

the Mountain Chalice



Unitarian Universalist Community of the Mountains

June 2025

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 just 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 ...

JUNE SOUL MATTERS THEME:

Living Love through the Practice of Freedom

June 1

Now Let Us Sing

UUCM musicians, Rev. Kevin Tarsa,
Worship Associate Rancy McKean, and You

Music often serves as entertainment or as a backdrop to other events in our lives. Come join us as we free music from those expectations and celebrate its power to inspire, to illuminate, to heal, to create community. Stay for a quick bite and UUCM's annual meeting, with elections, at 12:30 PM.

June 8

What's in a Name?

Rev. Kevin Tarsa
with Carol Nimick, Worship Associate

On June 4, 1995, members of this fledgling UU community voted on the name of their new congregation, choosing The Unitarian Universalist Community of the Mountains. In the process, they embodied the freedom that each UU congregation holds. Come celebrate that freedom, this community, the "Free Church" tradition, and what all of this can be in this era.

June 15

The Faith of our Fathers? Or not?

Rev. Kevin Tarsa and Rev. Sangye Hawke,
Sierra Foothills UU in Auburn,
and Carol Nimick, Worship Associate

Rev. Sangye and Rev. Kevin are supporting connections between UUCM and Sierra Foothills Unitarian Universalists, UUCM's

parent congregation, by offering a service together in each congregation. (Rev. Kevin was at SFUU on May 25). The exact nature of the message for this service is still in development and is sure to be enlivened by Rev. Sangye's warm and insightful presence. Plus, it's Father's Day.

June 22

Freedom From, Freedom To, and Freedom to Be

Elizabeth Rose and Cheryl Morris,
Worship Associates

The Oxford English Dictionary defines freedom as "the power or right to act, speak, or think as one wants without hindrance or restraint." Freedom can be viewed through many different lenses,

Continued on page 5 ...

► INSIDE THIS ISSUE ◀

Item	Page
Upcoming Services.....	1 & 5
From the Minister.....	2
Board of Trustees.....	3
Treasurer.....	4
Endowment Thanks.....	4
Membership Team.....	4
Words from the Worship Team.....	5
Evening Contemplative Service.....	5
Parish & Lay Pastoral Care Teams.....	6
Building & Grounds Team.....	6
Art & Aesthetics Team: New Art Exhibit.....	7
New Member Profile: Ready, Set, Go!.....	8
UUCM History Corner.....	9
Justice News and Activities.....	10
Community Connections.....	11
Soul Matters Circles.....	12
UUCM Book Group.....	12
UUCM Family Ministry.....	13
UUCM Contact Info and Office Hours.....	14



Rev. Kevin Tarsa
UUCM Minister

From the Minister

Oh, freedom.

The Soul Matters authors, to whose resources UUCM currently chooses to subscribe, invite us to give attention to the difference between “freedom from” and “freedom to” as we explore the nature of freedom this month and the place of freedom in our lives, our perspectives, and our spiritual intuitions and knowings. “At its best,” they write, “our Unitarian Universalist faith never simply asks us, ‘What do you need to get away from?’ No, it pushes us to ask the deeper question of ‘What is it that you want to run toward?’”

This echoes invitations we offered in each of the past two months in our considerations of joy and imagination, invitations to notice our longings and to turn our faces in that direction rather than so much of the time fixing our gaze on what is upsetting us, or what we are losing, or what we fear might happen.

It’s an important spiritual practice, to allow a horizon to call to us and, as the Soul Matters team suggests, to let it ask us:

“So, what is it for you, friends? Where in your life are you feeling forced to say ‘No’ when your heart really wants to say ‘Yes’? What is it that you want to use your freedom for? It’s not the bars of a prison that make us want to escape; it’s suddenly noticing what’s on the other side of those bars that makes us want to get out.”

Where in your life are you feeling forced to say “No,” I wonder, when your heart really wants to say “Yes”? What’s on the “other side” that’s calling for that “Yes!” from you?

Or, to broaden the invitation to this gathered community, what’s on the other side of the bars for UUCM? What is the deep collective longing at the heart of this community that calls members beyond a near focus on this side of the bars, to what’s on the other side?

When I began serving UUCM almost nine years ago, a Unitarian Universalist congregation like this one could be, essentially, a nice, insular group of people gently exploring life, hanging out together, and doing generally nice, sometimes



even courageous, things. The choice to be part of such a community at all, and the invitation to go deep together, was present, but felt...optional. That spirit held for about two months, and then in the fall of 2016 we entered the past nine years’ worth of world-shifting “unprecedenteds.”

Today, communities such as this one, centered in values that invite and cultivate a wide embrace and meaningful personal and spiritual growth, feel not merely vital, but essential to a future that inspires us. As we explore freedom together this month, may we explore not merely our freedom from, but also our freedom to.

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

*Taylor Carey, President,
UUCM Board of Trustees*
President@uugrassvalley.org

This is my last “President’s Column.” I have enjoyed my time as Board President more this time around than last. It’s hard to explain why. Maybe I learned something between then and now.

By the time that most of you read this column, our Congregational Business Meeting will be history. Your votes will have infused the Board of Trustees with two new Members at Large and a new President and Vice President. I can assure you that you will be pleased with your votes. Every candidate is worthy of your confidence.

For the first time in anyone’s memory, the At Large positions will have more candidates than seats. That means, of course, that someone, well, two “someones” may come away disappointed. Please don’t be. Recall that barely a year ago we were begging for people to serve on the Board. No one voted for me, either. I volunteered, but I’m the one who has been writing the President’s Column for the past 12 months. If you want to serve on the Board, be patient, your chance will come.

In the meantime, consider other ways of participating: look into serving on one of the Board committees, for example. Committees, whether standing or ad hoc, undertake duties, tasks, and projects under Board direction. They are chronically understaffed and offer excellent opportunities to engage in important matters within the Board’s responsibilities.

I also urge you to strongly consider serving on the Nominating Committee. The NomCom plays an essential role in the UUCM governance structure. The Board does not choose candidates because doing so would present a conflict of interest. Although it can consult with NomCom about the committee’s progress, it has little or no authority beyond that. NomCom is the net, screen, and filter for new candidates for Board service.

Finally, I want to thank you, members of the UUCM family, for giving me the honor of serving as Board President this past year. I’ve enjoyed it enormously, far more than I anticipated when I offered my tentative, ambivalent, and vacillating self for the job. I’m glad I did. It was fun and enlightening. I leave office knowing that our beloved community is in good shape fiscally and that the Board of Trustees is in very good hands for whatever challenges lie ahead.

-Taylor

UUCM BOARD OF TRUSTEES

JULY 2024 - JUNE 2025

Taylor Carey	<i>President</i>
Carol Richey	<i>Vice President</i>
Gail Schulz	<i>Treasurer</i>
Lin Jovanovic	<i>Secretary</i>

Members at Large:

Chuck Champlin, Jeff Gold & Charlene Dugan

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. 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.



Treasurer

Gail Schulz, Treasurer
UUCM Board of Trustees
Treasurer@uugrassvalley.org



Membership

Laura Harter
Chair, Membership Team
membership@uugrassvalley.org

It Would be So Lovely, if –

By the end of June, all of our bills were paid, and all our income for the fiscal year 2024-25 were received. So, with that aim before us, please turn in any receipts for reimbursement or invoices to be paid by June 15, and please try to complete your current year pledge payments, **if at all possible**, by June 30, 2025.

I'd love to start the new fiscal year on July 1 with a clean slate and not have to spend lots of time on clean-up! Thanks in advance for your cooperation, and thanks so much for your continued support of UUCM.

- Gail Schulz



Endowment

Kathryn Young
Endowment Committee
Endowment@uugrassvalley.org

Simple Gifts Thank You

**Thank you to Carol Nimick and Jim Perkins
for their generous gifts to the Endowment Fund
to honor their birthdays!**

Simple Gifts are always a great way to honor special events in your life, or the passing of friends, family, and fellow UUCM-ers, or anything you feel like acknowledging with a special contribution.

We would love to talk with you about other kinds of Endowment Gifts, too. We have brochures and packets to give you more details on **Legacy Gifts**...please let us know if you would like one.

Wonderful New Member Ceremony

Our New Member Ceremony on May 18 was wonderful! Each new member brought a token for the altar to represent something about themselves and/or why they joined our community. They shared a few sentences about themselves and their journeys, some funny and some poignant. Welcome!



Starting on the left, please welcome:

Jax Peigare, Marlene Bottenfield, Viv Tipton, Betsy Hayden, Sandy Sturtevant, Patricia Wolfe, Joyce Wilson, Yvonne Bartlett, Carol Grant, and Ellen Goodwin. (Cliff Bottenfield was absent due to recent knee surgery.)

As always, if you have other questions or suggestions for the Membership Team, please email me at:
membership@uugrassvalley.org.

MEMBERSHIP TEAM:

Laura Harter, Chair,
Jim Bair, Laurie Bell, Ruth Edwards,
and Susan Merrill





Words from the Worship Team

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



Freedom!

What comes first to your mind when you see this word? For me, it was that feeling I had when I was a kid on the last day of school. Now, I liked school, but that last day, with the whole summer stretching out ahead of me . . . well, I don't think I have ever experienced that feeling as an adult.

Like most things, somehow freedom seems to have become a lot more complicated over the years, and on all levels: for an individual, for a responsible member of society in general, for our country, especially at this time. Our June services will explore *Living Love through the Practice of Freedom* from varied angles and perspectives. You'll hear from some UUCM folks and another UU minister in addition to Rev. Kevin.

Anything you'd like to share on the topic? Let us know right away and we'll see where your thoughts and concerns might best fit in with one of the services. The Worship Team always loves feedback and suggestions. So, feel free!

**Seeking possible Tapestry Speakers for the June 22 service.
Now's your chance!**

THE SERVICE TITLE AND DESCRIPTION ARE:

Freedom From, Freedom To, and Freedom to Be

The Oxford English Dictionary defines freedom as "the power or right to act, speak, or think as one wants without hindrance

or restraint." Freedom can be viewed through many different lenses, and in this service, we will hear reflections from members of our community on aspects that are meaningful to them.

Below are some questions and reflections to prompt you. Feel free to speak to one or more or come up with your own angle.

1. Do you have a story about being freed in your life?
By love, by an event, by someone?
2. Has quitting ever set you free?
3. June is also Pride Month and includes Juneteenth.
Do you have something to share on these topics related to freedom?
4. What do you value about freedom in your life?
5. What do you know now about freedom that you didn't know when you were younger?
6. What freedoms are worth fighting for?
7. Is America a free nation?
8. Can you be free and still bound to others?

If this Tapestry service speaks to you, please respond to Cheryl and Elizabeth Rose with your interest as soon as possible.

- Cheryl and Carol

Monthly Evening Service



Join us for an Evening Contemplative Service

SECOND THURSDAYS OF EACH MONTH,
7:00 TO 8:00 PM
GENTLE MUSIC BEGINS AT 6:30 PM

This month's service: **Thursday, June 12 at 7:00 PM**

It's a simple but moving service. We will sing hymns, join in meditation, and take part in a Joys and Sorrows ritual where all are welcome to share aloud with the group the joys and/or sorrows in their hearts that night.

Upcoming Services

Continued from page 1...

and in this service, we will hear reflections from members of our community on aspects that are meaningful to them.

June 29 Free Association
Tracy Pepper and Randy McKean, Worship Associates, with members of the UU Writers Group

The desire to share our stories—to express our thoughts and ideas—is a fundamental part of being human. This Sunday, members of the UU Writers Group will share their work and reflections on the creative process. Together, we'll explore how this often-solitary art form can also serve as a communal spiritual practice.



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,
Anne Lyon, Cheryl Morris



Lay Pastoral Care Team

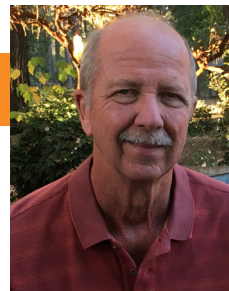
Are You Facing a Life Challenge?

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 Grant, Sue Gregory, 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



Art and Aesthetics Team

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

Check Out our New Exhibit!

I hope you all got the chance to see Phil Horning's beautiful paintings and, if you were lucky, to hear some of the stories behind the paintings. Thank you, Phil, for sharing your time, effort, and talent with the congregation; it's always a pleasure to walk into the UUCM library and see such an array of beautiful work. For those of you who don't know, Phil is also our designated art-hanger and wall-fixer. So many thanks, Phil, for a job well done.

I am pleased to announce that beginning in June, our newest exhibit will feature the lovely needlework of Gail Schulz. In her own words, here is the story of Gail's art journey:



Meet Gail Schulz

"I started needlework when I was 5, just the cross stitch on stamped pillow cases, taught to me by my grandmother. I enjoyed it, but did not keep it up.

Years later, in about 1993, I was doing a lot of trips to London on business. One day I wandered into Harrod's and saw a display of needlework kits. Since I did not like to watch movies on those trans-Atlantic flights, the light bulb went on, and I bought a small kit that I could work on the plane. I really found it relaxing.

When I retired in 1997, we moved to Charleston, South Carolina. And I saw a notice in the local newspaper about a meeting of the local Needlepoint Guild, and I promptly went. They were getting ready for a class with a visiting teacher, and I was fascinated. I realized that there were techniques I needed to learn, and all kinds of challenges to take on. That was the real beginning.

I quickly realized that I love to do complex pieces and projects. It seems that the same part of my brain that thrived on dealing with complex regulatory systems as a lawyer would also thrive dealing with complex designs and projects. I'm still at it, and I love the challenges, the work with color, and the sense of accomplishment."

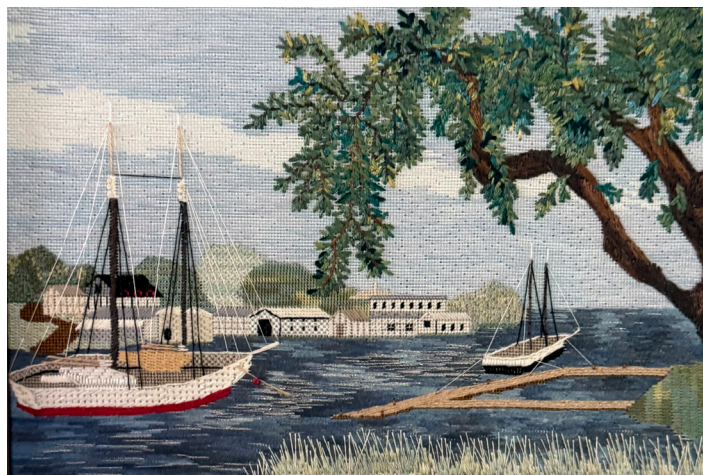
- Gail Schulz



Gail Schulz ART EXHIBIT

UUCM LIBRARY
GALLERY
STARTING IN JUNE

RECEPTION TO BE
ANNOUNCED



Special Feature

Ready, Set, Go! A Profile by Jenny Dewey

Overwhelming concern following the election drove Sandy Sturtevant to look for a lifeline, a way to find connection and preserve peace of mind in times of turbulence and fear. A friend said, "Maybe you need a community, so you don't have to go through this alone?"

After some research Sandy discovered a place where church does not follow any specific religion. This place turned out to be UUCM. From the moment Sandy stepped through the doors she found what she wanted, needed, and had been searching for.

From the start there was little hesitation because Sandy realized, in her own words, "You don't have to do a thing. Just be yourself. The community welcomes you."

In a conversation with Ruth Edwards of the Membership Team (Sandy calls Ruth a "spitfire"), Sandy received guidance and reassurance, a clear sense of being in a safe place with trustworthy people.

Starting Point class provided a launch pad, motivating Sandy to investigate all possibilities available at UUCM. Once launched, she left nothing untried. In her all-out effort exploring possibilities, Sandy exhausted a few, found some didn't work, and embraced others. She discovered her "comfort zones." She has described the importance of a strong foundation on which to build trust and make connections that feel like family. Once trust has been established there is no holding back.

And Sandy has not held back.

For twenty-three years Sandy was an elementary school teacher. She taught second graders. Her approach to teaching was unique. She did not follow strict curriculum guidelines. Instead, she taught the basics, reading-writing-and-arithmetic, by taking everything she'd learned from the best people in her life and bringing this to her classes.

One example: The kids learned about photosynthesis by planting a garden together and seeing how sunlight is food for what springs up out of the ground.

Sandy has a multitude of "favorite things to do." She and her husband, Mario, are taking swing-dance lessons. She is learning to play the guitar. She attends writing sessions and an introduction to graphic design. She is learning about watercolors. She hikes and goes on walks with the UUCM walking group. In Sandy's words, "I love to learn." This accounts for the Ready-Set-Go aspect of her life, her personality, and what she brings to the UUCM community. "I'm busy," she says. "But I'm not just busy. I am doing things I truly enjoy."

We live in precarious, even treacherous, times. What comes next is anybody's guess. Knowing a place where we can go and be welcomed for who we are is a gift. One more eager member of this place, this community, is also a gift.



Sandy Sturtevant enjoying a fun day at the Nevada County Fair



Ruth Edwards
UUCM Historian

UUCM History Corner

What is in a Name?

MISSION STATEMENTS AND FINANCIAL SUPPORT

The group interested in creating a church in the Grass Valley/Nevada City area in June 1995 had 34 signers and pledgers. It was now time to choose a name for this new organization. The term 'organization' rather than 'church' is used since it was not clear what this body was going to be named. The Unitarian Universalist Association did not have strict rules about naming: church, society, community, or nothing at all were acceptable. SFUU, the group in Auburn was simply the Sierra Foothills Unitarian Universalists. Already various names were used since the group first met in January of 1994. Some of the names appearing in print in 1994-1995 were Northern Lights, Sierra Foothills Unitarian Universalists North, Unitarians in Nevada City-Grass Valley, Unitarian Universalists of/in Nevada County, and Nevada County Unitarian Universalists. Finally in late May 1995, three names were proposed to the members: First Unitarian Universalist Society of Nevada County, Unitarian Universalists of the Mountains, and Unitarian Universalist Community of the Mountains. UU Community of the Mountains was chosen.

THE MISSION STATEMENT

The next step was the Mission Statement (Purpose) and the By-Laws. The discussion of a mission statement began in the Planning Committee Meeting on March 29, 1995. The following statement was used to introduce a brainstorming session on the creation of a Mission Statement: "We are an intentionally diverse religious community coming together to support each other's spiritual journey." In May, five versions of the Purpose were presented.

When the By-laws were approved in August the words describing the Purpose were as follows:

UUCM's MISSION STATEMENT IN AUGUST 1995:

"The purpose of our Community is to foster liberal religious living through worship, study, service, and fellowship. We seek the enjoyment of religion founded upon devotion to individual freedom of belief. Relying upon reason as our guide, and upon freedom as our method, we seek to grow in understanding of ourselves and of our world, to promote and serve the universal human family."

The By-laws will be examined in greater detail in future articles.

FINANCIAL SUPPORT

UUCM needed financial support beyond its initial \$500 from the UUA. The only income beyond the \$500 grant was the Plate at the Sunday services. John Church submitted an Application for New Congregation Organizer Grant in the amount of \$1,000 on May 25, 1995. The grant was approved, and a \$1,000 check was received in July.

By the end of June, the name had been officially accepted, the By-Laws were being written, and financial support was on its way from the UUA. Services were being held at the Madelyn Helling Library twice a month on Sunday afternoons. Speakers were planned through

the summer. Religion Education consisted of one teacher and between four and eight students at each service. The future was looking very bright.

Our UUCM history continues in next month's article in the Mountain Chalice.

— Ruth



The Unitarian Universalist Community of the Mountains!

Justice News and Activities



Nisenan News

By Eileen Hale

On behalf of the Team-Formerly-Known-as-the-Nisenan-Task-Force, I wanted to let you know about some of the beautiful and exciting stuff going on with the NCR Nisenan Tribe.

Besides the healing of the land and visioning and creating housing and communal space that is under way at Yulic'a (including tribal members' time spent doing art in their new workshop space), one of the other big projects that's been going on is work on the Nisenan Cultural Reclamation Corridor (NCRC) and the Deer Creek Tribute Trail.

In 2018, with support from The Sierra Fund and the California Natural Resources Agency, CHIRP (the non-profit arm of the NCR Nisenan) acquired a 32-acre parcel along Deer Creek on behalf of the Tribe. The NCRC was developed as a publicly accessible segment of the larger Deer Creek Tribute Trail system, integrating tribally informed land management practices, environmental remediation, and public education.

If you'd like to learn more about this -- to me, it's both interesting and exciting -- you can find it [HERE](#). On this page you can also sign up to receive CHIRP's newsletter and/or emailed announcements and updates. CHIRP's latest email, evocatively titled "Seasonal Teachings & Signs of Return," talks about how wildlife is taking advantage of a landscape newly cleared of overgrowth -- with photos from a wildlife trail cam. There's also beautiful new artwork (available as a set of cards): Ginger Covert's final artistic collaboration through VTA (Visibility Through Art) with Sophie Wood Brinker. I'd be happy to forward this email to anyone interested.



IFM welcomes Spring! We're already working on our gardening plans. Many thanks to those who have so generously contributed to our **May Match Campaign!** There are still opportunities to contribute.

We still need volunteer food sorters, checkers and distribution drivers. Call Victoria at IFM - (414) 339-5855 - for information.

Share the Plate

UUCM's April Share the Plate recipient, [Child Advocates of Nevada County](#) received \$1,483, 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 May partner, [KARE Crisis Nursery](#).



Our June Share the Plate recipient is [Color Me Human](#). Led by a multi-racial, multi-cultural team, Color Me Human is "dedicated to celebrating and supporting under-resourced communities in our county. Our mission is to fearlessly fight systems of oppression and boldly champion equity and inclusion for all people, serving as a bridge to building a vibrant and empowered community. We strive to create a welcoming environment where the positive contributions of every individual are recognized and valued."

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



Hospitality House Donations

Our continued generous support of Hospitality House is greatly appreciated by the guests and staff! When you are enjoying refreshments after a Sunday service, take a peek into our Hospitality House donation bin - especially towards the end of the month. It is heartwarming to see how many items are in there!

Needed Items Are:

- Towels
- Twin Blankets and Twin Size Flat Sheets
- NEW Pillows
- NEW Toiletries - Shampoo, Conditioner, Razors, Soap)

For the most current update on their needs, please check their website: <https://hhshelter.org/>

Please leave donations in the designated bin in UUCM's Alcott (refreshments) room.

*Thank you for your generosity,
Laurie Bell & Keith Johnson*

Community Connections

WEEKLY @ UUCM

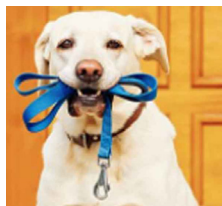
Subscribe to the weekly e-Chalice for Zoom links and phone numbers. If you need links, please contact our administrative assistant at Admin@uugrassvalley.org.

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



Make Connections at UUCM

Please contact the organizers if you are interested in joining!



WALKING GROUP

TUESDAYS AND THURSDAYS, OFF-SITE -

MEET EARLIER AT 8:00 AM

DUE TO SUMMER HEAT

Email Walking@uugrassvalley.org

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, Siobhan (Admin@uugrassvalley.org) to include you on our walking group mailing list so you can hear about 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



WOMEN'S GROUP

MONTHLY POTLUCK -

SECOND MONDAYS, 6:00 PM

AT UUCM

Our next meeting is **Monday, June 9 at 6:00 PM at UUCM**. We will be having a potluck and then a

presentation by Tara Kelly, the owner of Brain Body Balance Fitness in Nevada City. She came last year and lead us in some fascinating exercises that were specifically targeted to gain strength, improve balance and increase brain function! Dress comfortably and please consider bringing a little cash so we can pass a gratitude basket to give to Tara for her time and expertise.

For reminders and RSVPs, join the Women's Group email list by sending an email to our Administrative Assistant, Siobhan Boylan, at: Admin@uugrassvalley.org.

HUMANISM DISCUSSION GROUP

FIRST WEDNESDAY OF EACH MONTH AT 10:45 AM

Our next meeting will be on Wednesday, June 4, at 10:45 AM at UUCM, and our topic is: **An article from The Atlantic titled "How Progressives Froze the American Dream" which discusses why Americans stopped moving houses and why that's a big problem.**

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.

Our group's purpose is to connect and intellectually explore the issues that touch our daily lives through Humanism's values and principles. Humanism emphasizes ethical living, critical thinking, and social justice while aiming to inspire compassionate action and mutual understanding.

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 would like to take part via Zoom, request the link by emailing Humanism@uugrassvalley.org.

(Please view the UUCM website calendar for the most up to date meeting info.)



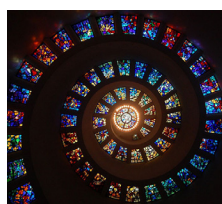
ARTS & CRAFTS CIRCLE

SECOND & FOURTH FRIDAYS,

1:00 TO 3:00 PM

AT UUCM -ALCOTT (REFRESHMENT) ROOM

Come and meet with other UUs on **Friday, June 13 and 27** at 1:00 PM to work on your own art or craft form! Enjoy each other's company while working on independent projects. No teacher or facilitator. Contact: arts-n-crafts@uugrassvalley.org



SPIRITUALITY SHARING CIRCLE

FOURTH SATURDAYS, 2:00 - 3:30 PM,

ON-SITE AND VIA ZOOM

Questions? Need a Zoom link? Contact: Spirituality@uugrassvalley.org

Soul Matters Circles



*Make Deeper Connections –
Join a Soul Matters Circle
Here's what some of your
UU family say about their
"Soul Matters" Circles...*

*"Each month as I am befriending the people in my
Soul Matters Circle, I am also befriending myself – such
synchrony and alignment!"*

– Cheryl Spalding

UUCM is about connecting. Each Sunday we are guided by our sermon, poems, songs, and personal readings, through our monthly topic. We leave with a new understanding of the topic, looking forward to hearing a different version of the topic.

*"Soul Matters Circles help me connect with others,
myself, and this UU-thing. It's a treat!"*

– Laura Harter

Wouldn't it be wonderful to make a personal connection to the monthly topic and to seven other UUCM participants? Soul Matters Circles are circles of trust that encourage us to get to know ourselves and each other better, while strengthening our UUCM community. You share with your Circle members how the topic has affected you, and practice deep listening. There is no stronger connection than sharing and listening.

*"I love the trust, the safe haven, the discussions about
the topic, and the opportunity to be with other people-
sometimes like-minded, sometimes not, but always
interesting."*

– Jenny Dewey

Our current Circles will be shuffled over the summer into new Circles and start meeting in September.

*"Soul Matters Circle has helped me to feel more
connected to the Sunday Services."*

– Gene Gilligan

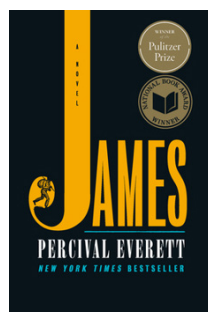
To join Soul Matters Circle,
please email Gene Gilligan
at soulmatters@uugrassvalley.org
or reach out on Sunday morning.

2nd Sunday Book Group

USUALLY THE SECOND SUNDAY OF THE MONTH AT 12:15 PM
IN THE CHANNING ROOM AT UUCM

CONTACT: BookGroupInfo@uugrassvalley.org

Our book group is reading an exciting variety of fiction and non-fiction this year. Join us for any or all of these discussions. We hold our meetings at UUCM after church on second Sundays at 12:30 PM in the Channing Room. You are welcome to bring a snack or lunch to these meetings. We also offer the option of joining by Zoom, but please give at least one week's notice so we make sure to have equipment ready to welcome you.



June 8, 2025:

James by Percival Everett

2024, 303 pages

Presenter: Judith Gropp

When Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan. Meanwhile, Huck has faked his own

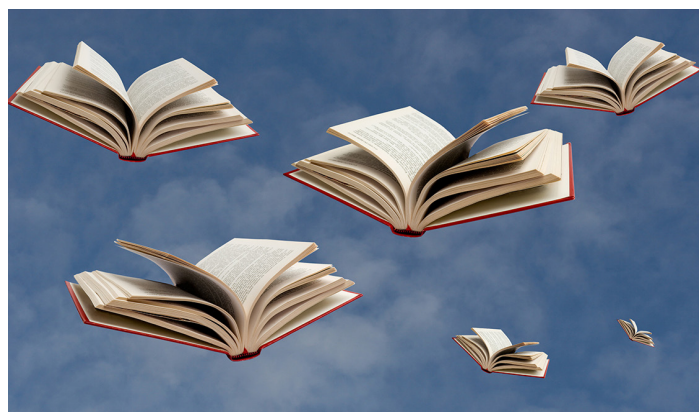
death to escape his violent father. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and unreliable promise of the Free States and beyond.

Brimming with nuanced humor and lacerating observations that have made Everett a literary icon, this brilliant and tender novel radically illuminates Jim's agency, intelligence, and compassion as never before. James is destined to be a major publishing event and a cornerstone of twenty-first-century American literature.

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

Meeting ID: 927 1111 8322

Passcode: 472984
.....



Silence and Listening

By Cheryl Spaulding, Family Ministry Team Member

Over the last five months in Kids' Connection, we have been exploring the twin themes of silence and listening. Our choice of these themes arose rather organically: some of the children were having a hard time listening while we were reading the day's selected story to them. The challenge with listening seemed most directly related to their inability to settle into silence. So, we decided to address the children's behavioral challenges by exploring notions of silence and listening in the very readings and lessons that required some modest level of silence and listening from them to be successful.

I remember the day in January when I first asked the question, "Does anyone know what silence is?" We had a group of mostly younger kids that day (ages five and below), so I was not surprised that nobody had anything to offer. But silence is a concept easily explained and demonstrated, and they caught on quickly. We followed that discussion with a short meditation I had used with them before. Now, however, I was deploying it more strategically to help connect physical practice to the concept of silence that I had just introduced.

To begin this meditation, we all, adults and children alike, put one hand up in the air. Then, I played a loud bong sound, one that gradually faded away. When we could no longer hear the bong sound, we put down our hands. The hands do not all come down at the same time. I have noticed that we 70-somethings tend to put our hands down before the children put their hands down. Hmmm...? Once our hands are no longer in the air, we sit in silence for as long as we can, until somebody just has to talk. I am

reluctant to admit that sometimes that person who just must break the silence is me!

A few months after that initial introduction to silence, mostly as a spiritual practice in meditation, Lindsay helped the children draft their own Covenant of Right Relations, just like the one we adults use to guide our ways of showing up for and being in relationship with each other. This activity offered a very practical opportunity to advance the children's thinking and experience with our twin themes of silence and listening. One of the items in the children's draft covenant is that we should listen to each other, especially when we are speaking from our hearts, as we do when we are sharing our joys and sorrows. Building this reminder into our weekly joys and sorrows

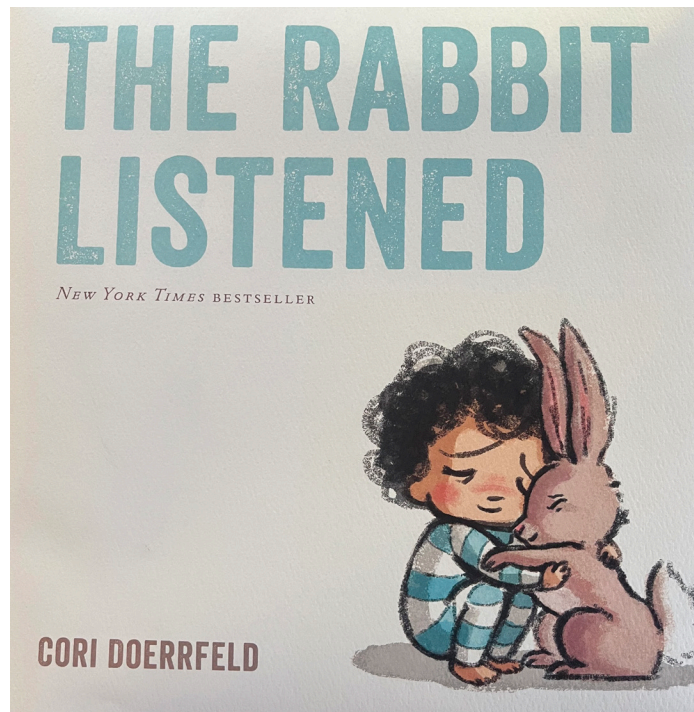
ritual gives this commitment to silence and deep listening a prominent and valued place in our upstairs children's service each Sunday.

Our children are obviously growing, spiritually and socially, in their appreciation for the importance of silence and listening. Since that first day in January, when I asked a simple question about the nature of silence, I have tried to address the silence and listening theme each time we meet, often by reading a book that touches on issues related to these themes.

My favorite book, one that is resonant with our UUCM commitment to deep

listening, is *The Rabbit Listened*. Its message is that when a friend is in distress (such as when our friend's big and beautiful creation made from wooden blocks unexpectedly falls to the ground), the best way to help is not to tell that friend how to feel or what to do. Rather, the way to help, the rabbit's way, is to just sit with our friend in silence while they process their loss, recover their equanimity, and ultimately make their own plan for how to move forward. What a lovely reminder of the healing power of silence and listening.

-Cheryl





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 - 12:30 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*