

# the Mountain Chalice



Unitarian Universalist Community of the Mountains

January 2023

## 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 10 for Kid-Centered Activities ...

### JANUARY THEME: *Finding Our Center*

#### January 1 *The Rear View Mirror and the Road Ahead: Finding Our Center*

Rev. Kevin Tarsa and Anita Wald-Tuttle,  
Carol Nimick, Worship Associates

Anita Wald-Tuttle originated a Cider Sunday years ago. An informal New Year's service accompanied by cups of cider, the service invited people to look both back at the past year and into the next, and to share what they saw in each direction. Though the form of the service is adapted now to UUCM's larger numbers, we once again pause at the threshold of the new year to look both ways as we cross into 2023.

#### January 8 *You are the Sky: In the Eye of the Storm*

Rev. Kevin Tarsa,  
with Randy McKean, Worship Associate

In preparation for UUCM's upcoming Sabbatical/Renewal and, to be honest, life in general, Rev. Kevin invites us to consider our reactions and responses to change, shifts, the unknown and the conscious and unconscious anxiety that arises in reply. Can we find the gifts at the center of it all?

#### January 15 *Finding Our Center through a Season of Renewal* UUCM Leaders and Rev. Kevin Tarsa

In a ritual-graced service, we'll mark the entrance to the next 4.5 Sabbatical Renewal months with mutual blessings and well-wishing, thoughtful invitations, and a welcome to UUCM's Sabbatical Minister, Rev. Janet Onnie.

#### January 22 *Some Assembly Required*

Lindsay Dunckel, Worship Leader

*Being a human is hard work. Naturally social creatures, most of us struggle at times with feeling as if we don't belong, as if we are different, as if we are apart from some greater whole. What if finding our center is the key to connecting with others?*

#### January 29 *Finding our Center*

Carol Nimick & Randy McKean, worship assoc.

*Conventional wisdom says one finds one's center in stillness. We will explore how finding our center requires movement and motion, and a willingness to lean into this paradox.*

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## Board of Trustees

*Pam Kisor, President,  
UUCM Board of Trustees  
[president@uugrassvalley.org](mailto:president@uugrassvalley.org)*

**Happy New Year everyone!** I hope this newsletter finds you safe, healthy, and ready for whatever 2023 brings. Last month the Board was finally able to meet for our long-delayed annual retreat. We use our retreat to review the work of the Board and how best to work together to support the mission of UUCM. We develop our goals for the year and familiarized ourselves with the nuts and bolts of the organization. Each year at our retreat we revise our Board Covenant. Reading our Board Covenant gives one a good idea of how we work together and so I am sharing it with you here:

### **UUCM BOARD COVENANT**

We, the members of the Board, enter into this covenant of mutual expectations for Board service. Members of the Board are asked to be our best selves, and with compassion, hold each other accountable for these commitments. Each new Board may review and update this covenant.

#### **As Board members, we will:**

- Prepare for Board meetings. We read the Board materials prior to the Board Meeting and we will use our best efforts to make all materials available at least one week before each meeting, and accept responsibility to seek and provide information necessary for the Board to make well-informed decisions.
- Attend Board and Community Business Meetings. We attend all duly-called Board and Community Business Meetings and arrive ready to begin on time. We end our meetings on time. If it is necessary to miss a Board meeting or arrive late, then we inform the Board President as early as possible. If we do not expect to be able to attend meetings consistently, then we resign for the good of the Board. If a member of the Board misses two monthly Board Business meetings in a twelve-month period, we agree to enter into conversation prior to a third missed meeting (see UUCM bylaws regarding Removal of a Board Member).
- Participate in Board meetings. We listen fully to others with our eyes, ears, heart, and soul, giving special attention to ideas and perspectives different from our own and allowing time to process, knowing that

everyone does so at different rates. We feel free to state what seems obvious and ask questions when we do not understand. We notice, name, and attend to the feelings in the room. We speak forthrightly in Board meetings and vote our individual conscience in the best interests of our community and according to the Board's understanding of the community's mission.

- Share the work of the Board. We respond to e-mails and other communications within three days. We notify our Board colleagues when we know we are unable to respond. We accept assignments and other tasks and complete them as agreed. Each Board member is equally responsible for speaking up to ensure compliance with the bylaws, ethical values, and this covenant.



- Treat one another with respect, courtesy, and kindness. We recognize and honor others' strengths. When we have disagreements or conflicts, we address those directly with the persons concerned, seeking assistance from others as necessary to sustain a positive working atmosphere at the Board table. We do not share

Board interpersonal dynamics with others or engage in gossip regarding the Board and its members.

- Support a healthy work environment. We commit to meet in places and ways that are accessible to all. We hold our time together sacred, and our work holy. We recognize the value of laughter, joy, food, and fun.
- Serve as a united team. We use discretion when communicating about Board deliberations and communicate clearly and transparently about Board decisions. We speak respectfully of the Board's authority to make decisions, even when we do not agree, and support our fellow leaders and decisions made by the Board. We do not misrepresent or denigrate another Board member's opinion. When the Board agrees that certain matters are to be kept confidential, we honor those agreements even after leaving the Board.

*With blessings for a safe, joyful and loving 2023*

*— Pam*

## Membership Team

Laura Harter and Kate Canan, Co-Leaders,  
Membership Team  
[membership@uugrassvalley.org](mailto:membership@uugrassvalley.org)

### Open Mic Night!

**SATURDAY, JANUARY 14**

**SOUP SUPPER AT 6:00 PM, OPEN MIC AT 7:00 PM**

Inviting musicians, singers, poets and spoken word folks to come share your songs, poems, and stories with us on Saturday, January 14. The Soup Supper begins at 6:00 PM. Please bring a salad, dessert or beverage to share.

Please contact Shannon at [shannondooleymiller@uugrassvalley.org](mailto:shannondooleymiller@uugrassvalley.org) if you have any questions.

### Circle Suppers Coming to UUCM in February

**SIGN UP TO HOST ONE IN YOUR HOME!**

Members and Friends are invited to sign up to attend a Circle Supper at a Host's home for a dinner.

These gathering are for 4 to 8 people who bring food to share for the dinner. These small gatherings give us an opportunity to meet new people, share a meal, and share in deeper conversations together.

We need hosts for our Circle Suppers. If you are able to accommodate 4-8 people in your home for a Circle Supper gathering, please contact Shannon at [shannondooleymiller@uugrassvalley.org](mailto:shannondooleymiller@uugrassvalley.org) by January 15.

### Save the Date!

**St. Paddy's Ceilidh at UUCM  
Saturday, March 18**

We will have live Celtic music, dancing, and a traditional Irish meal and Pub!  
Tickets go on sale in February.  
If you are interested in helping with the event, please contact Shannon at [shannondooleymiller@uugrassvalley.org](mailto:shannondooleymiller@uugrassvalley.org)

## Renewal Leave



### Meet Our Sabbatical Minister!

*By Gail Johnson Vaughan*

Your Renewal Leave Committee is so pleased to give you this short introduction to Rev. Janet Onnie who will serve as our

virtual sabbatical minister while Kevin is gone. "Virtual" you say? Well, so did we, until we started a series of zoom calls with her and quickly knew this was going to work for us. One of our members even says she is such a good fit, you'd think she'd been part of UUCM for years. You'll get your first face-to-screen time with her on January 15, 2023 when she and Rev. Kevin share leadership of his last, her first, service here.

Here are a few reasons we are excited to have her: She's warm and accessible, she sees her primary duty to take good care of us, she's been a virtual sabbatical minister before (for Fraser, British Columbia) and loved it, she's a musician and loves the type of multi-sensory services we do, she gives great story-based meaningful sermons, she's a trained facilitator for OWL (Our Whole Lives) and is very familiar with Soul Matters Themes. If you want to sample her sermons click this link: [Rev Janet Onnie](#)







## Stewardship

Maryann Currington,  
Leader, Stewardship Team

### We're Grateful for Your Steadfast Generosity

*"Money has everything to do with religion, with the choices that we make about how to be in relationship with ourselves, our neighbors, and with the divine. Religion is about life, and life, it seems, has a whole lot to do with money."*

– Lynn Ungar

Stewardship is ringing in 2023 with wonderful news! Our latest pledge report indicates that our UU spirit of generosity is strong. A large percent of members has already satisfied the amount they pledged, and we are only halfway through our fiscal year (July 1, 2022 - June 30, 2023). Thank you for continuing this generosity throughout our new year.

Your financial support (yes, money) supports the inspiring and beautiful work of UUCM. As we said in our Solstice card, "think about the hum of all those activities . . . and be thankful for them and for each other." As we are for you!

Another reason for celebrating is our success with the new Steward role in UUCM. We had 22 open-hearted members who volunteered to help keep our community connected and feeling heard. Everyone in our congregation now has their own Steward! If you have not already received contact from yours, you will in the very near future. We're asking our members to respond with the same open-heartedness. You'll meet someone you possibly would not have, someone with whom you can share your thoughts about your spiritual community, your hopes, and concerns. There's a wealth of stories in our congregation.

We're starting 2023 with strength and optimism! We, the Stewardship Team, appreciate serving our UUCM family and look forward to an exciting new year.

If you would like to know more about this program, please email me at [Stewardship@UUGrassValley.org](mailto:Stewardship@UUGrassValley.org).

With Love and Respect,

-Maryann



## Facilities Exploration

Gail Schulz, Leader  
Facilities Exploration Team

Please plan on joining your Facilities Exploration Committee for our Workshop, Saturday, January 7, from 1:00 to no later than 4:00 PM at the church and on Zoom.

We will be briefing you on all that has been going on:

- Rev. Kevin's experiences with churches making changes to facilities. What does he think of all of this?
- What we believe could be done with our current building and what it would cost. Could this meet our long term needs and is it practical?
- Visiting our sister church in Davis – what we learned.
- What are the options if we don't remodel but decide to move?
- Our discussions with the Methodist Church next door. How is that going?
- Our contact with real estate professionals. What are we doing?
- How do we pay for any of these opportunities?
- What are our Next Steps

We will be eager to get your questions and comments, so please plan to join us at this, our second of four quarterly workshops, again facilitated by Janet Cohen.

Our Zoom link is:

<https://zoom.us/j/99914863868?pwd=OG44VTlvVDMrVWFiL2RzTm1vN3cyZz09>

– The Facilities Exploration Committee,  
Gail Schulz, Jeff Gold, Wally Holtan, Joel Houtman, Beth Karow, Alec MacLean





## Parish Care

Gwen Eymann  
Leader, UUCM Parish Care Team  
[Caring@uugrassvalley.org](mailto:Caring@uugrassvalley.org)

*We all need extra care sometimes on our journey through life.*

The UUCM Parish Care Team is here to help organize practical support for members and friends through times of need, offering support such as home or hospital visits, transportation to local appointments, a ride to UUCM on Sunday, preparing or delivering a meal, shopping, and essential errands. The Parish Care Team also sends cards of caring and celebration, makes friendly phone calls and visits, and assists with hosting and refreshments at memorial services.

As Unitarian Universalists we believe that we all share in the responsibility for one another's care, and we invite all members and friends of UUCM to become actively involved in this wonderfully important opportunity for service. If interested in supporting this work, please fill out this brief [Parish Care Team Volunteer Survey](#) to identify tasks you would be willing to do on occasion. The Parish Caring Team will contact you as needs arise.

For more information, to request care, or to share word of someone in need of care, please contact us at:  
[Caring@uugrassvalley.org](mailto:Caring@uugrassvalley.org)

### PARISH CARE TEAM MEMBERS:

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



## Lay Pastoral Care Team

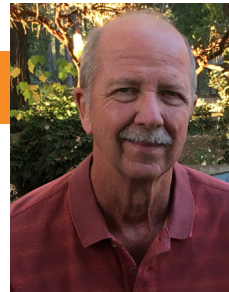
### Are You Facing a Life Challenge?

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.

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](mailto:Caring@uugrassvalley.org)



## B & G Team

Wally Holtan, *Leader*,  
Building & Grounds Team  
[B-G@uugrassvalley.org](mailto:B-G@uugrassvalley.org)

### Inside and Outside – Teamwork Made for a Fun and Productive Day

We had a cool morning with clear skies for last month's workday. We also had Alec MacLean join us to work on a special project for Bob Miller. Alec created a way for Bob to store extra cables in the sound closet. Inside, we had Lisa and Keith do the necessary chair cleaning, a job that takes time and patience. Outside we had Carol, Gwen, George, Theresa, Paul, and his son Nic. Carol and Theresa finished up trimming the hedge. Gwen, George, Paul, and Nic did the necessary yard work. As always it was a fun day working with members of our community and accomplishing our work in a timely manner.

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 once a month to help with our building maintenance and to meet new people.

*-Wally*



## Art and Aesthetics Team

Robin Hart, Leader,  
Art & Aesthetics Team  
[art@uugrassvalley.org](mailto:art@uugrassvalley.org)

The Aesthetics Team is now meeting every other month, so there was no meeting in November. However, Phil Horning and Robin Hart helped install Jenny Dewey's and Carmen Riley's show in the library gallery for it's November 15 opening. We met in December to bring the holiday spirit to UUCM by decorating the Sanctuary Christmas tree with beautiful new blue and silver ornaments donated by Rev. Kevin. We also decided that the mural contest would best be done in the Spring. Stay tuned for further information on that.

Again we are still hoping to recruit a few new members this year to help us with the task of making the environment of UUCM more spiritually and aesthetically pleasing to our congregation. If you are interested contact us at [art@uugrassvalley.org](mailto:art@uugrassvalley.org)

The art show in the library will be changing from the mixed media show of Carmen Riley and Jenny Dewey to a showing of wall quilts by Barbara Chesnut on January 15th. We are very pleased that our calendar is filling up for the year. If you are interested in showing your artwork please contact us at [art@uugrassvalley.org](mailto:art@uugrassvalley.org).

*Take care, enjoy the winter, and  
keep a rainbow in your hearts!*

*- Robin*

### LIBRARY ART GALLERY SHOW SCHEDULE IS AS FOLLOWS:

Barbara Chesnut – Wall Quilts – January 15 – March 15  
Shanti Emerson – Ceramics - March 15 – May 15  
Linda Siska – Art Quilts – May 15 – July 15  
Lisa Haden – Art Works – July 15 – September 15

## Introducing Barbara Chesnut

*Featured artist at our UUCM Library Art Gallery from January 15 – March 15*



Barbara Chesnut has always loved making art. Since she was a small child, drawing and coloring brought her inner peace and ultimate joy beyond description. Color, form, composition, and texture, plus the occasional

serendipity, are the essential elements of these tiny quilted pieces that echo the seasons of the year. Barbara hopes to reflect the profound influences that her environment has in the unfolding of her work.



### A Profile of Jesse Wightman

by Jenny Dewey

"He is a good kid..."

These words from Jennifer, Jesse's mother, are based on what a great kid Jesse is and not "motherly bias." Many remember the little boy running up and down the aisle in the UUCM Sanctuary, racing with Norah Wiley close on his heels, indifferent to the solemnity of the service.

Back then Jesse was a lap-kid, a small boy sitting on his mother's knees, half his face obscured by a mop of curly black hair. I remember thinking about that head of hair, how it would grow exponentially over time, and Jennifer would be stuck trying to decide to insist on cutting it or leaving it to Jesse to make that decision. Turns out Jesse did make that decision and his hair has continued to grow unimpeded.

Jesse grew the same way. There were a few instances when I saw him standing by his mother's side wearing a baseball uniform and twitching the way small boys do, probably imagining himself anywhere but in the foyer of the UUCM building. Once Jennifer whispered in my ear saying, "We're learning how to hold still."

Jesse is a self-described "voracious reader," an aficionado of baseball, cross country running, and a lover of "game nights" at Jo Water's. He scored 100% in advanced math class, likes drawing, dislikes speaking before an audience, and hopes one day to be an expert at water polo. In our interview for this profile Jesse declared he

remembers nothing, including "what I wore yesterday." As the questions and answers went on, it turned out Jesse remembers a great many things (I didn't ask what he wore the day before).

He remembers being four years old and begging to be in his mother's class at school. Now he is in his mother's class and describes being "embarrassed" by the things his mother says about him out loud. Jennifer denies any wrong-doing. Jesse loves working with the AV at UUCM services and once did this entirely on his own. He keeps up to date on national and international news and has strong opinions on all pertinent issues. He loves the ocean.

Of course, there are typical twelve-year-old boy behaviors. It would be strange if this were not so. During our meeting at an ice cream parlor Jesse frequently rolled his eyes at his mother, disdaining her comments. He devoured a gigantic ice cream cone

decorated with gobs of chocolate and colored-sugar sprinkles. He found it hard to keep his eyes off a wall of jellybeans of every flavor possible in the universe.

In the final analysis this interviewer found it easy to agree with Jesse's mother – that he is good kid.



## Justice News and Activities

### Hospitality House Dinner Crew Hard at Work

By Keith Johnson, Justice Co-Chair

Your Hospitality House Dinner Crew is hard at work serving Hospitality House guests on the third and fifth Fridays of each month. The crew is Gabe Ross, Lisa Haden, Alice Johnson, Keith Johnson, Maryann Hart, and Corrie Silva. Thanks for all you do! Thanks also to a number of UUCM members who donate funds to purchase the dinners. We have heard from Hospitality House staff that the UUCM enchilada pie is one of their favorite meals. This project is a credit not only to the dinner crew but to all of us at UUCM.



Please note that Hospitality House needs more help serving dinners. A crew consists of a minimum of 5 or 6 people, so if you want to organize a second dinner crew that would be awesome. There may be other opportunities to serve as an individual. For more information, contact Keith Johnson at [justice@uugrassvalley.org](mailto:justice@uugrassvalley.org).



## Share the Plate

UUCM's November Share the Plate recipient, [Bright Futures for Youth](#), will receive \$1125.92, 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 December partner, [Hospitality House](#).

Our January Share the Plate recipient is [Sierra Roots](#). Sierra Roots serves chronically homeless individuals by building personal relationships and providing for immediate needs of nutritious hot meals, clothing, and shelter especially during severe weather events in the communities of Nevada City and Grass Valley. UUCM member Alice Johnson serves as the Weather Shelter Coordinator.



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



# 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](mailto:uucmOnline@uugrassvalley.org)

### SUNDAY SERVICES - 10:30 AM VIA ZOOM OR IN PERSON

*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

The Circle's mission is to provide confidential peer support for UUCM folks on a drop-in basis (now also 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.

## Make Connections at UUCM

Please contact the organizers if you are interested in joining!

### WALKING GROUP

Hey sleepy heads! Our walking group meets at 8:30 AM on **Thursdays** at 418 Chapel, Grass Valley. **Tuesdays** are at Wolf Creek Trail. These winter hours will continue until early sun and heat inspire us to go earlier. Be sure to ask Carol Fulkerson to include you on our walking group mailing list so you can be informed of winter weather cancellations. Email [Walking@uugrassvalley.org](mailto: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](mailto: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](mailto:Humanism@uugrassvalley.org)

### SINGING MEDITATION CIRCLE

#### FIRST THURSDAYS, 7:00 PM, ONSITE AND VIA ZOOM

Contact [SingingMeditation@uugrassvalley.org](mailto:SingingMeditation@uugrassvalley.org)

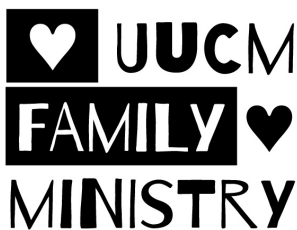
### WOMEN'S CIRCLE MONTHLY POTLUCK –

#### 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 – have a few laughs, share stories and concerns. We will continue to potluck so long as the virus is somewhat at bay.

Our December Holiday Potluck was held at Elizabeth Rose's home and was a lot of fun. Our next meeting is Monday, January 9. It is our annual planning meeting, so bring ideas for future gatherings -- what would YOU like to do at a meeting? We will have a potluck and meet at UUCM.

If you are not on the Women's Group email list, please send an email to Carol Fulkerson at: [admin@uugrassvalley.org](mailto: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.

## Finding Our Center

By Jo Waters, Leader, UUCM Family Ministry Team

[familyministry@uugrassvalley.org](mailto:familyministry@uugrassvalley.org)

Did you know that January 21 is **National Hug Day**? What better way is there to **Find Our Center** (January's theme) than to practice giving each other really good hugs. You might even want to give hugs every day this month instead of just on National Hug Day!

Another activity that helps me to **Find Our Center** is mindfulness. I've been reading Thich Nhat Hanh's book "Breathe! You Are Alive," and he says that being mindful and aware of your breath helps you to "come back to yourself" and be fully in the present moment. Breathing is one of the most centering things we can do. Check out the following books on Amazon for exploring mindfulness in your families:

[A Handful of Quiet](#)

[Breathe-You-Are-Alive](#)

## PLEASE TAKE NOTE:

- **Kids Connection** will be available every Sunday in January.
- **Sunday, January 22** is Lindsay Dunckel's **All Ages Service**. I can't wait to see what ways Lindsay will show us to **Find Our Center**.



## Sunday Book Group

### UUCM SUNDAY BOOK GROUP -

USUALLY THE SECOND SUNDAY OF THE MONTH AT 12:30 PM  
IN THE CHANNING ROOM AT UUCM

CONTACT: Theresa at [BookGroupInfo@uugrassvalley.org](mailto:BookGroupInfo@uugrassvalley.org)

## Get Ready to Read in 2023 and Join Us for Discussion

Our book group will be reading an exciting variety of fiction and non-fiction in 2023. Join us for any or all of these discussions. We will meet at UUCM after church on second Sundays at 12:30 PM in the Channing Room. The exception will be April, when we will meet April 2, to avoid overlap with Easter. You are welcome to bring a snack or lunch to these meetings. We will have enhanced Zoom availability for our meetings.

If you would prefer to meet on a weekday afternoon, our growing attendance may make a second group possible. Let us know.

**Below are our selections from now through October of 2023. We think you will be as excited as we are. Read and join us!**

### BOOKLIST FOR 2023

**January 8, 2023 - West With Giraffes,**  
by Lynda Rutledge, 2021, 300 pages

This delightful novel is a road trip like no other set during Depression-era America. It is based on a true story of two giraffes who are transported across America to the San Diego Zoo. Presenter: Ruth Edwards

**February 12 - How To Change Your Mind,**  
by Michael Pollan, 2019, 464 pages.

In this book, Michael Pollan writes about his own consciousness expanding experiments with LSD and psilocybin. He makes a case for why shaking up the brain's old habits could be therapeutic for people facing addiction, depression, and death. Presenter: Jo Waters



# UUCM Sunday Book Group

**March 12, 2023 - *A Map of Salt and Stars*,**  
by Zein Joukhadar, 2018, 368 pages.

The ancient, sometimes mystical connection between maps, people, and knowledge is central to this first novel by Zoukhadar. It is a double tale of voyage and exile that moves between contemporary war-torn Syria and the caravansaries and khans of the past. Maps are mentioned on almost every page: not just making them but the decisions that making them involves, what lands they cover, and what lands they leave out. Presenter: Susan Merrill

**April 2, 2023 - *Klara and The Sun*,**  
by Kazuo Ishiguro, 2021, 341 pages  
**(NOTE DATE CHANGE: First Sunday))**

In this novel, the author looks at our rapidly changing world through the eyes of an unforgettable narrator, an Artificial Friend, Klara, to explore a fundamental question: what does it mean to love? Presenter: Theresa Houtman

**May 14, 2023 - *The Invisible Child*,**  
by Andrea Elliott, 2021, 520 pages

New York Times journalist Andrea Elliott immerses herself in the life of a New York family suffering from poverty, homelessness, drug addiction, and despair. The invisible child is Dasani, a talented girl who wins a scholarship to an elite school in Pennsylvania, which presents a fundamental conflict between her ambitions and her loyalty to her family. This book won a Pulitzer. Presenter: Keith Johnson

**June, 11, 2023 - *The Swimmers*,**  
by Julie Osuka, 2022, 192 pages

An intensely touching novel-part memoir highlights the relationship between the author and her mother. The author sensitively weaves the progression of her mother's dementia into the storyline as well as an insightful and humorous story about the community pool members. The repetitive language structure enhances this endearing book. Presenter: Judith Gropp

**July 9, 2023 - *The Song of the Cell*,**  
by Sidhartha Mukherjee, 2022, 496 pages

In this highly reviewed book, Mukherjee, a Pulitzer Prize winner, tells the story of how scientists discovered cells, began to understand them, and are now using them to create new humans. He seduces you with writing so vivid, lucid, and suspenseful that complex science becomes thrilling. Presenter: Joel Houtman

**August 13, 2023**

***The Grimkes, The Legacy of Slavery in an American Family*,**  
by Kerri Greenidge, 2022, 404 pages

Sarah and Angelina Grimke were born and raised on a South Carolina plantation. Renouncing their family and heritage, they moved north and became prominent abolitionists in antebellum America. Author Kerri Greenidge presents a parallel narrative of the family, shifting focus from the sisters to the black members of the Grimke family which deepens our understanding of the family and the struggle for racial equality. Presenter: Keith Johnson

**September 10, 2023 - *Demon Copperhead*,**  
by Barbara Kingsolver, 2022, 560 pages.

Set in the mountains of Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper colored hair, a caustic wit, and a fierce talent for survival. This novel borrows its narrative structure from Charles Dickens' novel about David Copperfield. It was named one of the "Ten Best Books of 2022" by Washington Post and the New York Times. Presenter: Mary Pickett

**October 8, 2023 - *The Lincoln Highway*,**  
by Amor Towles, 2021, 592 pages

Towles' Great American Road Novel tails three 18 year-olds, who met in juvenile reformatory, and a brainy 8 year-old as they set out from Nebraska in June of 1954, in an old Studebaker in pursuit of a better future. Hitch into this delightful tour de force and you'll be pulled straight through to the end, helpless against the inventive exuberance of Towles' storytelling. Presenter: Susan Merrill

Contact Theresa at [BookGroupInfo@uugrassvalley.org](mailto:BookGroupInfo@uugrassvalley.org) if you have any questions, or wish to be added to the email list.





## Soul Matters: Finding our Center

When we talk of finding our center, it's natural for calm and rest to be the first things that come to mind. Who would expect anything different? After all, the need for calm is everywhere we look. So, so many of us are tired. We're overworked, over-busy, over-committed, overly scared. We are often so weighed down by responsibility and worry that it only takes one drop of something unexpected to tip us over. So, yes, we long for rest. Yes, we want the swirl to stop.

And yet, helping us find peace and calm is not the only work found on this path of finding our center.

As our faith reminds us, being a "centered person" often involves the opposite of keeping things calm. In order to move toward a balance of justice, we have to upset the current state of things. Oppressive systems need to be challenged and toppled. And to accomplish that, we need to sacrifice calm and comfort, including our own. We need to remember that achieving a balance of equality requires us to be purposefully off-balance and out-of-step with our culture, or as Martin Luther King Jr. said, we need people who are "maladjusted to the way things are."

Add all this up and suddenly "our center" appears to be a much richer place than is often recognized.

It's not simply a place of peace and calm; it's also a place of being pushed and launched. What you hear in this deep space within is not just the whisper of "Rest" and "Breathe," but also "Take a deep breath and jump!" We encounter an invitation there, not just relaxation. It's a still point, yes. But a still point upon which we pivot and turn to something new.



So as we try to make sense of "finding our center" this month, it's fine to pull up the image of the Buddha sitting peacefully under a tree, but we can't let that overshadow the image of a diver balancing way up there on her diving board, pausing to regain her composure and courage so she can leap and go "all in."

Maybe in the end, instead of only asking each other, "Are you centered these days?" we need to ask, "Where is your center sending you these days?" and "Where is your center calling you to go?"



## Upcoming 2022-23 Soul Matters Themes

### *The Path of...*

January:	Finding Our Center
February:	Love
March:	Vulnerability
April:	Resistance
May:	Creativity
June:	Delight



# January 2023 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
1	2	3	4	5	6	7
<b>10:30</b> The Rear View Mirror and the Road Ahead: Finding Our Center – Rev. Kevin Tarsa <b>10:45</b> Kids' Connection <b>12:30</b> Drop-In Support Group	<b>4:00</b> Stop the Mine Task Force	<b>8:30</b> Tuesday Walking Group  <b>4:00</b> Parish Care Team Meeting	<b>8:30</b> Men's Group  <b>10:30</b> Humanism Discussion Group <b>6:00</b> Worship Team Meeting	<b>8:30</b> Thursday Walking Group  <b>7:00</b> Singing Meditation	<b>4:15</b> UUCM Strings ensemble	<b>1:00</b> Membership Team Meeting  <b>1:00</b> Facilities Exploration Committee Workshop
8	9	10	11	12	13	14
<b>10:30</b> You are the Sky: In the Eye of the Storm – Rev. Kevin Tarsa <b>10:45</b> Kids' Connection <b>12:30</b> Book Group <b>12:30</b> Drop-In Support Group	<b>6:00</b> Women's Circle	<b>8:30</b> Tuesday Walking Group	<b>8:30</b> Men's Group  <b>4:30</b> Ministry Council Meeting	<b>8:30</b> Thursday Walking Group  <b>10:30</b> Writers' Group <b>2:00</b> Finance Committee Meeting	<b>4:15</b> UUCM Strings ensemble	<b>3:00</b> Spirituality Sharing Circle
15	16	17	18	19	20	21
<b>10:30</b> Finding Our Center through a Season of Renewal – UUCM Leaders and Rev. Kevin <b>10:45</b> Kids' Connection <b>12:30</b> Drop-In Support Group		<b>8:30</b> Tuesday Walking Group  <b>5:15</b> Nisenan Project Team Meeting	<b>8:30</b> Men's Group  <b>1:30</b> Board of Trustees Meeting <b>6:00</b> Justice Team Meeting	<b>8:30</b> Thursday Walking Group	<b>4:15</b> UUCM Strings ensemble	<b>9:00</b> Building and Grounds Workday
22	23	24	25	26	27	28
<b>10:30</b> Some Assembly Required – Lindsay Duncel, Worship Leader <b>10:45</b> Kids' Connection <b>12:30</b> Drop-In Support Group <b>1:00</b> Mid-year Community Business Meeting		<b>8:30</b> Tuesday Walking Group	<b>8:30</b> Men's Group	<b>8:30</b> Thursday Walking Group  <b>10:30</b> Writers' Group	<b>4:15</b> UUCM Strings ensemble	
29	30	31	1	2	3	4
<b>10:30</b> Our Center in Motion – Carol Nimick and Randy McKean, Worship Associates <b>10:45</b> Kids' Connection <b>12:30</b> Drop-In Support Group		<b>8:30</b> Tuesday Walking Group	<b>8:30</b> Men's Group  <b>10:30</b> Humanism Discussion Group <b>6:00</b> Worship Team Meeting	<b>8:30</b> Thursday Walking Group  <b>7:00</b> Singing Meditation	<b>4:15</b> UUCM Strings ensemble	<b>1:00</b> Membership Team Meeting



## Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945

Telephone: (530) 274-1675

Website: [uugrassvalley.org](http://uugrassvalley.org)

**Sunday Services are held at 10:30 AM by Zoom or in person**

**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 January 16 until May 31, 2023.***

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

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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:***  
**[Article Submission Form](#)**

### VOLUNTEER TEAM MEMBERS:

*Kathryn Young, Design/Layout, Lesley Champlin, Editing/Proofreading*