Aug 4th
For The Inward Journey
What is prayer, anyway? What about meditation? What is it about these contemplative practices that can be so powerful, puzzling, provocative, and healing? Join us for a service of inquiry and reflection!

Service Leaders: Rev. Dara Olandt, Lou Gwendolyn
Music by: Alan Bell & some musical UUs, Roger Corman
Share the Basket: Friends Outside in Sonoma County

Aug 11th
The Privilage Walk
“In America, everyone is imbedded in a landscape marked by racism and racial inequality. Remember, a mere 155 years ago, the whole Southern governance of this country thought race-based slavery was worth killing other white people over. There are a lot of positive, eye-opening ways to turn the racial equality ship around, though. We’ll experiment with one today.

Service Leaders: Rev. Chris Bell, Aphrodite Bellochio, The Diversity Project
Music by: Robin Rogers & some musical UUs, Roger Corman
Share the Basket: Borders and Beyond Family Fund

Aug 18th
Spiritual Practice Q & A
Hopefully, you were inspired by Rev. Dara’s service and have been pursuing, or at least considering a spiritual practice. Today, Rev. Chris, a long-time meditator and regular prayer of prayers, will forego a sermon and take your (anonymous) questions about spiritual practice.

Service Leaders: Rev. Chris Bell, Dylan Graham
Music by: Celeste Ray, Roger Corman
Share the Basket: The Southeast Greenway Campaign

Aug 25th
“And Service Is Its Prayer”
Love is the doctrine of this church,” reads the hymnal, “and service is its prayer.” This doctrine understands that “thoughts and prayers,” which our political leaders are so quick to offer in times of tragedy, don’t mean much when they only stay at the level of words and intentions. Many prayers can only be answered, or even offered, with actions. The Great Big Thing relies on human hands!

Service Leaders: Rev. Chris Bell, Veronica Jordan
Music by: Susan Panttaja & some musical UUs, Roger Corman
Share the Basket: Breakfast For Our Neighbors

September 1st
Labor Day
Those who make the raw materials for our society, who pick our fruit, who clean up, who take away the garbage, who chop up the meat, or cook it or serve it are usually on the very bottom rungs of the wealth ladder. So too, incredibly, those who care for our elders and who teach the next generation. It shouldn’t be that way. Today we will gratefully honor all who do the hard work of the world. We’ll also sing some great anthems.

Service Leader: Rev. Chris Bell, Eric Fischer
Music by: Sally and Randy Jones & some musical UUs, Roger Corman
Share the Basket: Humanidad Therapy and Education Services (HTES)
Hang In There, People!

A warm hello to one and all, not only because of my affection for you, but because it is really, really warm yet again here in Northern California. Sadly, it is very likely that these blistering summer days are foreshadowing the future of Sonoma County over the next century or two. Really, we could have 30 or 100 centuries of these scorchers.

We’re in a difficult situation, we human beings here in Northern California in 2019. For the vast majority of us, it takes all we’ve got just to face the daily challenges of making a living, getting around, raising children, staying healthy, or relating to our neighbors. Our capitalistic and individualist society constantly beckons us to narcissism and selfishness, leaving a tiny few with so much, and so many others with so little, and the news is filled with rotten POTUS, political divisions, and blatant injustices around us.

Against all that the backdrop of profound climate change looms. I hear so much fear and despair from folks about the few hundred years in the story of the human race. Maybe this time, we might legitimately wonder, if it really is the end of the world? Is there anything we can do to stop it? What should I do?

Hard times are coming. That’s a fact, and I want our congregation to get prepared to provide for the spiritual and practical needs of people during the coming great revolution and turmoil.

I understand how scary and depressing our lot can seem, but I refuse to act out of fear or despair, however great the challenges before us may appear. I am not fearful or despairing for the long-term well-being of humanity, nor for the prospects for life on Earth, just as I am not fearful or despairing of my own well-being or “prospects,” even though I’m only going to be alive another 30 years or so.

I do this by embracing impermanence, including that of my own life. Facing the current (which won’t be the final) climate crisis, I find it helpful to think of the various ages of the Earth as having had a life span. Like everything else, whole geologic and zoological ages came to be, and have passed away. The first eons of fiery formation, the earliest era of life in the sea, and the age of the dinosaurs all have come and gone. Over 90% of species that ever lived are now extinct. Life on Earth has endured extraordinary climate changes before. It fully transformed its atmosphere. It has gotten walloped with giant meteors now and again, but keeps on trucking. It can’t live forever, but it’s far from dead yet.

So perhaps an age is indeed coming to an end, but it’s not the age of humanity itself. Life is going to be quite frightening and unfulfilling for large numbers of individuals, and there are a lot of selfish and foolish people who are going to get away with having poisoned and starved people. But humanity as a whole, like it has at every stage, is going to evolve and learn. We, too, can’t live forever, but we’re far from dead yet.

I know I mostly hang out with you good folks here at UUCSR, so I’m biased toward thinking people are good, but all around me I see examples of visionary people trying to make things better. Read beyond the headlines, and you will find so many wise and intelligent people who are thinking about social and technological transformation, and about the changes necessary in our personal and collective consciousness in order to turn this ship around. Soon we will see drones planting trees, cheap solar batteries, and mushrooms that eat plastic.

If I need additional inspiration, I look to committed, brave people such as our Borders and Beyond team, who take their despair and frustration and turn it into action. This UUCSR team has completely changed, perhaps genuinely saved the life of the dear Honduran migrant family we are hosting. Just because the deluded and angry people usually are the ones on the news doesn’t mean they’re the only ones acting in the world.

Finally, each day I turn and ask the Great Big Thing/Verb to make itself known to me by praying, meditating, observing nature, reading poetry and rocking out. I tap into that dark and sacred power which is always giving way. When I deeply feel the connective tissue of being, I am compelled to trust it, celebrate it, love it and serve it, and that almost always turns the mood around. I trust the unfolding Universe completely. I trust the Earth. I trust humankind, not just in spite of, but because of all the evidence.

So, no, I’m not going to indulge fear or despair. I’ve got too much constructive work to do. I’m not going to stop praying, meditating, singing, and feeling happy on Sundays. I’m not going to stop trying to build a strong, enduring congregation to serve the world for generations to come. I expect people to keep making babies and rock-n-roll records and growing avocados, and I expect people to be here and to need UUCSR in 100 years as much or more than we need it now.

It may very well be that the work of our congregation over the next century or two will be as much a hospital as a house of worship. But we will be here, and we will shepherd this community through the Great Turning, as we all lumber forward through the hard times toward the world of which we dream.

So hang in there, people! Fight fear with love, and despair with deeds, and call me if you need me.

Reverend Chris Bell
Dear Beloved Community,

Happy August! July was busier than anticipated! I have been working with the UUCSR Borders and Beyond group to welcome the asylum-seeking family UUCSR has the honor of helping to support. A huge thanks to the UUCSR Borders and Beyond group for their coordination and kudos to everyone who has helped the family get settled over the past few weeks.

I am delighted to introduce you to an amazing family: Ruth (20 years old), her daughter Meilin (5 years old) and son, Darell (18 months old), pictured below. Some of you may have already met Ruth and the kids as they have started coming on Sunday mornings!

Ruth and her children are from Honduras. They left their home due to violence. Earlier this summer, Ruth and the children presented themselves at the border in Arizona, and they arrived to our area in CA in July. As you can imagine, Ruth and her children have been through a lot... including riding on the top of a train on their journey to get to the Arizona/Mexico border! Sadly, after a deeply harrowing time in a detention center in Arizona, the children’s dad was suddenly deported a few weeks ago. This family longs to be reunited together. In very many ways, Ruth’s family is living through some of what we see in the media.

How did we at UUCSR connect with this family?

The short story is that UUSCR’s Border and Beyond Group learned about Ruth and her children through NBOP (North Bay Organizing Project) as well as Interfaith Movement for Human Integrity and the Imani Church in Oakland, CA. So many groups are working together to help asylum seekers, it has been an inspiring interfaith coalition that has brought Ruth into connection with us!

UUCSR’s Heather and John Mutz have graciously offered to help with housing while Ruth and her kids pursue their asylum case! Borders and Beyond Group is organizing support including medical/legal aid, transportation, socializing, etc. So far, Ruth and her kids have been exploring Sonoma and love coming to UUCSR on Sundays and playing in RE. Ruth has shared she is deeply grateful for the support and companionship of our congregation.

All of YOUR practical support and faithful love has made a big difference already to this sweet family. This August, I am reflecting on the power of practical, loving care and the way it can transform lives and the community. I feel blessed to serve within and with the caring community of UUCSR and it has been heartening to get to know Ruth’s family and sense the wellspring of support she has found here at UUCSR already. My hope for you is that this month bring you many connections that feed your heart.

With faith and care,

Rev. Dara Olandt
Assistant Minister

SIDE BAR

Would you like to participate directly in the network of support and hope we are launching to help continue to surround Ruth’s family and other asylum seekers in our area?

Do any of these speak to your heart? Are any of these steps you’d like to take?

Borders & Beyond Group has the following needs:

- 1 or 2 people willing to do small research projects related to Border & Beyond programs (this can be done from home, Steering group can reach out with what needs research and when.)

- Folks interested in doing social outings with the family (parks, museums, beach). This would mean driving the family and accompanying them / showing them fun things in the area on occasion. Spanish language is not necessary, but can be useful.

- Folks interested in driving to appointments, school, work, etc. At this time, we are especially seeking folks who live in Sebastopol or who do not mind driving to Sebastopol as this is where the family will be staying for the next several months. Please let us know if you would be up for driving on occasion or whether you may have one or two mornings (or evenings!) a week you may be open to providing this family a ride where they need to go!

- Soon we’ll be launching a go-fund-me campaign to help this family with legal aid and medical bills, and to help similar asylum seeking families in our area. When that go-fund-me campaign launches, it would be marvelous if you are willing and able to share this go-fund-me on your own personal social media like Facebook! This is a fantastic, easy and important way to make a difference!
President’s Column

You know how the Eskimos have 47 different words for snow? I wish we had different words for different kinds of love. (I think there is at least one culture that does, but I’m not going to pretend that I know what it is.) When I think of love, my mind first goes to the hearts and flowers, ooey-gooey version. But there’s another, way more deep- and far-reaching kind of love – love that’s definitely a verb. That reaches out into the world, that brings everyone into the circle, that rights wrongs, that makes whole, that strives to heal what is systemically broken. That is bigger than our hurts, our slights, our reactions, our feelings, our individualness. That love is what moves us – our communities, our cultures, our world – forward. That love is what underlies our Principles. (I find it interesting that the word “love” is stated nowhere in our Principles, but runs through all of them.)

Rev. Chris is a huge believer in this kind of love and in its power to move and shape and change things. I’m coming closer to his way of thinking. I’m starting to think of love like water. Over time, water wears away at the sharp edges of a stone and turns it into a beautiful, smooth pebble. Over time, love wears away at the sharp edges of discord and difference and turns us all into beautiful, “smooth” members of a Beloved community. Just like with the Earth, I don’t think we’ll ever get to a place where all the rough edges in all humans will be worn smooth. It’s a nice ideal, but I personally think there is too much in the design of human beings that precludes it happening. And perhaps that’s a good thing. The beauty of the Earth comes from its constant upheaval, its constant birthing of itself. The beauty of human beings comes from that same upheaval. We are constantly birthing our higher selves. And as goes the micro, so goes the macro.

I have learned in my years on this planet to expect to be surprised by what’s around the corner. I work on myself, every day – to be that better person, to live true to our Principles. And I engage with the world and the issues of our world, every day – and struggle to love. And these days? That’s HARD. Can I love bigots? Can I love misogynists? Can I love (dare I say it?) Republicans? Can I separate what they say, which I abhor, from their inherent worth and dignity as a human being? Can I open my heart, my mind and my ears to truly hear what they are saying? To reach underneath the differences to the common things that drive us as human beings? Can I try to put myself in their shoes, in their reality? It’s hard to get down below the bombast and positionality – ON BOTH SIDES – to the love that drives us all. But that’s my work. That’s OUR work. And if we Unitarian Universalists can’t do it, who can?

DC Darling wrote a poem called “Love Is Not All”, one stanza of which says

...Love is not light,  
But it is the color in light.  
Love is not the bread of Life,  
It is the yeast that raises it up.

I love those images. The color in light that gives it its endless beauty. The hard work of yeast that (literally) gives rise to the staff of life. I want to be like yeast, bubbling and working away, giving rise to something wonderful and new. And I want to be like the color in light, making the world the awe-inspiring, amazing, wonderful place it is. Will you come be yeast and color with me?

Yours in bubbles and beauty,

-Natalie Brundred,  
President, Board of Trustees
Many of us enjoy worship service and RE together on Sunday, but in the midst of our busy lives, the other six days can feel like we are miles away from our spiritual practice as Unitarian Universalists. Here are some opportunities that the Religious Education program is providing for families, children, youth, and other UU’s to take our spiritual practice with us throughout the week!

**For UU’s of All Ages: The Traveling Chalice**

On August 4, we will launch The Traveling Chalice out into the congregation. The light of the chalice is a symbol of our connection to our beloved community and can be used as a sign of hope when we are experiencing times of darkness. The Traveling Chalice is a kit containing a chalice, a simple book about the tradition and symbolism of the UU chalice, inspirational texts with chalice lighting words, prayers and meditations, an altar cloth, and a cooperative journal. Families, couples and individuals may sign up at the RE table on Sundays to take The Traveling Chalice home for a week and return it to UUCSR the following Sunday. While the chalice is with you, you may choose to use it in a variety of ways – with personal meditation, in family meetings, at dinner. Take a photo of it in your home and send it to dre@uusantarosa.org and I will post it to the UUCSR Facebook page. Share in the journal what the chalice means to you and your faith, and how it enriched your spiritual practice this week.

**For Students on August 11: Blessing of the Backpacks**

Children, youth and young adults attending school are invited to bring a backpack to worship on Sunday, August 11 where they will receive a gift to place on their bag as a reminder of the UU identity and values we all share. As our students return to school in August and September, we want them to know that they have a beloved community holding them wherever they go, as well as the strength of our principles and history standing behind them.

**For Families and Grandparents beginning in September: Soulful Home**

We are excited to provide a new monthly packet for UUCSR families beginning in September that provides ideas and resources connected to the month’s congregational theme. Based on the congregation’s new Soul Matters themes, the packet offers eight “family spaces” for spiritual exploration, including discussion topics, opportunities for play, stories and ways to connect with partners, co-parents and friends. This packet will be available to families with registered children or youth in the program, as well as to grandparents who wish to share the activities with their families. Email dre@uusantarosa.org if you are a grandparent interested in receiving Soulful Home.

**Religious Education in August**

**Nursery Care:** Childcare is provided in our nursery every Sunday during the 10:00 am service.

**Every Sunday in August:**

**Preschool Make-and-Play:** Children ages 3-5 are welcome to explore building toys and creative play in Room 2 with adult staff and volunteers.

**Grades K-8 Makerspace:** School-age children are invited to explore and create with the support of adult guides in our RE Summer Makerspace.

**Special crafts this month include foam and yarn sculptures, prayer bead bracelets and woodworking!**
ADVOCATES FOR SOCIAL JUSTICE

We meet 2nd Mondays, 10 am—12 pm, at UUCSR - Join us! We welcome your participation! Contact Elaine Wellin-(Chair Person) 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.

August 4: Friends Outside in Sonoma County provides services and programs for Sonoma County jail inmates and their family members to improve their circumstances and strengthen their family relationships. They have a drop-in center in the lobby of the main jail. They respond to over one thousand requests for services each month.

August 11: Borders and Beyond Family Fund. This fund supports UUCSR's Borders & Beyond Ministry which provides faithful accompaniment to asylum seeking families. This fund helps families cover necessities such as legal and medical bills and additional costs associated with resettling in this area.

August 18: The Southeast Greenway Campaign is a community effort to transform the vacant two-mile corridor of open space connecting Spring Lake Park and Farmers Lane into a vibrant urban greenway that will serve as a strategic link in our regional nonmotorized transportation system and improve our quality of life.

August 25: Breakfast For Our Neighbors is our own Saturday Breakfast program for our neighbors in need, supported primarily by the generosity and volunteer efforts of our congregation, and community volunteers as well.

September 1: Humanidad Therapy and Education Services (HTES) is a multicultural community mental health agency and Marriage and Family Therapist training program. HTES offers low-fee psychological services in Sonoma. The focus of the therapist mentorship program is on nurturing culturally aware, qualified therapists to serve diverse populations.

Advocates for Social Justice, having been on break during July, will continue its ongoing projects in August, beginning with our regular 2nd Monday meeting on August 12, 2019, 10 am-12 pm, as usual. It is a good time to join as we’ll be planning an exciting new congregational year.

The Diversity Project moves ahead with the Banner Project (those wonderful lifelike photos of congregants and their personal poems on the wall outside the sanctuary); a new set will appear soon showing the surprising diversity of UUCSR.

Hot Topics will, as always, work with congregants to designate recipients of our weekly Share the Offering, with a new twist coming up. Watch for news on that!

Climate Action Project groups will kick off in the fall, with an open "Climate Hope" discussion about this most critical issue facing all of humanity. Anyone interested in learning more and doing more, please contact Elaine (elaine.wellin@sonoma.edu).

We could use your support on all our projects, including this year’s Adrienne Swenson Award committee in which we present a $1,000 scholarship to a promising graduating high school senior social activist. And the Film Project is firming up another year of films based on congregants’ responses to our spring survey. This year, on one Sunday most months, we’ll be seeing more on the environmental, social, and economic consequences of climate change – so we can all keep up with new science and promising ideas and actions worldwide.

And again, do think about becoming an Advocate – we need you and your thoughtful support in any of these vital areas.

-Elaine Wellin (A4SJ Chair Person)

Administrator’s Minute

Hello All! My first submission into the monthly newsletter is garbage…or rather the topic of garbage. You are probably aware that our Sexton Peter is very conscientious about keeping our facility clean and in good order. Since he takes out a lot of garbage, Peter has done research regarding composting. He approached me with a great idea that saves us money, and keeps us from contributing to the plastic bag addiction.

In trying to find ways to reduce our use of plastic I did some research to find a substitute for the plastic liners we use for trash going into the landfill. A simple suggestion I discovered was NOT to use a substitute but instead don’t use a liner at all. After considering the suggestion I agreed that it was a good solution for our situation. My reasoning is simple; we currently put messy food scraps into the compost bins. The use of liners is mainly a convenience. I also suggest using the smaller 15 gallon trash bins instead of the big grey 32 gallon bins for general use. Over the last year according to my logs we have purchased 225 pounds of plastic trash can liners. That’s over a half a ton of CO2 into the air during manufacturing, but the real problem is putting the plastic into the landfill trash unnecessarily during events and it is costly. We can help each other learn to “walk the talk.”

I think Peter’s idea is great, and we’ll be instituting this change. What can you do to help? Be sure to put your garbage in the right container! Used plastic utensils and plastic-coated plates and cups go into the “regular trash” bin. UNCOATED paper plates, napkins, etc. go into the composting bin, along with any food waste. CLEAN paper, plastic and glass go into the recycling bin.

Together, we’re building a better world!

Dawn Silveira Administrative Manager
EcoDesk at UUCSR

“...98% of the news about climate change is negative...”
“With action comes hope”

Guided by UU’s 7th principle, and committed to actively participate in the transitions needed to live our lives in balance with the needs and resources of our planet, we are launching EcoDesk at UUCSR.

EcoDesk is:

◊ Interactive: come to the table, learn, do and take something home.
◊ Active: learn about weekly doable actions. Take home a hand-out with suggested actions, bring back a short note of your achievements.
◊ Monthly theme: a different theme will be displayed each month, with information, inspiration and calculation at the end of each month of our collective impact.
◊ Take-home craft activity for kids and the young at heart.

Join our climate mobilization: support, encourage and (re)-awaken our deep relatedness through expanding our ability for respectful, yet inspired living with and on our Beloved Earth.

EcoDesk will be set up twice a month in the R.E. wing and twice a month at the entrance to the sanctuary.

FRESH EYES

Recently I wondered what would it be like if I could magically walk in to UUCSR for the first time again, and see it with “fresh eyes”, with the same sense of newness and discovery I felt my first time here. I thought one way to feel that would be to sound out some of our new members.

Elizabeth McKoy and her husband are long-time UUs and visited UUCSR over the years. She told me that every service they attended this last year was something “special and unique”, that they love the diversity of the service music, and love how warm and inviting members have been. “Rev. Chris is a special leader,” she said, leading with “love and vision”. Being Jewish, she also appreciates Rev. Dara’s presence here.

Janice Ashley told me she is a life-long atheist, and never belonged to a church or congregation before. She started coming to UUCSR at the invitation of her daughter, Larissa. Recently she joined a TIE group and Rev. Chris’s theology class. “It’s nice to have a community,” she told me. “This is becoming a familiar place.”

Judith Donovan appreciates the “openness, the diversity, and acceptance. It’s healing for me,” she wrote, “as a 75-year old grandmother who came out in my 40s to sit in the pews next to a young family with two moms, or to have a trans woman introduce me to her grandmother.” She likes that Rev. Chris is a Zen Buddhist, and that pagans and those on different spiritual paths are all part of our congregation. “There is room for us all.”

It’s important for all of us to keep seeing the value of “this special place”, and to never take it for granted. Let us remember that our time, talent and treasure is what makes UUCSR flourish, and let us be happy to give freely.

Erin Howseman
In CUUPs we find wisdom in honoring the Wheel of the Year, the points at which we celebrate not only the seasonal but also the personal and creative meanings. According to some earth-based traditions, August is when we eagerly await the harvest of grain. We celebrate by offering each other a variety of breads, both plain and fancy. CUUPs will provide some wonderful breads at the coffee hour on August 4th.

In some ancient myths this August time is known as Lughnasadh which is one of eight major points on the Wheel of the Year. Next comes Mabon, the Fall Equinox, September 20-23 when day and night are in perfect balance and we ponder the balance in our own lives.

Samhain or Halloween, October 31, is the end of the year. It honors our ancestors whose earthly lives have also ended. Our Ancestor Honoring celebration will be October 27th at the regular Sunday services.

A new year begins with Yule, the Winter Solstice, December 20-23. The night of the Solstice is the longest night of the year. We turn the Wheel to bring the light and our hopes for the promise of summer.

Candlemas, February 2, is dedicated to Brigid, Goddess of fire and inspiration in Ireland, or a Triple Goddess symbolic of the poetry, smithcraft and healing we hope to create.

Eostar or Spring Equinox, March 20-23 is a time when light and dark again are equal. New life is joyfully celebrated and balance once again is sought.

Beltane, May Eve, is a time when all of nature is renewed and young couples rejoice together in the time of flowering. Here at UUCSR we dance around the Maypole.

Litha, Summer Solstice, June 20-23 marks the longest day when light triumphs, then begins to decline into dark. It is a time when we plant the seeds of change within ourselves.

We hope you will join us in these joyful and thoughtful celebrations of the Wheel of the Year.
**SATURDAY SAUNTER**  
Annadel State Park July 20

From Park Trail entrance up Canyon Trail to Lake Ilsanjo for lunch and optional swim, return Spring Creek Trail. About 3 miles total, sun and shade, first third has some uphill climbs. Bring lunches, water, towel and suit for swimming. Sorry, no dogs here. Meet Park Trail entrance at 9:30. To sign up or for further information: Gretchen P.

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**2019 All UU Summer Camp**  
Enchanted Hills Camp, Napa Sept. 6-8, 2019

Ever wanted to have a water fight with your minister? If you answered Yes! then don't miss this opportunity at the All UU Summer Camp at Enchanted Hills. Come join a wonderful group of UUs and their friends from our beloved UUCSR congregation. Listen to some great jammin’ music, and drink wine under the redwoods with old and new friends. We'll have our annual "Variety Show" (no talent required), puzzles, games, workshops, a great pool, nice sleeping quarters, and really good food. It's handicapped friendly. Childcare is available during certain times of the day. Enchanted Hills is a wonderful place, run by Lighthouse for the Blind, an easy beautiful drive 45 minutes from Highway 12 and Calistoga road, on the border of Napa and Sonoma counties. If you've never been before, come make some new friends! Introvert accessible!

**Prices:** **Upper Camp:** Adult $195; Teen/Tweens (11-17 years old) $165; Student (5-10 years old) $115; Children under 5 are free!  
**Lower Camp** (which is now much closer—right by the pool and playground): Adult $160; Teen/Tweens $145; Student $90, Children under 5 are free!  
**Stay tuned for more info!**

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**MEN’S GATHERING**  
Hello all male-identified folks!

Mark your calendar now for a Men's Gathering on Saturday, August 17, from 1:00 - 4:00 PM in room 545. Deep sharing. Singing. Small groups. More singing. Laughter. More sharing. Good and good for you! The topic is our second principle, "Justice, equity and compassion in human relations." If you want, please bring a reading or song related to this principle that is meaningful for you. For more info, contact Mac Freeman, Andy Levine, or Mark Sowers.

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**UU Congregational Art Exhibit**

Our ongoing UU Congregational art exhibit needs more poets & writers. "Off The Wall/On The Wall" will continue to grace the narthex, foyer and board room walls.

Contact Bertha Jean to offer your submission.

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**EVENING BOOK GROUP**  
On vacation for July and August

Meetings will begin again in September. We have selected the books for the 2019-2020 year. We welcome new members as well as visitors. Please join us if any of the following selections are of interest to you.

- **Sept. 12** The Power of Habit by Charles Duhigg
- **Oct. 10** The Overstory by Richard Powers
- **Nov. 14** The Bad Ass Librarians of Timbuktu by Joshua Hammer
- **Dec. 12** Eleanor Oliphant is Completely Fine by Gail Honeyman
- **Jan. 9** An American Marriage by Tayari Jones
- **Feb. 13** Educated by Tara Westover
- **Mar. 12** Wilding: The Return of Nature to a British Farm by Isabella Tree
- **Apr. 9** The Winter Soldier by Daniel Mason
- **May 14** The Library Book by Susan Orlean
- **Jun. 11** Select books for the following year

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**Saturday Work Day**  
Aug 3rd from 9 A.M. to Noon

Please come help with building and grounds maintenance and landscaping! We do many small and some challenging tasks to help keep our building and grounds looking good and working well.
UPCOMING ADULT RE:” RELIGIOUS EDUCATION” SOMETHING FOR EVERYONE!

Adult RE is guided by UU Principles and 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, and programs. Members of the ARE Committee: Nadine Carroll, Carol Daeley, Helga Lemke, Phil Harriman, Sarita Hazen, John Speck, Clare Whitfield and Rev. Chris Bell.

West County Theology Class
Chris Bell will teach a class in Sebastopol based on the UUA curriculum “Faith like a River: Themes from UU History”.
Part Two: 12/4, 12/11, 12/18, 1/8, 1/15, 1/22,1/29. Wednesdays, 6:30-8:30 pm

Humanism
Chris Bell will lead a class on humanism which stresses the potential value and goodness of human beings, emphasizes common human needs, and seeks solely rational ways of solving human problems. Wednesdays: 10/23, 10/30 11/13 and 11/20 6:30-8:30pm

GMOs, How Scary?
On August 22, Phil Harriman will give a talk describing the techniques to make genetically modified organisms and some of the uses to which they can be put. In addition he will describe a new law that requires (under certain conditions) the labeling of GMO products. 8/22 2:00 - 3:15 pm

Music and Meaning in the Movies
Do you like movies? Of course you do. Do you like music? Who doesn't like music? Alan Bell's course Music and Meaning in the Movies combines two of your favorite things. It's about how music does more than just intensify emotions in a film. It's about how music actually makes meaning. Class includes dozens of clips starting from the silent film era thru modern times. Mondays 6:30 - 8:00. 10/2-11/6

Cakes for the Queen of Heaven
This series examines pre Judeo - Christian cultures that may have worshiped the female as divine. The concepts of equality and reverence for the female in a religious setting are eye-opening to many participants. Saturdays: 9/21 through 2/15, 2-4 pm

A Message From The Committee on Shared Ministry
At UU Santa Rosa, we all share in the ministry of the congregation; whether it be cooking potatoes for the Saturday Breakfast, involvement in a meditation group, or listening intently in a TIE group. We are all in relationship with each other. Occasionally, congregants could use help communicating with another member, a committee, a member of the staff, or Rev. Chris. CoSM members serve to help make connections, clarify boundaries and resolve conflicts. Members of CoSM also support Rev. Chris in a variety of ways and are charged with his yearly evaluation. In addition, since the UUA has encouraged all congregations to have periodic “healthy congregation check-ups”, we have begun, with Rev. Chris’ guidance, a congregational self-assessment. If you could use our help or would like to give feedback about anything, please do not hesitate to contact one of us. All communication with CoSM is confidential. We are Bob Anderson (chair), Alan Bell, Susan Bartholome, Frances Corman, Kitty Wells and Rev. Chris
While the fiscal year for 2018-19 isn’t finalized, any remaining changes to finances should be minimal; therefore, we can provide a preliminary assessment for the year. It has been a struggle to meet our goals for pledges. While Stewardship was successful in raising more the $50,000 in pledges toward our goal of $60,000 for the 2018-19 year, we were only able to increase this year’s pledges compared to last year by approximately $27,000. As reported in previous newsletter commentary, UUCSR lost a number of pledges in the first five months of the new fiscal year. The majority of those losses were from members passing away, followed by a number of members leaving the area, perhaps as a result of the devastating fires.

For the twelve months of the fiscal year ending in June, we are showing a loss from combined Operations and Glaser Center of approximately ($33,000). If we include transfers from Sunday Donations for the Saturday breakfast extra cleaning, the net loss is about ($25,300). YTD Operations are down ($63,000) and Glaser Center shows a gain of $30,000. Of note, the previous two years, UUCSR had combined surpluses of $32,000, so we are running a surplus over the last three years of approximately $7,000. While the amount of the loss this year seems large, in terms of percentages, this year’s loss is about 4% of the total budget.

With the members notes paid off, we are debt free (Hooray). As indicated last month, paying off the notes will reduce our expenses by $47,000 over the next five years.

Fiscally yours, Michael Randolph, Treasurer

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**Treasurer’s Monthly Ledger**

"Love is friendship set to music" --Jackson Pollock

On the 7th of July, we set friendship to music with "You've Got A Friend". On the 14th we made room for joy with "Heavenly Day". The next week we explored intergenerational friendship with "You've Got A Friend In Me" from Toy Story. The last Sunday of July, as of this writing, is when we were set to hear from John Ray. August's theme will be "Prayer (Loosely)". Wonder what that will bring?

Coordinating the music that you enjoy on Sundays is a big job. By your responses during worship services and your comments afterward, we know you appreciate our hard work. You have encouraged us to set a really high standard to bring you the best music possible.

A Music Coordinator works with the rest of the worship team (Rev. Chris, Rev. Dara, and the worship associate) to select musical numbers that fit the theme of the service, recruiting musicians who will provide the music (we have a list), coordinating rehearsals, and generally making sure it all comes together. Ideally, each MC coordinates music for the Sunday service about once a quarter. The MCs meet one Sunday a month to plan upcoming services and share ideas.

If this sounds like something you’d like to find out more about, contact a Music Coordinator (musicians@uusantarosa.org) - or after a service look for a Music Coordinator nametag (with a treble clef on it).

Respectfully submitted, Randy Jones

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**SHARE-THE-BASKET**

Following are the MARCH 2019 Recipients

<table>
<thead>
<tr>
<th>Recipient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>CASA</td>
<td>$487.60</td>
</tr>
<tr>
<td>Caritas Village/Catholic Charities</td>
<td>$871.60</td>
</tr>
<tr>
<td>Russian River Sisters of Perpetual Indulgence</td>
<td>$763.22</td>
</tr>
<tr>
<td>Saturday Breakfast For Our neighbors</td>
<td>$834.70</td>
</tr>
</tbody>
</table>
UUCSR Members abide by this Covenant

We pledge to seek unity in our diversity, to welcome and respect divergent opinions and beliefs, to listen to one another with open hearts and minds, to acknowledge our shortcomings and be quick to forgive them in others, and to keep our focus on our Mission. Our Mission is celebrating life, empowering people, caring for one another, and helping to build a better world.

Unitarian Universalist Congregation Santa Rosa
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Minister: Reverend Chris Bell minister@uusantarosa.org
Assistant Minister: Rev. Dara Olandt
Board of Trustees: President Natalie Brundred, president@uusantarosa.org
Vice-President: Sean Freese, vpresident@uusantarosa.org
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Choir Director: Sadie Sonntag choir@uusantarosa.org
Pianist: Roger Corman
Sexton: Peter Wilson, sexton@uusantarosa.org
Sunday School: Jennifer Freese-Director, Era Capone, Max Parrish

UU Update Editor: Rob Carlisle. **UUCSR Monthly Newsletter Deadline**: By noon on the Monday following the 3rd Sunday, for the following month. Send to newsletter@uusantarosa.org. Include topic and month in subject line. **Order-of Service Announcements (OOS)**. Send submissions to announcements@uusantarosa.org. **OOS Deadline**: Noon on the Wednesday prior to Sunday Service.