



# UU Update

Unitarian Universalist Congregation Santa Rosa

MARCH 2016 • Volume 60 • Issue 3

## March Service Theme: ART AND MYTH



Sunday Services 9:15 am and 11:00 am

### 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 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 are two of Rev. Chris's favorites. Bring your glasses – there will be many images shown.

### March 13 LIVE THE QUESTIONS

**Service Leaders:** Rev. Debra Haffner, Frances Corman **Music by:** The Choir **Share the Basket:** Buckleup Programs

How does our faith help us explore the "big" questions and live into our answers? The Reverend Dr. Debra Haffner is our guest minister today.

The Reverend Dr. Debra Haffner is the President of the Religious Institute ([www.religiousthought.org](http://www.religiousthought.org)) and the endorsed community minister at The Unitarian Church in Westport. She has been a consultant to the UUA and its congregations across the country, a member of the Ministerial Fellowship Committee, and received the Ministry to Women award from the UUWomen's Federation.

### March 20 THE WORD MADE IMAGE:

#### EXPLORING CHRISTIAN ART AND ICONOGRAPHY

**Service Leaders:** Millie Phillips, Eric Fischer **Music by:** Natalie Brundred and some of the UUsual Suspects **Share the Basket:** Women's Justice Center

"A picture is worth a thousand words." Visual images reach us powerfully in a way that words often cannot. Intern Minister Millie Phillips shares images from the history of Christianity, inviting us to explore them with contemporary UU eyes.

### March 24 HOLY THURSDAY 7:00 pm – 8:30 pm

**Service Leaders:** Rev. Chris Bell, Sharon McCarty **Music by:** Robert Howseman and some of the UUsual Suspects

We mark the night of the Last Supper with a modern and very UU celebration of the ancient rituals of communion and foot washing. All are welcome!

### March 25 GOOD FRIDAY

12:00 pm – 1:00 pm

**Service Leaders:** Rev. Chris Bell, Sharon McCarty **Music by:** Robert Howseman and some of the UUsual Suspects

Meditations on suffering and grief interspersed with inspirational readings and periods of extended silence provide space to discover the presence of the Spirit of Life even in times of death and despair.

### March 27 EASTER / FLOWER COMMUNION

**Service Leaders:** Rev. Chris Bell, Scott Miller, Veronica Jordan **Music by:** The Choir **Share the Basket:** The Saturday Breakfast

Let us celebrate the wonders of Life in its gorgeous, ever-resurrecting splendor. Please bring a single flower or many flowers to share, as together we will create a huge beautiful bouquet for our annual Flower Communion ritual. At 11:00 our children will be in the whole service, and join in the making of music. This is an Easter service for everyone!

### April 3 HAPPINESS

**Service Leaders:** Rev. Chris Bell, Andrew Hidas **Music by:** Paul Gilger and some of the UUsual Suspects **Share the Basket:** Parkinson's Disease Support Group

The Dalai Lama says the point of life is to be happy, and the nation of Bhutan uses a national happiness quotient to determine the success of its government. But just what is this often-elusive experience of happiness? And how can we justly generate more of it for everyone?



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



**What Are You Willing To Give Up?**

By Reverend Chris Bell

**I love the freedom and creativity of our Unitarian Universalist tradition.** I love the challenging fun of coming up with themes and topics for services in partnership with our Worship Associates. Yet, sometimes it is really hard to come up with a direction for upcoming worship.

**I have often envied my brothers and sisters in more structured Western traditions,** such as the Episcopal faith across the street, or the Congregationalist faith I grew up in. In those settings, much of the shape and form of worship is determined in advance by the Common Lectionary, a three-year cycle of scripture readings that ensures that you encounter most of the Bible’s highlights (and some lowlights, too), as well as the Liturgical Calendar. This calendar leads one through a sequence of holidays, feasts and seasons, each with their own meaning and relationship to the stories that give them shape. These include Advent, Christmas, Epiphany, Lent, Easter, and the delightfully named “Ordinary Time.” We’re in the middle of Lent now, which is intended to prepare one for the drama and importance of Good Friday and Easter.

**The forty days of Lent recall the forty days of hardcore meditation retreat in the desert that Jesus undertook before he began his public ministry.** Forty is a magic number in the Bible, standing for a complete cycle or generation. You may recall that the Israelites were said to wander for forty years in the desert before finding the Promised Land, which was a truly epic failure to ask directions, since at 15 miles/day you could walk there in about 20 days. But that’s another story!

My dear Lisa lived in New Orleans some years ago and was struck by the observance of Ash Wednesday, which is the first day of Lent. After weeks of wild Mardi Gras parties and parades, the city would be filled with people with large black crosses on their foreheads. So – naturally curious folk that we are – on February 10<sup>th</sup>, we attended an Ash Wednesday mass at St. Vincent de Paul Church in Petaluma. I know the priest there from an earlier interfaith community organizing effort, but this was the first Catholic mass I had been to in decades.

The service was simple and moving. We were advised to treat Lent, where the main practice is some form of self-denial or fasting, as an opportunity to really grow spiritually by letting go of more and more each year. Fr. Gary gently teased those who gave up the same thing every year, and then went right back to it when the season ended. I am likely to be in that category myself, I’ll confess, since I have given up all alcohol for the season. The combination of Pinot Noir and fresh salmon is divinely ordained, in my humble opinion, and ought not be avoided forever.

**Ironically, the reading that day was Jesus’ admonishment to fast and pray in private, and to not make a big show of one’s observances.** Why then put a big black ashly cross on your forehead? I struggled with whether or not

to go forward to receive one, until Lisa noted that the mark was not to say, “See, how good I am!” but “See, how bad I am!” That is much more comfortable territory for me, and so I decided to go for it, since it came with the assurance of forgiveness. We were also invited to take communion, and overall it was a lovely, comforting ritual.

**Now, don’t worry - I’m not jumping ship.** My regular Buddhist practice and our UU Principles, Sources and our community provide me all the spiritual grounding I really need. I could never be anything but a UU – I need the freedom and creativity to let my mind and soul go wherever they will on the spiritual journey. I require the openness to question and doubt, and I’m much more concerned with people loving each other than I am with any theology or teacher.

*I’m much more concerned with people loving each other than I am with any theology or teacher.*

**Yet, I have been finding so many good liberal Christian resources out there lately that compliment my soul work.** I’ve been re-reading William Ellery Channing, and receive daily emails from Fr. Richard Rohr, a mystic Franciscan. I cannot commend him highly enough for those who resonate with Christian teaching.

**At the Ash Wednesday mass, we were also taught that alms-giving and generosity are core Lenten practices.** You aren’t to just give something up, you are to give something away.

So, I am looking ahead to the new budget that our Financial Stewards have created for UUCSR. I am excited about expanding our staff with a new bookkeeper, extending ourselves into the soon-to-be-vacated Islamic Society space, and giving our hard-working staff healthy raises. Thus, I am raising my sustaining pledge from \$2600/year to \$3380/year, in an ongoing effort (after I pay off my mountain of student loan debt) to tithe 5 – 10% of my income each year. I hope you will consider a similar effort.

**I am also trying to give up swearing for Lent, and I am putting 25¢ in a “Pint of Sin” glass every time I do, which will then be donated to the Saturday Breakfast.** Based on how that’s going so far, I expect this contribution to fund the meal for several months. What can I say? My dad was a construction worker, and my mother was a sailor!

**Perhaps this season you might want to consider something you need to let go of, or give away.** Is there something holding you back or tying you down? Is there an inner strength you might discover through a discipline of fasting? Something for which you want to find forgiveness, so you can move forward? Is there a new spirit of generosity waiting to be born within you? Whether you observe Lent or not, I hope this season of rebirth is providing you with rich material for your spiritual journey, and I look forward to seeing you on a Sunday soon.

Rev. Chris

# Treasurer's Report

*"The paradox is that in giving, we actually grow.  
Whereas in holding on tightly, we shrink."*

Rabbi Randy Kafka

*In case you missed the congregational meeting...*

## **February 7 Congregational Meeting Cliff Notes:**

### **2015-2016 Six Month Financial Highlights**

– Pretty good year so far!

- ◇ Donation and Fundraising Revenue are over budget.
- ◇ Sunday Basket is on budget but,
- ◇ Pledge Revenue is **under** budget – we are barely at 50% of budgeted pledges for the year.
- ◇ Expenses are under budget and our net income is over budget.
- ◇ Glaser Center net income is over budget.
- ◇ Overall our finances are stable but pledge revenue is down compared to this time last year.
- ◇ \$107,000 in Member Notes have been paid off since paying off the bank mortgage three years ago. Twenty-three members currently hold Member Notes. There is an outstanding balance of \$351,000.

### **Draft Budget for 2016-2017**

— The draft budget for next fiscal year was presented at the congregational meeting. **This year our draft budget calls for a 6% or \$27,000 increase in pledges over the pledges on the books at December 31.** Here's what we will fund with that increase:

- ◇ *Increased salaries for existing staff including cost-of-living and merit adjustments*
- ◇ *Increased hours for some staff: Summer hours for our Choir Director (Hooray!); Additional hours for our Sexton to support Breakfast for our Neighbors*
- ◇ *A new part-time Bookkeeper to enable our Administrator to focus on other valuable areas*
- ◇ *Moving hourly workers to or closer to living wage*

**I hope most would agree with me that these are really exciting and necessary changes brought about by our growth.** I very much hope our pledges will increase enough to fund them. But I try not to think of my pledge in terms of funding a budget. I think of my pledge as funding for our mission and vision, not our budget. Yes, we need money to

keep the lights on and there is a line item in the budget for that. But if you really get down to it, keeping the lights on is part of our mission too. **Everything we do as a congregation/community, no matter how mundane, is related to our mission.** So here's how I look at the budget - **It's all mission!**

In fact, thinking in terms of funding a budget really limits what we can accomplish each year. There are many programs and growth opportunities that aren't included in the draft budget, not to mention building improvements that would help us to better (or more comfortably) utilize our space. If our pledges were to exceed what the draft budget calls for we could potentially be able to add one or more of those during the year.

**Speaking personally, my pledge reflects, as a percentage of my resources, the importance of this congregation/community in my life.** My UUCSR

community is here for me – celebrates with me the joys of my life, comforts me in my sorrows. It helps me when I am sick or hurting. But more than that, it helps me to formulate, and often execute, meaning and purpose in my life. It pushes me to ask big questions that are often not easy or comfortable and look for big answers and solutions for the greater good. It is making me a better person, a more open and giving person. Maybe someday, I will become the person I want to be, that I am called to be. I truly believe that is possible mainly because of my involvement here, at UUCSR. What it has given me and continues to give is immeasurable. For these reasons and more, my pledge to UUCSR is about 10% of my gross income.

**There will be no pledge drive this year yet to support our mission and vision to which we are called to generously give.** Please take time to think about what our congregation/community and its mission mean to you personally and spiritually and **please consider raising your pledge to at least 5% of your gross income.** For many, raising your pledge dramatically may not be feasible all at once. In that case, consider taking as big a step in that direction as possible - it may be a three to five year process. Making a commitment is an opportunity for spiritual growth.

**Linda Balabanian, Treasurer**

*My membership in our congregation helps me formulate meaning and purpose in my life.*

### **ADRIENNE SWENSON AWARD**

UUCSR is proud to count Adrienne Swenson as one of our long-time members! From the 1970s til her death in 2008 she was a dedicated, tireless worker for social justice and an inspiration to all of us. As an active leader in what was called the Social Concerns Committee, now the Advocates for Social Justice, she lifted up our Congregation's commitment to the goal of "a world without war where everybody has a fair share of resources, food, shelter, clothing, medicine, and a wise relationship with nature."

Adrienne was on the UUA committee that developed our 7th Principle, "Respect for the interdependent web of all life of which we are part". Her commitments went beyond our congregation as she was a founder of the Sonoma County Peace and Justice Center and a member of the Sonoma County Democratic Committee.

Upon her death, Congresswoman, Lynn Woolsey issued the following proclamation:

*"Madam Speaker, it is with great sadness that I rise today to recognize the passing of a good friend, who was one of Sonoma County's notable environmental activists and a conscience for social justice, Adrienne Swenson. Adrienne was 81 when she died in January of pulmonary disease. Adrienne touched the lives of thousands through her successful environmental conservation efforts, her commitment to social justice, and her work for the Democratic Party. I knew Adrienne through all of these arenas and agree with her friends and colleagues, who are universal in their praise.*

*'She was a remarkable woman. She was a person committed to the idea that society could be improved,' said David Thatcher,*  
[continued on page 5]



**Seeking Team Members to Help Refugee Families**

*Each day, hungry, exhausted young children, sometimes with their mothers and sometimes alone, cross the US-Mexican border seeking asylum.* Mostly they come from Central America through Mexico, a dangerous trip in itself, which only desperation forces them to make. They are fleeing deadly violence, sometimes from the state and sometimes from gangs. Upon arrival, after requesting asylum, there usually is a long wait until their appearance before an immigration judge. In the meantime, those with relatives in the U.S. are often sent to stay with them. During this time, help from community groups such as ours can be invaluable.

**An organization out of Oakland, Nueva Esperanza (New Hope), an Interfaith Coalition for Immigrant Rights, has developed a program called Accompaniment.** What this means is that a group of about 5 people from a congregation agrees to “accompany” an immigrant child or family as they adjust to living in new locations like Santa Rosa. Accompaniment consists of tasks like helping to enroll a child in school, finding a doctor or dentist with/for them, assisting with problems with a landlord, providing rides to appointments, and generally helping them become comfortable living here.

**An accompaniment team from UUCSR is forming, and we need two or three more people in order to provide robust support.** We’re hoping to find a reasonably fluent Spanish speaker, among others, to join us in this important and rewarding project. Note that you can help in many important ways without speaking Spanish.

**You can learn more by contacting me or Mike Drayton.** We can describe the project in greater detail, and give you more concrete ideas of how you can help. Linda Harlow, linda37@sonic.net, (707) 526-3528  
Mike Drayton, mdrayton@sonic.net, (707) 971-0059

**SAVE THE DATE!!**

**ALL-UU CONGREGATION RETREAT!**

*Time to mark your calendar for the All-UU Summer Camp Retreat!*

August 19—21, 2016

Enchanted Hills Retreat, Napa

*Our 3rd year at Enchanted Hills —all agree it's the best camp location ever!*

**A few words from first-timer Dee Ray:**

*“John’s and my first experience at the all-church Summer Retreat last August was just delightful. Some of my favorite things were: the campfire sing-along by flashlight, the talent and campy humor shared at the variety show, the happy-hour serenades under the giant redwoods by the usual suspects, the luxury of having nothing better to do than getting to know our fellow campers better, and the sweet sound of the burbling brook during silent meditation on Sunday morning.”*

Ahhhhh! Now you don't want to miss that, do you? This is the one Retreat of the year designed for everyone in the Congregation – parents, kids, teens, adults, singles and grandparents. There’ll be loads of fun, as Dee said, with campfire songs, swimming in the beautiful Enchanted Hill’s pool, workshops, relaxation, and dazzling entertainment with the annual UU talent show.

The cost should be comparable to last year (it hasn’t quite been determined yet) which was \$170 for adults; \$140 for teenagers (12-17 years old); \$100 for students (6-11 years old); and \$30 for children (3-5 years old).

Be sure to mark your calendar, start saving those pennies! It’ll be a peaceful, serene weekend in the Hills with your UU family. We’ll be out amidst the redwoods, and there will also be rousing excitement, games and entertainment for everyone!

**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**

March 10 , 547 Mendocino.  
We meet in the RE wing.

The February selection is *Dead Wake: The Last Crossing of the Lusitania* by Erik Larson. In March we read *A Guide for the Perplexed* by Dara Horn.

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 & pencils for some meaningful fun! Instructional books, masters' drawings, ideas, encouragement—all available.

Call Judy . for info.

**Faith and Fitness**

**Wednesday, March 23**

March hike planned for Wednesday evening March 23 on the Joe Rodota trail starting in Sebastopol. We start walking at 6pm, celebrating the return of daylight savings time with an easy paved walk east and back, about 1 1/2 to 2 mi. total. Dogs welcome. Views across Santa Rosa Plain as well as a lovely wooded section. Trail head parking available along Petaluma Avenue or in the parking lot near the Hop Monk Tavern. Carpool tba. Details and sign up to [fitness@uusantarosa.org](mailto:fitness@uusantarosa.org) or call Gretchen P. .

**Alcoholic Anonymous Meeting For Transgender People**

(for 18 yrs or older)

Thursdays 1-2 pm

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 Wellness Center at 707-565-7800.

**Gentle Reminder From  
UUCSR Library Committee:**

Books are due back after 30 days

Return them to the library any Sunday or to the office Monday—Friday, 10am-2pm.

**Thank you and happy reading!**

# Advocates for Social Justice

*Come find out what we do!*

We meet 1st Thursdays, 6:30 — 8:30 pm, Room 1

## Share the Offering

UUCSR shares our Sunday offerings with local non-profits which serve greater Sonoma Co., incl. our Saturday Breakfast For Our Neighbors. Giving is arranged by A4SJ from congregant's suggestions. Request a recipient form at A4SJ table.

**Mar. 6: The Living Room** welcomes homeless and at-risk women and their children into a warm and safe environment during the day. Open Monday-Friday, 8:30 AM - 1 PM, caring staff offer a lifeline during a time of crisis. Homeless for some time, newly homeless, or on the verge of homelessness, women of all ages and mothers with children are greeted with love and understanding. Mothers appreciate the child-friendly environment where they receive support while their children engage with toys and learning activities.

**Mar. 13: Buckelew Programs of Sonoma County** offers programs to enhance the quality of life of individuals and families in our community by providing mental health and addiction services that promote recovery, resilience, and hope. The programs include supported housing, supported employment, wellness and recovery supports, family supports, and specialized programs.

**Mar. 20: The Women's Justice Center** provides free advocacy for victims of rape, domestic violence, and child abuse, particularly in the Latina and other underserved communities of Sonoma County. They also provide advocacy training and community education, and coordinate the Task Force on Women in Policing with the goal of increasing the number of women and minorities in our law enforcement agencies. They advocate for equal justice for all women & girls.

**Mar. 27: Saturday Breakfast For Our Neighbors** is our own Saturday Breakfast program for our neighbors, supported primarily by the generosity and volunteer efforts of our congregation.

**April 3: The Parkinsons Support Group of Sonoma County** provides an environment of counseling, comfort, and encouragement to those with Parkinson's and their caregivers.

## Social Justice Film Project

MARCH FILM

### “MR. and MRS. LOVING”

A PBS Documentary

SUNDAY, MARCH 20, 12:45 PM, Board Room

(7th in a series of racial justice films presented by A4SJ)

This 1996 film, starring Timothy Hutton and Lela Rochon, tells the story of the relationship, marriage, legal difficulties and ultimate Supreme Court battle of a black woman and white man in Virginia in the 60's. The viewer gains a glimpse of real life experiences of interracial couples set in the history of our country's oppression of and discrimination against people of color. Under the Racial Integrity Act of 1924, the relevant statute in the state of Virginia at the time, interracial marriage was against the law. In a landmark case, initiated by this couple, *Loving v. Virginia*, decided on June 12, 1967, the Supreme Court of the United States invalidated laws prohibiting interracial marriage. A stirring film, we watch this couple fight a courageous battle to overturn an unjust condition. As always, discussion will follow the viewing of the film.

Jeanie Bates for Social Justice Film Project

## Hot Topic Hot Topic Hot Topic

### FACTOR XX - Critically Missing from the Criminal Justice Debate

In the current logjam in the country's search for criminal justice reform, women, and the novel solutions they offer, have been inexplicably overlooked.

Women come to the criminal justice system with a unique set of perspectives, grievances, and skills. Despite this, and despite being half the human population, women's vision has been all but ignored in the debates. Yet it's precisely in this unexplored terrain that many promising and proven remedies to the whole litany of law enforcement problems lay hidden and untried.

This talk will lay out the many obvious, and many not so obvious solutions a gender analysis can provide, and will put forth specific ways in which these solutions can be applied in our community.

**[Adrienne Swenson, cont. from p 3]**  
*who along with others, helped Adrienne found the Peace and Justice Center of Sonoma County. 'She was a tower of strength in so many ways.' ... Her work with the local United Nations community, her commitment to the peace process, her participation on the county planning commission--she integrated them all in the interest of trying to make a better society....Where Adrienne really left her legacy was the Peace and Justice Center of Sonoma County. "She had an incredible sense of justice in the face of overwhelming injustice," says Elizabeth Stinson, the center's director. 'She worked tirelessly for more than 30 years in every capacity you can think of.'*

*She was vehemently anti-war and opposed the occupation of Iraq. Standing on the corner at Mendocino and College avenues almost every week with a group of*

*women, all dressed in black, she protested until she could no longer stand. Madam Speaker, Adrienne Swenson would want us to carry on her work here in Congress, to be inspired by her tenacity and willingness to confront difficult subjects, knowing the world is better for her contributions to it."*

After her death, the Advocates for Social Justice decided to give a \$1,000. scholarship every year to a high school senior who planned to continue education or training and had demonstrated an active commitment to working for social justice in our community. There is a plaque in the Social Hall with a brief tribute to Adrienne and the names of the students who earned that scholarship.

An active participant in UUCSR for over 20 years, it's a special pleasure to see our generosity and commitment encourage young people to follow in Adrienne's footsteps.

# Adult Religious Education

Submitted by Marilyn Beckerbauer

## Spirit of Practice

Ongoing Series presented by Rev. Chris Bell

*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 their 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:

### Tuesdays at 7:00 pm.

March 1 Spiritual Partnerships - March 22 Mind Practices  
April 5 Body Practices - April 19 Soul Practices  
May 3 Life Practices - May 24 Justice Practices - May 31 Class Review

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

**A look at the UUA's new Preliminary Report on Class**  
Tuesdays: March 1 and March 8 from 7:00 to 9:00 pm.

Intern Minister Millie Phillips engages us in a dialogue about 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 we may have realized. What are the implications for UU's social justice work when we start seeing ourselves as an integral part of the rest of our society, rather than separate from and "above" it?

This is a two-part class. It includes discussion of the report, with full text and summaries provided, as well as TIE-group-format discussions where participants may share their own personal experiences with class divisions.

### Consider the Conversation:

**A Dialogue on Death and Dying**

Fridays, 2– 4 pm: March 11, 18, 25

Presented by Sanna Rose, M.A.

Sanna Rose earned a graduate degree in transpersonal psychology with an emphasis in Art Therapy in 1997. She has worked with at-risk students in the public school system, mental health patients in a psychiatric hospital setting, as an SRJC instructor, and Activity director with seniors. She has been a licensed practitioner at the Center for Spiritual Living offering workshops in Meditation, the Creative Process, and

creating the Full Circle: Group Conversations About Death and Dying. She is a skilled facilitator, and is certified by Non-etic Sciences to facilitate workshops called "Conscious Aging." She is available for workshops on Death & Dying, the Spirituality of Aging, and the Conscious Aging workshop series. **Fee \$45**

### Coming in April

### Seniors in Transition Program

(developed by Bethlehem Lutheran Church, Santa Rosa)  
Fee: \$25.00

The Seniors in Transition Program offers a supportive environment to explore options for independent living and alternatives when living on your own is no longer safe or desirable. It will help you make important decisions for yourself while you are able.

The program will consist of eight sessions to be held on Wednesdays from 10:30 am to 12:30 pm. The dates are: 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18 and 5/25. The topics will cover: open discussion about challenges and opportunities as we age; hopes and dreams of group members regarding their transitions; practical discussion about different living situations and local resources to help manage. There will also be facility visits and speakers. You will review and discuss the facility visits and speakers and develop Plan A/Plan B. Following up you will discuss and refine your plans.



### WHY DID UU (Cynthia) CROSS THE ROAD?

I now know.....intention and desperation. There I stood in front of the Church of Incarnation one Sunday after a hot breakfast - cold and homeless. And I do mean COLD!

Scared as all get-out, sad, hopeless, confused, very tired, and **not** hungry - not for food – as I just ate. I looked across Mendocino Avenue and saw a sign that read "Black Lives Matter". And they do!

I was perplexed as to what this 'business-looking' building was. I crossed the street. I may have jaywalked for all I know. When I embarked on the door step I saw it was not what I thought. It was a Church! Seriously? Where is the steeple, the nave, the transept, the pulpit and the people!

I tried the door anyway. It was locked! It was 8:00 AM and the first service was at 9:15. Could I wait that long? I had to! I had nowhere else to get warm. Fast forward...8:15 AM...the front door was unlocked!

I was not reared in a religious or spiritual – family. Today I just wanted a chair and to be warm. As soon as I walked through the door something came over me - something very spiritual and magical – akin to a baby's first breath.

I planted at UU in soil made up of 'an open mind, a loving heart and helping hands'. I thrive and grow in this garden of spirit and love every day!  
Thank UU!



# Religious Education for Children & Youth

Director of Religious Education Deborah Mason

In January a new group called the *Youth and Adult Leadership Team* joined with similar teams from four other Pacific Central District UU Congregations for a *Youth Ministry Laboratory Retreat*. The Youth Ministry Lab was the brainchild of the DRE at the UU Church of Berkeley, Merrin Clough and our Pacific Western Region Youth Specialist, Eric Bliss. The focus of the Lab is to work together to bring increased connection between adults and youth within the congregation, promote inter-generational leadership, and to create a deeper sense of beloved community.

The UUCSR Youth Adult Leadership Team is made up of two senior high youth group members: Caroline Rogers and Jeremy West; one middle school MUUGs member: Traeger Kittlestrom; and three adult youth advisors Danny Millspaugh (MUUGs) and Millie Phillips and myself (high school youth group). The weekend retreat was more like a training than a retreat. Our time was jam packed with workshops on five

areas of youth ministry: leadership, community building, faith formation, cultural competency and safety. We learned **a lot** and came away with goals for the coming nine months that we believe will serve our whole congregation. You will be hearing more about the plans in the months to come.

Each of the congregations were given a consultant who is well grounded in the work of youth ministry. We were fortunate enough to get our first choice. Her name is Kristin Famula. She is currently the interim Director of Religious Education at the Reno, NV congregation. She comes with much experience and her focus with us will be on community building.

I am expecting great things from this work. Both the youth and adults are excited to bring new ideas that will create deeper connections between youth and adults.

*In faith, Deborah Mason*

2016	Grades K-1	Grades 2-5	Grades 6-8 (MUUGs)
3/6	<i>Arts Sunday</i>		
3/13	<i>Wisdom Stories: Beatrice's Goat by Page McBrier</i>	<i>Peace &amp; Justice Program Theme: Earth Stewardship</i>	<i>Small Group Ministry for Teens</i>
3/20	<i>Wisdom Stories: Masai and I by Virginia Knoll</i>	<i>Peace &amp; Justice Program Theme: UU Justice Makers in History</i>	<i>Small Group Ministry for Teens</i>
3/27	<i>Inter-Generational Worship No RE Classes today</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.

The Middle School UU Gatherings (MUUGs) meet every Sunday at 11:00 on the 4<sup>th</sup> Sunday. The group begins in the sanctuary, and meets upstairs in the Meditation area.

Sunday Morning RE classes meet during the 11:00 service. Children grades K-5 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 above.

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.



## **UUCAN and the North Bay Organizing Project**

### **The Power of Congregation-Based Community Organizing**

**UUCAN now has a new name that reflects what it is — the NBOP Core Team.** The former name was a bit confusing and misleading. As a member organization of NBOP we have a Core Team, representation at the Leadership Council, access to trainings, and participation in social action. Our NBOP Core Team informs, organizes, recruits, and hopefully motivates the congregation to get involved in “Congregation-Based Community Organizing.”

**Congregation-Based Community Organizing is different from other types of organizing:** by joining different faiths together we are able to find common ground with people from varied theological backgrounds, cultures, ethnicity, and race. We can join together to increase our power and have a larger organization that can work to promote the common good and develop community leaders. These community leaders can further enrich their congregations.

**In NBOP, we work our UU principles with 20 other local faith groups, nonprofits, unions, and advocacy organizations.** Here are some of NBOP’s achievements: restorative justice in Santa Rosa City Schools to help reduce suspensions and expulsions; free bus passes for college students and veterans; getting rent stabilization and just cause eviction policies before the Santa Rosa City Council; and promoting voter engagement in areas of the city that have historically low voter turnout.

**There are over 100 UU congregations that are members of a CBCO.** As the UUA website notes: “It is a movement that seeks to establish interfaith, cross-class, multiethnic and multiracial grassroots organizations for purposes of increasing social integration and power in civil society and working for social improvement.”

To quote Dr. King,

*“There is nothing wrong with power if power is used correctly . . . the problem is that concepts of power and love are usually seen as opposites . . . but power without love is reckless and abusive. Love without power is sentimental and anaemic.”*

Please come to our monthly NBOP Core Team meeting, the 2nd Thursdays at 2 p.m. in the Board Room!

#### **MAKING COMMUNAL WORSHIP PART OF YOUR SPIRITUAL REGIMEN by Rev. Erik Walker Wikstrom**

**Try to get to worship services with the least amount of stress possible.** If you’re always rushing out the door, fighting with family members and cursing the traffic as you try to get there “on time,” you might arrive in time, but it’s unlikely that you’ll be truly present.

**Use the prelude.** Ralph Waldo Emerson once wrote in his journal, “I prefer the silence before the service begins to any preaching.” It’s nice to catch up with friends, but that can be done outside the sanctuary or, better still, during coffee hour. Use the time in the sanctuary before the first words are spoken to center yourself, to let go of whatever you don’t need for the next hour, and to prepare yourself to truly participate in a celebration of life.

**Don’t overanalyze.** This can be hard for us Unitarian Universalists. Have you heard the joke that we’re such poor hymn singers because we’re always reading ahead to see if we agree with the words? Instead of analyzing and critiquing, open yourself up to simply *experiencing* the service.

**Appreciate your fellow congregants.** Take at least one moment each week to look around and remember that you’re all in this together. Each and every person in that sanctuary with you has his/her own joys and sorrows, celebrations and concerns, and is as wounded—and as wonderful—as you are. As Francis David said, “We need not think alike to love alike.”

**Make an offering.** The traditional language talks about the collection of “tithes and offerings,” which suggests that the collection plate is for more than your pledge envelope. Experiment with being even more generous, if you can afford to. Put in a dollar or two (or five!) not because you have to—

because you’ve pledged—but simply because you want to, out of the largeness of your heart.

**When something turns you off, say a silent “thank you.”** Wouldn’t it be boring to simply hear your own views and see your own preferences week after week? It’s often in our encounters with the unexpected that the “magic” really happens. Ask yourself, “What can I learn from this? How can this help me to expand?” Then really listen for answers.

**Use the “coffee hour”—and not just for congregational business.** We have the telephone, the Internet, and committee meetings for conducting business. Coffee hour is for engaging with other people. If the worship service included a sharing of joys and sorrows, at coffee hour talk with someone whose sharing touched you. Seek out someone you haven’t seen in a while or haven’t yet met. Talk about the service with people—ask them what they think and how it affected them.

**Come back to the service between services.** If you journal, make a practice of reflecting back on the service midweek. If you don’t journal, set aside some time to think about what you heard—and what you felt—and whether it’s had any impact on you in the days since.

**Attend services as regularly as your circumstances allow.** In Unitarian Universalism there is no threat of hell for people who miss worship, but there is the very real danger of disconnection. Regular weekly attendance at religious services has been shown to lower blood pressure, among a number of other health benefits. Perhaps more important, it has been shown to increase a person’s sense of connection to other individuals and to the congregation as a whole. And for any spiritual practice to provide the most benefit, it must be frequent, regular, and disciplined.



*The High School Youth of the Religious Education Program Present:*

**All Congregation Spaghetti Dinner !**

*Supporting the Youth Group Service Trip to New Orleans*

**Friday, March 18 at 6:00pm**

\$10 for adults , \$5 for children under age 12

**Tickets on Sale Now!**



**Women Together Present**

***Bragging Rites—Celebrating Ourselves  
2016 Spring Weekend Retreat***

**April 29 — May 1, 2016  
at St Dorothy's Rest in Camp Meeker**

**Time to mark your calendars for this Spring's Women Together Weekend Retreat!**

We gather and stay at the beautiful Saint Dorothy's Rest in Camp Meeker, about 30 miles west of Santa Rosa.

Our theme this year is "Bragging Rites" and time to celebrate ourselves and all we do! We will have our popular small group discussions on the theme and a variety of great workshops from which to choose, plus Silent Auction and great food!

Registration will begin on **Sunday, April 10th** for our UUCSR member women, then open to friends and guests on **Sunday, April 17th** as space allows. Look for registration forms in the April newsletter. Those with mobility issues should contact Kathy Norman, before March 31.

Sign-ups accepted after each service on April 10th, not before. We cannot hold your place without your payment. If you're not able to be there in person, fill out the form, give it and your check to a friend or roommate, if you've already decided on that, and ask her to sign up for you.

The cost is \$175 and \$155 if you stay in the dorms. Scholarships are available at half price; just put 'Request scholarship' on your registration form. Please make your check payable to UUCSR and put Women's Retreat on the memo line.

This year Saint Dorothy's is providing bedding and towels.

**We're looking forward to a wonderful weekend!**

**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

***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.



***Interning at UUCSR...***

I'm happy to report that two projects are coming to fruition: The adult RE course on class will be

meeting for two, consecutive Tuesday evenings, March 1 and March 8, 7:00-9:00 p.m.

The grief group mentioned in my last column met Sunday, February 28 from 12:30-2:30 p.m. There was sufficient interest to make this an ongoing activity. The group is intended for anyone who is grieving the loss of a loved one and would like the emotional support that group sharing may provide. The format and guidelines will be similar to those used in our TIE groups.

Thank you for feedback on my sermon on humanism and my Christmas Eve homily. Sermon writing provides an ongoing challenge: how to find the right words to convey exactly what I want to communicate in a way that connects well with you. And giving a sermon, of course, is more than just finding the right words. Voice tone and body language, for example, may provide messages that distract from or contradict the words.

My goal is to inspire, yet sometimes my perspective, even if it greatly inspires *me*, is not so inspirational for someone else. Sometimes, when sharing my viewpoints or experiences, however authentic and heartfelt they are for me, I may unwittingly exclude others. Congregants have very different reactions to the same sermon. Keep up the feedback!

As an advisor for the high-school-age youth group, I am very impressed with your generosity as the group raises money for its service trip. One of our goals is that youth become more visible in the services and around the church generally, and that's starting to happen (yeah!!!) The group's exploring ways to have more and deeper intergenerational connections.



### Music Notes

For the services on March 6, Ben Ford has scheduled a 16<sup>th</sup> century song by Palestrina, "Tota Pulchra Es," which will be sung by the following group of singers: Alan Bell, Ben Ford, Natalie Brundred, John Ray, Mary Chapot, Robert Howseman, David Kittelstrom, Jack Raineault, Shayna Billings, Claire Beery, Robin Marrs, Craig Work, Linda Padgett, and Susan Panttaja.

Here is the translation of the lyrics:

*"You are altogether beautiful, my love; there is no flaw in you. Your lips distill nectar; honey and milk are under your tongue; the scent of your perfumes is beyond all spices. For now the winter is past, the rain is over and gone. The flowers have appeared; the flowering vines have given forth their fragrance, and the voice of the turtle-dove is heard in our land. Arise, my love, my fair one; come from Lebanon, come, you will be crowned."*

The choir is singing for both services on March 13. Natalie Brundred is scheduling a song for the services on March 20. The choir is singing a flower song for the Easter services on March 27.

*By Jenny Harriman, Music Committee Chair*

**Kitchen kudos to Amy Chesnut**  
**Linen Angel for the Saturday Breakfast program,**  
**who has taken on this task from Micheline Justman.**

**Tablecloths have never been so beautifully folded!**  
**Special thanks to the Circle Dinner program which put Micheline and Amy**  
**in touch just when they were both looking for a change.**

### **LGBTIQQA2S? Rainbow? Interweave?**

**3rd Sundays after 11:00 am Service**  
**in the Youth Room**

*Quite a mouthful, to name a group that so far is very small...*

**INTERWEAVE** Continental is a membership organization actively working with UUA (at General Assembly and elsewhere) and guided by UU principles, to end oppression based on sexual orientation and gender identity. Groups like ours are free to use the name and the resources, and to choose whether or not to formally affiliate.

**RAINBOW** has become a widely recognized symbol for gay pride. The rainbow flag, originally designed in 1978 by artist, activist and drag queen Gilbert Baker ("Busty Ross") was hand dyed and stitched (thirty volunteers got thoroughly dyed in the attic of the SF Gay Community Center) for use in Harvey Milk's 1978 parade.

**The original flag had eight colors (now six), each assigned a specific meaning: hot pink, sexuality; red, life; orange, healing; yellow, sunlight; green, nature; turquoise, magic/art; indigo/blue, serenity/harmony; violet, spirit.**

**And LGBTIQQA2S?** Lesbian, gay, bisexual, transgender, intersex, queer, questioning, asexual, ally, two-spirit. Now you won't need to wonder any more!

**So that's our new name.** If we are to become a vibrant and useful presence in our congregation, we need more participants. If you're interested, please come to a meeting soon - third Sundays, after second service, in the Youth Room.

### Work-Saturday Volunteers

*Wanted By Maintenance Peeps*

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

**Next Work Day:**  
**Saturday, Mar. 5**  
**9 AM to 12 Noon**



**Please Come Help With a Task!**

### Share The Basket

**January 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.*

Guardian Refugee	\$ 498.53
Martin Luther King	\$ 500.34
UU Justice	\$ 438.88
Breakfast 4 Our Neighbors	\$ 661.70
Adrienne Swenson	\$ 497.80

*Thanks for your generous support!*



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

*We are a Welcoming Congregation:*

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

## Art Hanging at the Glaser Center by Ron Sumner

Reception:  
Sunday, March 20, 2016 1 pm—3 pm

### **UUs Got Talent** **A Service Musicians Showcase**

Save the date, April 30!

Our UUCSR community is fortunate to have a wealth of talent contributing to our Sunday morning services. Our wonderful Music Associates-- Susan Panttaja, Robert Howseman, Claire Beery, Roger Corman, Natalie Brundred, John Ray, Ben Ford, Robin Rogers, Eric Skagerberg, and Paul Gilbert--are arranging an entire evening of entertainment to raise money for our congregation's general fund.

They'll be inviting other musicians and singers to perform with them and you may hear some fun numbers you wouldn't normally hear on a Sunday morning. Some people have already bought tickets that were sold as part of the 2015 UUCSR Auction and the rest of you will be able to buy tickets online or at Sunday services in April.

Look for more info in the April newsletter and the Focus list.

### 2016 Spring Fundraising Concert

## **SonoMusette** **"The Sound and Spirit of** **Mid-Twentieth Century Paris"**

March 26, 2016, 7:30 PM  
The Glaser Center at the UUCSR

UUCSR is pleased to present *SonoMusette* for the 2016 Spring Fundraising Concert. This exciting musical ensemble recaptures the moody, melancholic sound and spirit of mid twentieth-century Paris in the 'bal-musette' tradition. French chanteuse, musette accordion, gypsy-jazz guitar, upright bass & drum kit combine to revive the enchanting songs of the era.

Inspired by the great performers such as *Edith Piaf, Jacques Brel and Django Reinhardt, along with contemporary artists such as Zaz*, the superb vocal and instrumental artistry of the ensemble *SonoMusette* will charm and transport you as they bring bal-musette to the 'moderne' era!

*SonoMusette* features vocalist *Mimi Pirard* with *Robert Lunceford* on accordion, *Jason Briggs*, guitar; *Jan Martinelli* on upright bass, and *Richard Andrews*, drums.

[www.sonomusette.com](http://www.sonomusette.com)

\$15 Advance at BPT; \$20 at the door. Advance tickets at  
[www.brownpapertickets.com/event/2508427](http://www.brownpapertickets.com/event/2508427)

Proceeds benefit UUCSR

## **FUNDRAISING (FUN!) AT UUCSR**

By FAC (Fundraising Advisory Committee)

**The past year has seen a change in the way the Glaser Center at UUCSR has functioned.** During this transition time, people desiring to raise funds for the Congregation, especially through the use of talented artists, have felt a lack of defined process or guidelines. As is the UU way, a new committee has been formed. It is called the Fundraising Advisory Committee (FAC). The Glaser Center Committee still exists, but their role focuses on rentals only—a distinction that must be made because of tax regulations for non-profits regarding rentals, fundraisers, and events.

**The FAC has been in the process of defining how we can facilitate fundraisers that benefit UUCSR.** We also are charged with making sure our fundraisers are spaced out to prevent "fundraising fatigue" in the congregation. We have developed a form that should be filled out as the first step. It explains what is involved in scheduling a fundraiser and what assistance you could expect from the FAC and the office. The most important aspect for anyone to know is that a fundraiser must have a UUCSR champion or organizer that will put on the event and the funds must support UUCSR's mission and goals. As such the event can make use of the sanctuary space.

**Our first fundraiser for 2016 was the New Horizons Swing Band on February 5.** The attendees, who numbered over 110, seemed to enjoy themselves greatly whether they got up and danced or just sat and tapped their toes. John Ray was the champion of this fundraiser, and all net proceeds go to the Breakfast for Our Neighbors. If you missed it, look for a repeat this fall!

### **More fundraisers approved for this church year!**

Save the dates for:

- **March 26 – SonoMusette**, a concert of French music from mid twentieth century Paris. Organizers are Cathie Wiese and Robert Lunceford. Look for their ad in this newsletter.

- **April 30 - UUs Got Talent: A service musicians showcase.** . Dee and John Ray are the organizers. Look for their ad in this newsletter.

- **June 18 - Evening of Healing Music with Sheridan Gold and Friends**, a concert with Native American flute, drumming, storytelling, dance and songs. Jan Ogen is the organizer and net proceeds go to the Breakfast for Our Neighbors.

### **Have a Fundraising Idea?**

**Contact**  
**Judy Taylor, Dee Ray, or Kirsten Olney!**

## **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.*



**UUCSR Women Together Announces  
Our 25th Annual Women's Retreat  
"Bragging Rites"  
Celebrating Ourselves**



**April 29, 30 and May 1, 2016  
Saint Dorothy's Rest  
(Camp Meeker)**

**Join us for a weekend of exploration, creativity, conversation,  
laughter, and celebration of ourselves!**

**Sign ups April 10 and 17. \$175 Room/ \$155 Dorm. See the Newsletter for details.  
Partial Scholarships are available**



# SonoMusette

The Sound and Spirit of Mid-Twentieth Century Paris  
songs made famous by Edith Piaf, Jacques Brel, and their contemporaries



Mimi Pirard • vocals   Robert Lunceford • accordion   Richard Andrews • drums  
Jan Martinelli • upright bass   Jason Briggs • guitar

**The Glaser Center** at the UUCSR

Located in the Heart of Downtown Santa Rosa  
547 Mendocino Avenue • Santa Rosa

**Spring Fundraising Concert**  
proceeds to benefit the UUCSR

Saturday • March 26th • 7:30PM

\$15 advance • [www.brownpapertickets.com/event/2508427](http://www.brownpapertickets.com/event/2508427)

\$20 at the door

Ample parking at 7th Street Parking Garage

