the Mountain Chalice

Unitarian Universalist Community of the Mountains — November 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 • • •

November Theme: Healing

NOTE: Clocks Change on Sunday, November 1:

November 1 Annual All Souls Remembrance
Beth Karow, Worship Associate,
with Rev. Kevin Tarsa

As the nights lengthen and the days become noticeably shorter (and we set our clocks back an hour!), we find ourselves, yet again, in the time between the Autumn Equinox and the Winter Solstice. Known by names such as Samhain, Dia De Muertos, Halloween, and more; many believe the veil between the worlds of the living and the dead is thinnest at this time of year, and thus it is a good time to reflect upon and remember our Beloved (and maybe not so beloved) Dead. Together we'll add our photos and objects to a community altar honoring those who have gone before us, and offer gratitude for the legacy of lessons, gifts, challenges, and opportunities for healing that they have bestowed upon us.

November 8 Catching Our Breath
Rev. Kevin Tarsa,
with Gail Johnson Vaughan, Worship Associate

No matter how the mid-term elections are playing out, we'll take a moment to catch our breath together in this month focused on healing, because no matter what, our beautiful and broken world will await us still.

November15 The Healing Power of Listening & of Being Heard
Rev. Kevin Tarsa with the Lay Pastoral Care Team
and Gail Johnson Vaughan, Worship Associate

Being heard deeply, really heard, can change or even save a person's life. In this service, Rev. Kevin and members of UUCM's Lay Pastoral Care Team celebrate and invite deep listening, powerful medicine for our times and for the road ahead.

November 22 Healing the World that Touches You
Rev. Kevin Tarsa, Gail Johnson Vaughan, Worship Associate and the UUCM Choir

UUism's focus on life in this world invites us to keep looking for the hidden light in everything and everyone around us, and to seek the thriving of all. Come be inspired by some of our Unitarian and Universalist ancestors who invested passionately in turning the world around for the sake of the shared good. And just maybe, see a few of the often small but meaningful opportunities where the world touches you.

November 29 Service on Page 4

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From the Minister

Rev. Kevin Tarsa
UUCM 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

November 2026

Healing Inside-Out and Outside-In

In the River Arts District of Asheville, North Carolina, an area devastated by the September 2024 flooding from Hurricane Helene, and slowly making its way back, I saw this summer a mesmerizing display of photographs by Walter Arnold, from a series he titles **"The Art of Abandonment."** A portion of this fine-art photography explicitly focuses on abandoned architecture, decaying structures, and broken elements across Western North Carolina, and Arnold has been selling prints to fund relief efforts for the district's restoration.

There are photographs of abandoned, stuffed library shelves, crumbling churches, airplane carcasses overgrown with green life, neglected theaters, forgotten amusement parks, and bygone breweries, among other things. They are captivating images. It is at first startling, then inspiring to be introduced to the beauty of objects and places that are falling apart.

The photos came to mind immediately as I read two of the spiritual practices offered in the November packets for our Soul Matters Circles, small groups who meet monthly for a rich dive into the month's theme.

This November, the theme is "healing."

One practice suggested is to ***look for things that are broken but beautiful*** and take a picture of them. Another practice suggested is to ***look for things that are being fixed or are healing*** and take a picture of them. As Gail Johnson Vaughan and I started planning the November services, we thought these were wonderful practices to encourage, and, in fact, we invite you not only to undertake them, but also to send us your photos so that we can include them in the Sunday slide images all month long. (Psssst. You can upload your images HERE or email them to healing@uugrassvalley.org.)

Of course, the practices are not so much about the photos themselves, but rather about our ability to see what's around us with open eyes and open hearts. It's about transforming our perspective, so often a key piece of healing.

This month, with a focus on the theme of healing, we'll remember those who have died, we'll catch our breath right after the election, we'll celebrate the healing power of deep listening and caring for one another, we'll honor the ways our spiritual tradition invites us to "touch the world," and we'll step outside of words with the heartful and artful presence of sound healer Miyu Tamamura. It promises to be a rich month of services, no matter how things go around the midterm elections. Plus, there will be the annual UUCM Thanksgiving Day potluck for those who wish to gather.

Healing is always an important focus, but it may be especially important in the days ahead, whether you imagine those days in the wide view of the planet's future, within one of UUCM's many active circles, or close-in, around your own Thanksgiving Day table. Let's lean in together.

With care,

– Rev. Kevin

Board of Trustees

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

We're Talking About Sociocracy and Commercial Kitchens

October was a busy month for the UUCM Board of Trustees. They held a single-day retreat to draft the Board's goals for this cycle and started learning about Sociocracy. Sociocracy is a process for decision-making in small groups. Decisions are made by consent which has a specific definition. Everyone has a role to play, and all voices are heard. I'm sure you'll be hearing more about Sociocracy in the months ahead.

The regular October Board meeting welcomed five visitors who came to observe the process and hear what the Board was talking about. Heidi-Lynn Tayler presented information relating to a new Building Use Policy including the possibility of renting out our building to other groups whose values align with UUCM's, as a way of increasing income that we can use to further our mission. Discussion centered on what improvements to the building would need to be made in order to make the spaces attractive to potential renters, as well as to make it more functional and beautiful for us. There are a number of highly desirable upgrades that have been proposed, but the one I hear mentioned most frequently, and the one I want to talk about here, is having a commercial kitchen.

The label "commercial kitchen" means different things to different people. Some people use it to mean a shiny, stainless steel room with a six-burner stove, double ovens, a huge refrigerator, and high-speed dishwasher. In terms of being able to advertise to potential renters, though, the correct phrase is a "Certified, Licensed Commercial Kitchen." And that is a much bigger deal.

The requirements for certified commercial kitchens include specific arrangements of sinks and appliances, which our kitchen does not currently meet, and which would necessitate major remodeling including construction, plumbing, and electrical work. Just the permits for this remodel are estimated to cost about $5000, and the work itself would be $50,000 or more, NOT including the cost of appliances. In addition, there would be ongoing annual expenses for inspection and recertification.

This year's budget for kitchen upgrades, from our Capital Campaign, is $8000. That will do a lot for us in terms of improving the functionality of the kitchen for our own use, and for rentals as well, but it's a long way from paying for a certified commercial kitchen. And really, do we need a commercial-grade kitchen? What could we do if we had one, that we cannot do now? Only two things: Sell food to the public and host retreats of six or more days. We can still hold potlucks and dinners for our members and guests. We can still bring in food from caterers, and so can renters. We can still hold retreats as long as they are fewer than six days. We just can't sell food.

Discussion on a Building Use Policy will continue at the next Board meeting, along with other topics. We will meet on Wednesday, November 18 at 1:00 PM, at UUCM and on Zoom. Visitors and observers are welcome. If you have a topic you would like to have addressed, please email President@uugrassvalley.org to find out how to get an item on the Board agenda.

In Service,
- 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.

Words from the Worship Team

In our October services, we were asked to look at our fears head-on so that we may find our strength through them. Without being willing to face the fear, the pain, the trauma, whatever it is that meets us in life, we become victim to it. Our November services will guide us into the process of healing by facing the monster. There are lots of challenges facing each one of us right now. This election is certainly one of them. How can we help each other see more light? What can we do to help heal the wounds of life? Explore with us this month as we create a healing community.

On another note: we are looking for people who would like to help us with the altar once or twice, once a month, every week, whatever works for you. If you feel creative and would like to work with the worship team in creating an altar that supports our monthly theme, be sure to let one of the Worship Associates or Rev. Kevin know.

Do you have a poem, a reflection, or something that you would like to share? Would you like to be a reader? Let us know.

Carol Nimick & Marlene Bottenfield,
Worship Team Co-Leaders

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

Continued from page 1...

November 29 ***Opening the Heart for Healing***
Gail Johnson Vaughan, Worship Associate
with Miyu Tamamura with her singing bowls

Many ancient cultures say that real healing requires bypassing the censorship of the verbal mind. It requires a different language – the language of experiences like music, rhythm, symbol, art, image, and silence, that enter directly into our perceptual and emotional systems, restoring harmony to the body, mind and spirit.

Join us this Sunday as sound healer Miyu Tamamura returns with her singing bowls to create a heart-opening, immersive healing experience in our sacred space.

Music Ministry

Betsy Haydon, a Musical Gift

Last year, Rev. Kevin invited Betsy Haydon to help ensure that UUCM incorporates our congregational musicians in offering their musical gifts often and well. Betsy assists Rev. Kevin and Worship Team leaders in organizing the planning around music. She deeply values the support of our UUCM community members as she develops her own singing, songwriting, and harp playing.

Betsy Haydon transferred her UU membership to UUCM from the First UU of Stockton, where she had served as chair of the music committee. She led the restoration of the church's 1843 George Stevens organ and set up Emerson Coffeehouse, a venue for performances by local musicians and students at the University of the Pacific's Conservatory of Music.

Betsy grew up in Gridley and comes from a family of music teachers and church musicians. Now retired, her career included teaching elementary school students, writing curriculum integrating math and science, and serving as the environmental education consultant for the California Department of Education. Curious about the ways music enhanced her teaching, Betsy became a Board-Certified Music Therapist and Doctor of Education. As a professor of education at the University of the Pacific, Betsy especially loved supporting music education teacher candidates in earning their credentials.

October 31 Workshop

Living the Power of Covenant

An Important Workshop for Members and Pledging Friends

Rev. Cat Cox, M.A.T., M. Div.

Online Only

Saturday, October 31 10:00 AM to 2:00 PM

(with a lunch break)

Living into the "power of covenant" offers us a way of being in the world that strengthens and guides us in every tough situation in our lives - no matter what! The covenantal way of being invites the best forward, both from ourselves and from others, and opens up a process for relationship repair when that is needed.

Please join us on October 31 from 10:00 AM - 2:00 PM online for a deep dive into developing our capacity to live the power of covenant - in our daily lives, in community and in the wider world. Our time together will be highly interactive, focusing on building usable skills to move though the challenges covenantal relationships always bring. We'll work with the concrete examples you bring! Discover the transformative growth in your skills and confidence in problem-solving with the people you care about that is truly possible! Questions? Contact Rev. Cat at **revcat1213@gmail.com**

Learn more about Rev. Cat's ministry of spiritual guidance at **thepathofjoy.org**.

This workshop is for UUCM Members and Pledging Friends, people who are in active covenant with one another. An invitation and Zoom link will come from Rev. Kevin via email. We know that some of you prefer in-person events. Rev. Cat asks that larger groups like this participate via Zoom so that she can see each person's face and can know who is speaking, and so that everyone is on the same "level" of access.

We'll follow in November with on-site as well as Zoom listening circles to share our responses and reactions, our thoughts, ideas and hopes.

We debated whether to wait until after the election for this workshop, and realized that the tools and the spirit of covenant can help prepare us for the election aftermath, however it plays out. Plus, you can get an extra hour of sleep that night with the time change.

Read UUCM's Behavioral Covenant **HERE**.

Upcoming Adult RE

Faith Forward UU History for UUCM Fall 2026

UU History -

A Chance to get our Historical Bearings

UU History is an engaging 6-session introduction to people and events from our history. In this Faith Forward series, we'll approach history from the starting point of compelling stories and personalities. We will explore the questions these people faced and make connections with our own lives and the world around us today. The overarching question is: how can history be translated into our religious life and practice? In addition to learning about history, we hope we will learn about ourselves.

While participating in all 6 sessions offers the deepest experience, these are designed also as drop-in opportunities. Join in as many sessions as work for you. (This is a repeat of the series offered in spring of 2025)

Join Rev. Kevin and Renée Fonbuena, Wednesday evenings 7:00 - 8:15 PM via Zoom, with both onsite and Zoom options for the 3rd and 6th Sessions.

- Nov 4 @ 7:00 PM via Zoom - A Question of Conscience
- Nov 11 @ 7:00 PM via Zoom - A Question of Love
- Nov 18 @ 7:00 PM Onsite at UUCM AND via Zoom - A Question of Experience
- Nov 25 - THANKSGIVING WEEK BREAK
- Dec 2 @ 7:00 PM via Zoom A Question of Resilience & Courage
- Dec 9 @ 7:00 PM via Zoom - A Question of Identity
- Dec 16 @ 7:00 PM Onsite at UUCM AND via Zoom - A Question of Calling

RSVPS ARE APPRECIATED

RSVPs help us plan. If you know you are interested, let us know and we'll share materials ahead of time. Send us a note at **FaithForward@uugrassvalley.org**

History Class Zoom Link:
Meeting ID: 976 3146 3407
Passcode: 605132

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

Holiday Giving Tree

The Holiday Giving Project Returns!

Runs Sunday 11/15 through Sunday 12/6

By Cheryl Morris

Our annual tradition of providing holiday gifts to children in our community will begin on Sunday, November 15. Look for the Giving Tree in the Social Hall instead of the foyer this year! We will continue our partnership with Child Advocates of Nevada County's CASA program by purchasing books for the children they serve, most of whom are in foster care.

CASA kids range in age from infants to teens. The Giving Tree will have tags with a child's initials age, gender, and subjects they are interested in. There will also be a handout with guidelines for selecting appropriate books. **PLEASE PURCHASE THREE BOOKS FOR EACH CHILD.** You can team up with a friend to share the cost and the fun of choosing the books if you wish.

The Book Seller in Grass Valley and Harmony Books in Nevada City are offering a 20% discount when you present the tag at the time of purchase. You can give the gift of reading to a child and support our local independent bookstores at the same time.

Take a tag from the tree and be sure to sign for it on the clipboard. There will be someone at the tree to help you. ***You need to keep the tag and attach it to the outside of the wrapped package to get them to the correct child. Books must be returned no later than Sunday, December 6.***

If you have questions, please contact Cheryl Morris. Want to join our team of holiday elves? We need volunteers to stand by the tree and also to help with packing and delivering the gifts to the CASA office, which will happen in the second week of December.

Art & Aesthetics Team

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

Zen and the Art of Anne Adden

Coming in November, the Social Hall here at UUCM will feature a new art exhibition featuring the "Zenful" art of Anne Adden. Anne's banner display will cover about 30 feet of wall space and will certainly enliven the space where so many of us meet on Sunday mornings.

About Anne and her work, in her own words:

Originally from San Jose when Silicon Valley was "The Valley of Heart's Delight," Anne watched in shock as they "paved Paradise and put in a parking lot." She came to the foothills, a refugee, in 1996 and loves it here. She graduated from San Jose State with a degree in Fine Art: Painting, only to realize she would need to make a living somehow. The career she stumbled into was as a graphic designer in several contexts— publishing, sweat-shopping in the tech industry, freelancing, illustrating, creating her own design business in Los Gatos, working for a small design studio in Nevada City, free-lancing once again, and finally becoming substantially replaced by computers. Then, for the most part, retiring.

It was a life of squeezing in fine art, often frustratingly, in fits and starts, between commercial projects and regular life. She could use another lifetime to pursue "real" art now that she has finally figured out that's what she had wanted to do all along.

Taming the Wild One
Art Exhibit by Anne Adden

Paintings clockwise from top:
Catching the Wild One,
Return to the Forest,
Riding the Wild One Home

Membership Team News

Laura Harter
Retiring Chair, Membership
membership@uugrassvalley.org

Our News May Surprise You

What's new with the Membership Team? We dissolved into three teams! No joke – the Membership Team is no more. Where there once was one team, now there are **THREE**: 1) UUCM Pathway, 2) Greeters, and 3) Hospitality. All are fresh and ready to go. connection. It's a playful reset that allows us to focus on fun and easy connection.

Rev. Kevin will convene UUCM Pathway.
Team volunteers help with UU101, Starting Point, and the Guide Program. It's a terrific way to deeply connect with self and others in meaningful ways.

The party is on for the Hospitality and Greeters teams.
These two teams are gaining momentum as more people venture forth to be part of UUCM's warm welcome each Sunday. Greeting and kitchen "duty" are simple "one and done" tasks that build connection. Come play with us! All that's needed for these roles is a willing and gentle presence. Or you can bring cookies!

Ask a greeter or a kitchen volunteer how to get involved. Let them know you'd like to help and they'll point you in the right direction. It's gratifying that both the Hospitality and Greeting teams are learning to self-organize without a designated coordinator. So far, so good, and we ask for your patience as we fine-tune our ship as we sail with eager and joyful determination.

Will there be three separate articles each month for the Mountain Chalice? Only if there is important news to share. Expect to hear about opportunities and sign-ups via the weekly eChalice, the UUCMConnect list serve, and the website.

Many of you might wonder where UUCM Events fit into this picture. Potlucks, concerts, Mic Nights will continue to be ad hoc and up to you to initiate – run your ideas past Siobhan just as you have for the past three years! She'll help find the best way to get your event rolling. Hospitality can show you the ropes in the kitchen so you will know how to set up and clean up – it's straightforward.

That's it – Membership Team out!
(The connection and caring lives on...)

For more information about each team, contact the addresses below:

Greeting Team email:
greeters@uugrassvalley.org
or ask a Greeter how to get started.

Hospitality Team email:
hospitality@uugrassvalley.org
or ask a Kitchen Volunteer how to get involved, they'll point you to someone who can help you get started.

You can sign up to volunteer in kitchen here:
Sunday Hospitality Sign-up
Or look for the paper sign-up sheet in the kitchen to add your name. You'll get training and support when you show up.

UUCM Pathway Team:
minister@uugrassvalley.org
Reach out to Rev. Kevin if you want to help with UU101, or Starting Point, or answer inquiries from newcomers.

Events
email Siobhan Boylan: admin@uugrassvalley.org
about your ideas and how to get started publicizing.

No New Ideas

By Sandy Sturtevant

Maybe I have no new ideas – only my own perspective shared through pencil, pen or keyboard. It is essential for us to write down our own ideas, so others can see our versions of how we move through the world. In this way others can find new adventures, find different ways of seeing and understanding. In this way we can learn and simmer over what is possible and make our own journey.

Share your dreams, what you learn, how you struggle, happenings in your life, your history - your life is filled with sparks.
Share your own ideas about small and massive wins and losses. This will help someone else find their own.

I am writing my no new ideas – my perspective on writing – on this page – writing this down right now on this piece of paper no one may ever read or hear or find meaningful, yet this is the true me.

Every version of how we share what is inside of us is a thread connecting us to each other. Hearing through the page gives is the opportunity to experience someone's personal journey. This helps us see ourselves more clearly and spring forward to another way to be. We may not know that our version matters. If we share the words we put down on a page, we may experience a reaction, a response.

I know our words matter to someone. I am certain because your words, on your page, matter to me.

Comments on Sandy's Essay

By Jennifer Dewey

Sandy Sturtevant's brief essay was written following a discussion about the cliché one often hears: "There is nothing new under the sun." Another way to say this is every written idea, every idea of significance to human beings has already been written, so why bother to write?

Sandy's essay expresses her vehement disagreement with the cliché. In her view every individual has wisdom and experiences to share. As she puts it, "…of their own journey. Yes, there is something new under the sun. Every time someone sits down with a "pencil, pen, or keyboard" a new perspective is revealed.

Of great importance to Sandy is the idea every version of what we share is "a thread connecting us to each other." She says our ideas, our own or someone else's, help us see ourselves more clearly.

What we write on a page matters. Sandy knows this because every word she writes comes from deep inside herself – first for herself and then for someone else.

Justice News and Activities

Bending the Arc Task Force

What's So Special About our Postcards?

By Gail Johnson Vaughan

* 22,296

What an amazing community we have. Because of you, 22,296 registered Black voters in North Carolina, Georgia, and Texas received a handwritten postcard encouraging them to vote, to vote early, to remember their photo ID and bring friends. You also gave them the information they need to verify their registration and to learn more about what's on their ballot. Most importantly, you pointed to issues that their votes can impact.

Every day the news is telling us that Black voters from those states are voting early in record numbers. Thank you for time, energy, funding and love that you contributed! You made a difference.

Share the Plate

UUCM's September ***Share the Plate*** partner, [Bear Yuba Land Trust](#) will receive $1,084 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 October partner, [Spirit Peer Empowerment Center.](#)

Our November ***Share the Plate*** partner will be [Sierra Roots.](#) Sierra Roots operates an emergency weather shelter and provides free lunches and other necessities year-round for homeless individuals.

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

"Help Wanted/Leave Now" Exhibit

By Leslie King, Justice Team Member

The California Museum is currently hosting a temporary exhibit relevant to the lives, suffering, hopes, and dreams of our immigrant and established Latino families in Grass Valley, throughout California and the U.S.

This exhibit will leave in January. I hope folks will find time to learn from the history of our Latino and Latina experiences. Please see the museum information and link to the exhibit below.

The California Museum

Current Exhibit Link: [Help Wanted/Leave Now](#)
Dates: **Running now through January 10, 2027**
Address: **1021 O Street, Sacramento, CA**

A bilingual exhibition curated with the guidance of labor icon Dolores Huerta. It explores a century of U.S. mass deportation campaigns—including the 1954 Bracero program deportations and "Operation Wetback"—alongside first-person video testimonies and family photos.

UUCM's Plastic Film Recycling

Justice News and Activities

Hospitality House Donations

Currently, Needed Items Are:

- Men's Casual Pants - 30-36
- Women's Casual Pants - S & M
- ***New*** Men's Combs
- ***New*** Women's Hairbrushes
- Men's Deoderant
- Towels
- ***New*** Pillows
- Twin-Size Fitted Sheet, Pillow Cases & Blankets

The most current update on their needs: https://hhshelter.org/
Here you can also get information about needed food items that you can order online and have shipped to HH.

Please leave donations in the designated bin at UUCM.
Thank you for your generosity, Laurie Bell

Interfaith Food Ministry RECYCLYING 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

NEXT DONATION DAY: Saturday, November 28, 2026

Voted Best Nonprofit in Nevada County in 2024!

IFM Needs Volunteeers 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, November 27, 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, November 10.

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.

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 8:30 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, November 9 at 6:00 PM.

IT'S OUR ANNUAL PMS NIGHT - PIZZA-MOVIE-SUNDAES!

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, November 11 at 10:45 AM at UUCM Squirrel Creek, Conference Room 129.
We will conclude the 10-session UU Humanism Discussion Series.

Session 10 - The Future of UU Humanism

Purpose and Framing:
This session invites participants to reflect on where UU Humanism has been and where it is going, through three lenses: continuity (what must be carried forward), change (what must be allowed to evolve), and stewardship (what we owe to the tradition and to those who will inherit it). The animating question is:

> *A tradition that rejects fixed creeds cannot be preserved by repeating its old words. What, then, would it mean to be faithful to UU Humanism— and who is responsible for handing it on?*

This is a reflective and practical conversation. It draws on the history of Humanism within Unitarian Universalism, on current data about religion in America and about the Association itself, and on participants' own experience of what has kept them in—or drawn them toward—a humanist spiritual community. No prior study is required. Honest, generous disagreement is expected, including whether the premise of the question is right.

Here is the complete guide to the Session:
The Future of UU Humanism

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.)

Come to Our First Concert at our New Home!

Everyone is invited to our first concert at our new church home. The New Horizons concert is on Saturday, November 14 at 6:30 PM in our sanctuary. We will be entertained by our own talented UUCM musicians and some of their bands. This is an Outreach event so invite your friends and family to come and see where our new horizons are happening!

Purchase tickets using the QR scan on the flyer below, or during business hours at the UUCM office, or at the door. If you'd like to volunteer to help with the event you can contact Shannon at: shannondooleymiller@uugrassvalley.org.

Unitarian Universalist Community of the Mountains invites everyone to join us for a

new HORIZONS concert

Saturday, November 14, 2026

• • • Concert at 6:30 PM • • •

• Doors open at 6:00 PM •

• $25 suggested donation • 15 & under free •

• • • FEATURING • • •

AN ***Eclectic Mix*** OF OUR ***Favorite UU Musicians*** AND THEIR ***Bands***

• BEAUCOUP CHAPEAUX •
Maggie McKaig • Randy McKean • Luke Wilson • Murray Campbell

• FOLLOW THE HERON •
Heather Grove • Mark Grove • Tim Yamauchi

• WILD LILY •
Kathryn Young • Taylor Carey • Mark Grove

• AND •
Bodhi Busick • Kate Canan • Frank Lawrence • Matt Margulies
Terry Rennie • Michael Stavros • Reverend Kevin Tarsa

12582 Squirrel Creek Road • Grass Valley
530-274-1675 • www.uugrassvalley.org
Use QR Code to purchase tickets ➔

YOU ARE INVITED TO CELEBRATE

THANKSGIVING AT UUCM

Thursday, November 26, 2026 at 2:00 P.M.

No Out of Town Plans this Year?
No family nearby?
Too much work to prepare ALL THAT FOOD?

Come to UUCM's Annual Thanksgiving Potluck
and hang with your UUCM family!
(All are welcome – neighbors, friends, family...)

Please sign up at
uugrassvalley.org/thanksgiving-potluck/
Let us know what food you are bringing!

Please join us this year!
You are welcome to invite your family, friends, neighbors... anyone who needs a welcoming place to go!

We'll need lots of support setting up, cleaning up, roasting turkeys and more.

If you want to help, contact shannondooleymiller@uugrassvalley.org.

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 ChoirDirector@uugrassvalley.org.

Choir Rehearsals with Ingrid Holman:
Tuesdays from 6:30 to 8:00 PM
Starting on Tuesday, September 1, 2026
Performance Usually on Last Sundays of the Month

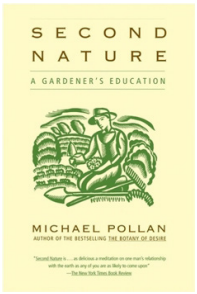
All singers are welcome!

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:



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.

December 22
Whale Fall, A Novel by Elizabeth O'Connor
A young woman decides to leave the island where her family has lived for generations to explore life beyond its shores.
Facilitator TBD. 224 pages.

PS - It's Time for MORE BOOKS!
Please email your suggestions so we can create a list for the next few months!

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.

Family Game & Chili Night at UUCM!

Good Food and Tons of Fun

We had a fun time at our Chili /Game night at UUCM on October 2!

Thanks to our chili makers:
Corrie Silva, Siobhan Boylan,
Andy and Shannon Dooley-Miller

Hope to see you next time!

UUCM FAMILY MINISTRY

Offering many ways to serve the life of the community.

FamilyMinistry@uugrassvalley.org

Kids' Connection: A Place for Families at UUCM

By Lindsay Dunckel, Family Ministry Team

(with thanks to Soulful Home for this content)

Just like in the Sunday Services and the small group ministry practice, Soul Matters Circles, Kids' Connection this month will dive into the theme of Healing. We'll consider it through several lenses: memory, kindness, inclusion, gratitude, and taking care of ourselves.

Week 1

The first week of November finds us exploring the way many traditions and cultures mark this time of year as a time to remember and honor loved ones who have passed. We'll think about how memories can connect us to people we love, help us understand where we come from, and remind us that we are part of something bigger than ourselves.

Week 2

Our second week focuses on how kindness can heal – how it can lift our spirits when we are surrounded by hurt, unkindness, or meanness. We'll talk about how even small acts of kindness can make a difference.

Week 3

This week we'll be looking at the hurt that arises from exclusion (including the many forms of bullying) and how we can heal the hurt from that through acts of inclusion.

Week 4

Our fourth week will find us pondering gratitude. We will pause to notice the gifts already present in our lives and we'll explore how gratitude doesn't mean ignoring the things that hurt or pretending everything is perfect. Instead, gratitude can help us notice the light, love, and goodness that exist alongside the hard things.

Our final Sunday of November will include an activity in living our UU value of Love, and its invitation to let love guide how we care for ourselves, one another, and the world. It explores ways we can heal by practicing self-care, not as something selfish, but as a way of tending to and learning to listen to our bodies, honor our needs, and give ourselves the same kindness and compassion we offer to others.

By the end of November, we will all have some new thoughts and new tools for building bridges instead of walls.

– 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	E-MAIL ADDRESSES	TELEPHONE
Reverend Kevin Tarsa, *Minister*	Minister@uugrassvalley.org	(530) 274-1661
Siobhan Boylan, *Office Administrator*	Admin@uugrassvalley.org	(530) 274-1675
Ingrid Holman, *Choir Director*	ChoirDirector@uugrassvalley.org	

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