



# UU Update

Unitarian Universalist Congregation Santa Rosa

JANUARY 2015 • Volume 60 • Issue 1

## January Service Theme: ROOTS HOLD ME CLOSE

Sunday Services 9:15 am and 11:00 am

### January 3 IN SEARCH OF REFUGE

**Service Leaders:** Rev Jade "JD" Benson, Jay Roller, Susan Panttaja **Music by:** Robert Howseman & UUsual Suspects **Share the Basket:** The Guardian Group

What does it mean to be a refugee or asylum seeker in the United States today? We can be proud that the U.S. is one of the countries that welcomes people persecuted in their home countries for their sexual orientation. What is the experience of those who are serving LGBTI people fleeing for their lives? Come hear stories of the UUSF Refugee Guardian Group and other faith communities, how they are helping to resettle these newcomers in northern California.

**Rev. JD Benson**, Assistant Minister at our SF church, serves as lead minister on pastoral care. She is also the ministerial liaison to our Human Rights Working Group which includes the Refugee Guardian Group and anti-racism initiatives.

**Jay Roller**, an LGBTI activist, is now working for human rights issues in a UU context in the Bay Area. He is active with the Balazs Scholar Program at Starr King School for the Ministry.

### January 17<sup>th</sup> EXPLORING UNITARIAN CHRISTIANITY

**Service Leaders:** Rev. Chris Bell, Sharon McCarty **Music by:** Claire Beery and some of the UUsual Suspects **Share the Basket:** UU Justice Ministry of California

William Ellery Channing's 1819 sermon "Unitarian Christianity" at the ordination of Rev. Jared Sparks is one of the watershed moments in our history. It helped our ancestors identify themselves as a distinct religious movement and presented the tenets of a new kind of Christianity, which, frankly, the world could sorely use more of today. Although UUism has expanded far beyond its early Christian identity, we'll examine the teachings of this masterpiece closely today. A few of us may discover we don't mind the label "Christian" after all.

### February 7<sup>th</sup> CONGREGATIONAL MEETING at 9:00 AM. WINGS SET US FREE, INTERGENERATIONAL SERVICE AT 11:00.

**Service Leaders:** Rev. Chris Bell, Deborah Mason **Music by:** Eric Skagerberg, Paul Gilger **Share the Basket:** Restorative Resources

### January 10 EMBRACING HUMANISM

**Service Leaders:** Millie Phillips, Andy Levine **Music by:** Sadie Sonntag and The Choir **Share the Basket:** Martin Luther King Birthday Celebration

Our UU sources include "Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit." A self-identified "religious humanist," Intern Minister Millie Phillips will share why a humanist outlook continues to provide spiritual grounding - and even joyous inspiration - for many UUs and may offer a soul-saving antidote to the current idolatries of our culture.

### January 24<sup>th</sup> STEWARDS OF THE WEB

**Service Leaders:** Rev. Chris Bell, Jen Collins **Music by:** Sadie Sonntag and the Choir **Share the Basket:** The Breakfast for our Neighbors

Climate change and environmental degradation are two of the greatest challenges facing humankind today. Addressing them is a top priority for Unitarian Universalist activists. Transforming human behavior and thinking to create a sustainable social and ecological system is THE moral and spiritual crisis for our time. The roots of every person and culture are ultimately sunk into the Earth. Preserving her takes sacrifice, but brings enormous joy and opening of the soul.

### January 31<sup>st</sup> OUR FAMILY VALUES

**Service Leaders:** Rev. Chris Bell, Veronica Jordan **Music by:** Robert Howseman and some of the UUsual Suspects **Share the Basket:** Adrienne Swenson Award

George Lakoff, author of *Moral Politics: How Liberals and Conservatives Think* discovered conservatives and liberals have two different ideals of the family that he calls a Strict Father Family and a Nurturing Parent Family. Map this metaphor of those family models onto our national moral and political life, and you get two very different models of the family, and with them, two very different models of politics. Today, Rev. Chris will add, two very different models of religion.

*Our Vision: To live as fully as possible our Unitarian Universalist Principles, and to nurture a liberal religious community in Sonoma County*



## New Year's Resolutions

**2015 has felt like a difficult trip round the Sun** for the old human race. The

legitimate threat of ISIS and instability in the Middle East has led to reactionary responses against our Muslim neighbors at home, an abominable fear of struggling refugees, and more calls for war. Gun violence wreaked its tragically

predictable havoc. The actions of some police departments demanded that we still loudly proclaim that black lives matter through our tears of frustration. Santa Rosa became an increasingly expensive place to live, leaving many without housing options. Some of us got sick, and badly so. Our UUCSR founder, John Durr, died.

**Of course, there were many advances and victories, too** – a global agreement on addressing climate change, medical innovations, great music made, a rebounding economy, ever more clean and renewable energy sources, and finally, some rain. Some of us had babies, some got great new jobs and sent kids to college. Some of us got to attend the final Grateful Dead shows, and some of us fell in love.

It is so natural at the turn of the year to think back over the last twelve months. There is something about the dark of solstice time, here in the deep sleep of the year, that tells our bodies and minds to reflect on the past, and to generate new or renewed intentions about what the new year might hold for us. The year reboots, and so do we.

**Thus, some of us make New Year's Resolutions, though one must be careful with such things.** It turns out that changing major parts of your life actually requires not just a lot of intention, but a lot of planning, too. There must be groundwork and structure, support systems, and sufficient time for developing new habits. Simply saying, "Oh, yeah, I should change something," is usually not sufficient to make it so. If you have fallen short of your New Year's Resolutions a few times you start to believe that you "just don't have willpower," even though you actually do. Or, if you are like me, a perfectionist, you let that world *resolution* trick you into that old familiar all-or-nothing thinking that derails so much incremental and positive change.

After all, RESOLUTE means: determined, purposeful, resolved, adamant, single-minded, firm, unswerving, unwavering, steadfast, staunch, stalwart, unfaltering, unhesitating, persistent, indefatigable, tenacious, strong-willed, unshakable.

*That sure sounds like all-or-nothing, doesn't it?*

**Resolve is a fine virtue to have in many circumstances.**

Resolve could definitely save your life if you are ever lost in the wilderness, figuratively or literally. The resolute are the only ones who really bring about positive social change in the face of so much inertia, apathy and fear. Persistence is the primary ingredient in any recipe for change, whether it's getting better on the guitar, healing an injury or losing weight, or ending racism.

**Flexibility is another virtue which I really value, which seems to conflict with resolve.** To be flexible is to be: accommodating, amenable, compromising, cooperative,

tolerant, easygoing, adaptable, adjustable, variable, versatile, open-ended, free, pliable, supple, plastic, elastic.

Even *stretchy* and *bouncy*, according to Google Thesaurus. Wheee!

In a world of ten thousand opinions and many different cultural, economic, political and religious systems, how are we to live in community unless we are flexible? Never mind all the weird and troubling members of our own families! Where else will compromise come from? How else can we adapt to ever-changing circumstances?

There are times when it is good and helpful to be resolute, and times when it is not. So, too, with flexibility. Like everything else in this world of apparent duality, there are two sides even to the qualities we think of as virtuous. I mean, even The Force has a dark side, right?

So, as usual, the path forward is to unite the opposites, and to live with some paradox. Thus my New Year's Resolution is to be more resolute AND more flexible.

I will be resolute in affirming and promoting the Seven Principles, and flexible enough to know that words like "justice," and "equity" and "spiritual growth" and "truth" and "liberty" and even "peace" have multiple interpretations.

I will be resolute in pushing the congregation to its very best expression, in arguing for visionary staffing and spending, in cultivating ever-more optimistic and faithful leaders, in encouraging steady growth and change, in welcoming all who come. And I will be flexible enough to accept the present manifestation as perfectly fine just the way it is, because we're all doing our best and our community is soulful and beautiful and warm.

**I will be resolute in my love and service to God, and flexible enough to not pretend to know too much about Her.**

I will be resolute in preaching my truth, in representing our tradition with integrity and foresight, in living my faith fully and openly. And I will be flexible enough to honor that other people see things differently, and that everyone is on their own path.

I will be resolute that intolerance, ignorance and fear-mongering are not acceptable from the leaders of my nation or any other. And I will be flexible enough to try to understand what drives people to such responses, and to find ways to love them out of those perspectives.

I will be resolute in serving the poor and the marginalized, and flexible enough to recognize that there are many different and differently effective ways to do that.

I will be resolute in caring for and loving the people around me – my family and friends, you fine folks, my neighbors – and flexible enough to guard my own boundaries and honor theirs.

I will be resolute in paying my regular sustaining pledge (\$250/month, in my case) promptly, and to be flexible enough to increase that pledge as I'm able.

**As we face the New Year, may we all find resolve when we must and flexibility when we can,** having the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

**Happy New Year, Bodhisattvas!  
Rev Chris**

## Greetings from Our Board President...

*Ring out wild bells! We have a new calendar year ahead of us.*

*A big thank you to all the devoted employees and volunteers involved in the innumerable tasks that keep UUCSR's ship afloat. It is your Board of Trustees' pleasure to continue its work to represent and guide our growing congregation.*

We look to the new year with a fresh perspective on the Board's committees. We currently have a Human Resources Task Force that is exploring the re-formation of a new HR Committee. The Board is also working on a new commitment for improved engagement with various groups that endeavor to keep UUCSR on track and running efficiently.

***The Winter Congregational Meeting is coming up!***

***Please mark your calendars for Sunday, February 4, 2016*** for this important congregational event. You will receive your packet soon, but to give you a heads up on a few items: The presentation of the Draft Budget for 2016/2017, which reflects what we expect to accomplish in the new year.

As well, we will be selecting next year's board members and nominating delegates to DA and GA . **General Assembly 2016** will be June 22-26, Columbus, OH. **District Assembly 2016** meets April 22-24 in Fremont. (Please consider being a delegate for one of these events. There is some scholarship money available!)

***I am excited about the whole new year of promises and possibilities that lies before us at UUCSR. May we flourish and prosper ever guided by our vision and mission and covenant to one another.***

***Happy New Year!***  
***Susan Bartholome, President***  
***UUCSR Board of Trustees***

**UUCSR COVENANT**  
*We pledge to seek unity in our diversity, to welcome and respect divergent opinions and beliefs, to listen to one another with open hearts and minds, to acknowledge our shortcomings and be quick to forgive them in others, and to keep our focus on our Mission.*

Some Unitarian Universalists think that life after death is one big annual congregational meeting, but they are not sure whether the meeting is in Heaven or Hell. \*

## From the Philanthropy Team

### On E-Giving

The Philanthropy Team has made availability of automated electronic donations a high priority in 2015. Twenty-five members had already made arrangements with their banks to simplify their giving. Working with Vanco Payment Solutions to provide easy-to-use Web-based tools for setting up e-giving, the team has added another 45 members to the automated donation group.

E-giving is a win-win-win for UUCSR members, for our Administrator, and for the Financial Stewardship Committee. Accounting is streamlined. Members don't forget to make their desired donations, and are able to manage their donations as needed without complicated bank hassles. The folks who develop our budget have a steady stream of gifts that allows us to maintain and to advance our ministry.

The Philanthropy Team is very thankful for these members, who have embraced this new means for the spiritual practice of generosity:

Amy Howard  
Gretchen Paradis  
Mark Sowers  
AnnaLisa Wiley  
Gretchen Vap  
Mary Capot  
Anne Bandy  
Heather Mutz  
Matt McCuskey  
Aphrodite Bellocchio  
Helga Lemke  
Melissa Neuffer & Erica Mikesh  
Art Rosenblum  
Jan Hess  
Michael Larsen  
Betty Gordon  
Jane DeYoung  
Natalie Brundred

Bruce & Judy Taylor  
John & Ellen O'Hare  
Pam Tennant  
Bud Willis  
John Chenoweth  
Paul Brockman  
Carol Kraemer & John Chenoweth  
Joy Lonnes  
Paul Poling  
Cassandra Lista  
Kathy Schwartz  
Randy & Sally Jones  
Cathie Wiese  
Katie Trieller  
Richard Fung  
Cathy Read & Victor Cummings  
Ken Ogren

Richard Senghas  
Chris Bell  
Kenzie MacInnes  
Robin & Elizabeth Marrs  
David Kittlestrom  
Laura Jean Hageman & Tom Bond  
Russ Powell  
Deborah Hight  
Leslie Norinsky  
Sara Jones  
Deborah Mason  
Linda & Morgan Lambert  
Sean & Jen Freese  
Debrah Lyons  
Linda Stabler  
Sharon & Joe McCarty  
Dee & John Ray

Lisa Millspaugh  
Sheila Baker  
Diane Koehler  
Lois Gilbert  
Susan Dickey  
Dianne Sebastian  
Lois Nagle  
Susan Williamson  
Ethan Foote  
Lucia Kasulis  
Sybil Hunt  
Fred Brewer  
Marilyn Beckerbauer  
Terry Graham  
Gail Alford  
Marilyn Holmes  
Wayne & Sharon Smith

## Adult Religious Education

### STARTING IN JANUARY

#### "A Sampling of Unitarian Universalist Scientists"

Phil Harriman presents three one-hour sessions on the lives of three scientists who made significant contributions over the past few centuries to science and were Unitarians. Phil received a BS in Physics from Caltech and a PhD in biophysics from UC Berkeley. He served on the faculties of the Duke U. Medical School and the University of Missouri. He spent 24 years as Program Director for Genetics at the National Science Foundation. He has been a Unitarian Universalist for 45 years and a member of UUCSR for 12 years.

**Monday, January 11 - 1:00 p.m. JOSEPH PRIESTLY** - an English Unitarian who became friends with Benjamin Franklin and wrote the first comprehensive treatise on the state of knowledge of electricity.

**Monday, January 18 - 1:00 p.m. ADA BYRON LOVELACE**, the only legitimate daughter of the poet Lord Byron, is credited with being the first to publish a "computer program".

**Monday, January 25 - 1:00 p.m. LINUS PAULING**, considered one of 20th century's most accomplished chemists.

Donations will be accepted to cover building operation costs.

#### "Spirit of Practice"

##### *Join Rev. Chris in this latest Tuesday Series*

*Spirit of Practice* was created to help Unitarian Universalists develop regular disciplines or practices of the spirit—practices that help them connect with the sacred ground of their being, however they understand it.

*Spirit of Practice* affirms religious diversity while seeking unity in our communal quest for meaning and wholeness.

Whether participants follow a path they identify as Humanist, Jewish, Christian, Pagan, Theist, Atheist, Agnostic, Mystic, and/or any of the other paths we follow in our diverse congregations, the *Spirit of Practice* workshops offer a forum for learning, sharing, and growth that can enrich our faith journeys.

Drawing on a model developed by the Zen Mountain Monastery in Mount Tremper, New York, for the training of its students, *Spirit of Practice* focuses on eight spheres of holistic and wholehearted spiritual practices. The schedule is as follows:

##### Ten Tuesdays at 7:00 pm

<b>Jan 19</b>	Introduction
<b>Feb 2</b>	Personal Spiritual Practices
<b>Feb 16</b>	Communal Worship Practices
<b>Mar 1</b>	Spiritual Partnerships
<b>Mar 22</b>	Mind Practices
<b>Apr 5</b>	Body Practices
<b>Apr 19</b>	Soul Practices
<b>May 3</b>	Life Practices
<b>May 17</b>	Justice Practices
<b>May 31</b>	Class Review

### LOOKING AHEAD TO FEBRUARY

#### Adult Sexuality Course

Presented by William R. Stayton

Four Wednesday evening sessions:

**Feb. 3, 10, 17, and 24 from 7:00 - 9:00 p.m.**

#### ONGOING

#### The Long Strange Trip Video Series

On the history of Unitarian Universalism, avail. to rent. Take home, view at your leisure! Contact Kathy Norman to arrange disc pick-up.

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#### Afternoon Bridge, Anyone?

UUCSR current bridge group plays regularly three times a month in the evenings. There are some folks who find it difficult to get out in the evening. An afternoon bridge group has been suggested—specifically, on the second Wednesday of the month from 1:00 to 4:00 p.m. Does this sound interesting to you? Pls let me know. Call Marilyn B.

#### Faith and Fitness 2 Hikes in January!

##### *New Year's Day Hike*

**Fri January 1st at Taylor Mountain.** Meet at main entrance off Kawana Springs. Parking pass needed for upper lot. Three choices, 1.5 mile loop easy, 2.5 mile loop moderate, and 4.5 to the top and back. Bring water and food. No picnic tables on trails. Dogs ok.

##### *January 9 Hike*

**January 9 at Shiloh Regional Park.** 3.7 mile loop moderate, some climbs, views and varied terrain, no dogs, bring lunch and water, picnic tables on route.

Both hikes start at 10:00 at the trailhead, be prepared for mud, rain cancels. Come join us! Email [fitness@uusantarosa.org](mailto:fitness@uusantarosa.org) or call Gretchen P. to sign up.

### **What is Mix It Up at Lunch Day?**

“A national campaign launched by Teaching Tolerance over a decade ago, Mix It Up at Lunch Day encourages students to identify, question and cross social boundaries.

In our surveys, students have identified the cafeteria as the place where divisions are most clearly drawn. So on the last Tuesday in October each school year, we ask students to move out of their comfort zones and connect with someone new over lunch. It's a simple act with profound implications. Studies have shown that interactions across group lines can help reduce prejudice. When students interact with those who are different from them, biases and misperceptions can fall away.”

[From <http://www.tolerance.org/mix-it-up/what-is-mix>]

### **LGBT Seniors of Santa Rosa Discussion Group**

Meets monthly on 4th Tuesdays, 1-3 pm, offering a place to share friendship, ideas, information. Join Us in the Board Room! A warm welcome to everyone interested.

### **Evening Book Group Second Thursdays, 7-9 pm**

The Evening Book Group meets on Thursday, January 14<sup>th</sup>, 7-9 p.m. at 547 Mendocino, in the RE wing. The January selection is *The Age of Miracles* by Kathleen Thompson Walker. In February we read *Water Ghosts* by Shawna Yang Ryan.

Visitors and newcomers are welcome. Questions? Please contact Linda Lampson.

### **Drawing Wednesdays!**

#### **Open drawing 1-3 pm Green Room**

Judy Hutchinson facilitates a group from beginners to experienced artists. Bring your paper and pencils for some meaningful fun. Instructional books, masters' drawings, ideas and encouragement all available.

Call Judy at 545-7808 for info.

## **Welcoming the Environmentally Sensitive**

### **~ A New Year's Resolution ~**

Throughout December, Rev. Chris encouraged us to be a “scent-free Congregation.” Already there has been a gratifying reduction in perfume and scented products at our Sunday services – **thank you!**

As a welcoming community, let's resolve to take the easy actions that will make our site safe and our church services accessible to people with environmental sensitivities, while still welcoming newcomers – and not scolding anyone!

We'll be experimenting with marking some “fragrance-free” seating areas for those who prefer them, but we also hope that people will be able to sit elsewhere with some degree of safety.

At a Sunday service, a congregant was having a reaction to something but couldn't tell what it was. The person next to her said, “I have a new coat – could this be it?” pushing the coat under the congregant's nose. The “offgassing” new coat was the culprit, all right – and after getting a close-up double dose under her nose, the distressed member had to leave the service. So, if you wonder if a product is OK, ask someone to give you feedback, but please don't ask those whom you know to be chemically sensitive.

If you regularly use perfumes and scented products, you may have made a sensory adaptation to them, and the products may have a stronger scent than you realize. While perfumes and colognes have been the most obvious triggers, other products can also trigger headaches and breathing problems in some people, including chemically-scented powders, aftershaves, lotions, hair spray, and other leave-in hair products. Chemically scented laun

*[continued on page 11]*

## **Be a Part of CUUPs in 2016!**

### **(Covenant of Unitarian Universalist Pagans)**

The 2nd Tuesday of each month, we have a planning meeting (5:30-6:30 pm in Rm. 1.) Last year we celebrated Ostara, Beltane, Summer Solstice, Lammas, and Samhain. Come help us decide what part of the Earth cycle we will celebrate this year and when we should have potlucks!

The fourth Tuesday of each month, we meet for FUN! (5:30-7:30 pm in Rm. 1.) We call it our **Social Hour** and share food tidbits and stories of what's going on in life; sometimes our own and sometimes the Earth's. A great time for new people to meet us & see what CUUPs is all about!

Most months we have a **Full Moon** celebration, on or near the day of the Full Moon and we drum after the ceremony. Check the UU calendar for dates.

Many CUUPs members also attend the **Friday night Drum Circle** 7-9 pm in the board room. All levels of skill are welcome, with more than just drums. We've had flutes, guitars, ukuleles, xylophones, bells, fiddles, and pianists. We also have extra drums for drum-less participants. Have an instrument? Grab it and join us! Our style is wherever the beat takes us that moment in time!

For information contact: Lucia Kasulis, Aphrodite Bellochio, Clement Boylan, or Stacy Sincheff

*UU Update is a monthly publication of the Unitarian Universalist Congregation of Santa Rosa, California. Electronic submissions preferred. Send to [newsletter@uusantarosa.org](mailto:newsletter@uusantarosa.org)*

*Due by the Monday after 3rd Sundays of the month: Paper submissions must be received by Noon on 3rd Sunday in the Newsletter mail slot in the office workroom at UUCSR 547 Mendocino Avenue, Santa Rosa, CA 95401. All submissions should have Topic and Month in email subject line. Articles 200-400 words. Ads and Announcements 20-150 words. 707-568-5381, Non-congregational announcements only as furthers the congregation's mission and as space allows.*

# Religious Education for Children & Youth

Director of Religious Education Deborah Mason

## How Can It Be 2016?

***This is bound to be another year full of changes.***

I hope and pray that some of them bring more peace and love to our world.

My wish for our UU community this year is that we will become ever more connected as we give and receive the warmth and support so needed in the journey of life.

***Many people join a UU congregation because of the need for community.*** Our lives can be splintered and scattered in so many directions. I want UUCSR and the RE program to be a place where the pieces come together.

Where children and parents have a place to breathe, and remember the wonder and joy that always lies

hidden in this troubled world. The trouble is there, but so is the joy.

My hope for the new year is that this place and all it has to offer will become an essential element in the lives of families. Though the list of things to do is so long and taxing, here you will find a moment's respite from all that takes you away from your center.

I look forward to an awesome 2016. I will do my very best to serve you well.

***Wishing everyone a very happy New Year.***

***In faith,***

***Deborah Mason***

2016	Grades K-1	Grades 2-5	Grades 6-8 (MUUGs)
1/3	<b>ARTS Sunday</b> Theme: I have a Dream	<b>ARTS Sunday</b> Theme: I have a Dream	<b>ARTS Sunday</b> Theme: I have a Dream
1/10	<b>Wisdom Stories</b> <i>Silence</i> by Lemniscates	<b>In Our Hands:</b> <b>A Peace and Justice Program</b> Respecting & Valuing Diversity	<b>What Do You Stand For?</b> <b>For Teens:</b> <i>Who Am I</i>
1/17	<b>Wisdom Stories</b> <i>My Brother Martin</i> by Christine King Faris	<b>In Our Hands:</b> <b>A Peace and Justice Program</b> Creative Conflict Resolution	<b>MUUGs Retreat in Marin</b> <u>No Class today</u>
1/24	<b>Wisdom Stories</b> <i>Let Freedom Sing</i> by Vanessa Newton	<b>In Our Hands:</b> <b>A Peace and Justice Program</b> Creative Conflict Resolution <i>Part 2</i>	<b>What Do You Stand For?</b> <b>For Teens:</b> <i>12 Ways to be more positive</i>
1/31	<b>Wisdom Stories</b> <i>The Name Jar</i> by Yangsook Choi	<b>In Our Hands:</b> <b>A Peace and Justice Program</b> <i>Cooperation</i>	<b>What Do You Stand For?</b> <b>For Teens:</b> <i>Caring</i>

## What's Happening In RE Classes this Month?

The Sr. High Youth Group meets every Thursday from 4-6pm. Deborah Mason Ben Ford, Millie Phillips and Rev. Chris serve as Youth Advisors. Contact Deborah for more information.

Sunday Morning RE classes meet during the 11:00 service. Children grades K-8 begin in the sanctuary and are excused to their classes after a story and the

recitation of the children's affirmation. First Sunday of the month is Arts Sunday with all elementary grade children together. On the 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Sundays children meet in grade groups, as described below.

Childcare for babies, toddlers and preschoolers will be provided by Fiona Mackenzie and Caitlin Fiore during both the 9:15 and the 11:00 services.

# Advocates for Social Justice

Come find out what we do!  
We meet 1st Thursdays, 6:30 — 8:30 pm, Room 1

## Share the Offering

The Congregation shares our Sunday Offering weekly with a local non-profit that serves our greater Sonoma County, including our Saturday Breakfast For Our Neighbors. The schedule of giving is arranged by A4SJ several months in advance, from suggestions Congregation members. Please request a future-recipient form at A4SJ table.

**January 3: The Guardian Group of the First UU Society of San Francisco** supports sexual minority refugees, asylum seekers and asylees who legally resettle in San Francisco area. They assist with navigating governmental agencies, give advice, and offer friendship. Public assistance is insufficient for living expenses: donations needed for such things as dental work, bus passes, move-in costs for housing, CA ID card fee, etc.

**January 10: Martin Luther King Birthday Celebration.** Half the collection goes to the Martin Luther King, Jr. Celebration, January 17. A featured speaker will be Donzaleigh Abernathy, daughter of Reverend King's right hand man, the Reverend Ralph Abernathy. UUCSR has been a vital sponsor of this community event-let's continue to stand with those who support his call for social and economic justice through strong, non-violent action!

**January 17:** UU Justice Ministry of California advances justice by cultivating and connecting leaders and communities, and by empowering the public voice of those who share UU values

and principles. Charitable activity is an important part of a religious life; when poverty, environmental degradation, inequitable access to health care and higher education are part of the structures of society, then charity is not enough. California UU's access and participate in statewide justice education, advocacy, and witnessing that deepens their faith and better life in California. Please fund these activities.

**January 24: Breakfast For Our Neighbors** is our own Saturday Breakfast program for our needy neighbors, supported primarily by the generosity and volunteer efforts of our congregation.

**January 31: The Adrienne Swensen Award** is given annually in honor of Adrienne Swensen, long-time member of UUCSR. Her work for environmental and social justice was recognized throughout the county and state. UUCSR awards a \$1000 scholarship to a high school graduate planning to attend college who has done outstanding work for social justice.

## Hot Topic Hot Topic Hot Topic

### UUJMC — UU Justice Ministry

12:45 pm in the UUCSR Board Room

**Sometimes feel like just giving up?** Just read fun books, listen to your favorite music, go for a walk with your dog, bury yourself in cookery?

**Evan Junker, Executive Director of the UU Justice Ministry, California, has the antidote!**

He tells us about the Justice Ministry: what work it does, and how it does it; and will explore with us the issues that we care deeply about. **What are the most effective ways to make change?**

**UUJMCA helps us with Justice Education, Advocacy, and Witness, to deepen our faith and change life for the better in our community!**

*A light lunch available for donation.  
— Linda Harlow/Advocates for Social Justice*

#### Metta Prayer

May I be attentive and gentle towards my own discomfort and suffering.

May I be attentive and grateful for my own joy and well-being.

May I move towards others freely and with openness.

May I receive others with sympathy and understanding.

May I move towards the suffering of others with peaceful and attentive confidence.

*by Maylie Scott, submitted by Terry Decker*

## Social Justice Film Project

JANUARY'S FILM:

### THE TERRIBLE TRANSFORMATION

A4SJ (*Advocates for Social Justice*) presents the 5th in a **Racial Justice Film Series: "The Terrible Transformation."**

This is a truly remarkable documentary that examines the development of the institution of slavery from its earliest days. Covering the years 1450-1750, this film traces the transition from indentured servitude with the promise of freedom following the agreed upon term, to no possibility of freedom and lifelong servitude.

Here we find the answers to "How did we get where we are today?," the original oppressor and oppressed dynamic formed so many years ago. This is Part 1 of a 4 part PBS series, "Africans In America." Discussion follows viewing.

*As of Dec 15, we are unsure if we will offer a Friday evening showing because of light attendance. Have an interest in a Friday night show? Contact one of us! We will post on the Focus/Open lists, and Order of Service announcements if we add the January film Friday showing.*

*— Jeanie Bates for Social Justice Film Project*

#### FILM SCREENING TIMES AND LOCATION: THE TERRIBLE TRANSFORMATION

SUNDAY, JANUARY 31, 12:45 pm  
In RE Common Room at UUCSR

**NBOP UPDATE:**

***The Housing Crisis in Sonoma County***

***The City Council will vote on whether to move forward with Rent Stabilization and Just-Cause Eviction Policies at their January 26<sup>th</sup> meeting.*** North Bay Organizing (NBOP) has helped to get these issues before the Santa Rosa City Council.

***Santa Rosa has one of the lowest vacancy rates (~ 1%) in the state, and rents have increased 30% in the last three years.*** The average renter pays 43% of her income on housing. Also, many are evicted without cause so that rents can be raised. As a result, many of the people who work in Santa Rosa cannot afford to live here.

***Rent stabilization allows tenants to stay in their housing by limiting yearly increases in rent—often tied to the Consumer Price Index.*** When a unit is vacated, the landlord can raise the rent to market level. Just-Cause Eviction Policies provide that a tenant may be evicted for a valid reason.

***Rent stabilization only applies to units built before 1995 and not to new construction or single family homes.*** Landlords are not the enemy—we just need tenant protections!

***The Affordable Housing Task Force meets the 1st Monday of each month  
6:00-7:30 p.m., in the NBOP Office, 2000 Humboldt St., Santa Rosa.***



**VALENTINE'S DAY BOOK-GIVING  
BOOKS FOR CHILDREN**

At the Family Support Center



***The Valentine's Day Party with Gifts of Books for the Children was a huge hit*** last year, and we repeat the event this year, and invite you to contribute even more books this year, and attend the party on February 12.

***We will sign you all up and make sure we have a book for each child.***

We will also have extras in case our count changes.

You can choose the age and sex of the child you would like to buy for.

***We need all books in by January 31.*** Becky, Debbie, Jan, Shirley and I will staff a table January 10—24 to take your names and explain how the project works. It is very simple: sign up, buy your book, bring it back unwrapped and we will take it to the party. ***The children get to select their own books at the party.***

***This is a very sweet event. Thanks in advance for your generosity.***

***The Family Support Center on 465 "A" Street is the only shelter for families in Santa Rosa.*** Our Friday Family Fun Night project offers weekly fun activities for children and adults. We also have special events throughout the year, like the Valentine's Day Book-Giving.

— Jeanie Bates

***Saturday Breakfast:  
Thank You Volunteers!***

- ◆ Feeds 200 people each Saturday, especially in the colder months
- ◆ Food donations cover only a portion of the food costs.
- ◆ Grocery and dry goods costs range from \$800 to \$1100/ mo.
- ◆ Substitute volunteers needed in August and September.
- ◆ Monthly Share-the-Basket provides only some of the funding
- ◆ Majority of the funding comes from individual donors

***Please make an ear-marked donation of any amount***

Write a check to *UUCSR* with *Saturday Breakfast* in the memo line. Or click below for e-donation:



To Volunteer, Contact John Ray ☺☺☺

**KITCHEN REMODEL CALENDAR AND ALERTS**

*(We hope the results will be worth the inconvenience!)*

**JAN 3 Appliances Moved**

*(Anything in the refrigerator? Claim or move it by Jan 3, or it will be tossed! Can use staff or Sat. Bkfst. Fridges.*

**JAN 4 Remodel Starts**

**JAN 4—8 Sensitive to chemicals?** *Try to avoid the building or making other plans at least until Jan 8.*

**JAN 4—11 Kitchen Floors Re-Done.** *Kitchen & coffee areas inaccessible. Despite fans and filters, there will be chemical odors.*

**JAN 11—15 Some construction still going on** *in kitchen, but some access possible*

## UUCSR CIRCLE DINNERS Sign-Ups Only JANUARY 3 – 10

*\*Meet new people \*Share good food and conversation \*Enjoy getting to know folks better.*

**What Is a Circle Dinner?** A Circle Dinner is a small informal social gathering of UUCSR members & friends over a pot-luck meal.

**How Do Circle Dinners Work?** Members and Friends (Interested in Membership) of UUCSR), **SIGN UP** on a Circle Dinner List in the social hall on **January 3 or 10, or EMAIL the Circle Dinner Organizers by January 10.** All the names then are shuffled into groups of 7 or 8 (singles and couples) which becomes a "Circle Dinner Group" for 4 months. In the February Newsletter we post the SPRING Circle Dinner Lists. The groups contact each other, decide on a date, time and place to gather and who will bring what, y voila! The rest takes care of itself!

**Interested? We are taking sign ups the first 2 weeks in January.** Watch for details in the Social Hall and for the sign up table. We will need your name and phone number to post on the list so that your Circle can connect!

**CONTACT SHARON SMITH OR WAYNE SMITH TO BE INCLUDED ON THE PARTICIPANT LIST. YOU MAY ALSO REQUEST TO BE ON THE SUBSTITUTE LIST.** Organizers: Sharon and Wayne Smith, 707-543-5943, or e-mail: wayne\_e\_smith@comcast.net.

**ALERT:  
SPRING CLEANING OF  
THE CIRCLE DINNER LIST!!**

*You must sign-up **again**  
to be included in a group!*

*Don't be left out of the fun!*

**Dinner Service for 8?  
Formal Dining with Linens?**

**NO!  
NO!**

**Enjoy Meeting New Folks?  
Connect w/ Old Friends?  
Conversation and a Good Meal?**

**YES!  
YES!  
YES!**

**Q: How many Unitarians Universalists does it take to change a light bulb?**

**A: We choose not to make a statement either in favor of or against the need for a light bulb...**

However, if in your own journey, you have found that light bulbs work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb. Present it next month at our annual Light Bulb Sunday Service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, 3-way, long-life, and tinted, all of which are equally valid paths to luminescence.\*



**Interning at UUCSR...**

Happy New Year!!!

Wow, I've been here 5 months already. It's been an amazing experience and I am excited about spending my next year and a half at UUCSR.

Thus far, I've started to understand more how a church works behind the scenes, including the inevitable tensions and conflicts any organization must encounter. I've observed you respond with love to a great loss (John Durr) and even served myself to help a member of the broader community conduct a memorial service.

I've enjoyed working with the high-school-age youth group, who I recently discovered are talented craftspeople, as well as being pretty wonderful human beings in many other ways. I've observed your incredible generosity every Sunday, at the service auction, and by buying our new t-shirts and youth crafts.

Slowly, I've gotten to know some of you personally. I can already imagine how hard it will be to leave this internship someday and, as is required of former interns, not be able to maintain ongoing contact with the congregation, which now

feels like my own.

In addition to continuing with my current assignments, I will be preaching more often this spring, approximately once a month. In March, I will be conducting an adult RE class on the UUA's Preliminary Report on Class. Economic justice continues to speak to me (as it always has) and I look forward to exploring the issues of class with our economically diverse congregation. I hope to be able to devote more time to working for housing justice this spring.

On a personal note, I'm enjoying having become a grandma for the second time. Kai Mo Morgan was born November 21 to my older son Jeff and his wife Dana. Kai joins big brother Ryu, a rambunctious 2-year-old.

To everyone: Have a wonderful 2016!!!!

*Millie Phillips, your Intern Minister*

**UUCSR MISSION**  
*Celebrate Life, Empower People, Care For  
Each Other, Help Build a Better World*

# Treasurer's Report

**Make a New Year's Resolution You Can Keep!!**

## Set up Recurring Electronic Funds Transfer for your Pledge Payment NOW!

Elsewhere in this newsletter you will see the names of those who pay their pledges automatically, either from their bank account or credit card. If you are not among them, please consider joining them! You won't know what to do with all the extra time on your hands when you don't have to remember to write a check every month!

## Changes to our Building Use

We will be faced with financial challenges in the coming year with the expected departure of our long-term tenants, the Islamic Society, who are moving into the building next door. Good for them! But we will need to determine how we can replace the income on which we have depended for so long and the best use of the space going forward. The Board is looking into our options for the use of the space and you will be hearing more in the future.

*"For it is in giving that we receive."*

*Francis of Assisi*

## Happy and Joyous New Year!

I've always loved the feeling of freshness I get on January 1. In my head I know it's just a day like any other day but there's something about a new beginning that makes me feel optimistic and grateful. It seems like anything might be possible.

As we move into the New Year, I hope this year we will increase the amount we give to others in need and expand our outreach and participation in programs in our greater community. I plan to delve further into the spiritual practice of generosity on a personal level and continue to relate the ways in which I find that giving to others enriches my life.

**Generosity is a spiritual act** and practicing true generosity is taking a step toward becoming the person I am called to be – the person I strive to be. Practicing generosity takes conscious effort, sacrifice and an examination of how I live my life. Giving feels good and makes me a better person. Sometimes it is scary to go out on a limb but who knows what I am capable of until I try. Sometimes it takes a leap of faith. In this new year, I hope to grow my faith and my heart by giving as much of my time, talent and treasure as I am able. I receive so much in return.

I'm excited as we embark on 2016 to see what we can accomplish this year. Our remarkable community, after over 60 years, has only just begun. With faith, generosity and commitment anything IS possible.

What is important to you and where would you like to see us focus our efforts in the coming year?

*Linda Balabanian, Treasurer*

**Nurture Your Spirit.  
Help Heal Our World.**

**Please**

## Help Keep UUCSR Clean

We have wonderful groups and committees that use our space. And occasionally, our kitchen supplies (coffee cups, etc).

**If you or any guests use our kitchen, please wash any dirty items, return everything to its proper place, and throw away trash.**

**This includes the staff kitchen.** Thank you for helping keep our building beautiful and clean! It's Appreciated!

*Barrie Noe, Glaser Center Committee*

## Legacy Circle Members! (and potential members)

**Made a donation to, or named the UUCSR Endowment Fund, as a beneficiary of your estate or will? You qualify to be recognized in the UUCSR Legacy Circle.** To ensure our list is up-to-date, please contact me if you've made that commitment, if you have any questions about how the Endowment Fund has been used to benefit the congregation, or to contribute to the fund. Thanks to all of you

*Phil Harriman,  
Chair of the Endowment Committee*

## Meet The Minister

*After the second service on the 3rd Sunday of each month, visitors & guests are invited to meet informally with Minister Rev. Chris Bell and a few lay leaders. Bring your tea and join us in the Green Room at the end of the hall.*

*All questions welcomed and encouraged!*

**Buy Delicious Peace Coffee, grown by co-ops of Muslim, Jewish, & Christian farmers in Uganda and Mexico!**  
Sundays at A4SJ table

## Share the Basket NOVEMBER Recipients

*Each week we split our offering basket contributions. Our Advocates for Social Justice committee selects a program to receive this special donation from our Congregation.*

**Thank you for your very generous support!**

SAY Dream Center	\$ 889.35
Graton Day Labor Center	\$ 610.69
COTS	\$ 584.64
Breakfast for our Neighbors	\$1684.42



## Music Notes

On Sunday, January 17, Special Music will be provided by a vocal quartet scheduled by Claire Beery. The quartet will sing hymns that Unitarians and Universalists have sung over the past 250 years, that come from our Christian roots.

They will sing two versions of a hymn first used in the 1937 book "Hymns of the Spirit for Use in the Churches of the Free Spirit." This original hymn is "Creations Lord, We

Give Thee Thanks."

They will then sing a newer version of this hymn which is now in our hymnal as #289, "Creative Love, Our Thanks We Give," set to entirely different music.

The choir will sing for both services on Sunday, January 10 and January 24. Other Special Music will be provided by Robert Howseman on Sunday January 3 and January 31.

Jenny Harriman, Music Committee Chair

## Welcoming the Environmentally Sensitive [continued from page 4]

dry products can also be problematic – Tide detergent and Bounce laundry sheet are among the worst. With the rise in environmental illness, it would be good to reserve highly scented products for special occasions, rather than using them on a daily basis.

It might come as a surprise to learn that those with environmental sensitivities can tolerate even strong body odors, and sometimes even the lingering scent of cigarette smoke on clothes, but they have trouble with the scents that people add to cover up those odors!

The fires of the summer and fall exacerbated symptoms for many chemically sensitive people. Environmental sensitivities are cumulative and often out of personal control (e.g., agricultural products and air quality). That makes it even more important for us to do what we can to keep our building as chemical-free as we can.

Again, a big thanks for making these small adjustments that make our services friendly to all.

-- submitted by Ellen Skagerberg  
for the Scent-Free subgroup

## General Assembly & District Assembly are Coming!

The UUCSR nominating committee is charged with finding and encouraging UUCSR members to attend and represent UUCSR as voting delegates at Unitarian Universalist Association (UUA) conferences:

**Pacific Central District's Regional District Assembly (DA)**  
April 22 - 24, 2016  
Newark, CA

**General Assembly (GA) 2016 "Heart Land: Where Faiths Connect"**  
June 22 to 26, 2016  
Columbus Ohio

**Q: Why can't UUs sing very well in choirs?**

**A: Because they're always reading ahead to see if they agree with the next verse.**

[All jokes in this mo.'s UUupdate from [www.firstunitarianontario.org](http://www.firstunitarianontario.org)]

## UUCSR T-Shirts

Be sure to get your beautiful UUCSR T-shirts for \$25 in the social hall after services.

Choice of black or white t-shirt, with a gorgeous rainbow-colored swoosh design of multi-faith symbols, designed by our own Hilary Sowers.

Get your t-shirt today!  
They make great gifts!



## Our Unitarian Universalist Principles

- ◆ The inherent worth and dignity of every person;
- ◆ Justice, equity and compassion in human relations;
- ◆ Acceptance of one another and encouragement to spiritual growth;
- ◆ A free and responsible search for truth and meaning;
- ◆ The right of conscience and the use of the democratic process within our congregation and in society at large;
- ◆ The goal of world community with peace, liberty and justice for all;
- ◆ Respect for the interdependent web of all existence of which we are a part.



## We are a Welcoming Congregation:

We are committed to being a diverse congregation, fully inclusive of gay, lesbian, bisexual & transgender people.

# *From Around the Larger Unitarian Universalist World..*

## *An Article by the Minister of the First Unitarian Church of Los Angeles*

### **First Things**

**Rev. Rick Hoyt-McDaniels**



In the last two months First Church has been fortunate to welcome 10 new members. This is a good opportunity to remind us of the meaning of membership in a spiritual community.

A member participates in the community from the inside. A member doesn't come to the church just to receive, but also to give. A member helps create the ministry the church offers to others. In a Unitarian Universalist church a member is a legal owner of the congregation and is responsible for honoring the legacy and guiding the future of the church.

A member contributes in three specific ways: time, talent, and treasure.

"Time" means that a member shows up at church events. We see you at worship and other events. You are part of the life of the community.

"Talent" means that a member works for the community. You come early on Sunday to set up the altar, or volunteer as a greeter. You give expert advice when the church has a special need. You serve on the board.

"Treasure" means that members support the church financially. Members understand that giving generously to the church is an expression of how deeply they enter into the shared goals of the church.

How much Time, Talent, and Treasure you give is up to you. Any, or all, of the three can be waived if circumstances prevent you from giving (just write a note to the minister)....

### **Lo Primero**

**Rev. Rick Hoyt-McDaniels**

En los últimos dos meses la primera iglesia ha tenido la fortuna de dar la bienvenida a 10 nuevos miembros. Esta es una buena oportunidad para recordarnos el significado de ser miembro de una comunidad espiritual.

Un miembro participa en la comunidad desde el interior. Un miembro no llega a la iglesia sólo para recibir sino también para dar. Un miembro ayuda a crear el Ministerio que la iglesia ofrece a los demás. En una iglesia Unitaria Universalista un miembro es propietario legal de la congregación y es responsable de honrar el legado y guiar el futuro de la iglesia.

Un miembro contribuye de tres maneras específicas: tiempo, talento y tesoro.

"Tiempo" significa que un miembro va a los eventos de la iglesia. Nos vemos en los servicios y otros eventos. Eres parte de la vida de la comunidad.

"Talento" significa que un miembro trabaja para la comunidad. Llegar temprano el domingo para instalar el altar o ser voluntario para dar la bienvenida. Dará asesoramiento cuando la iglesia tenga una necesidad especial. Servirá en la Junta.

"Tesoro" significa que los miembros den apoyan económicamente a la iglesia. Los miembros entienden que dar generosamente a la iglesia es una expresión de cómo profundamente entran en los objetivos comunes de la iglesia. Cuánto tiempo, talento y tesoro es su decisión. Cualquiera, o todos, de los tres pueden renunciar si las circunstancias le impiden dar (escriba una nota al Ministro)...

*From December's First Light, the Newsletter of the First Unitarian Church of Los Angeles.*



## **VALENTINE'S DAY BOOK-GIVING BOOKS FOR CHILDREN**



***Book Donations received thru January 31  
Book-Giving Party February 12, at the Family Support Center!***

**The Valentine's Day Party with Gifts of Books for the Children was a huge hit last year,** so we will repeat the event this year. We invite you to contribute even more books this year, and attend the party on February 12.

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*Contact Jeanie Bates for more information*