
The UU Update

Monthly Newsletter of the Unitarian Universalist Congregation of Santa Rosa

Volume 62 • Issue 9

SEPTEMBER



September Theme:

VOCATION and CALLING

*** On September 9 we go back to two services, at 9:15 and 11:00 am ***
Summer schedule continues through September 2th

SEPTEMBER 2

THE FRUITS OF OUR LABORS

To be human is to work. Work comes in many forms – paid, unpaid, visible, invisible, inner, outer, formal, informal. Work can delight, frustrate, reward, humiliate, **exhilarate, exhaust.** Labor Day weekend we'll explore how our work binds us to each other and our planet.

Rev. Magidson is a community minister with UU Church of Berkeley, a spiritual care coordinator and hospital chaplain, and a spiritual essayist.

*Service Leaders: Rev. Sue Magidson, Susan Panttaja
Music by: Alan Bell, Sally Jones, Roger Corman
Share the Basket: Social Advocates for Youth*

SEPTEMBER 9

TWO SERVICES AT 9:15 AND 11:00 INGATHERING/WATER COMMUNION

Today we celebrate the return from summer break and **the beginning of a new "congregational" year.** We'll look ahead to what the year may hold, welcome the children back to RE, and celebrate our unity through the Water Communion. *Between now and then, please collect some special water to share in the common bowl!*

Service Leaders: Rev. Chris Bell, Rev. Dara Olandt, Joe Gabaeff Music by: Sadie Sonntag & the Choir; Roger Corman Share the Basket: Roseland School District's Through College Mentor Program

SEPTEMBER 16

ON CALLING AND BEING CALLED

We have been told: heed that still, small voice within. We feel the many pressing demands of the human beings around us, crying for our attention. When we **think about finding our calling, it's usually from the perspective of the one who is being called.** But perhaps being the caller, the one who draws others out, is just as important. How might we be brave and bold enough to recruit others to the cause of truth, justice and love, particularly in times of such great need as today?

Service Leaders: Rev. Chris Bell, Richard Senghas, Rev. Dara Olandt Music by: Most of the Unisurfalists; Roger Corman Share the Basket: CASA (Court Appointed Special Advocates)

SEPTEMBER 18

WE ALL HAVE A JOB TO DO!

*Tuesday 5:30 pm Worship (For-All-Ages)
6:00 pm Potluck Dinner*

An all-ages affirmation that everyone, whether worker, queen or drone, has their part to play in the great dance of creation. *Service Leaders: Jen Freese, Rev. Chris Bell Music by: Rev. Chris and his magic guitar.*

SEPTEMBER 19

WEDNESDAY 7:00 pm YOM KIPPUR SERVICE

The 10 days that span from Rosh Hashanah to Yom Kippur (Sept. 9th - Sept. 19) are known as the Jewish High Holy Days or the *Days of Awe!* As Yom Kippur comes to a close tonight, we gather for community, reflection, spiritual practice and celebration.

Service Leaders: Rev. Dara Olandt, Rev. Chris Bell, Andy Levine Music by: Robert Howseman and others.

SEPTEMBER 23

FORKS, FIGS, AND BEWILDERMENT

What happens when we come to a decision point in our lives known as the proverbial "fork in the road"? Do we "choose" our paths? Or do our paths "choose" us? What may help us decide when the way seems baffling?

Service Leaders: Rev. Dara Olandt, Izzy Fischer, Rose St. John Music by: Sadie Sonntag & the Choir; Roger Corman Share the Basket: Breakfast For Our Neighbors

SEPTEMBER 30

I STILL HAVEN'T FOUND WHAT I'M LOOKING FOR

A best-selling band, known for their cutting-edge stage shows and outspoken political activism, U2 are one of the most overtly spiritual groups in the rock pantheon. Some devoted Episcopalian fans even created a "U2charist" liturgy. **We will examine the wisdom and yearning in the group's iconic songs.**

Service Leaders: Rev. Chris Bell, Scott Miller Music by: U2; Roger Corman Share the Basket: Southold UU Rebuilding Fund

OCTOBER 7 THE BIG BANG

Why does the world exist? Does the modern scientific view hold room for a Creator? What is the quantum potentiality field and why should you care? *Service Leaders: Rev. Chris Bell, Eric Fischer Music by: Robin Rogers & the UU Band; Roger Corman Share the Basket: Becoming Independent*



The UUCSR Board held its annual two-day retreat this last weekend in Bodega Bay. We spent an evening in worship and getting to more know one another, and then we spent a full day exploring the present, and envisioning the future, of our **growing congregation. It's one of my favorite things to do all year.**

On Saturday morning, several of us rose early for a hike across the marshes to Doran Beach. It was a very quiet, foggy morning. The tide was out, showing all the subtle earthy colors of the marsh. Beautiful.

And the wildlife! First came a sighting of a rare primate, a *Josephicus Como*, engaged in its daily **practice of "jogging."** Though **frightening in appearance**, he turned out to be quite friendly.

But the real delight was finding a slough leading out to sea with twenty or more Great Egrets at hand, joined for the morning by four or five of their Great Blue Heron cousins. It was breathtaking. They looked like people waiting for a train: near one another, but not *too near*, totally silent, each in their own little world. Each sleek graceful body was perfectly mirrored by its unmoving reflection. Occasionally, one of them would fly up and move, spooked by our footfalls or voices, only to quickly settle back into a new spot to await the arrival of more prey. We saw many instances of successful fishing, and many failures.

At the beach the grey foggy sky and the grey rippling water were so perfectly matched and blurred together that the horizon could not be discerned with the eye. Visibility was perhaps a quarter mile, yet it was a truly limitless horizon. It was a strange and wonderful sensation.

As we walked back toward the inn, passing the Egrets and Herons for a second time, I was aware that birds *like this* had been doing *just this*, at or near *this* spot, for millennia. The whole scene felt very timeless, in the stillness and the dreamy mist.

I envied the birds, just doing their natural birdy thing day after day in effortless accord with Providence, enjoying their simple life of flight and fishing, and occasional baby-making. **They don't appear to wonder, as do I, "Is this all there is? Am I on the right track? Am I fulfilling my potential? What more does the Great Big Verb want of me? How can I make things better for those to come? To what that is greater than my self shall I dedicate my self?"**

The human way of following the Tao is to ask questions of meaning, to try to find our calling, and to figure out how to contribute something to the larger whole. The Board was doing this on their retreat. We all do this throughout our lives, from when we're

trying to navigate family life as children and discern **what we are going to be "when we grow up," or when we hit college or middle-age or retirement.** Feelings of searching, discontent and wonder naturally arise in times of transition, such as when a baby is born or a loved one dies, or we get or lose a job, or our health declines or improves unexpectedly.

Birds are naturally content. Humans, naturally, are not. There is inherent longing built into us that comes from our awareness of the future and its possibilities, and from our awareness of the eventuality of death. This depth of human awareness is a wonderful, terrible gift that Nature gave to us so She – as us – could experience the highest possible good, which is sharing creativity and love as a free and self-aware being.

The whole history of our species – our poetry and art, our religion and philosophy, our scientific and technological quests, our politics, even all our warring – is the evidence of a species that is born striving for **this good. And it is not a fool's errand. Meaning can be made.** This is why there are congregations, temples, synagogues, churches, mosques, kivas, museums, concert halls, gardens, parks, nature reserves and other such holy spaces in every human culture.

And this, I assert, must be why so many of you give so much of your time, talents and treasure to create and re-create *our* holy space, UUCSR. You see the value of worship that heals and inspires and connects people. Having experienced a sense of belonging and refuge, you want others to experience the same joy. You are grateful to be a voice for peace and justice and social betterment in the public sphere, and to have a vehicle for making the world a better place. And you want anyone else who wants to feel those blessings to come on down and share them. You break out of your shells, as it were, to talk to the other **birds in the slough and say, "Hey, there, how ya doin'?"** What matters to you? Want to join in some hard and joyful work?"

We will honor your generosity at our Five-to-Thrive party later this month. We will need such a spirit going forward during what is sure to be a year of great change and growth here at UUCSR. We have new staff and new energies, new demands, new ministries and new possibilities. None of us knows exactly where this may lead, not even God. The visibility, as always, is only about a quarter mile. But, if we embrace our spirit of longing and striving, and keep seeking meaning and creativity and love *together*, then the **horizon, as always, remains truly limitless. "Onward and upward forever!"**

Just after I meditate and eat some fish.

See you on a Sunday, soon!

Reverend Chris Bell

President's Column

There's a special energy about September, don't you think? I'm sure it comes from my childhood, when school started just after Labor Day. New clothes, new school supplies, new grade, new faces, new things to learn. There was excitement in the air, like things counted more. There was more at stake, somehow. When I was going to a new school (or had moved to a new city – I did that a lot), nervousness was mixed in with that excitement. Would I know where my next classroom was? Would I find someone to sit with at lunch? Would the other kids like me? Would I find friends? Or would it be horrible (!)?

Even though school is a LOOONG way behind me, I still get those feelings come September. Vacation is over, and it's time to get to work. Make something happen. Move things forward. And you know? Some of those same questions still apply! Will I know what the next thing to tackle is? Will I get along with my new co-workers? Will my (high) energy move things forward, or put people off? Will we be successful, or will it be horrible (!)? (See, those doubts are always there...)

I had an epiphany at our board retreat. We've been looking back at the visioning process the entire congregation engaged in in 2015 so we could see what piece/s of it we could take on this year. A lot of it seemed to me to be "more of the same, please"! At first I was thinking, "Oh, no. We're resting on our laurels. There's nothing DIFFERENT and NEW in here." But as I sat with it and engaged in conversation with my fellow board members about it, I came to see, "Ohhh. If it ain't broke, don't fix it. This is a sign of our STRENGTH. We have such a wise congregation!"

And you know? We came up with some really

great, pertinent, timely goals for the year. We want to create more connections between generations and groups, and more meaningful connections within generations and groups. **We want to make sure we're fully prepared to do what we need to do to have the upstairs be completely usable. And we want to do some long-term looking and planning to make sure the finances for all this and everything else we want to do are available. Very real-world (my practical heart just loves this!), very grounded in today, very visionary to tomorrow. And each board member is working on something they're passionate about.**



I am so excited about this year and this board. At our retreat, one image kept coming to mind; that of a diamond. A diamond's facets are each different, and each necessary. The more facets there are, the more brightly the diamond shines. Each of our board members is like a facet of a beautiful diamond. We have the perfect facets for the perfect diamond for this year. I am grateful beyond words for each board member...and for you.

Because our congregation is a priceless diamond, composed of many, many facets – and without you, it wouldn't shine as brilliantly. Whether you just come to Sunday services or you volunteer 10 hours a week; whether you contribute \$5 a month because that's all you can or you contribute \$5,000 a month because you can. You are an essential facet of what makes UUCSR, UUCSR – a vibrant, healthy, nurturing, loving, caring, building, empowering, CELEBRATING community!

In love and partnership,

-Natalie

What Your Board Is Up To—AUGUST 2018

It's a new year and a new board! After a lovely month of vacation, we got back to it in August.

We discussed the ever-rising health care costs for our staff, and determined which plan we'll be using next year.

Michael Randolph, our Treasurer, gave us a "primer" on our financial reports and how to read them. The board is accountable for the financial health of the Congregation, and part of that means **knowing what we're reading and talking about!** He also let us **know that we're doing well with our Initiative**, with almost \$40,000 raised so far. And praise to us all – we ended our 2017-2018 year in

the black!

Our region, the Pacific Western Region, hosts several Board Development Days, with one coming up in San Francisco. Several of our board members committed to attending. Who knows – we may "steal" a great idea!

We're starting off our year really well. A healthy congregation and a great board. If you'd like to know more, or have anything you'd like to tell us, please talk to one of us, email us, find us under the Talk to a Board Member sign on Sundays, or come to a board meeting. Our next one is September 20th at 6:30. Hope to see you soon!

*Natalie Brundred,
President UUCSR Board of Trustees*

Adult Religious Education

Guided by UU Principles, Rooted in Unitarian Universalism Sources, and Our Congregation's Mission and Vision, 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

BEING MORTAL

4-WEEK BOOK DISCUSSION

Wednesdays, September 5-26

3-5 pm in Board Room

We are offering another round of this deeply moving book which considers attitudes towards aging and dying in our country. Doctors are trained to keep patients alive as long as possible, but not how to help them prepare for death. Join us for a discussion of this book which asks hard questions about how we as a culture and the medical profession in particular treat the old and the terminally ill. Moderated by UU members Linda Lampson and Sarita Hazen.

Wednesdays: September 5, 12, 19 and 26, 3-5pm.

EVOLUTION AND

THE ORIGINS OF RELIGION

Wednesdays, September 5-26

7-9 pm in Board Room

Join us for another fascinating class by Bill Stayton. In his words: "It's a safe assumption that our pre-human ancestors were not religious, that religious thoughts and practices are an emergent property of the human brain. Most interesting questions, therefore, are how, when and why, during the course of human evolution, did morality and religions emerge and change? From this it is immediately apparent that to answer our questions we must cross a dividing line between the sciences and the humanities, or more narrowly, between the biological and cultural aspects of the evolution of the mind and of religions."

Facilitated by Rev. Dr. William Stayton.

DRAWING GROUP

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 2:00 to 4:00 pm. Bring your projects and ideas, and the art supplies you need. No fee or obligation.

EVENING BOOK GROUP

2nd Thursdays, 7-9 pm

RE Wing

The Evening Book Group will meet on Thursday, September 13th from 7 to 9 p.m. at 547 Mendocino. We meet in the RE wing. The September selection is *Timescape* by Gregory Benford. Visitors and newcomers are welcome. In October we are reading *Manhattan Beach* by Jennifer Egan. If you have questions, please contact Linda Lampson.

UUCSR WRITING GROUP

Monday, Sept 17, 1:30-3:30 pm

The UUCSR Writing Group welcomes new members. Come and try it out to see if it's for you. Our next meeting is Monday, Sept. 17th from 1:30-3:30pm at UUCSR. Some of us are writing memoirs, some fiction, and some non-fiction. We share and give constructive feedback; it's a supportive and friendly group. Just come if you'd like or contact Marge Wright.

RACIAL JUSTICE ALLIES

DIALOGUES FOR 2018

2nd Thursdays, 6:30-8:30 pm

Racial Justice 2018 Dialogues will be happening the 2nd Thursday of each month at the Glaser (UU) Center from 6:30-8:30PM. Upcoming topics will be:

- *Teach Your Children Well: Educational Justice in Sonoma County Schools*
- *Implicit Racial Bias*
- *What to Do Instead of Calling the Police*
- *Roots of Injustice, Seeds of Change: Toward Right Relationship with Native People's*
- *The Long Shadow documentary - trailer: <https://vimeo.com/204094755>*

Religious Education for Children & Youth

Jen Freese, Director of Religious Education

This Month in RE:

Chalice Children (Pre-K)

Our 3 and 4-year-olds will learn how to say the name of our congregation and how to sing their welcome song (“We Are Chalice Children”). They will learn about what worship is with a special visit from Reverend Chris Bell, and they will tour the congregation to learn the purpose of different rooms.

Love Surrounds Us (K-1st Grade)

Participants will explore how love surrounds them and how they give love. They will hear the story of Jesus teaching the Beatitudes and how these lessons affirm our UU beliefs. Last, they will begin to explore the first Principle.

Love Will Guide Us (2nd-3rd Grades)

Together, participants will ponder how, like a seed, love emerged, unfolded, and calls to people of faith. Through stories and song they will begin to explore the Sources of our Unitarian Universalist faith, with an emphasis on love. Finally, they will begin to examine what it means to have an “awesome sense of wonder,” focusing on the first Source of our UU faith.

Bibleodeon (4th-5th Grades)

4th and 5th Graders will begin to explore and appreciate the significance of the Bible. Together, they will create a class covenant that will shape their words and actions for the rest of the year. They will also begin to feel more comfortable with how the Bible is organized. Together, they will think about the nature of creation, miracles and temptation.

Crossing Paths (MUUGs)

6th-8th Graders will focus on their first mountain, learning about UU. We will explore the three UU Lifelines that connect us to ourselves, each other, and to life’s gifts. We will explore our congregational home and hear about the faith development of a longtime member.

Over the past few months, I’ve heard some interesting questions and comments from parents and volunteers about what goes on in the RE Wing. Questions like,

“What do you call your Sunday School, again?”

“What do you guys do back there?”

“They all learn about the same topic the sermon is on, right?”

These are all great questions! One of my goals this year is to demystify RE and bring generations together in many different ways – some old, some new. So, to start this process, here are some common terms and abbreviations you may hear, and what they mean:

RE: Religious Education for children in Pre-K through 8th grade. **(Yes, it’s a lot like Sunday School, but not all congregations work with children and youth on Sundays. I also personally try to avoid the term “school” with the children, as this should have a different feel.)**

MUUGs: Middle School UU Gatherings (our group meets weekly during RE time, but there are larger MUUGs retreats put on by the district, as well)

Youth Group: Our UU high school group that meets on Wednesdays from 5-7 pm.

Children’s Chapel: A time when children and youth meet together on the first Sunday of each month during service. We worship and then do an activity in a multi-age format.

And, in answer to the questions about what we do – a lot! There are many curricula, most published by the Unitarian Universalist Association, for various grade levels. Check out the column to the left for a description of what each grade will cover in our first month of RE this year. For a year-long scope, read through a UUCSR RE brochure for a detailed **description of this year’s curricula. And, as always, feel free to talk to me about volunteering if you’d like to get involved.**

In peace,
Jen

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.

September 2: Social Advocates for Youth began 45 + years ago with a mission to keep teens out of jail and off the streets. Today, they provide housing, counseling and career services to youth & families

September 9: Roseland School District's Through College Mentor Program provides one-on-one support to high school juniors, seniors and alumni enrolled in their freshman year in college to ensure that students acquire the necessary skills to be successful in high school and college, and that they persist and are successful through college despite the many challenges that they may face.

September 16: Court Appointed Special Advocates (CASA) supports children who the Court has taken out of their homes because of abuse or neglect. CASA trains individuals to be advocates for these children in dealing with judges, social workers and foster parents, as well as serving as a role model for them.

September 23: Breakfast For Our Neighbors is our own Saturday breakfast program, providing nutritious meals in a friendly atmosphere 4 neighbors in need.

September 30: Southold UU Rebuilding Fund will help the members of the First Universalist Church of Southold, NY, rebuild their historic church on Long Island, which burned to the ground in 2015.

October 7: Becoming Independent, a community based service organization established 40 + yrs ago, helps people with disabilities live meaningful and productive lives.

SEPTEMBER HOT TOPIC

THROUGH COLLEGE MENTOR PROGRAM

SUNDAY, September 9 after 11 AM service in the Board Room

Sarah Tendall, Program Coordinator of the Through College Mentor Program, will tell us about this wonderful new program for students at Roseland University Prep and Roseland Collegiate Prep. Volunteers will help students, all first generation college bound, prepare for college life. As important as academic support, exposure to new experiences, cultures, and places outside the Roseland community will help these young people succeed in college. The time requirements are flexible and minimal, and the program provides support and training the whole time. At a time when many immigrant families may feel unwanted and in danger, this is a wonderful way to demonstrate our welcome and support! Come to the Board Room after the 11 am service to learn more about this exciting opportunity. Snacks will be available.

Please join us in the Board Room after the 11 am service. Mary Louise Jaffray, for Advocates for Social Justice.



The A4SJ Film Project presents:

SICKO

by Michael Moore

SUNDAY, September 23th , 2018 after 11 AM service in Room 545

Your Film Project has chosen "SICKO" as our kick off film for this year's film series. Throughout the year we will present films addressing the following issues, suggested by you in our recent survey:

PHYSICAL HEALTH,/MENTAL HEALTH/HEALTH CARE/LONGEVITY/ DOMESTIC VIOLENCE/CHOICES IN DYING/ DISABILITY RIGHTS

"SICKO", a 2007 documentary, explores health care in the U.S., focusing on the health insurance and pharmaceutical industries. Throughout this film you will be shaking your head, sometimes in disbelief and often in outrage as Michael Moore offers comparisons between the profiteering, non-universal U.S. system of health care with the non-profit, universal health care systems of Cuba, Canada, the United Kingdom, and France.

Discussion, as always, follows viewing of the film. Please bring whatever you wish to eat. We will offer a snack, not lunch. This is a full length film, running 123 minutes. We hope you will be able to plan your afternoon to include the entire film. You'll not want to miss any of the segments.

Elaine, Cassandra, Mary Louise, Carol D., Dorris, Jeanie

CUUPS IS GOING BACK TO SCHOOL!

CUUPS to offer an Adult RE class in
paganism to begin Fall 2019.

We are researching a Paganism 101 curricula from the Unitarian Church of Vancouver BC and the Cakes for the Queen of Heaven by our own Shirley Ranck. Some of you may have taken the Cakes course when it was offered a few years ago. If you have and you would like to help when we offer it again, please let us know. The Paganism 101 course is new to us so we will be doing some self-study prior to offering it to the congregation.

Paganism 101, by Louise Bunn
An Introduction

Today's Pagans revere the Earth and all its creatures. We see all life as interconnected, and we strive to attune ourselves to the cycles of nature. Our practices are rooted in a belief in immanence – the concept of divinity residing within.

The many Modern Pagans who've found a home in the Unitarian community are grounding our work in the rational structure, the intellectual balance, and the humanist core values that have descended **to us from the Enlightenment. We're working to** develop a religiosity that is entirely compatible with, and complementary to, modern Unitarian rationality.

OUR CUUPS GROUP WELCOMES NEW PEOPLE

2ND AND 4TH TUESDAYS, 5-6:30 PM

and their ideas at our Tuesday meetings. We are also wrapping utensils for the Saturday breakfast at one of our meetings. It feels like a quilting bee, wrapping and chatting until the box is full. We are **planning a 'Celebration of our Ancestors' service** for you in lieu of the Samhain celebration we have held in the past. Have a tradition of honoring your ancestors and would like to share it with us? We might use it in our Ancestors Service. Call Lucia Kasulis or Aphrodite or cuups@uusantarosa.org.

"PARCHED, DRENCHED, & SCORCHED"

September 1 – November 26, 2018

*Karen Preuss, photographer
and Jonah Raskin, writer*

UUCSR Aesthetics Committee invites you to enjoy its Fall Art Show. Californians tend to forget about fire, flood and drought. This ecological cycle crashes **our belief that we live in "the chosen spot of all the earth as far as nature is concerned."** When a catastrophe occurs, such as the Sonoma County fires of October 2017, we are shocked by a sense of betrayal at the hands of our land.

This exhibit hopes to encourage a realistic view of our landscape. Given the past, it seems likely that disasters will occur in the future, especially since we live in an era of climate change. We can be prepared. The past suggests that we need to be resilient because our beauty includes danger. The artists will host a reception and discussion at the UUCSR Social Hall on Friday, September 21, 7 - 9pm.

THE HUNTING GROUND

SUNDAY, September 30th, 2018

12:45 pm in Room 545

"The Hunting Ground" is a documentary that pulls away the curtain of silence about rape and sexual assault on college campuses. This powerful film reveals what is at the heart of the #MeToo movement which exploded the day after Donald Trump's inauguration and has spread to some of the most powerful institutions of our society. Screening at UUCSR 9/26, followed by discussion and an invitation to further activities to help us go more deeply into this challenging and disturbing subject. Snacks, but not a lunch, available.

OLD AGE IS NOT FOR SISSIES

September 10 and 24

10:30 a.m. in UUCSR Green Room

A Group For Women Congregants 80 and over. Are you one of us? We are meeting in the Green Room 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, or Shirley White.

SECURITY ALARM SYSTEM
ACTIVATED NIGHTLY!

The arming of our Security Alarm System started on Sunday, August 19. It is being set shortly after 10 pm every night and automatically turns off at 7:30 am Monday through Friday, at 5 am on Saturday, and 6 am on Sunday. When there are special events or retreats at the Glaser Center, the alarm will not be set until the event or retreat is over. Most people with key fobs have access from 8 am - 10 pm daily, so they will not accidentally set off the alarm when they enter. However, anyone not trained on the alarm system must leave by 10 pm, otherwise they could set off the alarm after it has been set remotely. Alternatively, if you must stay past 10 pm and have not yet been trained on the alarm system, call Peter Wilson (Mon, Tues, Wed and Fri) or John Jaffray (Thurs, Sat, Sun). These phone #s are posted near the key pad/alarm display above the drop box in the alcove just outside the outer office. Contact John Jaffray for training on alarm system if you have an exterior master key or 24/7 key fob, or must stay past 10 pm occasionally.

John Jaffray, for the Operations Team

THE LAY CHAPLAIN PROGRAM

"The Lay Chaplains—these are our folks who are giving their ears and their hearts to listen to the important things that are going on in our lives, things we light the candles for; our worries, our fears; a good ear to talk to. Please know that they are here for us."

*Sharon McCarty, Worship Associate
July 29, 2018 service*

SPREADSHEET VOLUNTEER NEEDED

2-3 hours per week church office

The Glaser Center rentals are increasing, so Janis, our Church Administrator, needs help for just a few hours once or twice a week for organizational tasks and entering information into a spreadsheet. Your time would be most appreciated! If you are interested, please contact Janis at administrator@uusantarosa.org or Jan Hess.

MAINTENANCE TEAM

Saturday, September 1, 9:00 am-12:00 pm
The Maintenance Team will meet again Saturday, September 1, 9 am to Noon, to spruce up the grounds and do maintenance on the building and grounds. Please come help with whatever you are able to contribute.

SPIRIT MOVES BODY MOVES

September 5 & 12, 1:00 pm- 2:30 pm
Room 545

On the 1st & 3rd Wednesdays, we together access our vital life forces through movement and dance, keeping our bodies resilient as we age. A collaborative group that is designed for everyone. Space held by Bertha Jean. Call for details. No Fee.

FAITH AND FITNESS

Saturday September 8

Muddy Hollow trail in Pt. Reyes National Seashore. As described on the seashore website, *"the Muddy Hollow Trail offers an easy hike with opportunities to see diverse bird life and tule elk. Following the path downstream through riparian habitat, hikers will eventually arrive at Estero de Limantour and Limantour Beach"*. Four miles total, we'll rest and lunch at the beach before retracing our steps. Carpools tba from Santa Rosa and/or Petaluma, meeting at the trail head at 10:30. Bring water, lunch, layers for changes in weather: can be foggy, sunny, windy or all three. Contact Gretchen Paradise for carpool information and to sign up.

GETTING TO KNOW UU

Saturday, Sept 29, 9:30 am—12:30 pm
RE Wing

Considering membership at UUCSR, or maybe you're just curious about UU history? If so, you are welcome to attend the next Getting to Know UU class. 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 October 21st during the 11am service; if you are interested in joining, you can complete your application at the class.
- Michele Murphy

WOMEN TOGETHER

Welcome Back Potluck!

Saturday, September 29, 12 pm-2:00 pm
All UU women and their friends are invited to a Welcome Back Pot-luck lunch on Saturday, September 29th from noon to 2 in the Social Hall. We'll reconnect with old friends and make some new ones as we start off the new church year. Please bring a lunch dish to share. Questions? Contact Linda Harlow. We're looking forward to seeing you there!

YOUR CARING COMMITTEE

Your Caring Committee representatives want to talk with you after the service on Sundays. You can find our committee table as you exit the sanctuary after the service - just past the minister to the left.

We need you to let us know whenever a congregation member or friend has emergency needs, so that we can figure out how we can best help. We would also like to talk with you if you would like to donate odd bits of time to help with rides, visits or whatever is needed to help out in an emergency

Phyllis Clement, for the Caring Committee.

COMMITTEE ON SHARED MINISTRY

Bring it to COSM!

COSM functions, in part, to address issues congregants may have with each other and/or with Rev. Chris Bell. These issues may stem from disputes between committees or other working groups, or simply between individuals. For some, COSM is a way to bring a problem to Rev. Chris indirectly, knowing that your identity will be kept confidential if that is your wish. Please feel free to talk to any one of us, even if only to brainstorm.

Lucia Milburn (Chair), Bob Anderson, Susan Bartholome, Alan Bell, Frances Corman and Kitty Wells.

ADULT RELIGIOUS EDUCATION

Most of the classes Adult RE offers come from you - members of the congregation. Your classes have inspired us, entertained us, and enriched us. Last year (Sept. 2017-Sept. 2018) you brought us:

Exploring Forgiveness: A 3-part series based on Marilyn Sewell's book, *A Little Book on Forgiveness*. Jane Beach

Behind Controversial Movies: A 6-part movie/discussion series featuring untold stories in the field of human sexuality. Rev. Dr. Bill Stayton

Seniors In Transition: An 8-session round of this class and followed by another series, modified to reflect the needs and concerns of our congregation. Linda Proulx

Human DNA: Past and Present: A 2-session class on DNA, tracing the spread of humans around the world and exploring today's ethical questions regarding genetically modified human embryo experiment. Phil Harriman

Centering: A 3-session reading/discussion group about the book, *Centering*, which deals with race relations, especially within UU congregations. Rev. Chris Bell and Carol Kraemer.

Being Mortal: A 4-session discussion of the book, *Being Mortal*. Linda Lampson, Helga Lemke, and Sarita Hazen

Detective Fiction from Poe to Penny: A 6-session analysis and discussion about this genre. Carol Daeley

What Moves Us: A 3-month, bi-weekly theology series on Unitarian authors. Rev. Chris Bell.

Google 101: A session on how to be more effective, comfortable and secure on the internet. Deborah Wiig

Ho'oponopono: A presentation of the Hawaiian practice of forgiveness. Kitty Wells.

Evolution and the Origins of Religion (coming in Sept.). Rev. Dr. Stayton

Thanks to all of you for developing and presenting such a diverse and fascinating array of classes. Now - how about you? Is there a class you've been thinking about offering? Is there some interest of yours you'd like to share? We would love to hear from you. Proposed class forms are available at the RE table or you can talk to anyone on the committee to discuss your idea (Helga Lemke, Sarita Hazen, John Speck, Nadene Carroll, Phil Harriman). We look forward to hearing from you.

*(see P8 for new CUUPS Adult
RE Class: "Paganism 101")*

Treasurer's Monthly Ledger

We've completed reconciliation of Fiscal Year ending on June 30, 2018, and we now have a full year behind us and show a surplus for the entire year. Yeah!

The good news is we are showing a total surplus YTD of combined Operations and Glaser Center over our expected budget by approximately \$17,400. The bad news is most of this excess is due to lower than expected expenses. We ended the year missing our projected pledges by about \$14,000, which was made up from increased Glaser Center rental income. Digging further into the causes for lower pledges than expected, were a number of factors. The congregation lost a number of members this year, which we will miss dearly. We also had a number of members move out of the area, which we suspect was a direct cause of terrible fires last fall. Lastly, we have also had a number of members reduce their

pledges for the upcoming year, perhaps an indicator mostly of financial hardships. All of these factors translate into lower EXPECTED Pledge Revenue for this upcoming year.

We typically lose money from Operations and make up those losses from the Glaser Center. This last year we posted a \$17,000 loss for Operations, but an offsetting gain from Glaser Center of \$34,800. Congrats to all those involved in the Glaser Center for their hard work.

We have added expenses this year due to the new hire of an Assisted Minister, as well as much higher employee costs, especially with healthcare and merit increases; therefore the current new Fiscal Year is still looking less than healthy, so I urge all members to re-consider their current pledges, and while of number of members have already generously increased their pledge amounts, we woefully need more.

Fiscally yours, Michael Randolph, Treasurer

NEWS FROM THE ADVOCATES FOR SOCIAL JUSTICE DIVERSITY PROJECT

We, members of the Diversity Project, look forward to our second year of offering actions and experiences which we trust will be helpful to us all as we live into our principles and open ourselves to celebrate and embrace differences. We have worked to clarify our role in our community in order to serve as a guide for program planning. To that end we have created a mission and vision statement, as follows.

DIVERSITY PROJECT MISSION AND VISION

The Mission of the Diversity Project is to offer programs, activities and communications to the UU Congregation, Santa Rosa that:

Celebrate UUCSR's diversity, and educate its members and friends about the diverse experiences of all people;

Compassionately face and actively transform the unjust privilege and unjust marginalization that our society imposes on us;

Encourage changes of culture and behavior as necessary to realize the vision of a truly welcom-

ing, diverse, and ever-growing UUCSR.

The Vision of the Diversity Project is of a truly welcoming, diverse, and ever-growing congregation:

Whose multi-cultural membership mirrors the demographics of our city and county;

Where all people feel able and willing to express themselves authentically;

Which is actively engaged in the pursuit of a just and equal society within and beyond its walls;

Which faces the emotional and spiritual costs of oppression and inequality with open minds, loving hearts and helping hands.

We have a number of project ideas in the hopper and we will keep you posted as they take shape. We invite anyone interested to join us in our work. We meet on the first Wednesday of each month, 10:30-noon, in the Youth Room. Feel free to check in with any of us if you have suggestions, questions, comments of any sort.

Leslie, Cheri, Carol K., Tamara, Elaine, Paul, Rev. Chris, Jeanie

ONGOING CUUPS DRUM CIRCLES: 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.)

For information contact: Lucia Kasulis, Aphrodite Bellochio or email cuups at uusantarosa.org Blessed Be!

A  **Thank You Party**

The Stewardship Team and UUCSR’s leadership appreciates your generous gifts of time, talent and treasure, so we’re throwing a *5 to Thrive* party to say thank you!

Do you pledge 5% or more of your annual income to UUCSR to support our ministries?

Do you donate 5 hours or more a month to UUCSR’s many programs – do you facilitate a TIE group, sing in the choir, work on our building and landscape, serve on the board, or volunteer in RE (or have done in the past)?

If so, you’re invited to a fun afternoon with conversation, delicious appetizers, live music, and more on September 29 from 3PM to 5PM in the social 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. Following are the JULY Recipients

Arlene Francis Center	\$540.76
CA Rural Legal Assistance	\$420.96
Vet Connect	\$461.13
Breakfast for our Neighbors	\$451.97



Unitarian Universalist Congregation, Santa Rosa
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Unitarian Universalist 7 Principles

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides.

1. The inherent worth and dignity of every person; 2. Justice, equity and compassion in human relations; 3. Acceptance of one another and encouragement to spiritual growth in our congregations; 4. A free and responsible search for truth and meaning; 5. The right of conscience and the use of the democratic process within our congregations and in society at large; 6. The goal of world community with peace, liberty, and justice for all; 7. Respect for the interdependent web of all existence of which we are a part. The seven Principles and six Sources of the Unitarian Universalist Association grew out of the grassroots of our communities, were affirmed democratically, and are part of who we are.

Siete Principios de Unitario Universalista

Nosotros, las congregaciones miembros de la Asociación Unitaria Universalista, convenimos en afirmar y fomentar:

1.: El valor y la dignidad propia de cada persona; 2. La justicia, equidad y compasión en las relaciones humanas; 3. La aceptación del uno al otro y el estímulo

al crecimiento espiritual en nuestras congregaciones; 4. Una búsqueda libre y responsable por la verdad y el sentido; 5. El derecho de la conciencia y el uso del proceso democrático dentro de nuestras congregaciones y en la sociedad en general; 6. La meta de una comunidad mundial con paz, libertad y justicia para todos; 7. El respeto por el tejido interdependiente de todo lo existente, del cual somos una parte.

La tradición viva que compartimos proviene de muchas fuentes: La experiencia directa de aquel misterio y maravilla afirmada en todas las culturas, que nos lleva a una renovación del espíritu y a una apertura a las fuerzas que crean y sostienen la vida; Las palabras y escrituras de mujeres y hombres con visión profética que nos desafían a enfrentar las poderes y estructuras del mal con justicia, compasión y el poder transformador del amor; La sabiduría de las religiones del mundo que nos inspiran en nuestra vida ética y espiritual; Las enseñanzas judías y cristianas que nos llaman a responder al amor de Dios, amando a nuestros vecinos como a nosotros mismos; Las enseñanzas humanistas que nos aconsejan a oír la guía de la razón y los resultados científicos y que nos advierten contra las idolatrías de la mente y del espíritu. Las enseñanzas espirituales de tradiciones tierra-centradas, las cuales celebran el sagrado círculo de la vida y nos enseñan a vivir en armonía con los ritmos de la naturaleza.

Minister: Reverend Chris Bell *minister at uusantarosa.org*; Assistant Minister: Rev. Dara Olandt
Board of Trustees: President Natalie Brundred, *president at uusantarosa.org* Vice-President Sean Freese, *vicepresident at uusantarosa.org*
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Sexton: Peter Wilson, *sexton at uusantarosa.org* Sunday Religious Education Staff: Jennifer Freese, Director, Sophie Johnson, Emily Payne, Traeger Kittlestrom

UU Update, UUCSR Monthly Newsletter. Editor: Susan Williamson. Deadline: For following month: by noon on Monday after 3rd Sunday. Send to newsletter at *uusantarosa.org* w/topic and month in subject line. Q? Email newsletter at *uusantarosa.org*. To receive newsletter by email, send name and email address to *administrator at uusantarosa.org* Order-of Service Announcements (OOS). Send submissions to Editor Janis Brewster at *announcements at uusantarosa.org*
OOS Deadline: Wed. Noon, prior to Sunday Service.