

the Mountain Chalice



Unitarian Universalist Community of the Mountains

October 2026

UPCOMING SERVICES

Our Sunday Service is at 10:00 AM
including Onsite **and** Zoom **and** Kids' Connection.

*If you've been exposed to Covid, RSV, the flu, or
are just not feeling well, please attend online.*

LINKS FOR ZOOM SERVICE AT 10:00 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 ...

OCTOBER THEME: COURAGE

**October 4 The Power of Covenant:
Going Deep and Holding On**
Rev. Cat Cox, with Rev. Kevin Tarsa
and Sarah Joy Blum, Worship Associate

*What does it mean to be "in covenant" together, as a
congregation and as an association? What does covenant offer,
and what does it require of us?*

*Let's explore how covenant, different from either contract or
creed, both calls forth the best from us and offers compassion and
care when we fall short.*

*Rev. Cat Cox joins us via Zoom to offer the sermon. Rev. Cat is a UU
community minister and spiritual director offering companionship,
deep listening and guidance in creating a fulfilling, meaning-
centered life. Her services are available to individuals, couples,
clergy, congregations, communities and leaders.*

*Contact Rev. Cat through her website, www.thepathofjoy.org or
email her at Revcat1213@gmail.com.*

October 11 Beyond Multiple Choice: The Journey Home
Rev. Kevin Tarsa with Marlene Bottenfeld and
Rod Tayler, Worship Associates

*Evolving Unitarian Ralph Waldo Emerson wrote that "To
be yourself in a world that is constantly trying to make you
something else is the greatest accomplishment." Or as Riley
Cavanaugh put it, "People are complicated. And messy. Seems too
convenient that we'd all fit inside some multiple-choice question."*

*On this National Coming Out Day, we celebrate the human
journey to be who we are.*

October 18 Dear Fear...
Rev. Kevin Tarsa
with Rancy McKean, Worship Associate

*Buddhist insight teaches that trying to run away from our fears,
or otherwise trying to avoid them, only increases our suffering
and others' suffering. Plus, it strengthens our fears! Drawing on
the wisdom of Thich Nhat Hanh and Pema Chadron, we'll at least
consider the possibility (Gulp!) of befriending what frightens us.*

October 25 Take Courage, Friends!
You with Rev. Kevin Tarsa and
Carol Nimick, Worship Associate

Description on Page 3...

► INSIDE THIS ISSUE ◀

Item	Page
Upcoming Services.....	1
From the Minister	2
Save the Date: Power of Covenant Workshop.....	2
Board of Trustees	3
Words from the Worship Team	3
Parish & Lay Pastoral Care Teams	4
Endowment	4
Art & Aesthetics Update.....	5
Membership and Hospitality	6
Special: Midnight Cat by Jennifer Dewey	7
Justice News and Activities.....	8-10
Share the Plate	9
Community Connections	11
Choir and Upcoming Concert.....	12
Book Group	12
Family Ministry	13
Info and Office Hours.....	14



Rev. Kevin Tarsa
UUCM Minister

From the Minister

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

October 2026

"Take courage, friends!"

That's how we'll end the month on October 25, not long before the midterm elections and after exploring the courage inherent in the practice of making covenants with one another (October 4), after honoring the courage it takes to be fully who we are (October 11), and after considering the possibility of befriending our fears (October 18). Come to think of it, that will be a message all month long, in one way or another.

"Take courage, friends!" Oh, that's a message I want to hear these days. Something meaningfully heartening as well as deeply honest. I don't want easy reassurance, I want hope that's offered with integrity, recognizing that sometimes hope arrives in the form of acceptance.

As wise people point out, courage is not the absence of fear, because if there is no fear, there is no need for courage. No, one of the pieces of music we'll include in the October 4 services gets closer to the truth of courage: *"Feel your fear. Do it anyway."*

As I take in the lives and concerns of the people around me, and as I notice my own inhibiting fears, the need to learn how to feel our many kinds of fear and still be willing and able to move in some way – to do something anyway – feels very important. This is one of the reasons that finding and continually creating community matters. This is where we support each other in practicing our courage for the sake of our deepest truths and values as well as our own unfolding.

We are navigating the daily upside-down world of dangerous and destructive thrashings of political leaders. And that would be plenty. We are also navigating significant changes in health and life

circumstances, many of us, and changes of home, some of us. Members of UUCM are finding their way into a new identity as a larger community with more possibilities and responsibilities, looking for personal anchor points in an evolving congregation with still-empty walls and an ongoing, gradual moving in. Courage is a precious resource at any time, and especially while so much in our lives calls for it.

"Take courage, friends!"

'Cuz here's the bottom line: You are not alone.

That's the message all month long, too.
You are not alone.

With care,

– Rev. Kevin

Save the Date

The Power of Covenant Workshop

SATURDAY, OCTOBER 31 10:00 AM

SAVE THE DATE!

Join Rev. Cat Cox for a congregation-wide
Zoom workshop on

the power and the practice of Covenant,
building on the early October service.

Watch for more information in October.



Board Trustees

Charlene Dugan, President,
UUCM Board of Trustees
President@uugrassvalley.org

New Board of Trustees Elected

UUCM's Board of Trustees, elected at the Community Business Meeting on August 30, held their first meeting on September 16. New and continuing trustees include Charlene Dugan, President; Jeff Gold, Vice-President; Mark Grove, Secretary; Carol Richey, Treasurer; and Trustees-at-Large George Dunstan, Gwen Eymann, and Lin Jovanovich.

Discussion centered on clarifying guidelines for decision-making (such as whether to accept or decline certain kinds of donations) and establishing processes for major projects such as repair and renovation of our building and grounds. These conversations will continue throughout the fall, as well as the development of a Building Use Policy to ensure that the events we hold are in compliance with our non-profit status and our use permit. The board is planning a one day retreat in early October to focus on setting goals for this year. Look for a report on that in the November issue of the Mt. Chalice.

The Board meets on the third Wednesday of each month at 1:00 PM, in person at UUCM. We welcome visitors and guests, and a Zoom link is always available. Please come join us

Thank you,

- Charlene

UUCM BOARD OF TRUSTEES

JULY 2026 - JUNE 2027

Charlene Dugan	President
Jeff Gold	Vice President
Carol Richey	Treasurer
Mark Grove	Secretary

Members at Large:

George Dunstan, Gwen Eymann, and Lin Jovanovic

Board meetings are open to all members and friends starting at 1:30 PM on the third Wednesday of each month.

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

Worship Team

By Marlene Bottenfield, Worship Associate

Courage can be found in many different parts of our lives, often in unexpected places! Life has a way of waking us up to inner growth through opportunities to face life courageously. This month our Soul Matters packets will guide us through just such opportunities.

One of my favorite parts of being a worship associate is the worship team's Soul Matters packet. Often close to 30 pages long, it gives us the opportunity to dive deeply into each month's topic. It shares words of wisdom and insight, writers' hopes and observations, famous words and quiet, softly spoken words – all opening the door to deeper understanding, to dare us to be our best.

Each of us needs courage to live to our greatest potential. What will you step out and do courageously this month?



Soul Matters Themes for 26-27

September:	Beginnings
October:	Courage
November:	Healing
December:	Awe
January:	Thresholds
February:	Commitment
March:	Balance
April:	Emergence
May:	Play
June:	Horizons

UPCOMING SERVICES

October 25 Service Description, continued from Page 1:

The word courage, from the word for "heart," entered the English language meaning, broadly, all that what one is holding in one's mind, thoughts, or feelings. Whew. These days, that's a lot. Within 100 years, "courage" had come to mean bravery or valor. Here, approaching an election day and given all that's stirring in the world, we start where we are, and together look for the courage that serves in this moment.



Parish Care

Gwen Eymann
Coordinator, UUCM Parish Care
Caring@uugrassvalley.org

WE ALL NEED EXTRA CARE SOMETIMES ON OUR JOURNEY THROUGH LIFE.

UUCM Parish Care 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 volunteers also send cards of caring and celebration, make friendly phone calls and visits, and assist 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 Volunteer Survey](#) to identify tasks you would be willing to do on occasion. The Parish Care coordinator 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



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 Grant, Sue Gregory, and Corrie Silva, or you can email the whole team:

LayPastoralCare@uugrassvalley.org



Endowment

Kathryn Young
Endowment Committee
Endowment@uugrassvalley.org



Simple Gifts

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. You can rest knowing that UUCM will continue to thrive into the future.



Art & Aesthetics Team

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

Starting From Scratch

You may have noticed the walls in our new church home are still mostly bare. Fear not! The Art and Aesthetics Team has been working on a plan for hanging art throughout the building. We've been evaluating the way the rooms are being used, where people tend to congregate, and the general vibe of the different spaces. We've been soliciting input from others in the congregation, realizing the church belongs to us all, and these decisions should not come from just our small group. Throughout the process, we've been adapting our proposal to accommodate the priorities and visions of other teams as they have changed and developed over time.

We've come up with the following vision of where and what, but like everything else in our church these days, it is subject to change.

ALL ROOMS—

Small, framed version of the values flower hung near the light switch. You may have noticed them already!

SOCIAL HALL—

Art exhibitions on the large wall opposite the outside doors. The first exhibit is planned for November; in the interim, Jill Banwell has strung up a clothesline where unframed art can be hung. If you have art to hang, please do so! If you are interested in loaning your art for a full-blown exhibit, please contact art@uugrassvalley.org to request an application.

MUSIC ROOM—

Depending on the developing vision of a chapel/meditation room, the three Barbara Hoyt paintings on the wall opposite the Memorial Tree or a changing display of appropriate art.

ADMIN CONFERENCE ROOM —

Artwork by members past and present. If you have your own original artwork (painting, quilt, framed needlework, photograph, etc.) you would be willing to donate for a semi-permanent display, please contact art@uugrassvalley.org. A binder with photos of the art and where possible, the artist, with information on the artwork itself — meaning, inspiration, media, etc. — is to be kept in the room. More on this to come.



OFFICE AND ENTRY —

Various awards and plaques, UU banner, and a poster of our values flower.

HALLWAY LEADING TO ADMIN AREA —

Banners that were created to represent monthly themes and were previously hung in the sanctuary and/or framed information about the history of Unitarian Universalism.

LIBRARY —

The Endowment poster and plaque (once it gets made), Nisenan related art and

information, possibly historical information.

RE HALL —

A poster of the teen mural.

ENTRY TO THE SANCTUARY —

Mission statement, recently hung. Placement of miscellaneous artwork to be determined at a later date and time.

Also in the works: plans for an annual fund-raising art and crafts fair to be held each fall, and the possibility of a make-your-own chalice challenge. Stay tuned for future updates!



Membership Team News

Laura Harter
Chair, Membership Team
membership@uugrassvalley.org

Membership “Facts”

This is my second to last Membership Team article before I step down as Chair on October 31.

ANNOUNCEMENTS FIRST:

We are excited that Circle Suppers are back this fall. For more information: see Theresa Houtman or Lisa Higbee, or email CircleSuppers@uugrassvalley.org.

Rev. Kevin plans to offer both **UU101** and **Starting Point** each month – check out the website or the eChalice for info, or call Siobhan or email startingpoint@uugrassvalley.org for the latest dates.

MY THOUGHTS ON MEMBERSHIP

I want to take a moment to share my thoughts about Membership at UUCM. What is membership? The dictionary says, “the fact of being a member of a group.” Well, that’s dry, obvious, and somehow discouraging. Belonging has more promise – “a deep sense of being accepted, valued, and safe as your true self within a group or place.” That’s more like it – I hear most of us say that community and belonging drew us here. How are belonging and membership different?

Becoming a member of UUCM is a process of curiosity, compassion, courage, and commitment. So does belonging. The first step to explore whether membership is right for you is taking UU101 and Starting Point. These workshops are engaging and meaningful fun; they provide rewarding connection as you explore your values, needs, and “spiritual” path. The next step isn’t a step; it continues as a process of imagination and action.

There is something magical about discovering UUCM’s welcome. It invites belonging, but let’s be real – this invitation asks us to visualize how we plan to show up and connect. It asks us to understand UUCM’s Covenant of Right Relations and Mission, and membership asks us to imagine and declare a plan for contributing to life at UUCM.

Before we make membership an “official fact” by signing a Pledge Form and the Membership Book, we meet with Rev. Kevin to talk over our pledge and action plan. There is room in our commitment and our plans to change with our evolving needs. Signing the Membership Book is neither dry nor discouraging – it takes courage and an open heart – just like belonging. **Now that’s a fact.**

CIRCLE SUPPERS ARE BACK!

Circle Suppers are a way to make new connections and strengthen old ties by sharing a meal with a small group, usually in a host’s home. Meals can be a dinner, lunch, tea, brunch, or even appetizers and beverages – there are many creative choices for you! Hosts provide a main course, and guests are asked to bring other elements to enhance the meal. This fall, dinners will be held between October 22 and November 12.

Your Circle Supper Coordinators, Theresa and Lisa, are hard at work organizing hosts and setting dates. Once set, you’ll have 10-12 different events to choose from! Because Circle Suppers are about building connections, we won’t reveal the host, but instead guests will choose by cuisine, location, accessibility, and date/time. Guests will make a 1st, 2nd, and 3rd choice and will be able to tell coordinators and hosts about specific dietary, scheduling, and accessibility needs. The coordinators will review guest lists to make sure everyone has a good time.

Guest sign-ups will begin September 26. Lisa and Theresa will have paper sign-ups on Sundays, September 27 and October 4. Find Theresa or Lisa in the foyer or Social Hall. Guests can also sign up online beginning September 26.

Questions? Contact Lisa or Theresa at CircleSuppers@uugrassvalley.org.

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

Hospitality Team

The Kitchen and Social Hall keep on humming with activity. Join us in setting up and cleaning up; we think you know how. If not, email hospitality@uugrassvalley.org.

WANTED: A person to take pictures on Sunday of kitchen volunteers so we can put them in the newsletter. Your iPhone and two minutes will do the trick. We keep forgetting to take and share photos!

HOSPITALITY TEAM:

Shannon Dooley-Miller, Laura Harter, Leslie King,
Viv Tipton, Joyce Wilson

If you have any questions, contact us at hospitality@uugrassvalley.org

Midnight Cat by Jennifer Dewey

I was 8 years old when my sister's cat was murdered by a careless driver. The tragic event happened one summer night around midnight. I was supposed to be in bed by this late hour. My two older sisters were supposed to be in bed, too. Instead, we were wide awake hiding in the irrigation ditch (the ditch wasn't running that night) next to the cattleguard by the front gate to the ranch.

Our parents were having a huge party. Everyone we knew from around the valley came to the party. People parked along the fence inside the cattleguard. Hiding out in the middle of the night watching for bats or June bugs was something we did a lot. We'd never been caught.

One of my sisters had a cat she loved above all else. The cat's name was Four Roses, and for two reasons. One, she always had four kittens when she had a litter. Two, Four Roses was the name of my father's favorite whiskey. We always thought twice, or sometimes three or four times, about what name to pick for one of our cats.

We hid in the ditch for a long time, telling ghost stories, waiting for the cars to drive away. We never saw Four Roses walking toward us at the exact moment a driver rolled across the cattleguard, hitting her broadside and breaking every bone in her body.

My sisters dove into the poison sumac at the edge of the ditch, with me close behind. We never told the parents. We'd catch it for being in the ditch in the middle of the night, instead of tucked into our beds.

Many cats lived on the ranch. Four Roses was one of a herd, or flock, or bunch – however you say it. But she was my sister's favorite. We buried Four Roses in the cemetery in the plum orchard where there were tombstones for hundreds of tadpoles, one scorpion, lots of centipedes, and several frogs.

I spent days trying to find a way to console my sister.

We'd studied Egypt in school. I learned that Egyptians worshiped cats. If an Egyptian person killed a cat the punishment might be death. I'd never know who

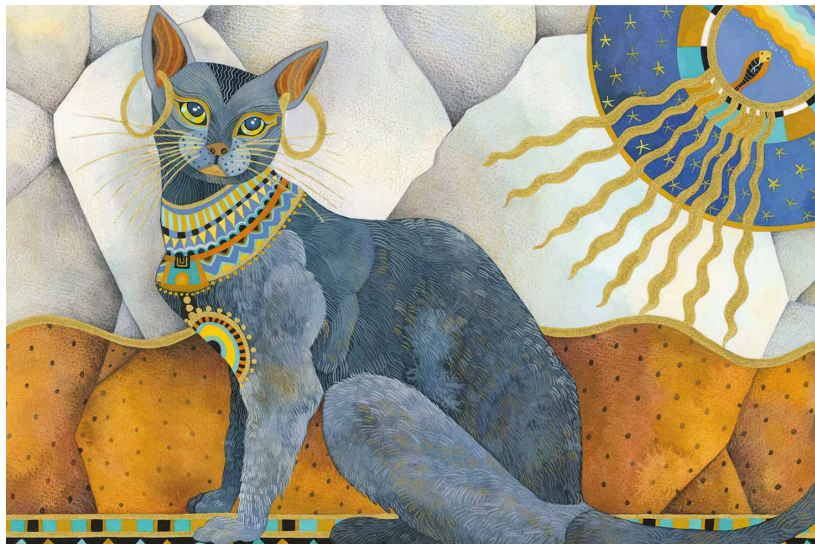
murdered Four Roses, so I couldn't punish the person. I decided to write a letter to my sister, the kind you don't mail but leave under someone's pillow.

I told her everything about how Egyptians worshiped cats. I wrote how Egyptians wrapped dead cats in fine linens with herbs and flower petals. How dead cats wore

earrings of precious jewels. Egyptians believed cats meowed to each other in Heaven and made friends.

My sister read the letter and cried. Finding out how Egyptians cherished cats and mummified them gave her a little peace. She asked if I believed Four Roses was blessed and if the Gods loved her as much as they loved Egyptian cats. I said yes to all her questions.

After she read my letter, my sister looked off into space and said, "I bet they put gold earrings in her ears."



Justice News and Activities

GREEN SANCTUARY TASK FORCE Support IFM Food Bank

WITH YOUR CRV ALUMINUM CANS, GLASS AND PLASTIC

By Paul Elias, Green Sanctuary Task Force Member

Here's an easy way to see that the bottle deposit you paid at the grocery store checkout, CRV, California Redemption Value, goes to benefit Interfaith Food Ministry, a UUCM Share the Plate recipient. Just drop off your CRV items* at Squirrel Creek UUCM when attending Sunday service, or if you can't sleep on any given night, the UUCM Resource Recovery Depot (AKA UUCM Trash Enclosure, south side of the parking lot) is open 24/7!

* As a reminder, CRV-only beverage containers, which include all alcohol and juice bottles.

P.S. Also accepting household food waste, (no plastic bags of any flavor please! It's no fun for Green Sanctuary "staff" to pick them out). This service is especially for Nevada City residents that don't have the WM weekly curbside service.





NexTrex.com
542-542-6930

NexTrex

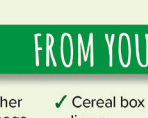
RECYCLE BEYOND THE BAG

Recycle your household bags & wrap into Trex's Earth-friendly composite decking and railing



FROM THE STORE

✓ Produce bags ✓ Store bags ✓ Ice bags



FROM YOUR PANTRY

✓ Ziploc® & other reclosable bags ✓ Cereal box liners ✓ Case overwrap ✓ Bread bags



FROM YOUR FRONT DOOR

✓ Newspaper sleeves ✓ Dry cleaning bags ✓ Bubble wrap ✓ Plastic e-commerce mailers

Plastics must be clean, dry and free of food and organic residue



Opioid Overdose Response & Naloxone (Narcan) Training at UUCM

SUNDAY, OCTOBER 4,
11:30 AM - 12:30 PM

Caring for our community, at UUCM and beyond.

Since 2020, opioid overdose has had a real impact on our Nevada County community. Join us to learn how carrying naloxone is part of being a compassionate neighbor. This training covers fentanyl facts/myths, local data and impact, signs of opioid overdose, how to respond to a potential overdose and the steps to use naloxone (Narcan), the life-saving opioid overdose reversal drug. Everyone can take home naloxone for their first aid kit. Your trainer is Jen Rhi Winders, MSW, co-founder of the Yuba Harm Reduction Collective and Know Overdose Project through Nevada County Public Health. www.knowoverdosenc.com

Register at: <https://forms.gle/uMMT3kn1FNws7nb77>

Opioid Overdose Response & Naloxone (Narcan) Training

with Jen Rhi Winders, MSW, of Nevada County Public Health's Know Overdose Project



Sunday
October 4th
11:30-12:30
@UUCM

FREE
NARCAN &
TEST
STRIPS

Boost your first-aid knowledge & learn:

- Signs of opioid overdose
- Facts about fentanyl
- Harm reduction tools
- How overdose has impacted our community
- Steps to use naloxone (Narcan), the life-saving anti-opioid overdose nasal spray



REGISTER
HERE:



MORE INFO CALL/TEXT 530.388.6364
www.knowoverdosenc.com

Justice News and Activities

Share the Plate

UUCM's August *Share the Plate* partner, [Interfaith Food Ministry](#) will receive \$1,237 thanks to the generosity of UUCM members, friends, and visitors. These weekly donations add up!

As of this writing, we are finishing up collections for our September partner, [Bear Yuba Land Trust](#)



Our October *Share the Plate* partner will be the [Spirit Peer Empowerment Center](#). SPIRIT Center is open at no charge to people facing challenges to their mental health. The Center supports social connection and basic needs with programs like support groups, a food pantry, housing navigation, health education, and peer-support networks..

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

Interfaith Food Ministry RECYCLING PROGRAM

For almost 40 years, IFM has provided supplemental groceries to those in need throughout Nevada County. Our mission is to feed the hungry and reduce food insecurity in our community. **Recognized for our impact, IFM was voted Best Nonprofit in Nevada County in 2024!**



PLEASE CLEAN YOUR RECYCLABLES BEFORE DONATING!

What We Accept

CLEAN CRV Beverage Containers (California Redemption Value):
Aluminum cans
Plastic water bottles and beverage containers
Glass wine, liquor, and beer bottles

CLEAN Plastic Containers

(Look for the number in the triangle on the bottom - use a magnifying glass if needed!)
Types 1, 2 & 5 (sort each type separately)
Type 1: Syrup bottles, plastic egg cartons, clear candy containers, coffee creamer bottles, some vitamin bottles
Type 2: Milk jugs, some vitamin/pill bottles, detergent bottles, toothpaste tubes
Type 5: Margarine tubs, cold cut containers, plastic lids

Other Accepted Items:

Clean paper & plastic grocery bags
Cardboard egg cartons

ALL PROCEEDS GO TO IFM!

Where to Donate

Peace Lutheran Church
Parking Lot
828 W. Main Street, Grass Valley

When to Donate

Last Saturday of every month
9 AM – 12 Noon
(Weather permitting)
2026 Dates:
1/31, 2/28, 3/28, 4/25, 5/30,
6/27, 7/25, 8/29, 9/26, 10/31,
11/28, 12/26

**PLEASE SORT CLEAN
ALUMINUM, GLASS, AND
PLASTIC SEPARATELY**



Voted Best Nonprofit in Nevada County in 2024!

IFM NEEDS VOLUNTEERS FOR:

Packing and Sorting: Tuesdays & Thursdays
Distribution: Fridays • Grocery Store Drivers: All days
Checkers: Most distribution days
Willow Valley Garden: Sunday afternoons & Tu/Th mornings
Data Entry: Mon/Fri from 11:00 AM – 1:15 PM
Traffic Control: Especially needed as the holidays approach.

...

"DRIVE THRU FOOD DRIVE" AT TWIN CITIES CHURCH

EVERY FOURTH FRIDAY OF THE MONTH

Friday, October 23, from 8:00 to 10:30 AM.

11726 Grass Valley Hwy., Grass Valley

Food can always be dropped at IFM. Volunteer your time and help local families, seniors, and individuals experiencing food insecurity. Financial contributions are always appreciated.

...



UUCM WORK GROUP

The UUCM Work Group for IFM meets every second Tuesday of the month from 2:00 - 4:00 PM at IFM.

This month we meet on Tuesday, October 13.

If you would like to be a part of this fun and worthwhile project, please contact Paul Elias or Karl Snyder at:

justice@uugrassvalley.org.

NEXT DONATION DAY: Saturday, October 31, 2026

Nisenan News

By Eileen Hale

A couple of months ago I wrote, here in the Mt Chalice, about the NCR (Nevada City Rancheria) Nisenan Tribe's Ancestral Homelands Reciprocity Program (AHRP), to which both I and UUCM, and many of our members, are enthusiastic contributors.

But what if either you can't afford a monetary donation, or you'd like to help in other ways, or you'd like to help in other ways in addition to donating?

There are definitely other ways to support the NCR Nisenan. The [Action Page](#) on their website lists four categories of support. One is the financial aspect, AHRP, already discussed. The other three are: Support sovereignty and reintegration, which talks about the tribe's ongoing effort to regain federal sovereignty, and how we can help with that; Create community, which talks about some ways you can volunteer with the tribe; and amplify Nisenan visibility, which you can do by learning about the tribe and its history, and then sharing what you've learned with others you come into.

Volunteer opportunities may include event support and tabling, research assistance, advocacy and policy writing, and other forms of skill-sharing identified by the Tribe and HUŚWEJ. There's a link on the [Action Page](#) that you can click to sign up to volunteer with the Tribe.

Here's what they say under the heading of amplifying Nisenan visibility:

- Visibility is not symbolic – it is structural.
- Amplifying Nisenan visibility means helping ensure that Nisenan history, presence, and leadership are recognized as living and ongoing, not confined to the past.
- This includes challenging erasure, sharing accurate information, and supporting the reintegration of Nisenan leadership into institutions, public narratives, and community spaces.
- Beyond land acknowledgements, this work asks us to consider how Indigenous leadership can be meaningfully included in regional planning, education, environmental stewardship, and cultural life. It is an invitation to normalize Nisenan presence as foundational to the region's past, present, and future.

Nisenan Heritage Day 2026:

nišek huśwej "our wish"

SUNDAY, OCTOBER 11, 2026 FROM 12:00 - 4:00 PM
MINERS FOUNDRY, 325 SPRING STREET, NEVADA CITY

Join the Nevada City Rancheria Nisenan Tribe and HUŚWEJ for our 17th annual Nisenan Heritage Day. Together, we'll celebrate Nisenan culture and the Nevada City Rancheria Nisenan Tribe's history and future in their Ancestral Homelands.

The event will include educational panels, resources, discussions, and presentations. For more information, click here: [Nisenan Heritage Day 2026](#)

Exploring Nisenan learning resources, and displaying a Land Acknowledgement, are two ways to help amplify Nisenan visibility - and there are two buttons in this section to make it easy to do either of those.

But also, helping educate our community about the Nisenan is a big part of the UUCM Nisenan Team's mandate. So, you can also come to us with questions. In fact, that would be great - not only so you can learn more, but also so we can learn more about the state of our community's understanding and see what gaps may need to be filled. You may come up with questions we haven't thought of.

We, the Team, are here, in part, to help take some of the burden of educating the broader community off the shoulders of the tribe.



*Hospitality
House
Donations*

Currently, Needed Items Are:

- Men's Casual Pants
- **New** Men's Combs
- **New** Women's Hairbrushes
- Men's Deoderant
- Twin-Size Fitted Sheet, Pillow Cases & Blankets
- **New** Pillows
- Towels

The most current update on their needs: <https://hhshelter.org/>

Please leave donations in the designated bin at UUCM.

Thank you for your generosity, Laurie Bell

Community Connections

WEEKLY @ UUCM

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

Make Connections at UUCM

Please contact the organizers if you are interested in joining!

WALKING GROUP

TUESDAYS AND THURSDAYS, OFF-SITE - **MEET AT 8:00 AM**

Email Walking@uugrassvalley.org

We meet on **Tuesdays** at the Wolf Creek Trail/Northstar Mining Museum parking area, and on **Thursdays** at Condon Park at the parking lot between the pavilion and the Miner's statue. Be sure to ask our Office Administrator Siobhan (Admin@uugrassvalley.org) to include you on our walking group mailing list so you can hear about last minute changes.



ARTS & CRAFTS CIRCLE

EVERY FRIDAY, 1:00 - 3:00 PM

AT UUCM - SQUIRREL CREEK RD.

arts-n-crafts@uugrassvalley.org

Come and meet with other UUs to work on your own art or craft form! Enjoy each other's company while working on independent projects. No teacher or facilitator. (If no one shows up by 1:15, Admin will assume group is cancelled, lock the doors, and go home for lunch.)

SINGING MEDITATION CIRCLE

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

Contact SingingMeditation@uugrassvalley.org

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



WOMEN'S GROUP

MONTHLY POTLUCK -

SECOND MONDAYS, 6:00 PM

AT UUCM SOCIAL HALL

Our next meeting is Monday,

October 12 at 6:00 PM.

After our potluck, Anita, a friend of Shanti's is going to offer an art project! More details to follow.

Look for updates and RSVP your potluck items through the Women's Group email list which you can join by emailing a request to our Office Administrator, Siobhan Boylan at: Admin@uugrassvalley.org.



HUMANISM DISCUSSION GROUP

SECOND WEDNESDAY OF EACH MONTH AT 10:45 AM

Our next meeting will be on Wednesday, October 14 at 10:45 AM at UUCM Squirrel Creek, Conference Room 129.

We will continue with the 10-session UU Humanism Discussion Series.

SESSION 9 - HUMANISM AND CONTEMPORARY CHALLENGES

Purpose and Framing:

This session invites participants to bring humanist reasoning and the 2023 Unitarian Universalist Shared Values to bear on three defining challenges of this moment: artificial intelligence and human dignity, the climate crisis and our obligations across generations, and the fracturing of a shared, factual reality. The animating question is: *When the pace of technological change and the scale of social crisis outstrip our inherited moral categories, what does it mean to act well—responsibly, courageously, and with compassion—without appeal to any authority beyond reason, evidence, and one another?* This is a substantive and practical discussion that bridges Humanist ethics, political philosophy, and the news of the day. Participants are encouraged to bring both technological optimism and skepticism, both urgency and patience, into the room. No prior philosophical training is required, but intellectual rigor and good faith are expected of all.

Here is the complete guide to the Session:

[Humanism and Contemporary Challenges - Facilitator and Participant Guide](#)

And here's an article from the Future of Life Institute: [The Pro-Human AI Declaration.](#)

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. 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.)

Community Connections

UUCM Choir

If you enjoy singing, consider joining the UUCM choir. We meet once a week on Tuesday evenings, and perform once a month on the last Sunday of the month. You don't have to be an expert singer; in fact several choir members do not read music! Come make music with us!

Questions? Email our choir director Ingrid Holman at Choir@uugrassvalley.org.

CHOIR REHEARSALS WITH INGRID HOLMAN:
Tuesdays from 6:30 to 8:00 PM
STARTING ON TUESDAY, SEPTEMBER 1, 2026
PERFORMANCE ON LAST SUNDAYS OF THE MONTH

All singers are welcome!

Fall Concert!

Save the Date!

FOR A

**SPECTACULAR
MUSICAL CONCERT**

*featuring many of our Favorite
UUCM Musicians*

Saturday, November 14, 2026

Tickets will go on sale October 25

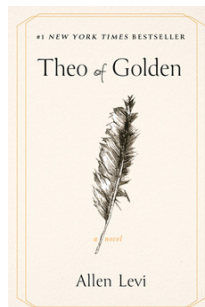


UUCM Book Group

THE FOURTH TUESDAY OF THE MONTH AT 5:30 PM
AT UUCM SQUIRREL CREEK - ADMIN WING CONFERENCE ROOM
Books@uugrassvalley.org

Our book group reads a variety of fiction and non-fiction books. Join us for any or all of these discussions.

THIS MONTH'S SELECTION:



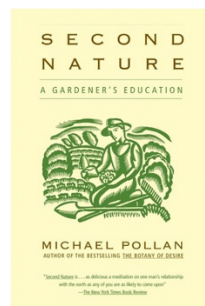
October 27, 2026

Theo of Golden: A Novel by Allen Levi
A stranger to a small town gifts locals a portrait of themselves in exchange for the person's story. 400 pages.
Facilitated by Judith G.

PS TIME FOR MORE BOOKS!

Each person is asked to bring one book suggestion to our October meeting so we can create a list for the next few months.

UPCOMING BOOKS!



November 24

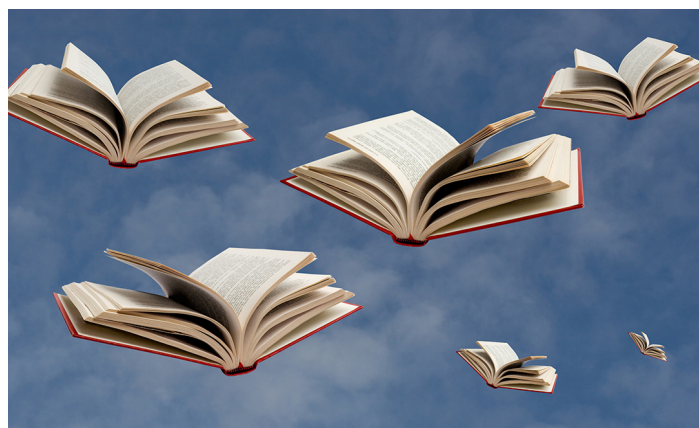
Second Nature: A Gardener's Education
by Michael Pollan
Essays that capture the rhythmic nature of our everyday engagement with the outdoors. 320 pages.
Facilitated by Cheryl B.

[Tuesday Book Group Zoom](#)

Meeting ID: 927 1111 8322

Passcode: 472984

*Please give at least one week's notice to attend by Zoom
so we can set up the equipment.*



What Happens When Children Come to UUCM on Sunday?

By Lindsay Dunckel, Family Ministry Team

(with thanks to Soulful Home for this content)

Family spiritual practices and rituals are crucial for kids, youth, and adults. And while lighting a chalice at home is a beautiful family practice, it can often be the only faith-related practice or ritual we bring into our homes. So this *Alongside the Chalice* section offers a different practice, observance, or ritual for families to try out each month, with the hope that a few stick and become woven into the repeated and treasured rhythms of family life.

COURAGE CHALICE LIGHTING

*As we light this chalice, we remember that courage is a light we carry within us.
May this flame remind us of all that bravery can ignite.
And may this chalice help us hold tight to the truth
That we are always held and
Do not have to walk our paths alone.*

LETTING LITTLE HANDS LIGHT THE CHALICE

Fire can be both beautiful and a little scary, especially for young children. And if we are honest, it can be scary for parents, too! Letting a child near a flame asks us to balance two important things: keeping our children safe and giving them opportunities to learn, practice, and grow.

One way families can practice courage is by inviting children to help light the family chalice. Before lighting it, talk together about what fire needs to be safe: an adult nearby, a clear space, careful hands, and a way to put the flame out. Depending on their age and comfort level, a child might hold the lighter with an adult's hand over theirs, light a long candle lighter with close supervision, or simply help an adult light the wick.

A FIRE RITUAL FOR FACING OUR FEARS

Gather your family around a safe fire (a backyard campfire, a fireplace, or even a long candle lighter and

a fireproof bowl placed on a nonflammable surface). Talk together about the difference between a fear we want to face and a danger we should avoid. We never need to put ourselves in actual danger to be courageous.

Give each person a small piece of paper and invite them to write or draw one fear, worry, or hesitation they would like to work through this year. Young children can draw a picture or tell an adult what they would like written down. When everyone is ready, take turns placing the papers into the fire, with an adult handling the flame when appropriate. As each fear is released, invite each family member to say something like:

I name this fear.
I do not have to let it control me.
I will face it one small step at a time.

Watch the paper disappear into the flames and take a moment to notice that fear doesn't magically disappear, and we don't have to expect it to. Instead, the ritual reminds us that we can name our fears, make space for them, and choose how we will respond to them.

– Lindsay



Questions about Kids' Connection?

Contact Lindsay at

familyministry@uugrassvalley.org.



Unitarian Universalist Community of the Mountains

12582 Squirrel Creek Road, Grass Valley, CA 95945

Telephone: (530) 274-1675

Website: uugrassvalley.org



MOST UPDATED VERSION OF THE UUCM CALENDAR:

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



Sunday Service, both onsite and via Zoom are at 10:00 AM.

Kids' Connection is also held at 10:00 AM

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

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

(Our Office Administrator 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, *Office Administrator*

E-MAIL ADDRESSES

Minister@uugrassvalley.org

Admin@uugrassvalley.org

TELEPHONE

(530) 274-1661

(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 and Patricia Wolfe, Editing/Proofreading