



# UU Update

Unitarian Universalist Congregation Santa Rosa

FEBRUARY 2016 • Volume 60 • Issue 2

## February Service Theme: WINGS SET US FREE



Sunday Services 9:15 am and 11:00 am

**February 7**  
**WINTER CONGREGATIONAL MEETING**  
**11:30 am— 1:30 pm**  
**after 10:00 am single service**

*"The right of conscience and the use of the democratic process within our congregations" [from UU Principle #5]*

*Please note the special times and the congregational meeting and spread the word.*

**February 7**  
**10:00 AM**  
**WINGS SET US FREE**

**Presented by the Children of the Religious Education Program**  
*(One service only)*

**Service Leaders:** Rev. Chris Bell, Deborah Mason, and many children **Music by:** Children of the Religious Education Program  
**Share the Basket:** Restorative Resources

The story of Jonathan Livingston Seagull – trippy and mystical though it may be – offers a powerful lesson in following your own path and finding true freedom. Through words, actions and songs our children will help Rev. Chris and Deborah tell this magical tale. Come and learn to fly!

*Please note the special times and the congregational meeting and spread the word.*

**February 14**  
**LOVE CAN SET YOU FREE**

**Service Leaders:** Millie Phillips, Eric Fischer **Music by:** Sadie Sonntag and The Choir **Share the Basket:** Catholic Charities Family Support Center

Valentine's Day— yes, you guessed it, the topic is Love: romantic love, familial love, "justice is what love looks like in public." Intern Minister Millie Phillips explores what all forms of love share in common.

**February 21**  
**ON FOLLOWING YOUR GUT**

**Service Leaders:** Rev. Chris Bell, Cathy Read  
**Music by:** John Ray and some of the UUsual Suspects  
**Share the Basket:** West County Health Centers

Unitarian Universalists historically have had a special fondness for the capacity of reason and for the powers of the intellect. But not all of existence, or even our own lives and minds, can be captured under that banner. Many of us have had powerful experiences of intuition, epiphanies, and other moments of direct experience that are hard to explain. What are we to make of these? Can we trust ourselves even when it is our gut instead of our head that is leading the way?

**February 28**  
**ON CREATIVITY**

**Service Leaders:** Rev. Chris Bell, David Hope  
**Music by:** The Choir **Share the Basket:** Saturday Breakfast For Our Neighbors

Creativity is one of the miracles of life. The universe evolves. Once the Earth was only rock and fire. Over time it came up with giraffes, orchids, clouds, and you. People constantly come up with new ideas, new objects, new technologies, new insights. We write new songs. Every person has the capacity to be creative. And all hope for a challenging future depends upon creativity! Today we'll celebrate this miracle and explore its sacred dimension.

**March 6**  
**THE SPIRIT OF ART**

**Service Leaders:** Rev. Chris Bell, Scott Miller **Music by:** Ben Ford and some of the UUsual Suspects **Share the Basket:** The Living Room Through the ages art and spirituality have been intimately linked. For centuries most art centered on religious themes and stories. We'll expand on last week's service on creativity by looking at the spiritual dimensions of art, in particular, Zen art and modern abstract art, which (not coincidentally) are two of Rev. Chris's favorites. Bring your glasses – there will be many images shown.



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



## **Who Shall Live?**

*By Reverend Chris Bell*

Beautiful rain is pouring down nearly every day now, bringing a fresh coat of green to the fields. An Amaryllis is sprouting on my windowsill like a finger pointing to the sky. The days are lengthening and the light sticks around a little more each day, like a good friend. I feel very lucky, because the dark of winter in Sonoma county looks a heckuva lot like Spring everywhere else.

***I'm grateful for this change around me, because my mind is stuck on the fragility of life these days.*** Earlier this month I attended the funeral of my former brother-in-law and our former sexton Phil Butterfield, followed immediately by another memorial for a dear one's cousin who died unexpectedly. By the time you read this we will have celebrated the life of our fellow member Bev Ludwig, a vibrant and amazing elder who was taken suddenly by a car accident. Many others around me are facing serious health challenges and the struggles at the end of life. David Bowie and Glenn Frey died. As a minister who sees such things all the time, I have become strangely comfortable with this reality, but sometimes a great wave of sorrow can still overcome me. Today is such a day.

***We can pass through our days forgetting about the shadow of death.*** Each day is a lot like the previous one: we get up, head off to work or to our other activities, share our small talk with friends and co-workers. Plans unfold slowly and predictably. We take the same way to the store, and buy what we bought before. Dinner gets cooked and eaten. The world really is largely reliable, safe and predictable for many of us in the United States, much of the time. It feels like it is for me, at least.

And yet the reality is that death and loss are always just one moment away, for all of us. Remembering that, acutely and clearly, feels like a doorway to wisdom.

***For many people death and loss are so much closer than they ever feel to me.*** My heart opens to the countless numbers of people who DIDN'T enjoy such a fortunate life as mine. Those drinking dirty water in Flint. African-Americans and other people of color all around America. The countless refugees fleeing violence around the world, and the millions of children whose next meal is uncertain. The people we feed every Saturday.

Many of the circumstances that leave people insecure and endangered could be prevented if people could learn that what really matters. Not money, nor prestige. Not possessions, nor power, but compassion, cooperation, beauty, and love. Life is so fleeting and delicate already; the hardships we create for one another are truly heart-breaking.

***I think it's good to be this sad sometimes.*** It leads me to a renewed commitment to make the most of my life right now. I don't want to miss any opportunity to tell someone that I care about them (Hey you! I care about you!), to create something new, to enjoy nature's glories, to reach out in love

and compassion to those hurting around me, to soak up the pleasures of company, good food, children, the sun, my garden, and heavy-duty rock and roll.

You know we do many good and important things as a community together. Our advocacy for fair housing, for restorative justice in the schools, for better public transit, and for improved police accountability make a difference. Our playing with and cooking for homeless adults and children has a real impact. Our spiritual practice groups and our worship services open people's souls.

***But nothing could be more important than learning about each other,*** sharing each other's pain, offering each other a meal or a hug or a ride or a smile. We never know when the chance to do so will be taken from us.

A few months ago Millie sent me a reading from Rabbi Margot Stein, who was reflecting on Yom Kippur. I was reminded of these words today, so I offer them to you:

*"Unetaneh tokef [a Jewish liturgical poem] asks: 'Who shall live and who shall die?' Who shall really and truly LIVE, and who shall die a thousand deaths before the final one? Who shall live, paralyzed by fear? And who shall die in a healing circle of deep love?"*

*The Jewish tradition offers us a way through, a way to "avert" or at least to soften, life's severity. It teaches us that turning our love in a new direction, pouring out our hearts to the Holy One, and giving financial support to those who have been badly wounded by the world or who are working to heal the world will help us in this life.*

***"Who shall live?"*** Whoever seizes the gift of life and calls it precious, whether they have half a century or half a month left to live.

***Who shall live?*** One who lives out loud and at full tilt, not perfectly but with endless compassion for themselves and for all other beings.

***Who shall live?*** The person who faces down their fears and anxieties, and says Yes to life anyway.

***Who shall live?*** One who knows that experiencing sorrow and loss won't kill you. And since it won't kill you, strive to keep truly living as long as you are alive.

***We each have two lives. The second one begins, when we realize we have only one.***

*Let this be that moment.*

*Let now be when you wake up to this one precious life.*

*Let this be when you choose to live like you mean it."*

Rabbi Margot Stein

I'm going to take those words to heart, and as the cleansing, life-giving rain runs down the window before me like a tear upon a cheek, I pray that we all may awaken to these lessons. And I thank God for all those finches on that sock outside my window, and for you.

*Rev. Chris*

## From Our Board President...

*"Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly."*

Langston Hughes

**February is Black History Month and the first of this month we celebrate poet Langston Hughes' birthday.** At this time of year we also celebrate the birthday of Martin Luther King, Jr., and his inspiring and timeless "I have a dream" speech."

We, individually, and as a congregation at UUCSR have our dreams and aspirations to make a better world; a world in which racial equality would not have to be a dream, but a reality. UUCSR works toward this goal through the pursuit of our mission:

***Celebrating life, Empowering people, Caring for one another, and Helping to build a better world.***

***Your Board of Trustees, guided by our principles and bylaws, works to maintain the overall health of this, our beloved community.*** I'd like to give a special shout out to the Board's committees: Financial Stewardship (and its various subcommittees) and Human Resources. These folks have done yeoman work to keep the congregation fiscally stable and on track as a fair and equitable employer. (If you,

yourself, have experience in HR or a similar field and would like to contribute your wisdom to the newly forming HR Committee, please contact me, Rev. Chris or VP Bill Haigwood.)

On another note, we have news that the Islamic Society will be leaving its rental space at UUCSR to move to the building next door. While this represents a loss in revenue, it also presents us with new opportunities and options. The Board has asked the Islamic Society Space Task Force (for lack of a better name!) to explore the optimum usage we may make of this space in the future.

Another opportunity to participate in our congregation's democratic governing process presents itself this month:

### **THE WINTER CONGREGATIONAL MEETING**

**SUNDAY, FEBRUARY 7, 2016**

in the **Sanctuary at 11:30 AM**

**(ONE WORSHIP SERVICE at 10:00 AM)**

Among other business to be conducted will be the presentation of the Preliminary Budget and the election of new members of the Board of Trustees, as well as Delegates for General Assembly and District Assembly. You should receive your meeting packets by the time you read this.

Let us continue to care for one another and hold fast to our dreams,

**Susan Bartholome, President UUCSR Board of Trustees**

## Treasurer's Report

### Midyear Financial Update

***We've hit the mid-year already, it's hard to believe!*** Our finances look pretty good. Our donations and fundraising revenues are over budget but our pledge revenue is a little under budget. Our expenses are under budget too resulting in net income right on budget. Pledge revenue improved significantly in December and is now at mid-year just over 50% of the total budgeted pledges for the year. Last year we were at 53% of total and the year before that at 60%.

***These are interesting statistics.*** Considering that last year we had pledge revenue almost \$15,000 over budget by year end, my worry about only hitting 53% by December 31<sup>st</sup> wasn't warranted. However, last year our total pledge revenue was over budget every month. ***This year our pledge revenue has remained under budget every month*** although there have been months in which the monthly pledge revenue exceeded the budgeted pledge revenue for that month.

There is one thing I know for sure that bolstered our pledge revenue last year during the second half of the year (January-June). ***During our last pledge drive several people paid their full pledge with their pledge card and others began paying their increased pledge amounts prior to the end of the year. Thank you!!!*** We record our revenue on a cash basis, so although the pledges may have been in relation to the next year, they were booked in the previous year.

Although we will not be having a formal pledge drive this year, your hard-working Philanthropy Team will be actively communicating opportunities for generosity and will be asking all of us to consider raising the level of our financial commitment to UUCSR to support next year's budget and other projects. Members should have received a copy of the proposed draft budget in the mail in advance of the Congregational Meeting on February 7 where it will be presented and explained.

**Linda Balabanian, Treasurer**



*"I believe in law. At the same time I believe in freedom. And I know that each of these things may destroy the other.*

*But I know too that, without both, neither can long endure...*

*Law, freedom, and justice--this trinity is the object of my faith."*

*--Justice John Rutledge*

**CIRCLE DINNER GROUPS  
SPRING 2016**

**Welcome to our Spring Circle Dinner Groups!** If your name is in **bold at the top of a dinner group**, please contact the others in your "circle" to arrange for your first gathering. You get to decide on the time and place with your group.

Get the list at the church office, or email newsletter@uusantaorsa.org

Also you get to decide who brings what (ie: appetizer, salad, main dish, dessert, beverages/bread)! Please try to contact everyone within two weeks so no one feels forgotten!! As part of your after dessert conversation, don't forget to decide where and when you all will meet for the next month's gathering.

**If, for some reason, you are not contacted by the folks at the top of your "circle" group by the middle of February please call them.** If they don't respond or another problem arises, please contact Sharon or Wayne at 543-5943

**\*\*If you cannot make a dinner, have to cancel, or (as the host) need or want to fill in an empty seat or two, please consider calling someone from the "Substitute List".** They will be glad to hear from you.

**Enjoy your time together in food, fellowship, and fun!**

DAYTIME GROUP 1

**Phyllis Fitzgerald**

Babs Lang  
Beth Wettergreen  
Jean Smith  
Nadene Carroll  
Patti Wagner  
Valerie Borg

EVENING GROUP 3

**Gale Alford**

Amy Chesnut  
Carol Daeley  
Cathie Wiese & Robert Lunceford  
Kathy & Bill Stayton  
Nancy Fitzpatrick

EVENING GROUP 6

**Wayne & Sharon Smith**

Betz & Sam Miller  
Carol Weisker  
Dee & John Ray  
Mary Lill Lee

SUBSTITUTE LIST

Patty Somlo & Richard Fung  
Kathy Norman & Jenny Harriman  
Stacy Sincheff  
Montana Podva  
Nodene Carroll  
Michael Randolph & Judith Redding  
Cathy Read & Victor Cummings  
Mac Freeman  
Mary Louise Jaffrey  
Brian & Kitty Wells  
Helga Lemke  
Linda Harlow  
Lucia Kasulis

EVENING GROUP 1

**Sara Jones**

Becky & Bill Montgomery  
Clement Boylan  
Lee Lipinski  
Lynn & Leonard  
Riepenhoff

EVENING GROUP 4

**Elizabeth & Robin Marrs**

Deborah Hight & Richard Gauthier  
Janice & Olga Mayberry  
Mary Wolfe  
Roger DeBeers

EVENING GROUP 2

**David & Debbie Hope**

Anne Ullerich  
Sharon & Joe McCarty  
Nancy Nolan

EVENING GROUP 5

**Marilyn Holmes**

Cynthia Stebbins  
Gene & Gretchen Vap  
Jo & Jim Katon  
Tess & Bill Hageman

**GETTING TO KNOW UU Class**

SATURDAY, FEBRUARY 27th

9:30am to 12:30pm

**Are you UU-Curious? Even Considering Membership?**

The next **Getting to Know UU** class is held on SATURDAY, FEBRUARY 27th, 9:30am to 12:30pm. Whether you are new to UU or a long time member, this class offers rich history and a chance to meet new friends.

Learn Unitarian Universalist history, discover the roots of UUSCR (our congregation) and explore the sacred in theory and practice.

This class is open to everyone and is required for UUCSR membership.

Sign up at the Visitor/Welcome table before the class date or contact Michele Murphy at [wynomurphy@att.net](mailto:wynomurphy@att.net) or (707) 479-3661.

**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**

We meet Thursday, February 11.<sup>th</sup> 7 - 9 p.m. at 547 Mendocino, in the RE wing. The February selection is *Water Ghosts* by Shawna Yang Ryan. In March we read *Dead Wake: The Last Crossing of the Lusitania* by Erik Larson.

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 for info.

**Faith and Fitness  
Saturday, February 13**

Rain or shine urban walk through Petaluma along the river and back. Meet for Santa Rosa carpool Fourth and Farmers 9:30, or North end of Lucchesi Park on McDowell in Petaluma at 10:00. About two hours, flat terrain, easy walking, possible indoor stop depending on weather, otherwise dogs welcome.

Join us please!

Contact Gretchen P.

**Alcoholic Anonymous Meeting  
For Transgender People**

(for 18 yrs or older)

New AA Meeting for Trans People

Starts Feb 4th

Thursdays 1-2 pm

Can arrive at 12:30 pm

to set-up coffee.

3400 Chanate Drive, Santa Rosa, CA  
(Take County Farm Road off Chanate, go around circle to far side)

Contact Neo J.C. 707-703-8918  
Or Call Wellness Advocacy Center  
at 707-565-7800.



# 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.

**Feb. 7: Restorative Resources** - A Sonoma County program which provides restorative justice circles, and school programs, and establishes restorative practices. An effective, community-based approach to preventing crime, and repairing the effects of crime. Restorative practices school programs provide frameworks of respect and trust between students, teachers, parents, administrators and staff, and foster inclusive school cultures, develop positive discipline practices, and create a safe learning environment.

**Feb. 14: Catholic Charities Family Support Center** is a 138 bed family shelter which provides a warm, stable home for families coming from cars, tents, and crowded motel rooms. It is geared to meet the needs of every family member, with a special focus on children. Services include case management, employment and housing counseling, referrals for medical screenings, getting children up to grade level in school, and support services designed to move families toward self-sufficiency.

**Feb. 21: West County Health Centers**, a private, non-profit federally qualified health center, receives Section 330 Grant Federal Funding to provide quality health services to the whole community, regardless of ability to pay. They strive to provide a medical home for patients, ensuring that they experience continuity of care and have a secure place to come for all of their health care needs, and to help patients manage and integrate wellness practices into their daily lives. **They are in special need of extra financial assistance after a fire destroyed their Russian River Health Center in Guerneville.**

**Feb. 28: Our Own Saturday Breakfast For Our Neighbors** provides a nutritious breakfast – 'The best in town' – for our needy neighbors every Saturday morning. Many of you volunteer to help, for which our guests are grateful. We rely on donations to keep this program running.

**Mar. 6: The Living Room** welcomes homeless and at-risk women and their children into a warm and safe environment Mon-Fri, 8:30AM-1 PM. *Look for more in March Newsletter.*

## Hot Topic Hot Topic Hot Topic

### "HEART IN THE HOOD" A Portrait of Life in West Oakland

by **Mike Sommers**  
Actor and Writer

**FEBRUARY 14, 2016, 12:45 PM**  
UUCSR Board Room

*(Sequel to the stunning "Hick in the Hood" production, also by Mike Sommers. Sold out performances in Marin and other bay area venues)*

**Advocates for Social Justice happily presents HEART in the HOOD, a true story, a love story between a man and his adopted neighborhood.** Eight years ago Mike Sommers, a small town Vermonter, bought a house in a notoriously rough neighborhood in West Oakland...and came to love it. Sommers plays all 16 beloved characters who run the gamut from poignant to hilarious. Through Mike and his harmonica, we hear their words, laugh with their optimism and begin to understand the misunderstood and beautiful people of 22nd Street. (<http://michaelsommers.wix.com/actor>)

**We have time for conversation following Mike's performance.** This promises to be one of those specially memorable experiences. Light lunch available for donation.

**Jeanie Bates, Advocates for Social Justice**

## Social Justice Film Project

FEBRUARY's Film

### "TRACES OF THE TRADE" A PBS Documentary

**SUNDAY, FEBRUARY 28, 12:45 PM**  
RE Common Room

*(6th in a series of racial justice films presented by A4SJ)*

**This is the story of a search undertaken by members of the DeWolf family for their family's involvement in and profit from the slave trade.** Troubling, compelling, this film offers us a glimpse of New England's deep involvement in the slave trade and points to slavery as a cornerstone of the region's commercial life.

From a UUA description of the film, **"...viewers will have the opportunity to grapple with the history and modern consequences of slavery,** the corrosive role of silence in contemporary conversations about race, issues of white privilege and guilt, and questions of response, repair, and reparations." Discussion will follow viewing.

### Jeanie Bates for Social Justice Film Project

*Episcopal Church calls for viewings of "Traces of the Trade"*  
"The Episcopal Church, through its Executive Council's Anti-Racism Committee, has called for dioceses and congregations to view PBS documentary, "Traces of the Trade: A Story from the Deep North," and to participate in facilitated conversations about the film..."

*[from <http://www.tracesofthetrade.org/news/>]*

## Adult Religious Education

Submitted by Marilyn Beckerbauer

### *Spirit of Practice*

Presented by Rev. Chris Bell

Ongoing—Tuesdays at 7 pm: February 2 & 16,  
March 1 & 22, Apr 5 & 19, May 3, 17 & 31

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

Participants may 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. *Spirit of Practice* workshops affirm religious diversity while seeking unity in our communal quest for meaning and wholeness. They 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: **Jan 19** Introduction; **Feb 2** Personal Spiritual Practices; **Feb 16** Communal Worship Practices; **Mar 1** Spiritual Partnerships; **Mar 22** Mind Practices; **Apr 5** Body Practices; **Apr 19** Soul Practices; **May 3** Life Practices; **May 17**; Justice Practices; **May 31** Class Review

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### *Adult Sexuality*

By Professor Bill Stayton, M.Div., ThD, PhD.

February 3—24, Wednesdays at 7–9 pm

This popular series, presented last May, is repeating. A four-session holistic view of sexuality helps participants clarify their values, build interpersonal skills and understand the spiritual, emotional and social aspects of adult sexuality. Professor Stayton served on the human sexuality faculty at the University of Pennsylvania for 28 years. He has over 70 publications and has received numerous awards. A licensed psychologist, Dr. Stayton is also an ordained clergyman.

Classes meet 7:00—9:00 pm on the following  
Wednesdays: Feb. 3, 10, 17 and 24. Donation requested.

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### *What if We Aren't So Special After All?*

A Look at the UUA's Preliminary Report on Class

Presented by Intern Rev. Millie Phillips

March 1—8, Tuesdays at 7—9 pm

Intern Minister Millie Phillips engages us re the myth that UUism appeals only to a highly privileged upper middle class. This popular myth has been challenged by a new UUA report that shows that actual UUs are far more class-diverse than many have realized. What are the implications for UU's social justice work, seeing ourselves as an integral part of our society, rather than separate from and "above" it? **Two-part class: Tuesdays, March 1 and March 8.** Discussion of the report (full text and summaries provided) then TIE-group-format discussions sharing own personal class experiences.

### *Consider the Conversation:*

*A Dialogue on Death and Dying*

Presented by Sanna Rose, M.A

March 11-25, Fridays at 2—4 PM Fee: \$45

Sanna Rose, a skilled facilitator, is certified by Noetic Sciences to facilitate workshops called "Conscious Aging." As a licensed practitioner at the Center for Spiritual Living she has offered workshops in Meditation, the Creative Process, and Creating the Full Circle: Group Conversations About Death and Dying. She also has worked as an Activity director with seniors. She has a graduate degree in transpersonal psychology with emphasis in Art Therapy.

## *One Billion Rising Revolution*

February 14, 2016

(5th Annual Observance and Actions)

### **Santa Rosa Walk One Billion Rising**

Feb 14 at 11:00 a.m. at Courthouse Square

*A Peaceful Walk for an End to the Violence*

**"One Billion Rising is the biggest mass action to end violence against women in human history.** The campaign, launched on Valentine's Day 2012, began as a call to action based on the staggering statistic that 1 in 3 women on the planet will be beaten or raped during her lifetime. With the world population at 7 billion, this adds up to more than ONE BILLION WOMEN AND GIRLS.

On 14 February 2013, people across the world came together to express their outrage, strike, dance, and RISE in defiance of the injustices women suffer, demanding an end *at last to violence against women.*

On 14 February 2014, One Billion Rising for Justice focused on the issue of justice for all survivors of gender violence, and highlighted the impunity that lives at the intersection of poverty, racism, war, the plunder of the environment, capitalism, imperialism, and patriarchy.

For the third year of the campaign, One Billion Rising's global coordinators chose the theme of "Revolution" as an escalation of the demand for justice, and to build upon the massive efforts of communities worldwide that also looked at the roots and causes of violence as part of their call for justice.

On 14 February 2015, millions of activists in over 200 countries gathered to Rise for REVOLUTION, to change the paradigm, demand accountability, justice and systematic CHANGE.

***We are rising to show we are determined to create a new kind of consciousness – one where violence will be resisted until it is unthinkable.***

In 2016, the theme of Revolution continues with a call to focus on marginalised women and to bring national and international focus to their issues; to bring in new artistic energy; to amplify Revolution as a call for system change to end violence against women and girls; to call on people to rise for others, and not just for ourselves."

From [www.onebillionrising.org/about/campaign/one-billion-rising/](http://www.onebillionrising.org/about/campaign/one-billion-rising/)  
For more info on Santa Rosa Events: <http://onebillionrisingnb.org/events-schedule/north-bay-santa-rosa-walk/>

# Religious Education for Children & Youth

Director of Religious Education Deborah Mason

## The Art of UU Parenting

By Deborah Mason, Director of RE

For several years I have been facilitating a group called *The Art of UU Parenting*. Not a typical RE class with a structured lesson plan, *The Art of UU Parenting* is more of an exploration group for parents of children in the RE program who want to incorporate more intentionally the principles of our faith in raising their children.

We begin by generating a list of topics for the coming sessions. Then I put together readings and questions that fit the topic. I do a fair amount of research on each topic in order to bring additional points of view to the discussion.

This month we begin our eighth round of *The Art of*

*UU Parenting*. The feedback from the families who have participated is consistently positive, and they always ask me to offer it again. It is an excellent way to get to know other parents in a meaningful way, and has created a strong bond of community among the participants.

*The Art of UU Parenting meets on the second and forth Tuesdays of the month beginning February, 9<sup>th</sup> and continuing through May 24<sup>th</sup>*. We begin with a simple supper (which I prepare) at 6:00 and the group is from 6:30 to 8:00. Naturally, child care is provided. The meal costs \$5.00 per adult, kids eat free.

I hope you will consult your calendar to see if *The Art of UU Parenting* fits your schedule. Please contact me to sign up for the group at [debmasonuu@gmail.com](mailto:debmasonuu@gmail.com).

*In faith, Deborah*

2016	Grades K-1	Grades 2-5	Grades 6-8 (MUUGs)
2/7	<p align="center"><b>Intergenerational Service</b>  <u>One service Today at 10 AM</u>  <b>Wings Set Us Free</b></p> <p align="center">Service based upon the story <i>Jonathan Livingston Seagull</i> by Richard Bach</p>		
2/14	<b>Cake Auction</b>	<b>Cake Auction</b>	<b>Cake Auction</b>
2/21	<p align="center"><b>Wisdom Stories:</b>  <i>What if Everybody Did That?</i>                      By Ellen Javernick</p>	<p align="center"><b>Peace &amp; Justice Program</b>  <i>UUs Working for a Fair                      &amp; Peaceful World</i></p>	<p align="center"><b>Small Group Ministry                      for Teens</b>  <i>2nd Principle, focus on Justice                      "Justice, Equity and Compassion                      in Human Relations."</i></p>
2/28	<p align="center"><b>Wisdom Stories:</b>  <i>Silence</i>                      by Lemniscates</p>	<p align="center"><b>Peace and Justice Program</b>  <i>How Kids Can Make                      a Peaceful World</i></p>	<p align="center"><b>Small Group Ministry                      for Teens</b>  <i>3rd Principle                      "Acceptance of one another and                      encouragement to spiritual growth in                      our congregations."</i></p>

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.

## NBOP UPDATE

North Bay Organizing Project News

### ***Building a Better World (locally)***

***There are stereotypes about justice work and justice workers.*** Many of us might have historic images of passionate, angry revolutionaries ready to take on the system at any cost, of contentious meetings where passionate justice seekers rail against one another as they put forth the *very best* way to advance the cause, or of disorganized passionate social change agents who get lost in endless process to the extent that nothing gets done. ***I am here to tell you that the justice work of the North Bay Organizing Project busts apart all of these stereotypes.***

***In five years of working with NBOP, the work and workers have been dynamic, forward thinking, strategic and aimed at significant attainable goals.*** I have served on the Education Task Force, and am currently working with the Integrated Voter Engagement team. The NBOP leadership team, our Organizers Davin Cardenas, Karym Sanchez, Annie Dobbs-Kramer and Susan Shaw, is fruitful and inspirational.

***Working Politically For Change is a long process, with much behind-the-scenes work to do.*** The immediate gratification of a service project is not what keeps us working so hard. This work leads us into the fine details of our issues. The Voter Engagement Team has been working for months on voter demographics, strategy development, outreach to community partners and narrative refinement. We do this work with our eyes on the 2016 general election and the issues that NBOP is committed to.

***We Work Together as a team, wading through data, precinct maps and telling our stories about why the vote is so important to us.*** The ultimate goal is to increase the number of voters at the poll this November who represent sections of the community who are overlooked by the political process. We are focusing in increasing voter turn-out among Latinos, women and renters. In the coming months we will be holding house meetings in neighborhoods, coordinating candidate forums, precinct walking and continuing outreach to community partners.

***Here is my immediate gratification derived from this work:*** Each team or task force becomes a community of people who are not only devoted to the cause, but devoted to each other. Never have I had the opportunity to work so closely with such a diverse and dedicated group. The Voter Engagement team is comprised of women of a range of ages and ethnicities. Meetings are filled with good will and laughter amid the hard work. The atmosphere is one of deep respect and common interest. ***Every meeting and every event is a pleasure to be part of.***

***There is room in NBOP for you.*** If you are interested in getting to know a new group of people working for the common good, If you want to do justice work that is local and crucial and really fun, please join one of the Task Forces. Contact Sibyl Day, NBOP Vice President, Carol Kramer, or myself, to join or for information.

***Peace, Deborah Mason***

## VALENTINE'S DAY BOOK-GIVING PARTY for CHILDREN

At the Family Support Center  
February 12

***The 2nd Annual Valentine's-Day and Book-Giving Party for the Children. The children get to select their own books at the party. This is a very sweet event.***

***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. — Jeanie Bates***



### ***The Long Strange Trip Video Series***

History of Unitarian Universalism DVD  
Film, available to rent.

Take home, view at your leisure!  
Contact Kathy Norman to arrange disc pick-up.

*UU Update is a monthly publication of the Unitarian Universalist Congregation of Santa Rosa, California. Electronic submissions preferred. Send to 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, ext. 106, for info. Non-congregational announcements only as furthers the congregation's mission and as space allows .*

*Metta Prayer, by Maylie Scott*

**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.**

*Submitted by Terry Decker*



**R.E.'s Annual Cake Auction**  
**Sunday, February 14 after the 11:00 service**

Each year Children and Adults Team Up!  
 To create magnificent cakes to auction to the highest bidder.

**Our Middle School Group (MUUGs) is taking a leading role in the project. Happening in the UUCSR Social Hall**

**Proceeds for Scholarship Fund for the All Congregation Summer Camp**

**Guardian Group for the San Francisco Bay Area**

[From <http://www.refugeeguardiangroup.org/>]

**A Hands-On Social Justice Project**

“Members of the Guardian Group provide support to sexual minority refugees, asylum seekers, and asylees who are being resettled in San Francisco and nearby cities. All people being assisted by the group are in the United States legally. The group’s work includes practical assistance such as helping a newcomer navigate governmental paperwork.

More importantly, the Guardians are people refugees can rely on to give independent advice and to provide unconditional friendship.

The Guardians often hear of needs that are not met by any governmental service and devise ways to obtain what is needed for the refugee. With other members of the Group, Guardians determine what can be funded by donations or what alternatives can be developed. Money in the past has been used for needs such as dental work, MUNI passes, and short-term rent subsidies.

**Who Are Guardians?**

The Guardian Group is a social justice action of the First Unitarian Universalist Society of San Francisco. Members and friends of the First Unitarian Universalist Society of San Francisco participate in the Guardian Group in different ways.

**The Guardian Group Committee** Assigns refugee support tasks, raises funds, coordinates acceptance of refugees, plans strategy, worries.

**Guardian Group Supporters** Offer ad hoc support by providing rides, accompaniment to a specific appointment, and an invitation to a dinner/event. Donate time and/or money.

**You Can Help Refugees with Your Time**

You can assist in many ways with many different levels of time commitment.

- Be a non-anxious, non-judgmental friend to a person without local family.
- Help newcomers navigate Social Security, DVM, MUNI, and Costco.
- Invite a refugee into your home for a dinner or to a cultural or sporting event.
- Spread the word among your contacts about the need for inexpensive housing.
- Coach a refugee in job search skills including resume writing, application completion, and interviewing.”
- Provide a room that you are willing to let a refugee live in for a period of one to several months.”

**GUARDIAN GROUP “NORTH” at UUCSR?**

UUCSR members and friends have expressed interest in forming such a Guardian Group for Sexual Minority refugees and asylum seekers here in Sonoma County, with guidance from the original Guardian group.

This interest has been relayed to and coordinated with Jay Roller, a guest presenter at our Jan 3 worship service, and with ministerial intern, Millie Phillips, our liaison with the Guardian Group.

**Want to know more? Join us? Contact Susan Rabbit**



**Interning at UUCSR...**

This spring is going to be a busy and exciting time for my internship. My biggest challenge is

going to be setting limits on how often I say “YES.” There are just so many projects and activities and new ideas here at UUCSR that make me want to say “yes, YES, YESSSS.” And, like all of us, I can’t do them all.

Here are a few projects I *am* taking on:

**Preaching once a month. In February, I am preaching about love - on Valentine’s Day, of course.**

Along with Religious Education Director Deborah Mason, **I am becoming an adult representative to a new multi-congregation youth ministry project** for middle- and high-school age youth.

**I will be leading a two-part discussion Class Issues in the UU**, on March 1 and March 8 (Tuesday evenings), reviewing the Unitarian Universalist Association’s *Preliminary Report on Class*. During the sessions, you will be able to share your own class story. UU is more class-diverse than we may think and I am passionate about breaking down the stereotypes and cultural barriers around class that are often associated with UU.

**I am setting up a grieving group for members of the congregation who have lost loved ones and would like support in navigating the grieving process.** An initial date and time has not been set yet, but I will let you know soon.

**I love working here. Thank you!!!**

**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



### Music Notes

For both services on February 14 for Valentine's Day, the choir will sing a Beatles piece that is quite well known, "All You Need Is Love." Here are the lyrics:

*"There's nothing you can do that can't be done, nothing you can sing that can't be sung, nothing you can say, but you can learn how to play the game. It's easy. Nothing you can make that can't be made, no one you can save that can't be saved, nothing you can do, but you can learn how to be you in time. It's easy. All you need is love. Love is all you need. There's nothing you can know that isn't known, nothing you can see that isn't shown. There's nowhere you can be that isn't where you're meant to be. It's easy."*

*Jenny Harriman, Music Committee Chair*

### Welcome to CUUPS in 2016!

*(Covenant of Unitarian Universalist Pagans)*

Our CUUPS fellowship of Unitarian Universalist Pagans is a lovely and ever-more active community of like-minded earth lovers.

#### This Solar Year, We Invite You to Our Celebrations of the Full Moon:

Feb 22, Mar 23, Apr 21, May 21, June 20,  
July 19, Aug 18, Sept 16, Oct 15, Nov, 14, Dec 13

#### We Also Invite You to Our Bimonthly Planning and Social Meetings:

**2nd Tuesdays Planning Meetings, 5:30-6:30 pm (Rm. 1)**

We Decide Together What Part of the Earth Cycle we will celebrate this year and when we should have potlucks!

**4th Tuesdays Social Hour, 5:30-7:30 pm (Rm. 1)**

We meet for FUN! During Our Social Hour We Share Food Tidbits and Stories of our daily lives; sometimes our own and sometimes the Earth's. A great time for new people to meet us & see what CUUPS is all about!

**Blessed be, Clement Boylan**

Contact any of us for more information:

Lucia Kasulis, Aphrodite Bellocchio, Clement Boylan, or Stacy Sincheff

**Friday Night Drum Circles, 7-9 pm (Board Room)**

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!

### Kitchen Remodel Kitchen Remodel Kitchen Remodel

*As of Thursday, January 20th, the kitchen is coming together!*

- ◇ Floor is DONE
- ◇ New appliances are IN
- ◇ New cabinets are INSTALLED.

The last step is fabricating the stainless steel countertops. This may take a bit longer. The counters are raw plywood still, which does allow a fair amount of functionality. When fabrication is done, new sink & faucet will be installed. My first thanks to retired contractor Jeremy Rose, and his assistant Clement Boylan. Our dear member, Micheline Justman will fund painting, and the end result should be both functional and visually pleasing. Many thanks to ALL who have helped, including Ops Team who quickly caulked the leaks so floors could be completed.

**Orientation to New Appliances will be Available Anytime & Often!**

### Work-Saturday Volunteers

*Wanted By Maintenance Peeps*

We gather once a month to maintain, improve, and beautify our grounds and building.

**Please Come Help With a Task!**

**Next Work Day:**

**Saturday, Feb. 6**

**9 AM to 12 Noon**

### 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!**

**Share The Basket**

**December 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!**

YWCA Shelter	\$ 521.93
Voices	\$ 611.21
The Living Room	\$ 466.75
Share Sonoma County	\$ 452.89
Breakfast for Our Neighbors	\$ 420.01

### We are a Welcoming Congregation:

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

**Wanted:**

*By Breakfast For  
Our Neighbors*

**Shopper:**

Purchase food and supplies  
(1 x per month)

**Potato cooker:**

Cook potatoes at home for pickup  
on Friday afternoon  
(1 or 2 Friday's per month)

**Greeter:**

Staff the sign-in table at breakfast  
Saturdays, 6am – 8am  
(1 or 2 Saturday's per month)

**Clean-Up:**

Return food and utensils to storage  
room, run vacuum cleaner  
Saturdays, 8am – 9:30am  
(1 Saturday per month)

**John JZ Ray Wants You!**

339-1255 or [jzrayjzray@yahoo.com](mailto:jzrayjzray@yahoo.com)

**Buy *Delicious Peace Coffee*,**

*grown by co-ops of*

*Muslim, Jewish, & Christian farmers  
in Uganda and Mexico!*

Sundays at A4SJ table

**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!*

**Joyful Philanthropists**

*By Erin Howseman, Philanthropy Team Chair*

***Last year about this time, I began a “Happiness Project.”*** You may be familiar with this from Gretchen Rubin’s book *The Happiness Project*. Like her, I was not *unhappy*, but I wanted to increase my experience of happiness and to decrease unhappiness. Following Ms. Rubin’s model, I began by reflecting on what exactly would lead me to a happier and more meaningful life and articulating my personal principles. I listed ideas like “deepen relationships with family and friends,” “start a regular meditation practice” and “pare down and acquire less stuff.” One essential principle was “to have a generous spirit.”

***“Generosity and  
gratitude are to me facets  
of the same jewel.”***

***As a member of the UUCSR Philanthropy Team, I’ve been thinking a lot about the Giving Spirit.*** Generosity and gratitude are to me facets of the same jewel. When I act from a sense of gratitude, I am motivated to give back and pay forward. Having a sense of gratitude for our congregation is easy for me. UUCSR is my center for spiritual growth – our Sunday services challenge and inspire me. The congregation continues to be a source of deep friendships. My work as a worship associate and in small-group ministry has given me insights that help me to be a more caring, patient and open person. These gifts make me strive to be a good steward of this congregation so it will be here for all of us, changing lives with its message of love and acceptance.

***The start of a new year is a good time to reflect on how we can be joyful philanthropists for our congregation – giving our time, talent and money.***

***I recommend being a “joyful philanthropist” to increase your happiness!*** Consider, for example, setting up an auto-donation through our website which streamlines accounting and advances our ministry with dependable tax-deductible gifts.

Please attend the Congregational Meeting February 7 at 11:30 a.m. and ***learn how financial gifts are used to further our values***, including maintaining our beautiful building, paying fair wages to our staff, and supporting local charities.

***I believe that a generous spirit is fundamental to a happy life. Our congregation is a great assembly of generous spirits. Let’s imagine a future where the possibilities are limitless!***

**EARLY DEADLINE for MARCH Issue of Newsletter**

***Submissions Due by FEB. 15th***

**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.*