AUGUST 6
WHEN OUR WORLD QUAKES:
MAKING MEANING FROM LIFE TRANSITIONS
One 10:00 a.m. Service
Service Leaders: Andrew Hidas, Sharon McCarty
Music by: Roger Corman, Al Liner  Share the Basket: National Alliance on Mental Illness (NAMI)

"There is a place where the sidewalk ends and before the street begins," wrote Shel Silverstein. We'll examine that in-between place of transition, with its upheaval, challenge, confusion and opportunity, in this service that draws on poetry, psychology and spirituality to explore the universal theme of transition zones that draw us ever forward.

AUGUST 13
ROCKABYE: LULLABIES FOR EVERYONE
One 10:00 a.m. Service
Service Leaders: Frances Corman, Veronica Jordan
Music by: Roger Corman and the UUsual Suspects
Share the Basket: Women’s Recovery Services

The Lullaby is as old as time and as relevant as ever. "Rockabye," a current world-wide Top Forty song, is a lullaby sung by a single mother to her son where she vows that she will do anything to protect him from harm. Yes, the world can be a scary place and the night is dark and long, but a lullaby can make you feel held and safe like nothing else. This service of special music will comfort you with lullabies sung to you, lullabies we sing to each other, and a lullaby you can sing to yourself.

AUGUST 20
SALVATION – What’s That?
One 10:00 a.m. Service
Service Leaders: Rev. Chris Bell, Aphrodite Bellochio, Deb Mason
Music by: John Ray & The UUsual Suspects, Roger Corman  Share the Basket: Clean River Alliance

Salvation is not a word you hear spoken in our halls very often, since its spiritual meaning has become so limited by a particular interpretation that turns it into a kind of rescue operation from the world. Today we’ll reclaim salvation as the balm that makes the wounded whole.

August 27
WAKING UP WHITE
One 10:00 a.m. Service
Service Leaders: Rev. Chris Bell, Joe Gabaeff, Deb Mason
Music by: Susan Panttaja & The UUsual Suspects, Roger Corman
Share the Basket: Breakfast for our Neighbors

Over the last three years, the hunger for racial justice in America has been at a fever pitch, including within Unitarian Universalism. Yet even those who have awakened to the reality of white privilege and the systemic racism in our culture struggle to act for change. This Service Auction service will consider what white people, and a largely white congregation, can do to make a difference.

September 3
BEAUTY - The Doorway to the Divine
One 10:00 a.m. Service
Service Leaders: Rev. Chris Bell, Izzy Fischer, Deb Mason
Music by: Alan Bell & The UUsual Suspects, Roger Corman
Share the Basket: The Living Room

“We are made immortal,” Emerson wrote, “by the contemplation of beauty.” In the midst of political strife and environmental degradation, awareness of beauty and its relationship to truth and goodness can be a powerful spiritual lodestone.

September 10
INGATHERING
Back to two services! 9:15 and 11:00!
Our annual ritual of Ingathering returns us to two services, and the start of a new year of Children’s Religious Education at 9:15. Join us!

UUCSR MISSION: Celebrate Life, Empower People, Care For One Another, Help Build a Better World
If you haven’t noticed, it’s been rather hot in these parts lately. Normally, I like instances of extreme weather. They remind me that there are forces far more powerful than myself and humanity as a whole.

Not that I need the heat to remind me of how powerless I am. All it takes is a daily newspaper to make that point. Climate change deniers, one of whom now leads the EPA, don’t seem bothered by the heat at all. Our Congress is willing to strip health coverage from millions, within a health care system that is not built for health but profit, and a self-serving megalomaniac and possible traitor has access to the nuclear codes and conducts the nation’s foreign policy. The police and the public are far too frequently at odds, and the streets are filled with homeless folks. Many in the world – particularly women, people of color, the poor, and children – endure systematic injustice, oppression and violence.

In the present, some of my beloved friends and elders of the church are facing the inexorable ravages of old age and death. Love relationships are painfully transforming, again, and my son is moving away, again. Love and grief appear to follow their own course, completely independent of my control. Heck, I can’t even prevent a constant flow of thoughts from passing through my head.

I think back to some of the most striking moments of powerlessness in my own life, such as learning that my mother’s cancer would kill her much more quickly than any of us imagined, or watching my step-father slip away into depression, and it is hard to imagine a more unpleasant and threatening feeling.

Is it getting hot in here?

The irony is that accepting our powerlessness is an essential insight on the spiritual path. For example, the First Step in any 12-step program is admitting that you are powerless over your addiction, whatever it may be. My sponsor in M.A. once said he would make the First Step of every 12-step program an admission of powerlessness over our childhood experiences, since they are the source of most of the emotional and relational problems that lead to addiction. We do all begin our lives as helpless infants, though not without some power; watch how everyone jumps when the baby starts screaming!

If we want peace in the heart and the chance to make a real contribution to the love project, we have to largely give up our thirst to shape and control the world to our liking. Instead, our happiness comes when we trust the larger forces – creativity, change, the cycles of birth and death, evolution, love – that are driving this astonishing existence onward. (That’s the Second Step, and the heart of all those after it.) That trust is the essence of faith, the source of prayer, the core insight of meditation. Trust in the Great Big Thing brings true freedom, even in the midst of great woe. Church exists to remind us of this.

After all, there are times where powerlessness doesn’t feel so bad. I have zero control over the burning of the Sun, the spinning of the Earth, photosynthesis, the water cycle, my own heartbeat and yours. I don’t control the creative process. Love strikes like lightning. I was completely powerless when Caitlin and Aaron were born. All I could do was stand back and cry, loudly and repeatedly, “Oh my God, Oh my God, Oh my God!”

Yes, exactly.

There is paradox here, as always. We are not mere victims of life, or mindless pawns. Within each moment there is the opportunity to respond anew. In the present, we do have the ability to set down the agenda of the ego, the little self, in order to embrace the agenda of the Tao, the Big Self. This is, in fact, God acting through us, as us, for us, with us, if we would kindly step out of the way and take our proper role as subordinate to the power of love. Our power is limited, but not absent. We are not the engine or driver of this train. We’re more like a box car, but the journey of transformation does benefit from our cooperation. An engine is not a train. I may be only a box car, but I can at least take the brakes off, or properly store my cargo for maximum efficiency.

Indeed, these days I am deliberately trying to cultivate the power I do have. Newly single again (though still friends, all good), and with Aaron off to North Carolina, there is a lot of space for me to strengthen my disciplines of meditation, prayer, renunciation, and service. I am making more time for music and poetry. I regularly sign petitions for positive change. I have some ideas for strengthening UUCSR, such as ordaining lay chaplains, and increasing our social media outreach and opportunities for spiritual practice, and I’m going to push on the train a bit to try to make them happen.

Things may or may not go the way I want. If they do, great. If they don’t, that’s okay, too, because with the next breath I can again embrace the world, accept my relative powerlessness, re-orient to love and offer myself anew to the Goddess to use as she sees fit. I invite you to do the same, following these wonderful words from Rumi, one of the most joyful people ever: If you can’t do this work yourself, don’t worry. You don’t even have to make a decision one way or another. The Friend, who knows a lot more than you do, will bring difficulties, and grief and sickness, as medicine, as happiness, as the essence of the moment when you’re beaten, when you hear Checkmate, and can finally say, with a saint’s voice, “I trust you to kill me.”

May you also find your power in your powerlessness, dear ones. Trust and love and do not be afraid.
I’ve been thinking lately of what makes our congregation work so well. While many churches’ (virtually all the mainstream religions) memberships are decreasing, we are increasing. Our committees are full and working. Our building is being maintained and upgraded. Our finances are very healthy. Our services are full. Our RE is bursting at the seams on Sundays. Our involvement in the community is valued and recognized. We don’t have cliques or infighting (incredibly unusual for a non-profit, let me tell you!).

Several things happened recently that gave me some clues.

Something Rev. Chris said in a service recently made me remember all the self-development work I did when I was young(er). It taught me to look beneath the differences on our surface to what’s beneath - what’s common to all of us as human beings. I learned how big people are. And I learned how to listen to that, to pay attention to that, to relate to that, and to let all the drama and other “stuff” just float away, like chaff on the wind. We do that here.

In a meeting the other day, members of two different committees who work together were looking at how we function. In many non-profits I’ve volunteered with, it would have been a PROBLEM, with POSITIONS and each person DEFENDING THEIR TURF (sound familiar?) But there was none of that. Instead, there was collaboration, partnership and co-creation - and recognition of the essential (yet different) part that each group plays. We all ended happy, honored, and creating an even stronger future together. And that’s common here.

In late June, I was an offsite delegate to General Assembly, so I was paying a fair amount of attention to the controversy that has embroiled the Unitarian Universalist Association. Honestly, the rancor before GA sometimes had me scratching my head and going “Huh?!”. Because we don’t have that here, even when there is disagreement. I’m not saying there’s never disagreement - if there weren’t, that would tell me that things AREN’T working. But when there is, we “get over it and get on with it”. We communicate. We listen to each other - really listen. We come to resolution, and then get back to work – together.

And personally, sometimes I can be unaware of how I’m impacting other people. (You’ve heard of the bull in the china shop? Yeah, that can be me.) At UUCSR, my experience is that rather than the person sitting silent and stewing on it, they tell me about it, we discuss it and get it complete – really complete. So the next time we see each other, we’re truly happy to be together. We don’t hold on to things. I don’t think that’s unusual here. And if it can’t get resolved that way, we have a strong Committee on Shared Ministry that is always looking out for the health of the congregation, the health of our relationships within this sacred community.

We live our principles. Yes, we’re flawed human beings, and some of them are harder than others. I struggle with living up to them all the time. But fundamentally, I think we live our principles - and when we won’t, we use them to guide us forward.

All this is very moving to me. Where else is a place, a community, where I can strive to be better than I know I can be - and be forgiven when I have fallen short? Someone once told me that to forgive means “to give as before”. Even in communities that were supposed to practice that, I experienced it rarely. Here, I see and feel it happen all the time. Together, in each thing we say, in each action we take, in each emotion we feel, in each reaction we have, we are building a new world. And it’s a world I dearly want to live in.

Thank you for being you - and us for being us!

Natalie Brundred
President, UUCSR Board of Trustees

As we finish the 2016-17 year-end, overall UU finances are looking healthy. We aren’t completely done with all reconciliations of accounts, but it looks promising and we will have only minor adjustments. Although we end the year with a negative net income of approximately ($12,000), this figure includes an expense of $31,900 for building improvements, which was paid out of our savings or prior year surpluses from our assets, not from this year’s income. Bottomline - we are running an operating surplus of approximately $19,000, or about 3% over budget.

Pledge revenue, which represents 77% of our budget is running slightly over $17,000 for our fiscal year and represents the bulk of our surpluses this year.

Increases from donations and contributions plus investment income offset missing our fundraising targets.

Expenses for staffing the UU represents almost 60% of our budget, and this year we were able to save on health care costs, as one of our employees is now on Medicare. The remainder of expenditures came in under budget.

Kudos to Rachel Bingham our tireless bookkeeper, as well as Linda Balabanian and Kirsten Olney for careful reviews. Now, onward to 2017-18 with the continued generous support of our membership in both real dollars and in-kind contributions. Looking forward to another good year for UU finances.

Michael Randolph, Treasurer
Susan Frederick-Gray elected UUA President *

The Unitarian Universalist Association elected the Rev. Susan Frederick-Gray as its ninth president on June 24. Frederick-Gray is the first woman elected to lead the liberal religious movement, which includes approximately 1,000 congregations with 200,000 adults and children in the United States.

But as she spoke to the UUA’s General Assembly after being named winner in the three-way race, Frederick-Gray said, “I want to be clear, right up front. I am not the first female president of the UUA.” As UUs cheered, she turned to applaud and then embrace the Rev. Sofia Betancourt, one of the three co-presidents appointed by the Board of Trustees to complete the term of President Peter Morales, who resigned April 1. “But I am honored to follow her!”

“This is a defining moment, and the stakes are very high,” Frederick-Gray told the assembly, which is meeting in New Orleans June 21–25. “We have deep work to do within our association and our tradition, and critical work to do beyond the association.”

Throughout her campaign, which she launched in March 2016, Frederick-Gray championed the UUA as “a voice for love and justice.” She promoted a three-point vision of a “spiritually vital” movement “grounded in relationships” and “organized for impact.”

“We have much work to do,” she told the assembly. “I believe we are up to it. I look forward to working with you on this transformative path ahead.”

Frederick-Gray has served as lead minister of the Unitarian Universalist Congregation of Phoenix, Arizona, since 2008. She will be installed as UUA president on Sunday afternoon, June 25.


The Heart’s Longing for Freedom
Excerpt of Sermon by Rev. Susan Frederick-Gray

My second year of seminary was one of the worst years of my life. My brother had nearly died of meningitis the year before. A love relationship had ended painfully. My relationship with my sister was terribly broken, we were barely speaking. I wrestled with serious physical pain that if not a direct symptom of my emotional state, certainly didn’t help. I was plagued with loneliness, self-doubt and pain. While during the immediate traumatic events of the year before I had support, the following year was a time of rebuilding, but that path was a lonely one—and the ground beneath me seemed broken and unstable. There were times when I feared I might dissolve into what seemed unending darkness. If ever there were more truth to the phrase “the dark night of the soul” this was it.

But something really incredible, inexplicable happen in the midst of this darkness. It is not something that often talk about, or feel very comfortable talking about. At a moment when the suffering seemed the worst, I felt a presence holding me, comforting me. I cannot explain this to you with any certainty or sure faith. All I can say is in a moment of greatest need, I felt like I was not all alone, like there was some presence of hope still with me and within me.

I wish I could tell you this feeling stayed with me. That I can summon it whenever necessary, whenever I am in doubt—but I cannot. I wish I could tell you that I can explain it, or that it crystalized some belief, but I cannot. When the mystic poets write of their longing for union with the divine—it resonates. I too long for those moments that seem to make time stop. The moments when our spirits are touched so deeply and we, if only for a moment, feel free—free from our worries, our fears, from the constraints we put on ourselves, maybe even free to believe. But the truth is for me, those moments, as a measure of my entire life have been so very brief and fleeting...

Unlike other religious traditions we don’t have a prophet or a book that we follow. We do not even have a creed or set up beliefs. Rather our faith is comprised of a long history of religious heretics. Of men and women who experienced that doubt that David Rankin described, when he writes, “Doubt is the expression of confidence that knowledge can always be improved.”

In 1831, the Rev. William Ellery Channing gave a sermon called “Unitarian Christianity”, which gave the name, Unitarian, to the movement within the Congregationalist church that questioned church doctrine and specifically the teaching of predestination. Congregationalism was the dominate religious group at the time and the doctrine of predestination said that the souls of all human beings were created in the beginning. And at that time, God selected a few souls to be destined to heaven, while the rest were destined to hell. The view of humanity from this perspective was one of utter depravity. There were only a very few --the elect--who would escape eternal suffering. And only those believed to be among the elect were allowed to be congregation members.

In direct opposition to this, William Ellery Channing preached that there was a "likeness to God" within all people. This likeness lay in an inherent ability among human beings to reason and to know right from wrong. This theological position created a fundamental shift in thinking in American religion away from humanity as originally sinful, to one of inherent worth and dignity...

...continued at: www.phoenixuu.org/wp-content/2016/08/030109.pdf
Here’s What’s Happening In RE Classes this Month:

The Youth Group (grades 8 to 12) Youth Group is on summer hiatus and will reconvene on August 17th.

Youth group during the regular academic year will be held every Thursday from 4 to 6pm. Deborah Mason, Danny Millspaugh and Rev. Chris serve as Youth Advisors. Contact Deborah for more information.

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<thead>
<tr>
<th>Date</th>
<th>Theme</th>
<th>After Aesop</th>
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<tr>
<td>8/6</td>
<td>Theme: What Do You Do About Jealousy</td>
<td>After Aesop: You Can’t Stop The Music</td>
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<tr>
<td>8/13</td>
<td>Theme: Walking in Someone Else’s Shoes</td>
<td>After Aesop: The Story of Dog and Duck</td>
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<td>8/20</td>
<td>Theme: The Choices We Make</td>
<td>After Aesop: The Rainbow Bridge: A Chumash Story</td>
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<td>8/27</td>
<td>Theme: Peaceful Conflict Resolution</td>
<td>After Aesop: Bee Strike</td>
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Don’t miss:

**THE ART OF UU PARENTING** — Another item for your calendar is The Art of UU Parenting. I will facilitate another group beginning in September. This will be the 10th time I have offered the six session parent support group that tackles a wide variety of issues that parents face in our complex world.

The group meets the second and fourth Tuesdays of the month from 5:30 to 7:30. A simple supper is served from 5:30 to 6 and the group goes from 6 to 7:30. Naturally, childcare is provided. The cost is $42.00 per adult to offset the cost of the meals. Children eat free and there is no cost for childcare. Sign ups for The Art of UU Parenting will begin on Sunday, August 27 for the session to begin September 12 and end on November 28.

**SUMMER R.E. SCHEDULE**

**JUNE 18—AUGUST 27**

Children’s RE Classes held at 10:00 am
Childcare for babies & toddlers available at 10:00 during Summer

**UU YOUTH GROUP**

On Hiatus until August 17

**SUMMER CAMP** — Sign ups for the UUCSR Summer camp are happening now and I encourage you to register! Summer camp is a longstanding tradition here at UUCSR that brings families with and without children together for a fun-filled weekend. It is a great way to bridge the generation gap and create multi-generational community.

It is also a way for families with children to get to know one another better by creating shared family memories.

Camp will be held Labor Day weekend (September 1 - 4 with the option of staying Friday through Sunday or Friday through Monday) at Enchanted Hills, Napa. This year two of our Youth Group members, Megan Foote and Sophie Parrish will be on hand to take care of children so parents can attend workshops. It is SO MUCH Fun! Don’t miss out.

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**UU UPDATE**

**Adult Religious Education**

Guided by UU Principles, Rooted in Sources of Unitarian Universalism, and the Vision and Mission of Our Congregation, the Adult RE Team strengthens community and facilitates spiritual growth by offering classes, activities, programs, training of facilitators and coordination of other UUCSR activities. Members of the ARE Committee: Rev. Chris Bell, Nadene Carroll, Phil Harriman, Sarita Hazen, Helga Lemke (Chair), and John Speck.

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**FILLED** Seniors in Transition

Thursdays 1-3, August 17—October 5

_Seniors in Transition_ is filled. We have started a waiting list. If you are interested in being on the waiting list please sign up at the Adult RE table or online at uusantarosa.org

**Coming in September:**

UU Member _Jane Beach_ teaches _Exploring Forgiveness_

A 3 part series based on former UU Minister Marilyn Sewell's book, _A Little Book on Forgiveness_.

(Many of us recently saw Ms. Sewell's film, _Raw Earth_).

**Week 1: Why Forgive**

**Week 2: Forgiveness is My Gift to Myself**

**Week 3: Forgiveness isn't Complete without Self Forgiveness**

As Ms. Sewell says in her book, forgiveness is "a softening and healing of the heart, in response to pain or injustice. It is a gift, not to the offending party, but to ourselves, as we become no longer willing to nurture the hurt and keep the anger alive."

_Sep. 12, 19, and 26, 1:30 – 3:00. Sign up at RE table or online at uusantarosa.org._

Helga Lemke

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**UUCSR NEWSLETTER**

**December and January Issues**

**SPECIAL DEADLINES**

December issue of the UU Update, UUCSR’s monthly newsletter, has a deadline a week earlier than usual. Submissions for the December issue will be due November 13, rather than the usual November 20.

January issue of the UU Update has deadline a week earlier than usual. Submissions for the January issue will be due December 11 rather than the usual December 18. Please plan accordingly. Exceptions should be arranged by Nov 1 with editor.

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**UUCSR NEWSLETTER**

**NEEDS A PRODUCTION LEADER**

4TH WEDNESDAYS 9 am—Noon

GREAT CREW, SIMPLE RESPONSIBILITIES

Head up one of the easiest and most fun committees at UUCSR!

Show up every 4th Wednesday and be part of the great team that stuffs and folds and labels the newsletter every month! Needs to handle the easy-to-learn bulk mail requirements and to confirms other Team Member's availability.

---

**CIRCLE DINNER**

**SIGN-UPS:**

**REMEMINDER**

Sign-ups will occur after the service on August 6 and 13.

EVERYONE who wants to participate must sign up. This is a great way to get to know people at a deeper level while enjoying good food.

_Wayne and Sharon Smith_

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**OLD AGE IS NOT FOR SISSIES**

Group For Women 80 and above

**JULY 10 & 24, 10:30 a.m. in UUCSR Board Room**

Old Age is Not for Sissies, is a group for congregants 80 and over.

Are you one of us? Meet in the Board Room 10:30 a.m. every second and fourth Monday morning. Coffee service starts at 10:00 a.m. Secret Handshake not required, but a plus.

Need transportation? Please call well ahead of meeting date.

Questions? Call:

Phyllis Clement 823-0925
Dorris Lee 792-2939
Shirley White 546-1138

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**DESK ANGELS WANTED!**

We need 2 volunteers to cover Monday mornings 9:30 am-1:00 pm until Oct. 30.

Volunteers may also be needed for shifts later in week.

Contact Bertha Jean at volunteer-coordinator@uusantarosa.org
A4SJ

ADVOCATES FOR SOCIAL JUSTICE

We meet 2nd Mondays, 10 am—12 pm, at UUCSR - Join us!

We welcome your participation! Contact Linda Harlow or visit our table Sundays in the Social Hall.

Share the Offering

UUCSR shares Sunday offerings with local non-profits which serve greater So. Co., incl. our Saturday Breakfast For Our Neighbors.

August 6: NAMI (The National Alliance on Mental Illness)
Sonoma County provides education, support, and advocacy for all people affected by mental health challenges. NAMI Sonoma County collaborates with community partners to increase public and professional awareness of mental health challenges and to eliminate stigma.

August 13: Women’s Recovery Services provides primary alcohol, tobacco and chemical abuse treatment services to women and their children in a safe, supportive and caring atmosphere. The goal of the treatment services is to break the cycle of addiction for women, allowing mothers and their young children to live together while learning the life skills necessary to become strong, responsible contributors in their communities.

August 20: The Clean River Alliance exists to remove trash from the Russian River Watershed and educate citizens about the problem of river trash in our waters by creating more public river clean-up events.

August 27: Breakfast For Our Neighbors: Our own Saturday Breakfast, provides nutritious meals in a friendly atmosphere for our needy neighbors. It is supported by the volunteer efforts and financial generosity of our members and others.

September 3: The Living Room, located on Cleveland Avenue near College, welcomes homeless and at-risk women and children into a warm and safe environment during the day. Caring staff offer lifelines during times of crisis.

HOT TOPIC

- WOMEN’S RECOVERY SERVICES – after the service in the Board Room on August 13

This wonderful program focuses on breaking addiction for women in a safe residential setting. This 120 day program (with an 8 month After Care Program and two years in a transition home) allows them and their young children to live together while learning the life skills necessary to become strong, responsible contributors in their communities.

Executive Director, Linda Carlson, will describe the program and bring with her a woman who has gone through the program. Please do attend to learn more about Women’s Recovery Services. Light snacks will be provided.

ADVOCATES FOR SOCIAL JUSTICE FILM PROJECT

UPDATE ON ADVOCATES FOR SOCIAL JUSTICE FILM PROJECT

We, the Film Project team, have been busily viewing some eloquent and masterful films focused on our theme for this year, ENVIRONMENTAL JUSTICE/CLIMATE CHANGE.

We expect to have our film selection for the year complete in time to publicize the schedule in the September newsletter. This is sure to be a rich year of exploration which will include ways we can each make a difference as we face the realities of climate change and environmental justice issues.

We want you to have our showing schedule now. It is never too early to mark your calendars! Our film year is October through May.

DATES FOR ADVOCATES FOR SOCIAL JUSTICE FILMS

October 2017 thru May 2018

SEPTEMBER 24  JANUARY 28
OCTOBER 29  FEBRUARY 25
NOVEMBER 19  MARCH 25
DECEMBER 17  APRIL 22
MAY 20

Our films will be shown in the Board Room following the 11 AM service, generally beginning at 12:30 though, depending on the length of the service, we may begin at 12:45.

We look forward to another year of thoughtful engagement through film and conversation.

Jeanie Bates, For A4SJ Film Project

Share-The-Basket

It’s our practice to split our Weekly offering contributions. Our social action committee, called Advocates for Social Justice, selects a program to receive a special donation from our Congregation.

JUNE RECIPIENTS

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<th>Organization</th>
<th>Amount</th>
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<tr>
<td>ACLU</td>
<td>$430.59</td>
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<td>Adrienne Swenson Award</td>
<td>$430.73</td>
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<tr>
<td>The Living Room</td>
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<td>Breakfast for Our Neighbors</td>
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Thanks for Your Generous Support!
Caring Connection Committee

Part of our UUCSR mission is taking care of each other. We help fellow members who are recovering from surgery, may be in the hospital, need meals, transportation or would like a phone call to stay connected with our community.

Are you interested in volunteering? Do you love to cook? Love to talk on the phone? Like to drive? Make deliveries? Think about how much time you are able to give to this great cause of caring for each other.

Please stop by the Caring Connections table on Sunday to sign a card. Let us know how you would like to volunteer. Also talk to us if you have any ideas, questions, or concerns. You could also call Gail Alford at 843-4466 to make arrangements to volunteer or let us know of a member that has a need for a caring connection. (Please ask at the office for telephone list of members that would like calls)

Pacific Western Region UU Congregations in the News
(from Pacific Central District Newsletter of July 2017)

PRIDE picnic, courthouse celebration and patriotism - The Tribune of Greeley (Colorado) This year on July 4, PFLAG Greeley hosted Greeley's first Family PRIDE Picnic. Our thanks to the Unitarian Universalist Church of Greeley for providing PFLAG space along the parade route to watch the Stampede parade and host the picnic and to the Greeley Stampede Committee for providing parking passes for our volunteers to have access to the church to set up before the start of the parade. Read more in The Tribune of Greeley, CO.

At the border, ‘deterrence’ becomes a death sentence - Boston Globe. Southern Arizona is experiencing record temperatures. Last week, it reached a high of 115 degrees for three days in a row. Despite this heat, every day hundreds of people fleeing poverty and violence in Central America and Mexico begin a long, treacherous journey across the US-Mexico border. No More Deaths is a volunteer-based ministry of the Unitarian Universalist Church of Tucson that operates a base camp offering medical care, food, water, and shade to those crossing the border. See also: New York Times - Border Patrol Raids Humanitarian Aid Group Camp in Arizona

LGBTQ pride, American pride - Edmonds Beacon. Lori Kunze, event organizer, also facilitates a group called QUUE, Queer Unitarian Universalists of Edmonds, which meets the last Saturday of each month for breakfast at Pancake Haus in Edmonds, WA. Kunze said the Pride of Edmonds idea began in February, after the Edmonds Beacon ran a story on vandals stealing Edmonds Lutheran Church's LGBTQ rainbow pride flags.

Bayside congregation becomes sanctuary for undocumented immigrants - Times Standard News. Thirty years after it offered sanctuary to a El Salvadorian family fleeing from a brutal civil war, a Bayside faith-based congregation decided this week to once again become a sanctuary space for undocumented immigrants, and other local churches could follow. A few days after the Humboldt Unitarian Universalists Fellowship's decision, several local churches, faith-based groups and community organizations gathered in the Eureka First United Methodist Church to discuss how they can work in solidarity to protect local undocumented immigrants.

Four Colorado Springs churches form coalition to provide sanctuary for immigrants facing deportation - The Denver Post. The cause is more urgent than ever, a coalition of four Colorado Springs churches said in announcing Monday it would offer sanctuary to immigrants who have received final deportation orders. The alliance, known as the Colorado Springs Sanctuary Coalition, includes All Souls Unitarian Universalist Church, First Congregational Church, First United Methodist Church and the Colorado Springs Friends Meeting, as well as immigrant and community leaders. The All Souls Unitarian Church will serve as the coalition’s host sanctuary church – the facility where immigrants facing deportation would be able to live while protected from Immigration and Customs Enforcement. See also: KRDO - Colorado Springs first host sanctuary church

A Reno man is living in sanctuary, afraid of being deported by U.S. Immigration and Customs Enforcement - Reno Gazette Journal. For more than two months, Chavez-Macias has lived in sanctuary at the Unitarian Universalist Fellowship of Northern Nevada. His wife stays with him. She said it was the last resort for her husband. "No choice," she said. The church, which accepts members of all faiths, was the first in Nevada to provide physical sanctuary to undocumented immigrants when it gave sanctuary to a man in 2016. His deportation was later suspended.

TIE Groups Start in October

We are looking for TIE group leaders.

Keep an eye out for further notices

1st Saturdays = Work Saturdays
August 5
9 am—Noon

Help Keep our Spiritual Home Looking Good & Working Well!

Saturday, August 5, 9 AM to 12 Noon. We need gardeners and people to do minor repairs and change light bulbs, etc., as well as experienced handy people.

CUUPs 2nd FRIDAYS
DRUM CIRCLE
2nd FRIDAYS, 7-9 pm
Join us second Friday nights and feel Mother Earth’s heartbeat. She heals what is injured in our souls.

Contact Lucia at cuups@uusantarosa.org.

Looking Good & Working Well!

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**DRAWING GROUP**
**Wednesday 1-3**
Join us every Wednesday from 1 to 3 in the Board Room for meaningful fun. Learn that you can draw, even if you thought you couldn’t. Bring a sketch pad, pencil and eraser.

**Open to all!**

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**Faith And Fitness**
**Crane Creek Regional Park**
*(Dogs Welcome on this Hike)*
**Sunday Evening, August 13**

This month we’re taking it easy with a cool Sunday evening stroll at Crane Creek Regional Park in Cotati on August 13. Meet at 5:15 at the park, mostly flat and less than two miles total, dogs welcome, done by 7:00. Bring water and snacks if desired. Sign up to fitness@uusantarosa.org or call Gretchen P.

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**UU Update is UUCSR’s Monthly Newsletter.**

Last day to submit e-copy for following month is by noon on the Monday after the 3rd Sunday. Paper copy? You must call to inform of existence, and deliver by noon 3rd Sunday to newsletter inbox in church office. E-Submissions preferred. Send to newsletter@uusantarosa.org w/topic and month in email subject line. 350+ words? Full page inserts? Recommend submit week prior to deadline. Prefer copy single spaced, 10 pt font. Questions? Call Ed. S. Williamson at

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**Evening Book Group**
**Thursdays at 7 pm**
~ On Vacation Until September! ~

The Evening Book Group is on vacation for July and August. Meetings will begin again in September. We have selected the 2017-2018 books! We welcome new members as well as visitors. Please join us if any of the following selections interest to you:

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<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Author(s)</th>
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<tr>
<td>Sep. 14</td>
<td>Homegoing</td>
<td>Yaa Gyasi</td>
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<td>Oct. 12</td>
<td>Strangers in their Own Land</td>
<td>Arlie Russell Hochschild</td>
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<td>Nov. 9</td>
<td>The Grapes of Wrath</td>
<td>John Steinbeck</td>
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<td>Dec. 14</td>
<td>News of the World</td>
<td>Paulette Jiles</td>
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<td>Jan. 11</td>
<td>Bartleby the Scrivener</td>
<td>Herman Melville</td>
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<td>Feb. 8</td>
<td>A Gentleman in Moscow</td>
<td>Amor Towles</td>
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<td>Mar. 8</td>
<td>Ina Coolbrith: The Bittersweet Song of America’s First Poet Laureate</td>
<td>Aletta George</td>
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<td>Apr. 12</td>
<td>Destiny of the Republic</td>
<td>Candace Millard</td>
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<td>May 12</td>
<td>The Heart</td>
<td>Maylis De Kerangal</td>
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<tr>
<td>Jun. 14</td>
<td>Potluck to select books for next year</td>
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**ALL UU Summer Camp**
**at Enchanted Hills, Napa**
**September 1-4 2017**

*Labor Day weekend, with an option to stay for a 3rd night!* Parents, some childcare will be provided!*

Come and make new friends and catch up with old ones at the UU Summer Camp, Sept. 1-3 (or 4), 2017!

Consider joining a wonderful group of people in the Enchanted Hills campground, (run by Lighthouse for the Blind) this Labor Day weekend. You have a choice of staying the weekend, meaning Friday and Saturday nights, or staying an extra night on Sunday. It’s a wonderful place, and a beautiful drive 45 minutes from Highway 12 and Calistoga road, on the border of Napa and Sonoma counties.

We’ll have our annual "Variety Show" (no talent required), puzzles, games, workshops, a beautiful pool, nice sleeping quarters (or very rustic cabins with bunks for a cheaper rate) and really good food. There are concrete paths if you want to bring your bike or your kids' scooters or wagons.

Registration begins July 30 and goes through Aug. 20 during coffee hour (before and after 10:00 am service) in the Green Room. You can fill out the registration form included in this newsletter and bring it to the sign-up table or else mail it in, along with your check, to the UUCSR office. Aug. 20 is the registration deadline. *Megan Foote and Sofie Parrish, two of Deborah Mason’s wonderful helpers from RE, will be available at certain times during the weekend so parents can relax, enjoy a workshop, or just have some adult fun!

If you've never been before, this may be the year to try it out!
Help Wanted for This Year’s Exciting
Auction Extravaganza
Saturday, Nov. 4th!

Sign up now to help with “CLUB N’AWLINS,”
featuring a four-course dinner, prizes, music,
and camaraderie!

3 Good Reasons to Volunteer for this year’s big event:
Be part of our biggest fundraiser and our most fun party!
Save part or all of the $20 entry fee.
Get a tasty four-course dinner!

Sundays in October: Help to staff a table in the
social hall or help display silent auction items.
Saturday, Nov. 4:
Table and Chair Set Up—Help set up tables
and chairs or help Robin Trimble decorate.
Beverage Bar – Help Robert Howseman to set
up and staff the bar.
Kitchen Crew – Help Marilyn Holmes and Beth
Wettersgreen set out and serve the food.
Door Cashiers – Check people in when they
arrive.
Table Monitors – Help Susan Dickey to monitor
the bid sheets, answer bidders’ questions, and
determine winners.

Checkout Cashiers – Help Linda Balabanian and
Susan Dickey enter winning bids in the computer
and staff the checkout table.
Takedown and Cleanup – The hall must be put
back to its original condition for services the next
morning. Big job, but many hands make light work!
Can you help? Please email Dee Ray at
auction@uusantarosa.org.

Auction item donations: It’s not too early to start
thinking about auction items you might donate (A
fun outing? A handmade craft?) Get some ideas,
along with more information about the auction on
our website: uusantarosa.org/connect/auction

Musical Notes

As usual, music for the coming month is still being
planned, but a couple of services are solidifying. On
August 6 for the Transitions theme, Al Liner—our
favorite conga, bongo and other hand-
percussionist—will head up a vocal group in the
bluesy “It’s Not the Spotlight.”

Then on August 13, the theme is Lullabies and, as
you might imagine, several rousing marches will be
featured—ahem, just kidding... of
course there will be lullabies. But
you’ll definitely want to stay awake
for them, one of which is Billy
Joel’s lovely “Goodnight My Angel.”

Music at UUCSR: always worth the price of
admission. (Come to think of it, admission is
actually nothing, so maybe that phrase needs a
little work.) Music at UUCSR: worth more than
nothing. Hmm, well, we’ll keep working on that. In
the meantime, just enjoy it.

Glaser Center News! Save the Dates!

Osher Life Long Learning
September 22 – October 27
Fridays 9:30–11:30

The Glaser Center Committee is very happy to
report that Osher Life Long Learning (OLLI) will
be renting our Sanctuary to present their exciting
educational programs, starting in September with a
series they call OLLI a la Carte.

The series will be 6 weeks long, on Friday
mornings from 9:30 to 11:30 starting September 22
until October 27.

The class topics will vary; science, music, history,
politics, etc. More information, including class
descriptions and instructors will be available soon.

If this series is successful – meaning paid
attendance is high – we may become a regular
satellite location for OLLI.

Linda Balabanian
for the Glaser Center Committee
Hey All You 5 Per-Cent-ers...

... let's party! We on the Stewardship Team think that members and friends of UUCSR who pledge at least 5% of our annual incomes to the UUCSR congregation deserve a little recognition and appreciation in the form of an afternoon of fun and games, noshes and music. We’re hard at work coming up with a program for a delightful afternoon of conviviality and merriment. More on that later. But for now, save the date for the:

FIVE TO THRIVE PARTY
SATURDAY, SEPTEMBER 30
3:30 – 5:30 PM
AT UUSCR

Now, don’t worry, no one will be checking your tax returns and pledge forms at the door. This is strictly on the honor system. If you pledge 5% (or more!) of your annual income (whatever that dollar amount may be) to UUCSR, you’re invited. If you haven’t quite reached that level yet, then can you think of a better time to bump up your pledge? Neither can we.

So be sure to join us as we celebrate your support of our wonderful congregation and its good works. See you in September! (... as well as next Sunday, and the next circle dinner, committee meeting, choir practice, meditation group, RE class, etc., etc....)

—The Stewardship Team

IN MEMORIAM

Freda Powers, a pillar and wise elder of the congregation, passed suddenly on June 17th. She lived and died on her own terms, outspoken, tough, funny, and full of spirit. She shall be missed greatly. Freda's final years, though filled with physical challenges, were brightened by friendship and kindness of many UUCSR members.

Saturday, August 5th after a Private Internment in our Memorial Garden in the morning, a Celebratory Gathering will be hosted by her sons at her house from 1:00 - 3:00, at 17 Castle Court, Santa Rosa, 95401, in the Valle Vista mobile home park off of Brittain Lane.

Lois Glavins Gilbert, a longtime member at UUCB for 15+ years, died March 7th 2017. Please Join The Gilbert family To Celebrate Lois Gilbert’s life on Saturday, August 12th, from 1:00 to 5:00 p.m., at the UUCB in Berkeley at 1 Lawson Road in Kensington

Carpooling encouraged. For more information, please contact Lois's stepdaughter Susan Gilbert at susankaygilbert@yahoo.com

Thanks and hope you can join us to celebrate Lois's life.
**Unitarian Universalist Congregation, Santa Rosa**  
547 Mendocino Avenue, Santa Rosa, CA 95401  
707-568-5381  
office@uusantarosa.org  
fax: 707-568-5387  
http://www.uusantarosa.org

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<tr>
<th>Board of Trustees</th>
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<tr>
<td><strong>President</strong> Natalie Brundred, <a href="mailto:president@uusantarosa.org">president@uusantarosa.org</a></td>
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<tr>
<td><strong>Vice-President</strong> Gretchen Vap, <a href="mailto:vicepresident@uusantarosa.org">vicepresident@uusantarosa.org</a></td>
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<td><strong>Treasurer</strong> Michael Randolph, <a href="mailto:treasurer@uusantarosa.org">treasurer@uusantarosa.org</a></td>
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<tr>
<td><strong>Corporate Secretary</strong> Melinda Napier</td>
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<tr>
<td>John Jaffrey</td>
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<tr>
<td>Sara Jones</td>
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<tr>
<td>Sam Miller</td>
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<td>Gretchen Paradis</td>
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<tr>
<td><strong>UU Update Deadline:</strong> Noon on Monday following the 3rd Sunday.</td>
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<td>To receive newsletter by email, send name and email address to <a href="mailto:administrator@uusantarosa.org">administrator@uusantarosa.org</a></td>
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<td><strong>OOS Deadline:</strong> Wednesday, Noon, prior to Sunday Service</td>
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**Minister:** Reverend Chris Bell  
minister@uusantarosa.org  

**Director Religious Education:** Deborah Mason, dre@uusantarosa.org  
**Administrator:** Janis Brewster, administrator@uusantarosa.org  
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**Choir Director:** Sadie Sonntag, choir@uusantarosa.org  
**Pianist:** Roger Corman  
**Sexton:** Peter Wilson, sexton@uusantarosa.org  

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Natalie Hernandez  
Emily Payne