matters Circles Facilitator Meeting						
5:00 Celebrate Day of the Dead with Your UUCM Family!						
6	7	8	9	10	11	12
10:30 At the Threshold of Change: A Tapestry Service	3:00 Writing as a Means to Connect	8:00 Tuesday Walking Group	8:30 Men's Group	8:00 Thursday Walking Group	4:00 UUCM Strings ensemble coordinator	3:00 Spirituality Sharing Circle
10:45 Kids' Connection	4:00 Stop the Mine Task Force		4:30 Ministry Council Meeting	10:30 Writers' Group		
12:30 Book Group				2:00 Finance Committee Meeting		
12:30 Drop-In Support Group						
13	14	15	16	17	18	19
10:30 Yes, And...	6:00 Women's Circle	8:00 Tuesday Walking Group	8:30 Men's Group	8:00 Thursday Walking Group	4:00 UUCM Strings ensemble coordinator	9:00 Building and Grounds Workday 1:00 UU 101
10:45 Kids' Connection		5:15 Nisenan Project Team Meeting	1:30 Board of Trustees Meeting	6:00 Game Night!		
12:30 Drop-In Support Group			5:00 Justice Team Meeting			
20	21	22	23	24	25	26
10:45 Kids' Connection	3:00 Writing as a Means to Connect	8:00 Tuesday Walking Group	8:30 Men's Group	8:00 Thursday Walking Group	4:00 UUCM Strings ensemble coordinator	
12:30 Drop-In Support Group				10:30 Writers' Group		
				1:00 Thanksgiving Day Potluck		
27	28	29	30	1	2	3
10:30 Good News, Bad News	3:00 Writing as a Means to Connect	8:00 Tuesday Walking Group	8:30 Men's Group	8:00 Thursday Walking Group	4:00 UUCM Strings ensemble coordinator	1:00 Membership Team Meeting
10:45 Kids' Connection		6:30 Starting Point		7:00 Singing Meditation		
12:30 Drop-In Support Group						



Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945

Telephone: (530) 274-1675

Website: uugrassvalley.org

Sunday Services are held at 10:30 AM by Zoom or on-site

Office Hours: Monday through Friday, 8:30 AM - 12:00 PM

**Rev. Kevin will be away on Renewal Leave,
and so out of contact, from October 3 until November 14.**

FOR PRACTICAL NEEDS, please contact UUCM's Office Manager, Carol Fulkerson, below.
or UUCM Board President, Pam Kisor (president@uugrassvalley.org).

FOR PASTORAL CARE NEEDS, please contact a member of the Lay Pastoral Care Team:
George Dunstan, Gwen Eymann, Carol Richey, Corrie Silva, or Tom Wernigg,
or email: Caring@uugrassvalley.org

UUCM STAFF MEMBERS

Reverend Kevin Tarsa, Minister

Carol Fulkerson, Office Manager

Mary Lindsay, Communications Coordinator

Music Director

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

Submit by filling out the online announcement form on our website, or here:

[Announcement Form](#)

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

VOLUNTEER TEAM MEMBERS: Kathryn Young, Design/Layout, Lesley Champlin, Editing/Proofreading

MtChalice@uugrassvalley.org