

the Mountain Chalice



Unitarian Universalist Community of the Mountains

March 2024

UPCOMING SERVICES

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

If you've been exposed to Covid, RSV, the flu, or are not feeling well, 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 13 for Kid-Centered Activities ...

MARCH THEME: *The Gift of Transformation*

March 3 *Like No Other Being: You Do You!*

Rev. Kevin Tarsa,
with Beth Karow, Worship Associate

The Four in us (Enneagram-speak again), the Individualist, is the deeply feeling part of us that sees our self as fundamentally different from others. In our search for our own clear identity, this sense of uniqueness sometimes anchors us and sometimes leads us to feel perpetually misunderstood, or that something is missing or deficient in us. At heart, this is our search for significance, a journey we travel as individuals in community.

March 10 *TIME CHANGE! Spring Forward!*

Stretch. Moisturize. Plan. Enjoy: On Turning 30

Rev. Kevin Tarsa, and others,
with Cheryl Morris, Worship Associate

Two years' worth of 30th Anniversaries have begun for UUCM. This Sunday, with a little inside scoop from Anita Wald-Tuttle, we celebrate the anniversary of the very first service held by the fledgling group of local UUs in March 1994. A few of the folks who gathered that day are still here! Let's glance both backward and forward together and lift up gratitude for those who have made UUCM possible.

March 17 *Round and Round the Earth is Turning*

Beth Karow & Sophia McKean, Worship Associates

At the yearly balance point of dark and light known as the Spring Equinox, we pause to celebrate the symmetry of the celestial

sphere of which we all are a part. We'll create a community altar from found objects as we honor Nature during this Earthy, ritual-based service.

March 24 *Psst! The Shadow Knows*

Rev. Kevin Tarsa,
with Carol Nimick, Worship Associate

The Shadow refers to all the aspects of our selves that we refuse to acknowledge – the "good" as well as the "bad" - that nonetheless impact the way we behave. Because we cannot see into our blind spots (think about those unnerving driving blind spots) there is often a difference between who we think we are and who we really are as we move through the world. The life-long spiritual journey involves coming to know, accept, and integrate all the parts of our selves. This Holy Week, let's risk taking a peek behind us.

March 31 *Alleluia!*

Continued on Page 5

► INSIDE THIS ISSUE ◀

Item	Page
Upcoming Services.....	1 & 5
From the Minister	2
Board of Trustees	3
Stewarding Guidance Group.....	4
Words from the Worship Team	5
Brainstorming Sessions and Create a Service	5
Art and Aesthetics - New Show by Eileen Hale.....	6
Parish & Lay Pastoral Care Teams	7
Building & Grounds Team	7
Feature: Reflections on Rev. Kevin's Sabbatical	8
Justice News and Activities.....	9-10
Community Connections	11-12
Endowment.....	12
UUCM Family Ministry	13
UUCM Book Group.....	13
Monthly Calendar	on Website!
UUCM Contact Info and Office Hours	14



Rev. Kevin Tarsa
UUCM Minister

From the Minister

Have you ever been transformed?

We ask this question in an exercise in *Starting Point*, a series that introduces new folks to UUCM and Unitarian Universalism and gives existing members a chance to make new connections and refresh their understanding of Unitarian Universalism. You can see people wrestling with the question inside their heads - "Have I been transformed? And what does that mean exactly, anyway?"

In that particular exercise, we leave it up to each person to decide for themselves what "transformed" means as they place themselves along a yes/no spectrum, with the maybes in the middle. Sometimes, follow up conversation teases out people's varied understandings.

So how about you? Have you ever been transformed?

This is one of those times when the dictionary definition may be of service. Or not. Transformation, we are told, is "a thorough or dramatic change in form, appearance, or character." I offer this definition recognizing that the outer can reflect or mirror the inner. Have any of your changes in form, or appearance, or character been "thorough or dramatic" enough to register for you as a transformation?

Our Soul Matters introduction this month invites us to look beneath the dramatic to realize that transforming can also be a much "subtler art," movement begun with the quiet planting of seeds in our hearts and minds, small cracks or openings that let new light in, or a slow and silent dissolution into goo or compost.

As I keep naming for us, the most important transformations lead us not to become something or someone we aren't but lead us rather to reveal or become more truly who we are.

I was on renewal leave (aka sabbatical) last year at this time, digging deeply through the layers into the "who am I really" questions. In my familiar annual rhythm, those questions have continued to work their way through me, developing

roots underground all fall and winter. And now, just in time for spring, with all its renewal and resurrection themes in northern climes, new green shoots are starting to poke through the old layers. I'm more often catching myself in unhelpful patterns, feeling less willing to not be the most authentic me, feeling, little by little, more anchored in the most solid parts of who I am.

This annual rhythm makes many springs both thrilling and disconcerting, but this year has a new kind of depth to it, thanks to the deeper seed planting of last spring, afforded by the spaciousness of the time "off."



I write, thoughtful about what's moving inside you and your deep sense of yourself.

I write, thoughtful also about what's moving inside UUCM and its sense of itself. The congregation had a form of sabbatical and renewal leave of its own, prepped by the spaciousness of the early pandemic years.

My hope, and my ministry here, is about supporting you in both journeys – through the layers toward the center of your self and the center of your selves. Here too, green shoots are poking through, and new life is emerging. Maybe, even, transformations.

With care,

– Rev. Kevin

MINISTER'S OFFICE HOURS

*Rev. Kevin's office hours are usually held
Tuesday through Thursday afternoons.*



Email Admin@uugrassvalley.org
or call the office at (530) 274-1675
to schedule an appointment



Board of Trustees

René Wiley, President,
UUCM Board of Trustees
President@uugrassvalley.org

***We are excited to begin
UUCM's 2024-2025 Pledge Campaign with
"Creating Community in an Ever-changing World"
as our theme.***

Our Unitarian Universalist Community of the Mountains has actively been creating community since 1994, starting with a "house church" in Anita Wald-Tuttle's living room, now grown to the more than 130 members and friends we are today. Look at just some of the things that we did in the past year:

- ◆ We spent thousands of hours "keeping connection" at regular gatherings of the Men's and Women's Groups, the Humanist Group, our Book and Walking Groups, our choir, and especially our heart-filled services, on Zoom and in person.
- ◆ Three social justice task forces helped us "bend the arc" towards racial justice, fight the mine, and assist Nisenan Rancheria as they pursue federal recognition.
- ◆ We were named a ***Good Trouble Congregation*** after writing and mailing more than 14,000 postcards to get out the vote in critical elections.
- ◆ Our network of generosity aided the Andou/St. Fort family in their escape from the horrors in Haiti.
- ◆ You continued creating community by welcoming more than 175 visitors this year, with a growing number moving on to membership.

In a world currently challenging our values and peace of mind, it's good to know UUCM is here for us. Imagine now what UUCM could do with a 10% or even 20% increase in your pledge, one that helps take us to our target budget of \$250,000 and then beyond to \$275,000! Please consider the kinds of programs that you would

like to see at UUCM, then pledge generously to make them happen. This is your community. When a Visiting Steward contacts you during the month of March, welcome them and share with them your ideas for the coming year.

***With pride and excitement,
Your Board of Trustees
and the 2024/25 Stewarding Guidance Group:***
Lesley Champlin, Jeff Gold, Laura Harter,
Keith Johnson, Pam Kisor, Bob Miller,
and Carol Richey

***"I have found that among its other benefits,
giving liberates the soul of the giver."***
- Maya Angelou

UUCM BOARD OF TRUSTEES

JULY 2023 - JUNE 2024

René Wiley	President
Pam Kisor	Vice-President
Gail Schultz	Treasurer
Janet Dunstan	Secretary

Members at Large:

Chuck Champlin, Jeff Gold & 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.

Stewarding Guidance Group

The Stewards are Coming! The Stewards are Coming!

February was a busy month for the Stewarding Guidance Group: we recruited and trained a posse of Visiting Stewards, developed our campaign theme and materials, and planned the Congregational Pledge Kick-off Dinner.

The dinner, an elegant affair with a "Black and White" theme, was held at the very spacious Methodist Church next door, and attended by more than 100 members, friends, and 'plus-ones.' All the attendees honored Anita Wald-Tuttle for founding UUCM back in 1994, and many brought pictures of themselves from that year. Like UUCM itself, it's amazing what can happen in 30 years! Pictures from the dinner are being assembled now and will be on display later this month.

The pledge period has officially begun and will run through the month of March. Expect a call or an email from a Visiting Steward who will want to spend some time getting to know you and what you value about UUCM; your "VS" will also want to hear your ideas for new ways UUCM can make a difference in the "ever-changing world."

Pledges are due by March 31, and we hope you will give from your heart! If you've met with your VS but have not yet submitted it, you can make your pledge online on our website. Contact BobMiller@uugrassvalley.org if you have any questions about the Visiting Steward program.

With gratitude,

Your Stewarding Guidance Group:
Lesley Champlin, Jeff Gold, Laura Harter,
Keith Johnson, Pam Kisor, Bob Miller,
and Carol Richey



The Visiting Stewards attended a training session in February, and they are ready to hit the streets and do some visiting! Please welcome them.



Ways to Give to UUCM

- You can give through [UUCM's Online Giving](#) page. (Choose **Share 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, including the pledge year, general donation, or **Share 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 **Share the Plate**.)
- For a general offering donation, you may text your amount to (833) 579-0483. 25% will automatically go to our **Share the Plate** partner.





Words from the Worship Team

Cheryl Morris and Carol Nimick
Worship Team Co-Leaders
Worship@uugrassvalley.org



As we are celebrating, in various ways, the 30 years of UUCM's history, I took the opportunity to look at our archives, which are available to all in the library. They are fascinating and lots of fun! Talk about taking a leap of faith! Our founding members were not only visionary, but they were also savvy and practical and inspiring....really, not much different than we are except they clearly "put their money where their mouth is" in a BIG way in founding this church.

Available for perusing are photographs; documents including minutes of meetings, budgets, and member rosters; newspaper articles and ads; orders of service, and reports of various committees. I was intrigued with one that identified the purpose of the church: meeting spiritual needs, creating community, providing intergenerational interaction....sound familiar?

For those of us who are relative newcomers, the archives provide a context and a grounding for what we experience here. Much has changed, but so much remains the same. As we connect with Visiting Stewards during March, let's remember the history of this church. A few people invested so much of themselves, their time, energy, ideas, hopes AND their money, to create what we have today. Now it's our turn to not only carry on the tradition but embrace changes that will carry us into another 30 years of fellowship, spiritual growth, and contributions to the community and world in which we live.

- Cheryl & Carol



The Worship Team having fun planning together

Help Design a Service

CREATE THE SERVICE FOR APRIL 7....

Come, work with others over the month of March to imagine, map out and bring into being the April 7 Sunday service with the theme of "interdependence."

You'll have the support of Rev. Kevin, Worship Associates Beth Karow and Carol Nimick and the rest of the group to create the service.

Interested? Have questions? Please contact Rev. Kevin at minister@uugrassvalley.org or Beth and Carol at worship@uugrassvalley.org

Feeling Creative?

JOIN US FOR A BRAINSTORMING SESSION FOR A SERVICE IN JUNE ABOUT RENEWAL

MARCH 31 FROM 12:15 TO 1:00 PM

Join in a free-flowing, fun, one session brainstorming on the theme of Renewal. Want to have a great, fun, creative time with others? Please join us and share your ideas!

Upcoming Services

Continued from Page 1...

March 31 Alleluia!
Rev. Kevin Tarsa
with Sophia McKean, Worship Associate

Renewal, resurrection, and rebirth is the invitation and celebratory focus of many spring holidays and holydays in northern climes, rooted in the miracle of returning green life and growing sunlight and warmth after the protective stillness and pulling-in of winter. Come, celebrate the new in you ready to be born. (Easter bonnets/hats optional.)



Art & Aesthetics Team

Linda Siska, Leader,
Art & Aesthetics Team
art@uugrassvalley.org

Presenting our Next Art Exhibit

Eileen Adele Hale: Dream

SURREAL PAINTINGS AND OTHER WORK

IN THE LIBRARY MARCH 21 - MAY 15

ARTIST'S RECEPTION: SUNDAY, APRIL 14, AFTER SERVICE

I have loved art, and animals, since I was a very small child. The first time I did a painting of a horse that pleased me was in second grade (I was already, like many children, quite critical of my own work). I drew horses avidly through grade school and high school, gradually branching out into drawing people, cats and dogs, trees, and more. I told my mother that I was an artist and shouldn't have to do chores. For some reason she didn't buy it...

This show includes a new set of paintings in what I call my Dream Surreal series. These paintings emerge from a desire to mix realistic, detailed figurative elements like animals, people, trees, and flowers, with abstract elements including geometric shapes and lines, and to indulge my enthusiasm for the look of painting itself: brushstrokes and marks and scribbles and such. Some parts are hard-edged, some impressionistic or naively drawn, some are smooth gradations.

I combine these in a dreamlike way, disregarding their realistic spatial relationships. I sometimes even include elements from actual dreams. I pull from drawings of my little toy animals (a sheep, rabbits, a howling wolf cub); animals from my imagination or drawn from life; trees; furniture; people's faces and bodies.

I let myself play with elements, overlapping and positioning as I like. I decorate them; I scribble on them. I play with edges,

inner shapes, outer surroundings, and how they meet (a la Georgia O'Keeffe), sometimes the solid inner shape darker, sometimes the surrounding darker, enclosing and shaping the lit-up inner shape, and sometimes the dark-light balance shifting in mid-boundary. My work has been influenced by Chagall and Kandinsky as well as O'Keeffe. I think of this as "Disney's Fantasia meets Kandinsky."

While horses and trees and circles, for instance, stand in for particular energies and relationships in my mind, and it's fair to say that my painting emerges from an animist worldview, I'm not thinking symbolically as I work. I see what emerges, listen to the conversations between elements, and even set several paintings side by side to see what they'll say to each other.

When I start, I don't know what will happen, or how it will happen. When I've finished, I'm not always sure how it happened, or what it's about, but I get a feeling that all the bits are friends, and each has something to add to the story.

I've gone through periods of resisting drawing or painting the things I most love, believing it could not be really good art if I enjoyed doing it too much, if it were too easy, if it were what I was drawn toward. (Good old Puritan thinking???) (This was the same idea that kept me from pursuing art in college. Can't be "Right" if it's too easy and fun!)

Recently I decided, or realized - I'm not sure which - that there was nothing wrong with doing what I love! And I think I also understand more about what elements I do love to include, so, in this second round of Dream Surreal paintings, I've made the deliberate choice to include these things: circles - large single ones, or strings of them; toy animals; trees (especially muscular trees); horses. And I have been savoring my time painting.

I'm looking for energy, motion, connection. I want us to look at what we've seen before but see it in a new way. For instance, I've seen beautiful paintings of horses before, but I hope to show the energy and heart and thought of horses in a new way by putting them in a new context.



Detail from "Threaded Through", above, and below: "Infinity Horse: Interlaced"





Parish Care

Gwen Eymann
Leader, UUCM Parish Care Team
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 supporting this work interests you, 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



PARISH CARE TEAM MEMBERS:

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



Lay Pastoral Care Team

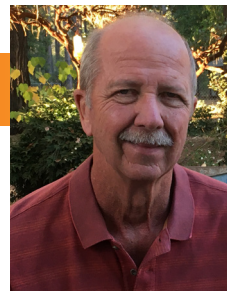
Are You Facing a Life Challenge?

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, Carol Richey, Corrie Silva,
and Tom Wernigg, or you can email the whole team:
LayPastoralCare@uugrassvalley.org



B & G Team

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

Getting Stuff Done While Having Fun!

The Building & Grounds Team manages our day-to-day facility needs and goals for improvements for our church's physical environment. We seek volunteers that are willing to help us meet those needs through work parties and project development. These are individuals who like doing projects, repairs, cleaning, or working outside in gardens and yards. There are no requirements for joining, other than enjoying hands-on tasks and working with others.

Whether you are new to UUCM or have been a part of it for a while, if you would like to meet people while doing some fun and interesting things, the UUCM Building & Grounds Team is a good place to start.

-Wally

Reflections on Reverend Kevin's Sabbatical

A Profile by Jenny Dewey

Ministerial Sabbatical, a Definition –

*Release from normal responsibilities, time set aside from routine.
Time for physical, emotional, spiritual, and intellectual well-being.
A period of prolonged rest.*

*Leave for an extended period to
allow for renewal and purpose.
Biblical origin: traditionally
observed every seven years with
fields left uncultivated.*

Six Months Away –

A ministerial sabbatical is based on the same concept originated by the ancients: a period for renewal and the restoration of vitality. A search for excellence in ministry is one of the goals, a recharge and deepening in order to be able to serve well.

As a self-described introvert Kevin realizes he cannot always be with people.

He knows the value of uncommitted time.

Ministering to others is a gift, one never assumed by Kevin in his role at UUCM. A meaningful relationship with congregants requires a foundation of wisdom about one's self. This self-knowledge creates a strong connection with the congregation, and it is a gift.

Kevin's sabbatical gave him the time and space he needed to learn more about himself.

He did a "deep dive" into studying the Enneagram, a tool for understanding one's personality, motivations, and behaviors. He also took two courses in Kirtan, a Hindu spiritual practice of song, call, and response. He visited family, and worked with a psychotherapist. In his words he hoped to "find out how to be more present in the world." He added, "As with all spiritual work, it has been, at heart, a journey toward self-acceptance."

Kevin reflects on expectations, his own and those of the people around him. Assumptions about what others expect can be misleading. Awareness of what you yourself expect

is different. Discovering the difference was one part of Kevin's reflections during his time away. In conversation with Kevin, I asked about his beard, how for a few weeks it went away, and now it's back. He said, "Shaving takes time, and resources." Then he said he keeps the beard, "because it's a change, helps me stay with the real me, the me I am newly living into." The post-sabbatical Kevin may not look especially different from the pre-sabbatical Kevin. His discoveries about himself and the world around him may not be visible. No traces of the woods and wilderness he tramped through with his backpack clinging to him. The internal messages he received from meditating are sealed in his mind and soul. The grinning and laughing and joyful times spent with family have come and gone. Yet everybody who knows Kevin sees a change. People see a new enthusiasm, a fresh and spirited approach to his ministry.

It becomes clear why the ancients let their fields go fallow every seven years. The fields were left empty to be restored. Nutrients drained from the soil came back. The ground was ready for a new round of seeding and growth.

What strikes this writer is how short hours-or-days-long sabbaticals ought to be considered by all of us. No telling what removal from daily routines will lead to, what magical insights will result. As for me, I'm going to give it a try.



Rev. Kevin enjoying time with family and a friend during his Sabbatical

Bending the Arc Task Force



POSTCARDING LAUNCHES SUNDAY, MARCH 3

By Gail Johnson Vaughan

Help reach 15,000 BIPOC voters experiencing voter suppression starting with postcards to Georgia. We do so hope you will be part of this action. We sent 14,000

postcards in 2022, so we set our goal for 15,000 this year. We think we'll get much higher than that, especially if you help!

If you have joined the Postcard Club your March and April packets will be at the left end of the postcard table in the foyer. Look for your name at the top of the packet. If you prefer to take individual packets look for them at the right end of the table.

Here's a reminder of how the Postcard Club works:

1. Click on this link to join the club:
<https://uugrassvalley.org/gotv-postcards/>
2. Fill out the form letting us know your name and contact info, and how many packets/month you commit to write
3. Choose the type of membership that is right for you
 - ☒ \$ Writer/Funder: Writes/sends the postcards reimburses us \$10 per packet to cover costs
 - ☒ Writer Only: Writes and sends the postcards but unable to cover the costs of the packets
 - \$ Funder Only: Not into writing the cards but willing and able to contribute funds to cover the costs for writers who can't
4. Click Submit

Pick up your packets at UUCM starting Sunday, March 3:

Available Sunday through Friday from 8:30 AM – 12 noon.

- o We start with Georgia (Mail May 7-21)
- o Virginia packets are next. We'll let you know when they are available. (Mail May 7- 21)

Write and mail your postcards by the due date on the packet.

Writer/Funders & Funders Only:

How to reimburse for cost of the packets:

Option 1: Do it online by going to UUCM website

<https://www.uugrassvalley.org/>

- Click on the GIVE tab on the top of the screen
- Scroll down to the Postcards icon and make your donation

Option 2: Put your donation in the donation jar on table in UUCM foyer

- Write your name on one of the small envelopes by the jar
- Put cash or check to UUCM in the envelope
- Put the envelope in the jar.

Frequently Asked Questions:

Q: *Why should I join the club instead of just picking up an individual packet?*

A: This lets us order and assemble adequate numbers of cards, addresses, stamps etc. needed to have packets ready to go when you need them.

Q: *Who is organizing the postcard campaign?*

A: Reclaim Our Vote is a project of the Center for Common Ground, a non-partisan organization led by people of color. Their mission is to educate and empower under-represented voters in voter suppression states to engage in elections and advocate for their right to vote.

Feel free to forward this information friends and family you think might want to help BIPOC voters experiencing voter suppression.

Address questions to Gail Johnson Vaughan,
gailJV@uugrassvalley.org

Nisenan Task Force



NISENAN HOMELAND RETURN — THE FACTS AND THE FICTIONS: A CASUAL CONVERSATION

SAVE THE DATE: SATURDAY, MARCH 9, 3:30 - 5:00 PM

Place: UUCM in the Sanctuary
Open to the public

Want to share your enthusiasm? Confused about "something I heard in line at the market"? Tribal attorney and UUCM member Frank Lawrence will speak about the Nisenan Homeland Return campaign to purchase the Woolman at Sierra Friends Center property and answer that one question you have but haven't asked yet.





Group from UUCM Tours Nevada County Citizens for Choice Clinic

By Jim Bair, UUCM Justice Team Member

I was invited to a tour of an important non-profit organization in Grass Valley: Nevada County Citizens for Choice (NCCC) (<https://citizensforchoice.org/>). Having been a serious supporter of NCCC for years, I was honored and thought UUCM's Justice Team would be interested as well. To my delight, Rene Wiley and Ash, Keith Johnson and Carol Hyndman joined me at NCCC's "The Clinic" Sunday afternoon (January 14). We met with five members of NCCC's Board and Cynthia Stewart, NCCC's new outreach person.

We found The Clinic to be a first-rate medical facility recently moved to Brunswick Basin. The completely renovated facility included two medical rooms where nurses (RN) and PAs (Physicians Assistants) could attend to women's needs, from cancer detection to pregnancy status. The overall feeling was one of warmth and caring. The Clinic provides services to those in need, particularly women without medical services, and those trying to deal with the challenging transitions to adulthood. Ash commented, "I'm glad to know that The Clinic is in our town, and I would refer it to any of my friends."

My concerns about staffing and management were completely allayed by the expertise, professionalism, and sincerity of the Board. As with most non-profits, NCCC needs funding especially to extend the service to more days of the week.

NCCC is a "share-the-plate" recipient for April, and we are inviting them to speak at our service. We can also volunteer to help make condoms available at appropriate local venues.

We have deep gratitude for a clinic like this in our community and appreciate the opportunity to support women's rights. The right to choice is a serious issue in our country now, mostly because of abortion. The fact of the matter is that abortion is only 3% of the services NCCC provides, and if it is chosen, it takes place in a full-service facility in Sacramento. May women and men just need counseling and contraceptives. For contact information and details use the link above or call 530.891.1991.

Share the Plate

UUCM's January *Share the Plate* recipient, [Sierra Roots](#) will receive \$888.45, 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 February *Share the Plate* recipient, [Child Advocates of Nevada County](#).



Our March *Share the Plate* recipient is [Interfaith Food Ministry](#) - Feeding Families, Fueling Hope.

Interfaith Food Ministry works to reduce food insecurity in Western Nevada County. We feed the hungry, helping to sustain good health and human dignity. The first Tuesday of each month a group of volunteers from UUCM works at IFM on small projects assigned by IFM staff. In addition, UUCM volunteers help package and distribute food at IFM on a regular basis. Thanks to all you volunteers!

Interfaith Food Ministry has a great website. Learn how you can volunteer. Do you know they are looking for reusable grocery bags? These bags are essential for their food distribution efforts. Visit: <https://www.interfaithfoodministry.org/>.

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

Hospitality with Justice

Café Justo

Get your coffee from the farmers who grow it via Cafe Justo, serving hand-picked coffees from small farms in Mexico, directly from the farmers and their collective. The price is unbeatable! Organic, shade-grown, sun dried:

Regular coffee	\$9 per pound or \$38 for 5 lbs.
Decaf coffee	\$10 per pound or \$43 for 5 lbs.
CHOOSE:	Arabica <u>or</u> Robusta
	Light Roast <u>or</u> Dark Roast
	Whole Beans <u>or</u> Ground

Order through Lin Jovanovic at coffee@uugrassvalley.org

Community Connections – Online & In Person

WEEKLY @ UUCM

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

Make Connections at UUCM

Please contact the organizers if you are interested in joining!

WALKING GROUP

8:30 AM, TUESDAYS AND THURSDAYS, OFFSITE

Email Walking@uugrassvalley.org for info.

We meet on **Tuesdays** at the Wolf Creek Trail/Northstar Mining Museum parking area, and on **Thursdays** at 418 Chapel, Grass Valley. Be sure to ask our Administrative Assistant (Admin@uugrassvalley.org) to include you on our walking group mailing list so you can be informed of last minute changes.

MEN'S GROUP

WEDNESDAYS FROM 8:30 - 10:30 AM AT UUCM

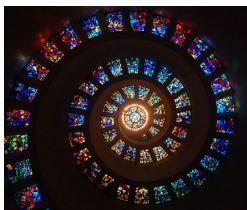
Men gather to enjoy each other's company.

Contact for the group: Men@uugrassvalley.org

SINGING MEDITATION CIRCLE

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

Contact SingingMeditation@uugrassvalley.org



SPIRITUALITY SHARING CIRCLE
FOURTH SATURDAYS, 2:00 - 3:30 PM,
ONSITE AND VIA ZOOM
Questions? Spirituality@uugrassvalley.org

Is it your experience that some of the most important questions and understandings about how life works are hard to express clearly in words?

We humans are language-based, and we often want to ponder parts of the Great Puzzle together, using the best words we can conjure up. We don't necessarily aim to "convince" another person of our "truth;" often we just value expressing it and feeling heard. Quiet time together with spaces for sharing can connect us with others who are similarly inclined and may offer new ways of understanding.

It's okay to call that process "spiritual." It's okay to question the word "spiritual." But if that kind of sharing space would fit your needs, consider dropping by for the Spirituality Sharing Circle.



HUMANISM DISCUSSION GROUP

FIRST WEDNESDAY OF EACH MONTH AT 10:45 AM

Our UUCM Humanism Discussion Group is a gathering for both those who identify as humanists and those who are interested in learning about this philosophy. We gather to explore humanism and how it relates to the various aspects of our lives in today's world while encouraging self-exploration as well as relationship with the group.

The topic for our next meeting on Wednesday, March 6 at 10:45 AM at UUCM will be "Common Sense and Intuition."

Topics for group discussion are chosen by participants and optional readings on the topics are made available prior to the meeting. When health precautions allow, we meet in person at UUCM. If you're not able to attend the meeting in person and would like to participate via Zoom, request the link using the email listed below.

Please view the UUCM Website Calendar for the most up to date meeting information. For questions, please contact: Humanism@uugrassvalley.org



WOMEN'S GROUP

MONTHLY POTLUCK –

SECOND MONDAYS, 6:00 PM

All UUCM women (and friends!) are invited to any Women's Group gathering. Come make connections with other UUCM women!

Our next meeting is **Monday, March 11 at UUCM**. In addition to our potluck, we'll be presented with two "Teachable Moments" watching Shanti Emerson demonstrate wool felting techniques, and learning an Emotional Freedom Technique (EFT Tapping) from Lin Jovanovic who will demonstrate this powerful tool to help us deal with negative or stressful experiences and emotions.

If you are not on the Women's Group email list, please send an email to our Administrative Assistant, Siobhan Boylan, 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.

Community Connections and More



UUCM Family Camping Trip - August 16-18, 2024

Please join us for our annual family camping trip in the Plumas-Eureka State Park. The park features family-friendly camping, crystal clear lakes, a historic mining-era village, beautiful hiking trails, and impressive, big mountain views of surrounding peaks. We gather to enjoy fire circles, hiking and swimming, and of course a fabulous Potluck...and more. Contact Elizabeth Rose for more information. You can usually find her after service in the refreshment area, or you can find her contact information in the UUCM Directory in the Member section of the UUCM website.

Toby & Rev. Kevin Concert: Saturday, May 11 - Save the Date!

UUCM's Music Director, Toby Thomas-Rose and Rev. Kevin will be hosting a UUCM fundraising concert on Saturday, May 11. Save the date! And watch for details. Look forward to an evening of beautiful, moving, and fun music, with special guests as well as treasured UUCM musicians Kate Canan and Randy McKean!

NEW GROUP! 20-30s GATHERING SPIRITUALITY & POETRY NIGHT WEDNESDAY, MARCH 20, 5:30-6:30 PM

Are you someone in your 20s or 30s who is interested in connecting with other young(ish) adults around liberating and creative spirituality, perhaps looking to get involved at UUCM? Come to our monthly get together! **In March, we'll be meeting to discuss poetry on the theme of hope.** Feel free to bring one of your personal favorites or just bring yourself! Snacks will be provided. Questions? email YoungAdults@uugrassvalley.org



Endowment

Kathryn Young
Endowment Committee
Endowment@uugrassvalley.org

Simple Gifts Thank Yous

The Endowment Committee received two Simple Gifts from Wally Holtan and George Dunstan honoring their recent birthdays

Thanks to each of you!

The Simple Gifts "Birthday" contributions have been coming in steadily, and we are excited to let you know that we are now LESS than \$1000 away from our \$50,000 base from which we can start using earnings towards special programs at UUCM.

The Endowment Committee would like to encourage members and friends to help sustain UUCM as a vibrant and vital force for liberal religion for generations to come by making a Legacy Gift, if you can, or Simple Gift of any amount, whenever the spirit moves you!

We have new brochures available to help explain these programs, and we would be delighted to speak with anyone who is interested in finding out ways to set up contributions through their wills, trusts and other final plans. Please contact us at: Endowment@uugrassvalley.org with your questions!



Transform, Change, Grow

By Cheryl Spaulding,

According to Benjamin Franklin, "When you are finished changing, you are finished."

This Franklin aphorism reminds me of our Soul Matters theme for this month, transformation, as well as the efforts we have been putting into redesigning some aspects of our Sunday morning Kids Connection program. For those of you who have not been to Kids Connection in a while, let me describe some of our new routines emphasizing our UU spirit, values, and principles.

Each Sunday morning, when the children leave the downstairs sanctuary, they head to our upstairs sanctuary, the first room to the right at the top of the stairs. At the door to our upstairs sanctuary, an adult invites each child to share a greeting of the child's choice—a hug or a handshake or a heart or a first bump. This routine reminds me of the myriad ways the UUCM adults greet each other in the foyer as they arrive each Sunday morning. Once the children enter our upstairs sanctuary, they are invited to create our altar, collaboratively. There is an empty table. Along one wall is a bookshelf full of functional and decorative items that the children use to design our altar. They select and arrange a piece of colorful fabric (sometimes several pieces of colorful fabric) to cover the bare table. Then the items that always appear on our altar are put in place. These items include the lantern that we carry upstairs each week, lit with the flame from the downstairs altar, as well as a vessel full of water and the colorful stones we place in that vessel as we share our joys and sorrows with each other. Finally, the children decorate the altar with items that speak to them in the moment. They can choose stars or acorns, stones or beads, leaves or flowers, boxes or figurines. You name it; we probably have it!! The result is different each week. This activity obviously mirrors the weekly effort put into designing our beautiful altar in the downstairs sanctuary. After the altar has been created, we easily shift into our more familiar UU routines of chalice lighting and sharing our joys and sorrows. Depending upon the ages and interests of the children, we are likely to end the opening session in our upstairs sanctuary reading a book to or having a discussion with the children on a theme consistent with our UU ways of being and thinking.

This sequence of routines in our room at the top of the stairs (our sanctuary) is a transformation for us—a new space and a few new routines coupled with some more familiar rituals. We are enjoying this time with our UUCM children as we help

them learn about UU values, rituals, and traditions. We hope that your children will join us some Sunday morning to share in the connections and memories that we are making with each other.

ACTIVITIES THIS MONTH INCLUDE:

PRIDE Family Potluck,

Friday, March 1, 6:00-8:30 PM at UUCM.

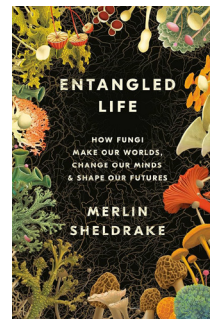
Come marvel at the gorgeous Pride community mural painting from the 2023 Pride picnic. Bring yourself, your family members, your friends and maybe a dish!!

2nd 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

Join the UUCM book group for a fun(gi) discussion of a nature-related topic this month. The book we explore is called *Entangled Life: How Fungi Make Our Worlds, Change Our Minds & Shape Our Futures* by Merlin Sheldrake. One reviewer calls it "A mind bending journey into a hidden world that will change your understanding of life on earth." We meet in the Channing (or "ramp" room).



Sunday, March 10, 2024*

Entangled Life

by Merlin Sheldrake

Presenter: Cynthia Burton

A story about one-third of the earth's biosphere that we never learned about in school. Fungi are not only complex and fascinating, their study may be key to solving environmental problems.

.....
[Sunday Book Group Zoom](#)

Meeting ID: 927 1111 8322

Passcode: 472984

UPCOMING SECOND SUNDAY BOOK CHOICES:

Short book descriptions are available in the
October 2023 Mountain Chalice

April 14, 2024 - Harlem Shuffle

by Colson Whitehead, Presenter: Cheryl Morris

May 12, 2024 - Chances Are

by Richard Russo, 320 pages, Presenter: Keith Johnson

June 9, 2024 - Bury My Heart at Chuck E. Cheese

By Tiffany Midge, Presenter: Susan Merrill



Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945

Telephone: (530) 274-1675

Website: uugrassvalley.org



MOST UPDATED VERSION OF THE UUCM CALENDAR:

<https://www.uugrassvalley.org/calendar/>



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

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

Monday, Wednesday and Friday from 1:00 TO 5:00 PM

(Our Administrative Assistant is available remotely on Tuesday and Thursday afternoons.)

Rev. Kevin Tarsa Office Hours:

Rev. Kevin's office hours are currently held by appointment.

Contact Rev. Kevin at (231) 883-1058 or minister@uugrassvalley.org

UUCM STAFF MEMBERS

Reverend Kevin Tarsa, *Minister*

Siobhan Boylan,
Administrative Assistant

Toby 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 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*