March 4
ON BEING HUMBLED
The theme of the month of March is humility. We’ll begin our series by considering the vital role of failure, and our response comprehensive to it, in our social and spiritual development as individuals and as a people.

Service Leaders: Rev. Chris Bell, Joe Gabaeff, Deb Mason  
Music by: Robert Howseman & the UUsual Suspects, Paul Gilger  
Share the Basket: The Peace and Justice Center

March 11
“I AM THE GREATEST!”
On the other hand, there is an argument to be made against humility, per se, if it keeps a person from expressing their true self, or fulfilling their destiny, or contributes to their oppression. We’ll hear from Nietzsche, and Muhammad Ali, and Nancy Hayashibara as we try to find the middle way of maximum happiness, helpfulness and humility.

Service Leaders: Rev. Chris Bell, Andrew Hidas  
Music by: Sadie Sonntag & the Choir, Nancy Hiyashibara  
Share the Basket: The California Physicians Alliance

March 18
CULTURAL HUMILITY:
GOOD AND GOOD FOR YOU!
America’s many diverse cultures can leave us reeling as a people at times, as we strive to transform our land away from the supremacy of white people toward the supremacy of all good people. It’s impossible to be even vaguely “competent” about all our differences, but a little self-awareness about our own culture, and curiosity about others, goes a long way toward building the Beloved Community.

Service Leaders: Rev. Chris Bell, Cathy Read  
Music by: Susan Panttaja & the UUsual Suspects, Roger Corman  
Share the Basket: BLUU-Black Lives of UU

March 25
THE (R)EVOLUTION OF CONSCIOUS AGING
An exciting story is emerging about growing into our 60’s, 70’s and beyond. Counter to a dominant ageist narrative, many elders are claiming empowerment of spirit, intellect and humanity. This global movement benefits all ages, and transforms our understanding of the human journey. Rev. Kurt A. Kuhwald has served multiple UU Ministries. Conscious Eldering, Worker Justice, Climate and Racial Justice occupy his heart and dedication now in his 74th year. He works in the Bay Area with a community of active and conscious elders, and is ecstatic to be a recent grandfather.

Service Leaders: Rev. Kurt Kuhwald, Aphrodite Bellochio  
Music by: Sadie Sonntag & the Choir, Roger Corman  
Share the Basket: Breakfast For Our Neighbors

March 30
GOOD FRIDAY
Meditations on suffering and grief interspersed with inspirational readings and periods of extended silence, along with beautiful music, provide space to discover the presence of the Spirit of Life even in times of death and despair. A necessary reflection before Easter.

Service Leaders: Rev. Chris Bell, Sharon McCarty  
Music by: Mary Chapot & the UUsual Suspects  
Share the Basket: Restorative Resources

APRIL 1
MERRY CHRISTMAS!
April Fools! It’s not Christmas, it’s Easter. Spring is here. The eternal turning always, always, always brings new life, and we celebrate it here with our Annual Flower Communion. Please bring a flower to give away.

Service Leaders: Rev. Chris Bell, Veronica Jordan, Deb Mason  
Music by: Sadie Sonntag & the Choir, Roger Corman, Special Guests  
Share the Basket: Restorative Resources

Anتم هنا في أمان
You are safe here
Maryah Converse
I really am one of the luckiest people in the world.
I enjoy my work, the very work I am called to do, and for which I trained. That is a rare delight. Although I wasn’t on the fastest path to the mountaintop, the route from my undergraduate degree in Religious Studies, to attending Harvard Divinity School, to my internship with Rev. James Ford, and then my call to Santa Rosa, is a clear one. It’s hard not to use words like “destiny.” I know how many people in this world do not discern their calling, find themselves in jobs of necessity or opportunity, or, for the vast majority, are just trying to survive. I feel truly blessed.

After 11+ years, I’m still excited about the future and all of the potential UUCSR has to reach even more people and offer them the blessings of progressive and inclusive spiritual community. As much as I love Deborah, I’m eager to see the influence that a new Director of Religious Education will bring. I’m thrilled by the prospect of having a colleague here in the form of an Assistant Minister, and the hiring process for both is underway. I love knowing that we have well-formed ideas for the complete restoration of the upstairs and the installation of an elevator, for when our growth and outreach demand it. It still feels like the only limit on what our loving community can offer the world is our imagination. And our collective imagination is ambitious, creative and driven by our Mission. Starting a campus/young adult ministry? Sure! Planting new congregations? Why not? Training a new lay chaplain team? Do, let’s!

The greatest blessing of all, in this felicitous calling of mine, is you. “It is well to remember that the entire population of the Universe, with one trifling exception, is composed of others,” said Andrew J. Holmes. So, too, the entire population of this congregation is made up of others.

So many people who volunteer so much, in both prominent and invisible ways, to help bring life to UUCSR. Look, there’s Janine, Jenny, and Sofi rolling the cutlery for the Saturday Breakfast. Over in the office, Mary Louise and Carol are updating the database, while Bertha Jean is scheduling the office angels and greeting all people with a smile. Ever wonder how we always have fresh candles on Sunday for the Offertory? Pat and Jen and Shirley, clean and replace them, every single week.

Meanwhile, there’s Michele, planning the next Getting to Know UU and new member ceremony. Over in the boardroom, Michael and Kirsten and Linda are scrutinizing our finances, while Gretchen and John and Pam and many others are tending to the care of the building. Elsewhere we find Marilyn, quietly beautifying the Memorial Garden, while Erin, Robert, John and Anna think about how to strengthen our financial power. Susan is laying out and printing the newsletter (a giant job), and a team of folks is folding and stamping them.

Marilyn prepares meals for friends recovering from surgery, while Mac makes sure an elder gets to services on Sunday. Back in the R.E. wing, Janet, Jean, Jeanie, and Jen help Deborah put together a Children’s Chapel. Linda, Lynn, Elaine, Wayne, Paul, Tamara, Cheri, and others are planning upcoming workshops and films for the Advocates. A musical rehearsal sounds’ flow from the Sanctuary, the Worship Associates plan summer services, and eight members of the Board are making decisions and policies to keep us strong and transparent and empowered for the future.

And look at everyone who is here on a Saturday morning at 6:00am. Talk about commitment! I could go on and on, name 15 more teams and committees, 150 more volunteers, not to mention our wonderful employees: Deborah, Peter, Sadie, Roger, Janis, preschool teachers, our event staff.

How lucky can one guy get? I am humbled by the generosity and hard work of all of you. The Latin root of humility, humilitas, means “grounded.” I stand upon the ground of your caring and passion for our shared life together, and I thank you. I hope you will take the time to appreciate and thank one another, too.

In other news, we are making some office changes. We are re-conceptualizing the job of Administrator, now naming it Administrative Manager, and giving that position more authority and higher expectations. As everybody knows, Janis Brewster who has served us for the past decade, currently occupies that role. It is a job with many facets, not least the management of the building and the many rentals and events that occur here. Janis needs more uninterrupted time. We have all gotten used to walking into her office or getting her on the phone anytime we want, but I’m afraid those days have come to an end. Although she will be in the office from 9:00 – 5:00, as usual, starting immediately her available office hours are 10:00 am – 2:00 pm. Janis will use the first morning hour for staying on top of email, and the afternoons for promoting rentals of our building, doing special projects for the Board and the Operations Team, and streamlining and improving our office procedures. Thanks in advance for embracing this plan, and respecting her time. Leave a message. She’ll call you back as soon as she can, I assure you!

As will I, if you need me. As always, the best way to catch me is a call or a text at phone# deleted.

Take of yourselves and each other, and may the Great Big Thing bless you!

Reverend Chris Bell
“Honoring & Respecting ‘Them’”

Since cancelling my cable subscription last December, I’ve discovered a peace and tranquility that enables me to focus on my life and move my personal and UUCSR goals forward. But I dislike I’m not as informed as I was, and worry I’m not being a good citizen – and human being – by not being tuned in fully.

A few years ago, I was told of a Tibetan Buddhist monk who was imprisoned, saying “he needed to be released soon because he was losing compassion for his jailers.” I take to heart the need to have compassion for those who believe or think in such extremely differently ways than I do. I think of George W. Bush, the Republicans, Christian conservatives, Neo-Nazi’s, white supremacists, the NRA, Donald Trump, etc. For you, this list might be very different.

This era we’re living really takes the cake. It is SO hard for me to see the goodness in “them.” Particularly when “they” seem so venal and self-serving, and cling to a past that disrespected so many. Our First Principle says for us to honor and respect “the inherent worth and dignity of every person.” Honestly? I’m having trouble with that one right now.

What’s the alternative? Cut off a huge chunk of the America population? Not gonna work! It’s blindingly obvious to me that the only way towards peace starts with those on different “sides” to talking with each other – and more importantly, listening to each other. Only then can you find common ground, and come to a resolution that works for both sides. But this one is really personal to me – it’s MY country, it’s MY future, it’s MY life, it’s MY family and MY friends and people I care about.

Rev. Chris keeps encouraging me to take the long view. He reminded me that Martin Luther King, Jr. said “the arc of the moral universe is long, but it bends towards justice.” And long isn’t one week or one month or even one year. Long is looooon! But it does move. If I was a black slave woman in the 1840’s, would I EVER have thought that in 2009 a black man would be sworn in as President of this country? NO!

When I remember that, it does give me a bit of space, a bit of peace. Instead of being resigned to the present, it gives me a bit of strength to build the future I want me and mine to live in. To be in action, to be part of the work towards creating the future we want for everyone. You never know what will be the straw that breaks this "camel of oppression's" back. But you do know that a lot of us – from "both sides of the aisle" – are piling straw on it, and eventually it will break!

Here’s to a new future, a better future, a more inclusive future. And here’s to respecting and honoring the inherent worth and dignity of EVERY person – no matter how hard. Right now, and right now, and right now. I certainly can’t do it alone, but I can definitely do it with you. Together, we make a mighty powerful whole.

May you keep taking those micro-steps that move us all forward, linked arm in arm with me and everyone else who dreams of that bright future.

Much Love, Natalie Brundred,
President UUCSR Board of Trustees

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Pride is concerned with who is right. Humility is concerned with what is right.

Ezra Taft Benson.

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IN MEMORIAM
GAIL ALFORD 12/5/1941—2/18/2018

Our dear friend and fellow member, and one of the great caring hearts of the congregation, Gail Alford, passed away February 18th in the afternoon at Memorial Hospital. She died gently and without fear, and surrounded by her closest family and friends. Gail gave many hours of her time visiting others in the hospital and meeting their needs. She loved our congregation dearly and considered it her second family.

We will celebrate Gail’s life on Saturday, March 3, at 2:00 pm
In the Sanctuary at UUCSR, 547 Mendocino Ave, Santa Rosa, CA
This time allows her whole family, including her twin sister Grace, to be present. Attendees are asked and encouraged to bring sweet or savory finger food for the reception that will follow in the Social Hall.

If you are interested in offering a brief story or memory of Gail, please contact Rev Chris directly.
A new quarter begins in RE this month. I want to offer deep gratitude to the teachers who just finished their three month stint teaching the children. Jeanie Bates and Carol Kraemer put their heart and soul into teaching the Kindergarten/First Grade class. Each week they brought this lively group of boys (and one girl) their love and care creating an enriching and fun morning. Carol and Jeannie contribute their talents to the congregation in many ways. Both are busy with other committees and programs of the church. And they are also willing to give their time to the children. The same is true of those who taught grades 2, 3 and 4. Cathie Wiese and Diane Kohler have very active lives here at UUCSR and were enthusiastic about spending time teaching our kids. They took on the task with creativity and their enthusiasm was contagious. Every time I looked into the classroom the children were laughing and having so much fun.

Few of the volunteer RE teachers have a background in education. Most of them come not with an expertise in teaching, but with a desire to make a difference in the lives of children. All come with a commitment to Unitarian Universalism and an interest in teaching our values and principles. It isn’t hard to teach in RE, it is important to teach in RE.

This quarter Jenine Giblin, Deb Carter-Hope, Monique Pavan and Jen Freese will join the teaching crew. I am grateful for their participation.

In the months to come I will be recruiting volunteers for the summer program. Summer volunteering is only a one time commitment. So, if you’d like to give RE a try, this is the perfect opportunity.

In faith, Deborah

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**RE Classes This Month (9:15 every Sunday)**

9:15 every Sunday: Children grades K-7 begin in the sanctuary for a story for all ages, then go to RE classes. Childcare for babies, toddlers and preschoolers will be provided by Sophie Johnson and Emily Payne.

The Youth Group (grades 8 to 12) is held every Thursday from 4 to 6pm. Deborah Mason, Danny Millspaugh and Rev. Chris serve as Youth Advisors. Contact Deborah (email-deleted@gmail.com) for more information.

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<th>MARCH</th>
<th>Grades K-1</th>
<th>Grades 2-4</th>
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<td>Wisdom Stories</td>
<td>Signs of Our Faith</td>
<td>Sing to the Power</td>
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<td>MAR 4</td>
<td>Children's Chapel - All ages together</td>
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<td>Theme: <em>What Does it Mean to Be Humble</em></td>
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<td>MAR 11</td>
<td>Beatrice's Goat</td>
<td>Fair Group Decisions</td>
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<td>By Page McBrier</td>
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<td>MAR 18</td>
<td>A New Chair for My Mother</td>
<td>Special session - The Coming of Spring</td>
<td>Special session - The Coming of Spring</td>
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<td>by Vera B. Williams</td>
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<td>MAR 25</td>
<td>The Most Magnificent Thing by Ashley Spires</td>
<td>Witness for Justice: Public Signs of Our UU Values</td>
<td>The Power of Water, Part II</td>
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**DESK ANGELS WANTED!**

Hungry for Purpose and Community? Join our Desk Angels team! The primary task is answering the telephone. This service is a “piece of cake and gluten-free!” A joyful time is guaranteed!

Contact Bertha Jean (phone deleted) or email-deletedme.com
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: Helga Lemke (Chair), Nadene Carroll, Phil Harriman, Sarita Hazen, John Speck and Rev. Chris

**SPRING SERIES**

**Detective Fiction From Peo to Penny**
Mondays, March 5—April 3
3-4:30 p.m at UUCSR

**Taught by Professor Carol Daeley**

Detective fiction appears in 19th Century Europe as part of urbanization, the establishment of professional police forces, and broad popular interest in scientific developments. Class sessions will focus on its early forms, the Golden Age, the definition of the detective, and recent developments in form and focus. The last class session will be a discussion of Deborah Crombie's *A Finer End*. Class members are encouraged to read.

Carol Daeley is a retired Professor of English from Austin College in Texas with degrees from Rutgers University and the University of California, Riverside. After starting her career as a specialist in 18th-century British literature and William Blake, she became unruly and pursued teaching interests in such fields as detective fiction, World War I literature, literary and other relations between Asia and Europe, and trade history. February 19, 26, March 5, 12, 19, and 26 from 3: to 4:30 p.m.

**What Moves Us**
Most Wednesdays, March 7 – June 6
7-8:30 pm at UUCSR

**Offered by Reverend Chris Bell**

Starting March 7, Rev. Chris will offer a theology series on Unitarian authors such as George de Bennevile, Charles Chauncym, Hosea Ballou and Margaret Fuller.

**Being Mortal by Atul Gawande**
A Book Discussion
Thursdays, March 15—April 5
7 - 9 pm at UUCSR

This deeply moving book is our resource to consider our country’s attitudes towards aging and dying. Doctors are trained to keep patients alive - but not how to help them prepare for death. Join our 4 part discussion of this book which compares attitudes toward death and dying in the West and India and asks hard questions about how we as a culture & the medical profession in particular treat the old and the terminally ill. Moderated by UU members Linda Lampson (UU book club coordinator, a trained hospital chaplain and CPA specializing in estate planning), and Helga Lemke, UU book club member. Both are avid readers.

**ONE-TIME SPECIAL EVENT**

**The Logic of Faith**
Led by Elizabeth Mattis Namgyel
Tuesday, March 20, 7-8 pm

A very special event will be held in our sanctuary. Elizabeth Mattis Namgyel, noted Buddhist teacher and author, will offer a talk and book signing of her new book, The Logic of Faith. Join Elizabeth as she explores the creative relationship between faith and doubt, knowing and not-knowing, and shows how an awakened life results from living from the place in between. Elizabeth Mattis Namgyel has studied and practiced the buddha-dharma for more than thirty years under the guidance of Dzigar Kongtrul Rinpoche.

**ONGOING**

**Drawing Group**
Wednesdays, 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**!

**Evening Book Group**
March 8 (2nd Thursdays)
7 – 9 pm in the RE Wing

The Evening Book Group will meet on Thursday, March 8th from 7 to 9 p.m. at 547 Mendocino. We meet in the RE wing. The **March selection is Ina Coolbrith: The Bittersweet Song of America's First Poet Laureate**, by Aleta George. **In March we are reading Destiny of the Republic** by Candace Millard. **Visitors and newcomers are welcome!**

**Questions? Contact Linda Lampson**

**TIE Groups**

"Not only do I get to meet people I otherwise wouldn't, but also engage in substantive conversations on interesting and challenging topics." A.B.

Contact Jo Katon for more info.
What a Party!

As of this writing, much paying of outstanding invoices and tallying of expenses must be done before we can give you actual results from the Annual Auction Saturday, Feb. 17. However, we do know that it was successful both monetarily and as a fun gala affair. I’ve gotten many glowing comments from participants and so my personal goal was met—that of giving our congregants a chance to dress up, have fun, and feel the warm camaraderie of our UU community.

Thanks to everyone who participated and bid, and especially to those approximately 70 people who pitched in to help in some way. ~Dee Ray

Pre-auction Helpers
Karen Madigan
Pam Tennant
Mac Freeman
Nicolene Leseigneur
Melinda Napier
Ellen O’Hare

Sound
Dan Reid who worked from 11 a.m. to 10 p.m.

Door Cashiers
Debbie Carter-Hope
David Hope
Tony Babb
Gretchen Paradis

Setup
Lead: Bertha Jean Schmidt
Mike McGirr
Joe Como
Cathie Wiese
Brian Wells
Robin Ciabattari
Jenny Sebastian

Entre
Chef: Marilyn Holmes
Wayne Smith
Sharon Smith
Barrie Noe
Monica Anderson

Decorating
Designer: Robin Trimble
Aphrodite Bellochio

Appetizer & Dessert Crew
Beth Wettergreen
Marcia Babb
Elizabeth Olson
Mary Wagner
Robin Ciabattari
Natalie Brundred
Melinda Napier
Ellen O’Hare

Checkout Helpers
Lead: Linda Balabanian
Elizabeth Wheless
Pat Wilson
Ellen O’Hare
Jane DeYoung
Kirsten Olney

Silent Auction Helpers
Lead: Susan Dickey
Mary Chapot
Sarita Hazen
Sandy Brewer
Diane Koehler
Lee Lipinski
Helga Lemke
Michael Randolph
Eric Skagerberg
Frances Corman
Judith Redding

Wine Table
Lead: Robert Howseman
Brendan Howseman
Erin Howseman
Fred Brewer
Andy Levine
Margaret Bregger-Coston
JoAnne Kazimi
Natalie Brundred
Reid Stinnett, who acquired ALL the drinking wine – THANK YOU!

Money Handlers
Linda Stabler
Lois Bell

Cleanup
Our paid staff, Mike, did one heck of a job cleaning up after our big shindig!

Chances are, I’ve missed someone, so thanks to you too.

The really tough thing about humility is you can’t brag about it. Gene Brown
You should never increase in knowledge until you also increase in humility. The more in knowledge you increase, the more humility you should have.  
Shaykh Yahya Rhodus


**Thursday, March 15, 6:30-8:30 PM**

**Glaser Center - 547 Mendocino Ave, Santa Rosa**

People of Color calling White people to act for racial justice, challenging all of us White folks to go outside of our comfort zones, take some bigger risks, and make more significant sacrifices to confront and challenge all people, policies, systems, etc., that maintain privileges and power for White people. Join us to reflect on your own levels of activism and explore specific actions you may be willing to undertake to dismantle white supremacy. This dialog is based on the resource "Opportunities for White People in the Fight for Racial Justice" at [https://www.whiteaccomplices.org/](https://www.whiteaccomplices.org/)

Watch this short video titled, "Stop Being an Ally" to prepare for the dialog: [https://www.youtube.com/watch?v=QUrDoyyJ4rQ](https://www.youtube.com/watch?v=QUrDoyyJ4rQ)

For more info write racialjusticeallies@gmail.com

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**From the Diversity Project**

**Bayo Akomolafe’s Perspectives on National and Global Worries and Walls**

**Saturday, March 24, 6 pm in UUCSR Sanctuary**

Bayo Akomolafe, a powerful speaker, author, and international teacher, will be here at the UU Congregation, Santa Rosa on March 24, in our Sanctuary, beginning at 6 PM, sponsored by the UU Diversity Working Group and the UU Advocates for Social Justice. Last spring he spoke in our Board Room to an overflow crowd on the topic of "Unlearning Whiteness“. Come hear his unique and inspiring perspective on our current national and global worries. Here are words regarding his latest book, *These Wilds Beyond Our Fences*:

“We are once again in a time of walls. As a stubborn whiff of gentrification, geopolitical exceptionalism, religious exclusivism and white normativity sweeps across the lands, inviting many of us to ’wall up’ and turn inwards in a quest for essences and pure identities, the prospects of irrecoverable fragmentation have perhaps never been more worrying. But beyond dividing us, walls are serving a more ironic purpose, offering us an unexpected gift: walls give us an opportunity to witness how things spill into each other, and how unsettling the world really is – so unsettling in fact that walls themselves seem to be part of a deeper conspiracy. In a time of separation, we are learning of our entanglement; we are noticing that the world is alive; she moves and breathes; we are coming to terms with our humble place in a vibrant web of becoming. We are learning that we are implicated in each other in a way no barricade could refute.”

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**COSM**

If there’s something wrong in the congregation, who ya gonna call?

Reverend Chris! ... or maybe not...

Depending on what’s wrong ... say you’re having an interpersonal problem with another congregant, staff member, or maybe even Rev. Chris himself, who ya gonna call?

Well, to make the syllables roll out rhythmically in the song* ... try COSM!*

That’s Committee on Shared Ministry. As the name would seem to indicate, the whole idea is that we have a somewhat formalized way of mediating conflicts, differences, interpersonal issues and the like within the congregation and without necessarily involving Rev. Chris. That’s not to say you shouldn’t approach Chris, but it is suggesting that you might consider the COSM route first.

We are, alphabetically, Robert Anderson, Susan Bartholome, Alan Bell, Frances Corman, Lucia Milburn (Chair), and Kitty Wells. You’ll know us during coffee hour by our stylish COSM name badges ... assuming, of course, that we remember to wear them. (C’mon fellow COSMers, we have to be better at that.)

*COSMically yours, Alan

(* You DO know the Theme from Ghostbusters ... right?

Well, of course you do.)

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Being humble means recognizing that we are not on earth to see how important we can become, but to see how much difference we can make in the lives of others.  
Gordon B. Hinckley
March 4: Peace & Justice Center’s mission is to inform, support and energize the Sonoma County community to create peace and social justice through active non-violence. The P&J Center sponsors educational events, publishes articles on current issues, promotes peace and justice related efforts in the community, and supports local activist groups with meeting space & other resources.

March 11: The California Physicians Alliance. Health care is a human right. CPA’s mission is to educate and advocate for health care reform, to achieve guaranteed, high quality, equally accessible & comprehensive care for all.

March 18: Black Lives of UU is an organizing collective committed to expanding the power & capacity of Black UUs, providing support, information and resources for them, and achieving justice-making and liberation through faith.

March 25: Breakfast For Our Neighbors is our own breakfast program which provides a hearty breakfast every Saturday for neighbors in need in a friendly atmosphere.

April 1: Restorative Resources provides restorative justice circles and school programs, & establishes restorative practices, an effective community-based approach to prevent crime and repair the effects of crime.

The United States spends more than twice as much on health care per person as any other nation on earth and yet U.S. health care is ranked 37th in the world. Why? Most Americans have no way of understanding the complexity of how our health services are provided and payed for. How do other nations do it?

The presenter on March 11 after the second service will be Rick Flinders, M.D., family physician in Sonoma County for 40 years, Inpatient Director of Santa Rosa Family Medicine Residency Training Program and Clinical Professor at UCSF School of Medicine.

Come and hear this interesting discussion!

The Advocates for Social Justice Film Project is pleased to present this important documentary.

ENVIROMENTAL JUSTICE/CLIMATE CHANGE FILM SERIES

NORMAL IS OVER
Director: Renee Scheltema
SUNDAY, MARCH 25, 2018
after 11 AM service in the Board Room

The Advocates for Social Justice Film Project Environmental Film Series continues on March 25 with “Normal is Over”, a new film that offers solutions to reverse global decline. It is a ‘big picture’ take that tackles food production, climate change, species extinction and depletion of critical resources with solutions that can be implemented immediately.

From practical everyday fixes to rethinking the overarching myths of our time, this film challenges us on every level, and offers hope. Discussion follows viewing of the film. Please bring whatever you wish to eat. We provide snacks, not lunch. Elaine, Cassandra, Mary Louise, Carol D., Jeanie B.

“Sonoma County is noted for our environmental consciousness, our deeper sense of social justice and our consciousness around food. It only makes sense to look at law enforcement and see if the department is representative of our values and principles.”

John Mutz, Sonoma County Sheriff Candidate and UUCSR Member
WOMEN TOGETHER SPRING RETREAT
APRIL 27-29, 2018
St Dorothy’s Rest

The 2018 UUCSR Women's Retreat is April 27-29, 2018. This retreat is open to members, friends and visitors. Our weekend is a little earlier than we've had in the past and we wanted to be sure you all knew. More information will be available in a few months but for now, please mark your calendars!

Women Together Steering Committee

WOMEN TOGETHER ELDER TALES
Saturday, March 17, 2-4 pm
Youth Room at UUCSR

Join us on Saturday, March 17th, to hear Shirley White, hero of the October wildfires, tell us about that horrendous day and the many interesting days before that! We will meet in the Youth Room from 2 to 4. Please bring munchies to share.

What Do I Do When Someone Dies?
The Practical and Legal Issues
Presented by the Endowment Committee
Sunday, April 22, 2018
12:45 in Rm 545

Our own Mary Chapot (financial planner) and her good friend Cynthia Tasker (attorney) will share their expertise, with tips on what to do beforehand, and when the inevitable actually happens.

It will be an educational and informative, “nuts and bolts” type presentation, with handouts to take home. There will be time for Q&A and lunch will be served.

Training for CPR and AED (defibrillator)
Invitation to UUCSR Staff and Volunteers
Saturday, March 17, 10 am—2 pm

The course, running 3-4 hours, is an ASHI (American Health and Safety Institute) certified course and results in a 2 year certification. The CPR training is the ‘Hands Only’ method (no mouth to mouth). Staff will be paid for by UUCSR and volunteers will pay about $70. We have 10+ on the list now and we can accommodate 20. If we have more than 20 we will choose according to the safety needs of the congregation and order of signup. We will also add a second date if needed. We highly recommend Officer's of the Day, Kitchen crew, Saturday Breakfast Leads, Ushers, Greeters, RE staff, Operations, Maintenance and volunteers in charge of building security to attend. If you wish to receive a scholarship for the course fee, please contact Gretchen Vap - Operations Chair. Please contact Bob Anderson to sign up.
Music, Music, Music

Last month’s entry in this space was entered into the UU Newsletter competition in the category, Most Words Yielding Least Information. We’ll try NOT to have another entry this month.

On March 4, to support the service theme On Being Humbled, the U-Usual Suspects will perform a tune that many of us fondly remember, There But For Fortune. For the postlude, a sing-along, Humble Me. A week later, to completely flip the coin, the service theme is Nietzsche and the Argument Against Humility. Can you think of a more appropriate tune than Anything You Can Do I Can Do Better? Neither could Sadie. That’s why the choir is planning to do it.

The following Sunday, March 18, the theme is Cultural Humility. As of this writing, the Suspects are tentatively planning the Garth Brooks song People Loving People. But it’s still February here at Music Notes Central, so you never know.

And finally, March 25 will feature a guest minister, Rev. Kurt Kuhwald. Topic and music to be announced, but no doubt Sadie and the choir will come up with something appropriate. That much we’re sure of.

Humbly submitted,
Alan Bell

Hooray for the first of May! CUUPs May Pole Celebration

Sunday, May 6 at 10:30 am (between Services)

This time of year we make the leap from Winter's cold to warm Spring weather. Beltane has arrived. It’s time to honor our Mother Earth and her fertility as she brings all the plants back from their long Winter sleep. It is time for the May Pole celebration.

We will have May Queen flower crowns and Green Man masks for all dancers. We will need chanters to sing us around the circle.

We will be celebrating the May Pole in between the services. So 11:00 service attendees please come EARLY that day so you don’t miss a minute. We begin at 10:30. If you are a parent who attends the 9:15 service, plan to stay later than normal so you and your child can participate in the May Pole dance. For more information:

telephone Lucia

Spirit Moves ~ Body Moves

Together We Access Our Vital Life Force through movement and dance. Keeping our bodies resilient as we age

This Collaborative Group is Designed for Every One.
No previous movement experience necessary.
1st & 3rd Wednesdays
1:00 pm—2:30 pm in Room 545 at UUCSR
Space held by Bertha Jean. Call for details.
phone deleted or email-deletedme.com. No Fee
February is always a difficult month for finances as it is a short month. Our temporary bookkeeper is doing well, but is still working on reconciling February’s accounts with the help of Kirsten Olney, our resident bookkeeping trainer and guru. Thank you Kirsten. Also, thank you Janis our Administrator, who is also coordinating with Laura on all the intricacies UU finances.

At last month’s Congregation meeting, I presented our DRAFT budget for 2018-19. We will be working in coming months to fine tune our finances and working closely with Stewardship in asking members to up there pledges for the coming New Year. Most of our increased costs go directly to a new (half-time) Assistant Minister with the remaining increases in costs associated with merit increases for staff, increases to benefits costs and other costs rising if for no other reason than just plain old inflation. No doubt, adding an assistant to Chris will improve our growth and increase our pledging units over time.

We’ve been blessed with low inflation in America for what seems like an eternity. Like most of us, I worry rising inflation will have an extremely negative effect on our economy, as well personal finances. We’ll keep an eye on this as the months progress to see if this will have an effect on next years budget.

Of note, pledges through the first half of the year have been strong thanks to members and we have been controlling expenses. Let’s hope the second half of the year is as good as the first.

*Fiscally yours, Michael Randolph, Treasurer*
MARCH 2018

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UU Update, UUCSR Monthly Newsletter. Editor: Susan Williamson. Deadline: For following month: by noon on Monday after 3rd Sunday. Send to w/topic and month in subject line. Q? . To receive newsletter by email, send name and email address to

Order-of-Service Announcements (OOS). Send submissions to Editor Janis Brewster at

Unitarian Universalist 7 Principles

The inherent worth and dignity of every person

Justice, equity and compassion in human relations

Acceptance of one another and encouragement to spiritual growth in our congregations

A free and responsible search for truth and meaning

The right of conscience and the use of the democratic process within our congregations and in society at large

The goal of world community with peace, liberty, and justice for all

Respect for the interdependent web of all existence of which we are a part.