

# The UU Update

The Monthly Newsletter of the Unitarian Universalist  
Congregation of Santa Rosa

Volume 62 • Issue 4

April Theme

## TRANSFORM! RESURRECT!

APRIL 2018



TWO SUNDAY SERVICES  
9:15 am & 11:00 am

APRIL 1

### FLOWER COMMUNION / EASTER

Spring is here. The old stories and our actual lives agree: the Eternal Turning always, always, always, always brings new birth. Even where fire has raged, blossoms will still yet bloom. We celebrate this miracle of life here with our Annual Flower Communion. Please bring a flower to give away. The 9:15 service is all ages and will include the children in many ways.

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

APRIL 8

### SUDDEN AWAKENINGS

Sometimes transformation and resurrection happen in a hurry, whether by crisis, unexpected opportunity, epiphanies, or disasters. Many people have had such experiences, and we can all gain from learning about them. Whether a mountaintop experience, or rock bottom, there are spiritual resources to help see us through these sudden awakenings, or even to invite them into our lives.

*Service Leaders: Rev. Chris Bell, Joe Gabaeff, Deb Mason Music by: Robin Rogers & the UUsual Suspects, Roger Corman Share the Basket: The Lime Foundation*

APRIL 15

### GRADUAL AWAKENINGS

Sometimes transformation and resurrection go really, really, really, slowly, whether from our own inertia or thick-headedness, or from outward life circumstances. Many people have had such experiences, and we can all gain from learning about them. Whether you feel like a fool or a hero when you FINALLY wake up, spiritual resources exist to help see us through these gradual awakenings, & even invite them into our lives.

*Service Leaders: Rev. Chris Bell, Izzy Fischer, Deb Mason Music by: Sadie Sonntag & the Choir, Izzy Fischer, Roger Corman Share the Basket: Enchanted Hills Camp*

APRIL 22

### EARTH DAY &

### COMMISSION OF OUR LAY CHAPLAINS

Amidst all the turmoil of our lives and our nation, we will celebrate Earth's powers and recommit to our

stewardship of Her natural systems of life and evolution, if for only the selfish reason of wanting our great-grandchildren to be born into a hospitable planet. We will also perform a commissioning ceremony for our new team of Lay Chaplains, who have been called to extend our pastoral care to our members.

*Service Leaders: Rev. Chris Bell, Aphrodite Bellochio, Deb Mason Music by: Alan Bell & the UUsual Suspects, Roger Corman Share the Basket: Breakfast For Our Neighbors*

APRIL 29

### RISKING BLOSSOM: EMERGENT HOPE?

Risk, transformation and emergence of hope in a complex world - can beauty really be found in brokenness? Today we conclude our transformation and resurrection discussions by exploring the leading edge of possibilities in individual and collective growth. *Rev. Dara Olandt, a life-long UU, serves as Chaplain/Director of Spiritual and Religious Life and Chaplain at Mills College in Oakland, CA. She works with emerging social-justice leaders on sustained-activism and religious pluralism strategies. Dara has served congregations both in CA and VA. A 2010 Starr King School graduate, Dara serves on the steering committee for Faith Alliance for a Moral Economy (FAME), an interfaith justice network in Oakland.*

*Service Leaders: Rev. Dara Olandt, Scott Miller Music By: Robert Howseman & the UUsual Suspects, Roger Corman. Share the Basket: The Sonoma County Multiple Sclerosis Group*

MAY 6

### OVERCOMING INDIVIDUALISM (Youth Led Service)

**Rev. Fred Muir warned against a "Trinity of Errors" that keeps UUism from appealing to the masses. The first is: "a persistent, pervasive, disturbing and disruptive commitment to individualism that misguides our ability to engage the changing times."** Today our youth respond.

*Service Leaders: THE UUCSR YOUTH GROUP, with Rev. Chris Bell & Deb Mason Music by: Sally Jones & the UUsual Suspects, Roger Corman*

أنتم هنا  
في أمان  
You are safe here  
Maryah Converse



*Let me be changed for the good of ... all the world*

Susan Rabbit is the editor of this fine newsletter. In addition to very patiently hounding those of us who must make regular submissions, and ensuring that everything gets printed and mailed\* in a timely manner, she exercises her considerable creativity in the sharp layout and design. She frequently

has some great editorial suggestions, as in the case of this month's theme, which we originally named, "Transformation and Resurrection." Susan suggested something more compelling, more directive, and, lo, our theme this month is now "Transform! Resurrect!"

I love it.

**Yeah, you! Wake up! It's time to transform and resurrect!**

The obvious connection of our theme is with Easter, which we will celebrate here with our annual Flower Communion on the 1<sup>st</sup>. (Bring a flower to share, and consider attending at 9:15 when our children will sing in the service.) Every tradition and culture marks the incredible effulgence of spring in some way. But our monthly theme is about more than nature's rebirth. It's also about us. This is a great time of year to be asking oneself what needs to shift or change. Where am I growing? What in my life do I want to bring to new life? Or what might I even bring completely back from the dead?

For some, these are spiritual questions, for others they are practical ones. In my personal life, transforming my living situation is a top practical priority. I'm trying to sell my large unit in Yulupa CoHousing. At this stage of my life, I want to put all of my community-building energies into UUCSR, and UUCSR alone. When I'm done at the end of the day, I want to go home to my own quiet house, alone. I want to talk out loud to my cats and not worry about anyone else hearing secret revelations or swear words. I sense some projects – writing, advancing in my Zen studies and, well, shaping the future of Unitarian Universalism – waiting in a place of greater solitude and silence. I want to practice the drums, loudly. I haven't really lived alone since I was 24, so I can only imagine how this might transform me, but I'm so very much looking forward to it.

Around the Glaser Center, we are actively transforming our congregation. The search for a new Director of Religious Education advances gracefully. Because we offer a full-time position with competitive pay and benefits, a number of professional educators of different stripes have come forward to apply for the position. We are blessed with a strong field of candidates - interviews begin this week.

Our Assistant Minister hiring team is also pleased with its candidate pool, and has begun interviews, trusting that this congregation is ready and willing to

increase our pledges enough to make that position a reality in next year's budget. Each of those new hires is intended to begin in August. The face of the staff here is going to be very different, very soon, which will bring inevitable transformation. I'm very excited about that.

Furthermore, I am proud and pleased to announce that our first crop of Lay Chaplains has been courted, vetted, and trained. On April 22, at both services, Claire Beery, Bill Haigwood, Paula Hammett, Bruce Hope, Barbara Kezur and Lucia Milburn will be commissioned by me, and by all of us, to serve as our Lay Chaplains. These trusted, mature folks have been deepening their skills under my leadership, in active listening, gentle speech and prayer, and are ready to offer much needed additional pastoral care to the congregation. Elders and ill folks will be visited much more regularly, and we hope that no member will ever need to face a crisis alone. There will be a "Lay Chaplain of the Week" available every Sunday for those who need a shoulder, a friendly ear, or a blessing. Lay Chaplains are taught to take the "God's eye view," listening without judgment and with maximum positive regard. They won't be able to fix your job problems or broken leg (neither can I, I'm sorry to say), but they can offer genuine support. I hope you will take advantage of their ministry.

Following the unexpected death of Gail Alford, the Caring Connections team is also transforming. Long dormant organizational tools are being resurrected under Phyllis Clement's new leadership. I trust that when we come seeking more volunteers to offer rides, cards, meals, and caregiver respite, you will say, "Yes, please, sign me up!"

Ah, life. So varied. So full of sorrow, joy, despair and hope spinning into each other. So full of possibility. So full of everything. Just in the course of the last week I learned CPR, rehearsed and performed a rock tune for a service, conducted a bunch of hiring interviews, and attended a two-day UU minister's retreat. I visited an old friend whose wife just had a beautiful baby, and counseled a young couple readying to marry. I conducted a memorial to Kenzie MacInnes on Saturday, and then the wedding of Michael Walsh and Cynkay Morningsong on Sunday. I cooked tuna noodle casserole for 25 at Yulupa. I spoke at City Council offices in favor of the new Catholic Charities housing project. I made jokes, I cried, I made messes. I cleaned messes up. I bemoaned my son's failure to call me on the phone. And in midst of it I just keep praying something like, "Holy One, let all these things change me, that I might love more of this world, and then still more," as Rev. Gretchen Haley puts it. Let me be changed for the good of myself and all the world.

And my prayer for you is the same. Transform! Resurrect! Amen.

**Reverend Chris Bell**

\* Ed.: Editor S.R. does little of the Update mailing. Our newsletter production / team are Linda Stabler, Marilyn Beckerbauer, Lois Bell, Kathy Norman, Cheri McCord.

*It takes a village...*

I grew up a child of privilege. I grew up white, upper middle-class, American. I graduated from college (in Theater!), and had the luxury of doing what I loved, rather than working for a paycheck.

I also had parents who respected people for **who they are and didn't make pre-judgments** based on the color of their skin, their religion, their gender, their sexual preference, and many of the other things that keep people apart. They also had a healthy respect for the environment.

**So, I didn't have to examine very much. Life wasn't very difficult for me.**

And then the UUA took up the issue of black equality/white supremacy – in a big way. And they **haven't let it go. When I stand back and take the long view, I applaud the UUA for their confronting this issue, and for doing real, deep work to address it. But up close, sometimes I feel like I'm being beaten over the head with a cudgel!** This is not an **issue that I personally "resonate" with. It's not MY issue.**

But it has been incredibly valuable for me. I have been forced (mostly through conversations with Rev. Chris and fellow congregants) to confront my white privilege. Before this all came up, I was **completely oblivious to it. (Personally, I don't like the term "white supremacy", because I don't think it fully, accurately describes my situation. But "white privilege"? Oh, yeah.)**

**For years, I've said that awareness is 95% of the battle. Until you're aware of something, you have no chance of doing anything about it. Well, I'm much more aware now, and now I have a chance to start being responsible for my privilege – in all sorts of areas, not just with black equality.**

In being aware, I can ask myself questions like: **Where am I not being responsible? Where am I making some person or group "the other?"** Where do I not have compassion? Where am I not being my best self? WHERE AM I NOT

ACTING FROM OUR PRINCIPLES? There is work for me to do. There is work for each of us to do.

Do I want to be beaten over the head about it? No. Should I be sometimes? Yes. Absolutely.

**I didn't join UUCSR to join a movement, no matter how important it is. I joined a faith – where my soul gets nurtured, where I am loved and celebrated exactly the way I am – flawed and petty and flailing and lost and needy. Where those flaws aren't how people know and relate to me, but instead you engage with and affirm my strengths and my kindness and my talents and my goodness. This is how you relate to me. In you relating to the best of me, I relate to the best of me.**

AND I joined a faith that has a strong **"movement" component. Sometimes the tension between the "movement" aspect of our social justice work and the "spiritual" aspect of our faith is great. And that's good – really good.** In becoming aware, in dwelling in that uncomfortable tension, I can become that better person.

I am so grateful for our Principles, and for the allowance that they make for each of us being flawed. I am especially grateful for the encouragement they give us to always be working toward being a better self, a bigger self. To think, to look deeper into ourselves, and to tell the truth.

I love how every step forward is celebrated here at UUCSR. This congregation is a very, very special place. I find us quick to forgive, and quick to support and encourage. And that is precious to me.

It takes a village to raise a HUMAN BEING. **We are each other's village. Let's keep growing up together!**

See you on the jungle gym!

*Natalie Brundred,  
President UUCSR Board of Trustees*

*What Your Board Is Up To—March, 2018*

The board reviewed and unanimously approved the proposed Naming Policy. *See Insert for the full policy.*

Our Human Resources Group has been hard at work this year on creating a standard ranking system for employee job performance and has done a remarkable job. The board unanimously voted to approve the ranking system. This will help us in the future.

We also discussed several important issues. Erin Howseman gave a presentation on the Stewardship Team, their purpose and plans to support our initiative to raise \$60,000 in increased pledges this year.

We looked at all the areas the Communications Team is responsible for. All of these duties made very clear the pressing need for a Communications Director. While many good people are fulfilling many of the responsibilities of the Communications Team, a paid

professional staff member will support us in growing & being a larger, needed presence in our community.

This is a big-staff-turnover-and-expansion year! Hiring committees for the Director of Religious Education and Assistant Minister have been meeting, both jobs have been posted, and we are receiving applications. Both committees aim to have the board hire people in time to present them to the congregation at the June Congregational Meeting.

Your ideas and feedback strengthen our congregation. The board welcomes your input. Please contact us, speak with a board member on Sundays, or attend the monthly board meeting, always on the 3<sup>rd</sup> Thursday of the month (next one will be April 19<sup>th</sup>) at 6:30 pm. Our draft and final minutes are always posted in the Work Room and Social Hall.

*-Natalie B.*

# Religious Education for Children & Youth

Director of Religious Education, Deborah Mason

## Spring Has Sprung and The RE Program is Transitioning!

As I write this column, we are sadly counting our last handful of Sundays with beloved DRE Deborah Mason who has generously continued with us in a new part-time capacity. At the same time we have begun the process to choose a new leader for our RE program. The RE Transition Committee, made up of congregation members, our youth leader, and Rev. Chris, has been an organizational bridge during this time of changing leadership. We've met to take stock of our RE history and recent past and to imagine the future we can create with our new DRE. Starting last month, our DRE Search Committee began meeting to find just the right new DRE for us amid several strong candidates. A heart-felt thank you to all who are offering their time and service to these efforts, and we welcome input from the

congregation to add to our visioning for the UUCSR RE future. -- Susan Miller

*RE Transition Committee: Rev. Chris Bell, DRE Deborah Mason, Barbara Kezur, Brian Chetcuti, Caroline Hobbs, Emily Heinzelman, Jay Klosevitz, Julie Malm, Paul Poling, Susan Dickey, Susan Miller, "TK" Kittelstrom (youth leader), DRE Search Committee: Rev. Chris Bell, Janet Barrows, Julie Malm, Linda Stabler, and Megan Foote (youth leader), Sharon Smith, Susan Miller*

**SAVE THE DATE!**

What: A Goodbye Party for DRE Deborah Mason  
 When: Sunday May 20, 2018, between 9:15 and 11am Services  
 Where: UUCSR Courtyard  
*Stay Tuned for More Details!*

Here's What's Happening In RE Classes this Month:  
 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 and Rev. Chris serve as Youth Advisors. For more info, contact Deborah Mason.

APRIL	<u>Grades K-1</u> Wisdom Stories	<u>Grades 2-4</u> Signs of Our Faith	<u>Grades 5-7</u> Sing to the Power
APR 1	Easter - Multigenerational Worship with special music by the children in RE. We will honor the day with our ritual of Flower Communion.		
APR 8	<i>The Most Magnificent Thing</i> by Ashley Spires	Session 16: Fair Group Discussions	Session 19: The Power of Persistence
APR 15	<i>How My Parents Learned to Eat</i> By Ina R. Friedman	Session 17 Witness for Justice: Public Signs of Our UU Values	Session 20: The Power of Gathering
APR 22	Farmer Duck by Martin Waddell and Helen Oxenbury	Earth Day - A Celebration of Mother Earth	Special Session: Earth day
APR 29	<i>A New Chair for My Mother</i> by Vera B. Williams	Session 18: Signs of Faithful Leadership 4th Emblem - UU Chalice Patch	Session 21: The Power to Make Change

**DESK ANGELS WANTED!** Hungry for Purpose and Community?  
 Contact Karen Naumann at office.

# 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: Helga Lemke (Chair), Nadene Carroll, Phil Harriman, Sarita Hazen, John Speck and Rev. Chris

## SPRING SERIES

### *Intimidated by the Internet? Don't let it win!! Get Smart!!*

How to Use the Internet: Smarter,  
Easier, Safer, and Fun! with Deborah Wiig

#### *Google 101*

Tuesday, April 3, 1:30-4:00pm  
Board Room, Fee: \$20.

Google 101 is for you if:

- \* You use the internet for email and looking things up, but you know there's more you could do if you knew how.
- \* You're not clear about the terms browser, search engine and cloud.
- \* You may not know how to bookmark a page or copy or save from the web.

#### *Super Google*

Tuesday, April 10, 6:30-8:30pm  
Board Room, Fee: \$20

Super Google is for you if:

- \* You're comfortable on the web, you've got the basics, but you've got questions and would learn about lots of useful tools and tips for doing more.
- Notes: Handouts provided. Demonstrations will be presented on PC. Most, but not all tools and techniques will be applicable for Mac, but may not be applicable to a tablet.

*Deborah Wiig is a marketing communications specialist, [DWiig.com](http://DWiig.com), and publisher of [HappeningSonomaCounty.com](http://HappeningSonomaCounty.com) and [NorthBayLearningSource.com](http://NorthBayLearningSource.com).*

Register and pay your fee at the  
UUCSR Adult Education Table

### *What Moves Us - UU Theology*

by Rev. Chris

March 28, April 4-18, May 2, 9, 30, and June 6th. 6:30 - 8:00 / 8:30

We explore the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart, a new direction, new hope, and a deeper understanding of their own liberal faith. These workshops offer participants a chance to engage with and bring personal experiences to bear on the very questions explored by each theologian in turn. The program offers a pathway for developing not only one's own personal theology but also one's deep understanding of our Unitarian, Universalist, and Unitarian Universalist theological heritage.

What Moves Us consists of ten 90-120 minute workshops. Each workshop begins with a simple story of a Unitarian, Universalist, or Unitarian Universalist forebear, naming the emotion—the change of heart—that moved them to new theological understanding in their liberal religious faith. The selections represent some major theological streams of our faith tradition and display our racial, ethnic, gender, and class diversity.

*ARE submitted by Helga Lemke*

## ONGOING

### *DRAWING GROUP CONTINUES!*

Wednesdays 1-3 pm

Artists of all levels are encouraged to join Bill Brewster and Patrice Le Pera to find inspiration and encouragement, and to explore techniques through sharing as a group. We meet Wednesdays 1:00 to 3:00 pm. Bring your projects and ideas, and the art supplies you need. No fee or obligation. We are sorry to learn that Judy Hutchinson will not be participating as a mentor. She has done so well for the group, and we will miss her expertise. We hope she drops in from time to time.

### *Evening Book Group*

APRIL 12 (2nd Thursdays)  
7 –9 pm in the RE Wing

The APRIL selection is *Destiny of the Republic* by Candace Millard. Visitors and newcomers are welcome. In May we are reading *A Gentleman from Moscow* by Amor Towles (rescheduled from February).

Questions? Contact Linda Lampson

### **GTKUU! “Getting to Know UU”**

Saturday, April 14, 9:30-12:30

The next Getting to Know UU class is being held on SATURDAY, APRIL 14, 9:30am to 12:30pm in the RE wing. Rev. Chris Bell presents an overview of Unitarian Universalist history, the roots of our congregation and explores the sacred in theory and practice. This class is open to everyone and is required for UUCSR membership. Sign up at the Visitor/Welcome table before the class date. Our next New Member Ceremony will be held on May 6th during the 11am service.



*A Sheriff's Department that Affirms the Worth and Dignity of Every Person?*

Opinion By Sara Jones and Wayne Smith

The Sonoma County Sheriff's election will be on June 5th. This is a hugely important, historic race because of the deep need for healing in Sonoma County.

Like to educate yourself further about the different candidates? There are 7 candidate forums happening in April all over the county. *Please see list, to the right, of forum dates & locations.*

The three candidates, Mark Essick, John Mutz and Ernesto Olivares, have different visions for the office and different management styles. This is the first time in over 25 years when we actually have a choice between candidates.

We encourage you to look at a what Service-Based Culture model can mean for changes in law enforcement.

*We now have a possibility, possibly for the first time ever, of creating in the Sheriff's Department what is described as a Service-Based Culture.* A few components of this culture are a commitment to fostering the morale and trust of officers, as they are treated with dignity and given valuable training. Also it is considered a top priority to increase neighborhood engagement through the use of community-based officers. This way, people get to know specific Deputies, who are responsible for their neighborhoods allowing relationships of trust to develop.

If you think you may attend the Forum on April 30th at the Santa Rosa Vets Building, the sponsors are soliciting questions for the event. The questions should be sent to: jmbrown.iolerocac@gmail.com and must be received by April 13.

We suggest that you attend a forum with the perspective that each candidate is there for a job interview. A few skills/types of experience that we think are important for a sheriff to have are: 1) Leading cultural change in law enforcement, 2) Implementing Implicit Bias Training and 3) Implementing Restorative Justice practices.

Because past behavior is the best predictor of future performance, the best questions are very specific and address what the candidate has done in his law enforcement career. Asking general and/or hypothetical questions about his views on issues or what he plans to do once he is in office does not give much basis for evaluating what his true intentions are or what he is capable of doing.

For example, rather than the question, "How would you be a leader of change?" you could ask, "Tell me about a time when your leadership significantly improved the treatment of minorities during arrests. What opposition did you face and how

did you address that opposition? What worked, what didn't work and what would you do differently?"

*As you learn about the candidates, we hope you will educate your friends about this important race.* May we finally have a sheriff's department that affirms the worth and dignity of every person!

Here are the scheduled Sheriff Candidate Forums to choose from.

- April 9, 6:30 PM League of Women Voters, Graton Community Center
- April 18, 3:00 PM Santa Rosa Junior College, SRJC Campus, Student Activity Center, Bertolini
- April 19, 6:30 PM Oakmont Democratic Club, Oakmont Community Center
- April 23, 6:30 PM League of Women Voters, Sonoma Veteran's Memorial Building
- April 24, 6:30 PM ACLU-Healdsburg, TBA
- April 26, 6:30 PM Congregation Shomrei Torah, 2600 Bennett Valley Rd., Santa Rosa
- April 30, 6:30 PM IOLERO, Santa Rosa Veteran's Memorial Hall

*Share The Basket*

*We split our Weekly Offering. Our social action committee, Advocates for Social Justice, selects a program, with congregational input, to receive a special donation from our Congregation.*

JANUARY RECIPIENTS

Redwood Empire Food Bank	\$686.64
MLK Birthday Celebration	\$635.68
YWCA Safe House	\$751.60
Breakfast for our Neighbors	\$462.41

FEBRUARY RECIPIENTS

Islamic Society	\$999.01
Senior Advocacy Services	\$400.72
Fence at the Top	\$455.28
Breakfast for our Neighbors	\$568.70

"Blessed are you who can question your own assumptions and listen with an open mind; you will receive new insights beyond your imagining.

## REFUGEE RESETTLEMENT DONATIONS

By Pam Tennant

I was so taken with the generosity of the many in our UU congregation who donated to the effort of settling refugees in our area. As most of you know, we did get a young couple and child from Afghanistan who we settled into the donated living quarters of one of our sponsoring committee **members' home. And then the very next day, the** couple moved out to join friends and a family member living in Sacramento, much to our disappointment!

**Now that we've had a dramatic change in our** housing and potential employment opportunities in Sonoma County and the drastic reduction of refugees allowed to come to our country by our current administration, our Refugee Resettlement Sponsors committee has decided to disband. Some are becoming increasingly active in efforts to aid our undocumented neighbors.

Several congregations had pledged support for refugee resettlement, but ours was the only one **that had actually given money to the effort. I've** struggled with how to handle your donations now and have spoken with the woman who we had been

working with at Catholic Charities Santa Clara. She told me of a young couple from Afghanistan, Hamid and Malia, who came to San Jose last December. He is an electrical engineer in his early 30s who worked for the U.S. government; Malia is in her late 20s. They have two young children. Hamid has applied to work at Tesla, has had an interview, and seems poised to be hired. They live in San Jose, the Tesla plant is in Fremont, and to get there by public transportation takes about 2 ½ hours. Francis tells me a very good way to use our donation would be to give it to them toward purchase of a car. Hamid **is working on getting a driver's license now.**

In accordance with our original intent of aiding refugees from the war torn Middle East, I will redirect your donations to Catholic Charities Santa Clara to be given to Hamid and Malia unless I hear from any individual donors that they wish to have their donations returned to them to be used as they see fit. Please let me know ASAP if you wish your donation returned; after April 5th I will have a check issued for the above purpose.

## Committee on Shared Ministry (COSM)

**"To covenant with one another is to engage in the spiritual and everyday practice of loving better."** (Covenant of Right Relations: All Souls Church, Washington D.C.)

UUCSR is a covenanted community—we willingly agree to be together—and to be together in the best, most loving way possible. From time-to-time this might take a little work. But we are here for you!

Your Committee on Shared Ministry is charged with ensuring the health of the congregation by supporting the minister, encouraging communication and providing conflict resolution when needed. COSM also participates in the yearly evaluation of the minister.

Lucia Milburn is the current chair. The other current members are Alan Bell, Bob Anderson, Kitty Wells, Susan Bartholome, Frances Corman and Rev.

Chris. We all can be approached at any time regarding COSM business.

When we participate in conflict resolution we strive to mediate from a neutral position and in strict confidence, even when the conflict may involve the **minister, staff or visitors. We've had a good measure of success over the years and we feel blessed to be able to offer this service. We've also been pleased** that Rev. Chris feels he has benefitted from both our support and our occasional constructive criticism.

Feel free to contact any of us in the future.

May we all *engage in the spiritual and everyday practice of loving better!*

***And this year's North Bay Bohemian's Best of 2018 Winner for "Best Minister"*** is The Rev. Christopher Bell, of the Unitarian Universalist Congregation. Congratulations Reverend Chris! ***"This is very impressive as Rev. Bell comes from a rather small congregation. I would have guessed the winner would have come from one of the mega-churches in the county with a large congregation. Congratulations are well deserved. I have to honestly say that I personally consider Rev. Bell among the best ministers that I have ever heard speak to a congregation. UUCSR is blessed to have him."*** Robert Lunceford

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 that serve greater So. Co., incl. our Saturday Breakfast For Our Neighbors.*

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

April 8: The Lime Foundation supports education in music and the arts for school children, runs an apprenticeship program for disadvantaged teens in the building trades, provides free construction services to low-income people and the elderly, and provides healthy eating and light exercise programs for the elderly to combat obesity.

April 15: Enchanted Hills Camp and Retreat, run by Lighthouse for the Blind, serves blind children, teens, adults, deaf-blind, seniors, and families of the blind. Since 1950, Enchanted Hills has provided opportunities for recreation in a fun, challenging and accessible way. Located on Mt. Veeder, west of Napa, it suffered extensive damage during the October wild-fires, but will re-open this summer.

April 22: Breakfast For Our Neighbors is our own breakfast program to provide a hearty breakfast every Saturday for our neighbors in need in a friendly atmosphere.

April 29: The Sonoma County Multiple Sclerosis Group works to improve the lives of Sonoma County residents with MS through self-help groups, adaptive yoga, resource guidance, recreation and fellowship.

APRIL  
HOT  
TOPIC

LIME FOUNDATION

SUNDAY, APRIL 8  
after 11 AM service in the Board Room

Letitia Hanke, CEO of the Lime Foundation and female roofing business contractor in Sonoma County, launched the Lime Foundation last year with the objective of serving as passionate and energetic advocates for the disadvantaged in the community. The program has a three-fold mission: (1) support a vocational training/construction apprenticeship program to prepare people in disadvantaged communities for fulfilling careers while providing **important services for people who couldn't afford home repairs**, (2) supporting musical education and the arts to help a school child explore music in an educational setting either in or after school, a great alternative to substance abuse and other pitfalls. Mentoring/tutoring provided; (3) provides programs for the elderly in an effort **to address America's obesity epidemic through light exercise and healthy eating**. Letitia spoke to us last year about the launch of this program. She has just received a community award based on the success of the program. *Come hear details of their accomplishments!*

Diversity Project of Advocates for Social Justice **presents:**

*The Speed Diversity Dialog!*

- a new approach to our collective commitment to diversity

SUNDAY, APRIL 15, 2018  
after 11 AM service in Room 545

Come to The Speed Diversity Dialog - a new approach to our collective commitment to diversity. Designed and facilitated by Dr. Elisa Velasquez, Director of Diversity and Inclusive Excellence at Sonoma State University, the Speed Diversity Dialogue program offers a unique opportunity to expand our understanding of the widest range of diversity issues.

**Dr. Elisa will lead us in exploring "The Big 8"** in a truly new, interactive, safe, multicultural competency experience with proven successes in breaking down social barriers and increasing empathy among participants. **Participants have said: "Speed Diversity Dialog is interesting, eye-opening, fun, very useful, rewarding, enjoyable, helpful, thought provoking, valuable, enlightening, and awesome. All in all, an amazing experience."**

*Refreshments will be served.*

*Submitted by Dr Elaine Wellin*



*Saturday Work Day*  
 Saturday, APRIL 7  
 9 am—Noon

Please come help keep our building and grounds looking spiffy and working well!

*Faith And Fitness*  
 Saturday, APRIL 28



10:00 am-1:00 pm

Hike at Helen Putnam Regional Park in Petaluma. A first for our group, this popular park has oak woodland and open grassland habitats and a pond. Trails start at the parking area off Chileno Valley Road and climb to a ridge with views from Mt Diablo up to Mt St Helena, as well as much of Petaluma. Total mileage about 2. Bring water, snacks/lunch, meet at trail head at 10:00 am , or sign up for a car pool from the park and ride at 116 and 101 on the West side of the freeway behind the gas station in Cotati at 9:40. RSVP at [gretchen p.](#)

**OLD AGE IS NOT  
 FOR SISSIES**

2nd & 4th Mondays  
 APRIL 12 & 26

10:30 a.m. in UUCSR 545 Room  
 A Group For Women  
 Congregants 80 and over.

Are you one of us? Meet in Rm 545 at 10:30 a.m. every second and fourth Monday morning. Coffee service starts at 10:00 a.m. Need transportation? Please call well ahead of meeting date.

Questions? Call:

Phyllis Clement  
 Dorris Lee  
 Shirley White

**WOMEN TOGETHER SPRING RETREAT**  
 APRIL 27-29, 2018  
**St Dorothy's Rest**

*SEE INSERT TO SIGN UP — APRIL 1st And 8th ONLY!*

It's time to register for this year's Women Together Spring Weekend Retreat! We will 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 "Courage" celebrating our strength and resolve in times of challenge and change. This is a wonderful



opportunity to get to know other women in the congregation on a deeper level. We will have our popular small group discussions on the theme and a variety of great workshops plus our Silent Auction and the great food!

Registration will begin on Sunday, April 1st for UUCSR members and friends, then open to friends and guests on Sunday, April 8th as space allows. Look for registration forms outside the UUCSR office door, inside this newsletter or on the days of registration. Remember to bring your checkbooks! The cost is \$200 for a room and \$180 if you stay in the dorms. Scholarships are available at half price.

Sign-ups will be accepted after each service on April 1st and 8th and rooms will be assigned then. Remember, we cannot hold your place without payment at the time of registration so if you're not able to be there in person, arrange for a friend to sign up for you. If you have mobility issues and need special arrangements, please contact Linda Harlow.

We're looking forward to another wonderful week-end together!

*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

Have you always been confused about exactly what you need to do when a parent or spouse or someone close to you dies and leaves you in charge? Come to this workshop sponsored by the Endowment Committee.

Our own Mary Chapot, professional fiduciary and presenter of an earlier workshop on budgeting and financial planning, and Cynthia Tasker, an attorney specializing in estate planning, 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. Please join us!

*Our Revived Caring Committee*

## Musical Notes

The theme for the worship services in April is a Springingly appropriate "Transformation/ Resurrection". Spring is, and always will be, a time of transformation from the dull grey of winter into the bright green of summer. And what a transformation it is for the jokester's holiday, April Fool's Day, to arrive with the somber but hopeful holy day, Easter.

On April 1st, the Choir will perform Bach's Dona Nobis Pacem, led by Sadie Sonntag, accompanied by an instrumental ensemble consisting of three recorders and a cello. On April 8th, a group of the UUsual Suspects fall in love with a "Sudden Awakening" performance of Dougie MacLean's "Feel

So Near". The choir is back on Tax Day (except taxes aren't due until the next day) with a "Gradual

Awakening" performance. April 22nd brings us Earth Day and one or more of the following: "Gentle Arms Of Eden", "Before the Deluge", and/or "Mother Earth (Provides For Me) performed by another group of UUsual Suspects. The fifth and last Sunday of April, the 29th, sees and hears yet more UUsual Suspects bringing us something exciting and unusual, and it's a secret at this point in time.



Transformationally submitted by Randy Jones  
*"Anything Alan can do, I can do.... too"*

*Covenant of UU Pagans Rocks Springtime with an Abundance of Events-*

*CUUPS Beltane /  
 May Pole Celebration  
 Sunday, May 6 at 10:30 am  
 (between Services)*

As we did last year, we will have the May Pole dance in the courtyard immediately following the first service (kid's service). If you are a later service attendee, set your alarm and come early that day, you won't want to miss out on this!

*CUUPS Monthly  
 Planning and Social Meetings  
 Thursdays, April 12 & 26  
 5-6 pm in Room 4*

CUUPS meets 2nd and 4th Tuesdays again at a NEW TIME, 5-6:30 PM. We plan our celebrations and socialize. Come join us and bring your free spirit to share. Blessed Be! [cuups at uusantarosa.org](http://cuupsatuusantarosa.org)

*CUUPS Post-Tax-Day Drum Circle  
 3rd Fridays, April 20  
 7-9 pm in Room 545*

CUUPS Drum Circle meets on the 3rd Friday of the month now. When the weather is nice and it's open, we use the courtyard. Next drum circle will be after TAX day, a reason to celebrate! Come drum out your frustration and/or relief. We have extra drums and various percussion instruments to share with you so you need not own a drum to participate. For more info: [cuups at uusantarosa.org](http://cuupsatuusantarosa.org).

Ongoing Drum Circles: May 18, June 15, July 20, August 17, September 21, October 19, November 16, December 21. (December 21 is the Solstice so drumming happens with the potluck and celebration of the end of the dark. )

*The New Men's Meeting Group is sponsoring*

*RUMBLE: The Indians Who  
 Rocked the World*

*Sunday, 29 April 2018  
 1 PM to 3 PM*

Although routinely omitted from pop music archives, the substantial contribution of Native American Musicians in an array of genres are detailed in this compelling 2017 documentary featuring stars ranging from Link Wray, Jimi Hendrix to Buffy Saint-Marie. Rated NR. 1 hour and 43 minutes.

If you have any questions about this documentary, Please contact Roger DeBeers

*Book Recommendation  
 By Donna Watson*

*The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline* by Dale E. Bredesen, M.D., © 2017.

I recently read this book and I feel very hopeful after reading it. Basically, wherever we are at, we can all benefit from the preventative program suggested. And of course, the program can also help the rest of our health.

*Spirit Moves ~ Body Moves*

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

*A Collaborative Group is Designed for Everyone. 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. No Fee*

## Greetings from our Stewardship Team

A key reason cited by UUCSR members for welcoming an Assistant Minister is to support and expand the pastoral care Rev. Chris provides to members of our congregation. I had a general idea **what pastoral care is and why it's important, but I** had never experienced it myself and wanted a more personal sense of what it has meant to those who have received it recently.



So I asked Rev. Chris to share with me what pastoral care means to him. I spoke to Sybil Day and Louise Ostlund, each of whom has cared for a beloved member of our congregation as they lived out their final days. I **asked them what Chris's ministry** had meant to Ollie Ostlund and to John Durr during that time.

Chris described pastoral care as building his days around visits to home- and hospital-bound members, providing empathetic and thoughtful counsel during challenging times, seeing families through illness, and sometimes through the last days and deaths of loved ones, including helping them plan memorial services and finding solace as we said goodbye to one of our own.

Sybil shared that Chris came many times to **John's nursing home to sit with him, from the time** he became wheelchair bound to his final bedridden hours. John told her that the fact that Chris had so often taken time from his other duties to be with him meant a great deal to him and made a huge difference in his morale as his condition worsened.

Louise told me Ollie expressed deep gratitude for **Chris's frequent visits, and that she was thankful for and dependent on him to buoy Ollie's spirits, and** hers. She shared that when Ollie passed, Chris was out of town on a brief vacation, but that he drove back overnight to be with her and her daughter, and **to help them plan Ollie's memorial.**

Our Assistant Minister will collaborate with Chris and our growing congregation in a number of ways to extend our reach in our community and our works of charity and caring. Perhaps most importantly, this person will provide more opportunity to engage with each of us when we most need love and support.

Our 2018 initiative is to hire an Assistant Minister. To achieve that and meet our other expenses, our goal is to increase operating revenue by \$60,000, primarily through increased pledges. On April 8<sup>th</sup> and 15<sup>th</sup>, the Stewardship Team will be available at tables in the social hall after both services to discuss our efforts to reach this goal and answer questions. Please stop by.

Also- the Stewardship Team works for our congregation to find creative and engaging ways to encourage generosity and fund our dreams for the future.

**We're looking for new blood!** If you write well, love to brainstorm, are eager to make a difference to UUCSR, *and* have a sense of humor, please stop by our table or buttonhole a member of the team to **learn about what we do. It's fun. (Really! Ask a Stewardship Team member).**

- Robert Howseman  
Stewardship Team



## Treasurer's Monthly Ledger

As they say, time "March's" on and here we are with another month under our belts. Good tidings from Finance - we have a permanent bookkeeper, as Laura Blum has decided to stay with us - hooray for the UU and welcome aboard Laura. With Janis as our administrator and Laura as our bookkeeper, we have a strong team.

At the end of February, our finances looked deep in the red for the month, but, alas our change in the payroll to bi-weekly from bi-monthly includes 3 pay periods for the month and a temporary distortion to our finances. YTD, through the end of February, is running a surplus of around \$3,300. Totals for March should look even better, as our Annual Auction has racked up an additional \$25,000 to our budget and better than expected. Great work from Dee Ray and all the volunteers helping out this year!

If you haven't done so, please review your own finances and see if you can increase your pledge for the upcoming year. A new Assistant Minister is much needed and would provide some respite for Rev Chris.

On another note, our Finance Committee has ground to a halt, lacking volunteers. While many members might not feel they are savvy enough to provide wise counsel - **don't underestimate** yourselves. If you can add and subtract, reconcile your own bank account, understand the difference between income versus expenses, and possess a modicum of common sense, you too can provide fiscal stewardship to the UU. This is not rocket science, and there are enough skilled people to handle the esoteric nuances in finance. We need help with monitoring our budget, auditing our finances and taking on special projects.

*Fiscally yours, Michael Randolph, Treasurer*