September 1st
LABOR DAY
One Service at 10:00

It’s just not fair. Those who dig up 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. Today we’ll gratefully honor all who do the hard work of the world. We’ll also hear from our children’s choir!

Service Leader: Rev. Chris Bell, Eric Fischer
Music by: Sally, Randy Jones, some musical UU’s & Roger Corman
Share the Basket: Humanidad Therapy and Education Services (HTES)

September 15th
“INGATHERING/WATER COMMUNION”
BACK TO TWO SERVICES! 9:15 and 11:00

Rev. Chris climbs on a rock. We walk around the building. The Choir returns from their summer hiatus. We conduct the Water Communion. It’s Ingathering!

Both services are FOR ALL AGES, but most kids will come at 9:15. We’re going to have a transformative and empowering year together. Are you ready to ruuuuuuumble?!?

Service Leaders: Rev. Chris Bell, Rev. Dare Olandt, Cathy Read & Jen Freese
Music by: Sadie Sonntag, The Choir & Roger Corman
Share the Basket: Roseland School District’s Through College Mentor Program

September 8th
SEXUALITY AND RELIGION
One Service at 10:00

Guest preacher – Rev. Dr. Bill Stayton

Why are two fundamentally different subjects, sex and religion, so often closely related in most people’s life story? Our own Bill Stayton, guest preacher today, will discuss the relationship between religion, our bodies and sexual pleasure.

A member of UUCSR, Bill Stayton is a retired American Baptist minister, psychologist, and sexologist. He was a pastor, a hospital chaplain, medical school professor, and therapist.

Service Leaders: Bill Stayton, Sharon McCarty
Music by: Mary Chapot, Kathy Stayton, Nancy Hayashibara, Roger Corman
Share the Basket: Borders and Beyond

September 22nd
EXPECT GROWTH

A plant that might, grow 10ft high will never get there if you keep it in a 6” pot. Our souls are like this, too. As is our congregation. For ourselves and each other, maybe it’s time for some repotting and fresh soil, so the life force may flow more freely. Then, I know this rose will open!

Service Leaders: Rev. Chris Bell, Rev. Dare Olandt, Richard Senghas
Music by: John Ray, some musical UU’s & Roger Corman
Share the Basket: Breakfast for our Neighbors

September 29th
ON OPPRESSION

It’s a heavy word isn’t it? A lot of different people have experienced “prolonged cruel or unjust treatment or control." That’s oppression. Yet, frequently their experiences aren’t acknowledged as oppression by others whose experiences are different, and sometimes even by those whose experiences are similar. We know we want to end oppression. What do we mean, and how might we get there?

Service Leaders: Rev. Chris Bell, Judy Withee
Music by: Sadie Sonntag, The Choir & Roger Corman
Share the Basket: The Southeast Greenway Campaign
This month in our worship, religious education, and small groups we will be exploring the question, “What does it mean to be a people of expectation?” I can’t imagine a better question for this moment in the life of UUCSR. I feel almost tingly with expectation, because over the last year, I have come to expect that a certain kind of transformation is imminent here at UUCSR.

Conversations that have been taking place among leaders for many years regarding things we would like to fix, improve, expand, etc., have reached a fever pitch. It’s increasingly clear that we need new congregational management software. It’s clear that we need someone professional to oversee our website(s), social media and public relations, and in-house communications. It’s clear that we will soon need to expand our physical space. It’s clear that we need to find new ways to tell people about our spiritual tradition and invite them to share in its blessings. It’s clear that we cannot rely on volunteer music coordinators forever; we need to look back toward increased professional musical leadership. It’s clear that we need a third service on Sundays, and additional opportunities for engagement throughout the week. You could probably add your own observations and suggestions to this list.

We’ve been saying to each other, “Wouldn’t it be great if we had streaming video?” Or “Wouldn’t it be great if we had a preschool or a summer camp?” Or “Wouldn’t it be great if there were more spiritual practice groups?” and a hundred other ideas. All those things would be great. However, mere wishing has not delivered them, nor can it.

Therefore, this year I am asking the congregation to consider and embrace a very deliberate, goal-oriented approach to allow for the swift and transformative growth of UUCSR. I mean growth in personal opportunities for service and engagement, growth in staffing, growth in small groups, growth in numbers of people worshipping and practicing together, growth in financial power, and growth in physical space. All of these depend upon growth in membership numbers. We need to do all this in an organized, and deeply intentional way, and recognize that the time is exactly right for a quantum leap in the size and capacity of the congregation if we will seize the day. The Committee on Shared Ministry agrees. The Worship Associates agree. The Staff agrees. The Board agrees.

Our congregation is like a plant that could, should, even wants to grow to 10 ft. high, but which cannot currently escape the bounds of the tiny pot in which it lives. In order to insure that the ground of our community is strong and expansive enough to support the growth that it is already yearning to experience, it is time for some repotting and fresh soil, so that the life force may flow more freely.

Sonoma County is filled with people who are longing for the experience that UUCSR offers, and who would join us if we would but invite them and make room for them. The world needs more and more humans living intentional lives of faithful devotion to the future of the species. I believe we are morally obligated to let people know about the way we do this. It is only reasonable to expect that more and more people will want to worship with us, serve with us, be fed from us, hang out with us, and to support and join us. Healthy congregations with actual missions that include reaching outward, as ours so clearly does, naturally grow. You can expect people to want to attend. And I expect you to welcome them, with open minds, loving hearts and helping hands.

So we’re going to talk about growth, mission and outreach a lot between now and when I take my sabbatical in February. The Committee on Shared Ministry is currently conducting a study on our overall health and readiness to expand. The Board and I are going to host forums to discuss growth, and we’re going to propose some radical steps to jumpstart the process at the October Town Hall meeting, which you will not want to miss. A five-year plan, whose skeleton was embraced by the Board at their recent annual retreat, will emerge over the next few months. Your feedback and creativity must inform that plan.

Then, while I’m away on sabbatical, I will ask you to have neighborhood house meetings to discuss your hopes, ideas and concerns. I hope the congregation can come to clear consensus by June’s Congregational Meeting on the emerging plans and enthusiastically embrace them.

Since that’s what I expect will happen, while I’m on sabbatical I will study the dynamics of congregations that have survived and thrived during times of rapid growth, and I will study the skills and practices of ministers who have successfully shepherded such transitions. When I get back, if you have collectively decided that you share this vision, then our work and our calling will be clearly before us. With your blessing, we will report, we will share our good news, and we will grow.

For me, a person who is so nourished and empowered by this spiritual community, UUCSR is a miraculous plant. My life has purpose and greater joy because of this plant. The plant produces more fruit than I can ever eat or use alone. If I give it away freely, everyone around me gets to reap the harvest too, and the feast shall be delicious. O, Goddess is good!

I know this plant can blossom in ever-greater abundance. I am choosing to expect that it will, and so I greatly look forward to our gardening together. Bless you all.
As we enter September, what is on my mind are the currents of change which come with this season; changes including kids returning fully back to the fall rhythm of school, the weather starting to turn ever so slightly towards cooler days (maybe?). I wonder: how are you embracing change in your life? How are you greeting the intrinsic nature of Life itself -- which includes change?

I’ve been turning back to some beloved books on "process theology" in my collection to help me recall that all life is in a process of change, of growth. I also have been musing on the importance of "holding on" and "letting go", exploring these as a way to "move with" and not "against" change.

Playing deliberately with "holding on" and "letting go" is a simple practice that can help us, as busy humans, practice flexing our "change muscles" or our "muscles" of being with change. Perhaps it is silly and simple -- but allow me to share with you what I think is a good practice for fall, and for being with change. You may try this very simple practice of breathing in... and allowing your hands to make a fist (clenching, but not too tightly) and then breathing out, and opening the hands (opening fully). Then observe the breath rise and fall while thinking about welcoming the nature of "holding on" and "letting go" that is part of our oh so mysterious human condition!

As I think about "holding on" and "letting go" and breathing into change in life and the wide world, I am reminded of a teaching by interfaith scholar Eboo Patel. He once said "my goal is to move the world 1/10th of an inch" when working towards justice.

This helps me to daily think about what is possible to do, commit to doing what I can, then letting go, and doing it again, knowing that all our collective loving in the world and all of our collective efforts towards greater good, matter. And we do not have to carry anything by ourselves. We can hold what we can hold, and then we can let go.

We can dance with change. We can allow the breath of life to keep teaching us how to hold on, and how to let go. To me, this awareness helps me live as fully and sustainably as possible in the busy world full of change.

Friends, what we do with our lives matters. It matters what we do together. So, let’s keep on breathing through it all -- holding on, and letting go -- and moving the world as best we can towards more justice and equity for everyone. Dear Ones, may you have some ease in your journey this month.

Warmly & with care,

Rev. Dara Olandt
Assistant Minister

P.S. Thank you again for everyone helping support the Borders and Beyond ministry we all share through UUCSR! Here’s a simple, important thing to support this effort... help share the word about this GO FUND ME campaign to raise money to cover legal fees and basics which Ruth and her family need to fight for their asylum case! Please share word of this far and wide -- through your networks within and beyond the congregation! You might consider sharing this with your friends, family members, co-workers and neighbors!


You can copy and post the link to your FB, other social media, or email it to folks in your communities. You can also find the link on our UUCSR FB page and share it from there! Overall, your help getting this word out and “amplifying” can really make a difference.

Please know that the info in the GO FUND ME was approved by the family and sharing it on social media will not have negative impact on the family’s case for asylum! Rather, it helps us raise money to cover their legal fees and the basics Ruth needs while pursuing her family’s case. All donations are tax deductible.

Much appreciation!
President’s Column

For me, the new year starts in September, not January 1. It’s when the long, slow days of summer end, and the excitement of a whole new school year kicks in. Possibilities abound. Anything could happen! And even though it’s been a loooong time since I was in school, that same feeling kicks in about now. And, actually, this year IS very much like those years past, with possibilities abounding! The board just had our retreat, where we set our direction for the year, and I swear, there must be something in the air or the water – a vision for expanding our mission – our “good news” – seems to be rising up from everywhere.

It’s a bit like we’ve been tilling our soil and preparing our ground in the past few years (and boy, have we!), and this year we’ll be planting our seeds and nurturing them. And what we’re going to get is an explosion of a beautiful, healthy, nurturing Beloved Community! People who value what we value, stand for that which we stand, and increase our ability to celebrate life, empower all people, care for one another, and help to build a larger UUCSR. A larger UUCSR means a stronger voice in our local community and beyond. A larger capacity to both give what we have and receive what we need.

I WANT THAT. And we need to be mindful and careful about how we nurture our seedlings. They can’t have too much – or too little. For us, we can’t get so fixated on growing that we lose sight of what works about us – our deep well of relatedness, our caring for one another (whether they be someone we know well or someone we only see across the Sanctuary or Social Hall on Sundays), our participation in the life of this congregation, our huge heart, our attitude of welcome and inclusion, our openness to all. Those things are WHY we’re a vibrant congregation. We cannot (and will not, if I have anything to say about it!) lose what makes us, “us”. But we can invite more people into our community, into what works about us, thereby enriching both the community and each of us.

Sometimes I get to a point where I just really don’t want to meet another new person. There’s a part of my brain that says “I’m happy with the people I know now. I don’t really want to open myself to meet a stranger.” And then I somehow meet a new person who I just click with, and my life is so much richer. That’s what I know will happen for us as we reach out and invite new people in to experience what we already do. And I can’t wait!

Soo...some really cool, out-of-the-box things are coming! (We really like out-of-the-box moves, don’t we?) One pretty big one in particular. Be sure to come to the Town Hall on October 27th to discuss it! We’ll be having some Forums between and after services to let you know about what we want to do and why and get your feedback. And we’ll have a (VERY SHORT) special Congregational meeting after our second service on November 17th to vote on it. Mark your calendars now...!

I feel a little like we’re standing at the edge of our garden at dawn. It’s cool, quiet, the light is beautiful, and we’re both seeing what’s there now and envisioning what it’s going to be like fully grown. It’s a moment ripe with possibility. Anything can happen. The future is just around the corner.

Come plant that beautiful garden with me – a place of beauty, color, light, sustenance, peace...and LIFE!  

-Natalie Brundred,  
President, Board of Trustees

What Your Board Is Up To  
- Sept 2019

The Board unanimously approved a re-structuring in our Religious Education (RE) division. Jen Freese, our Director of Religious Education, will go down to 30 hours a week, and we’ll hire an RE Office Assistant for 10-15 hours a week. This lets Jen concentrate on creating and managing all the programs under the RE umbrella, while not having to spend time doing things an assistant (at a lower pay rate) can do. This will be budget neutral, so it’s a win all around.

We also unanimously approved the creation of a new job category of Youth Child Care Assistant. The Board also committed to finding ways to raise members’ awareness of the many opportunities for meaningful service in our congregation. Coming soon...the bulletin board in the lobby (in the front window) will post ways you can contribute and serve our community!

We also discussed first steps toward our goal for this year, particularly focusing right now on getting a new Congregational Management software program (and our “out-of-the-box” idea – come to the Town Hall on October 27th to find out more!).

Our next board meeting will be Thursday, September 19th at 6:30 in the Board Room. You’re welcome to attend!

-Natalie Brundred,  
President, Board of Trustees
Religious Education

Jen Freese, Director of Religious Education

Anyone who knows me knows that I love trying out new things, especially when it comes to education. This year in Religious Education at UUCSR, some things will stay the same, but there are a few key changes that I’m excited to share with you.

This year at UUCSR, you can expect Religious Education will be ...

Multi-Age
… or, what I like to call the “Village Model.” Kids ages 5-12 will come together every Sunday for faith exploration and formation. Instead of being divided into classrooms with two teachers, we will worship and play as a large group, overseen by three teachers. One element that the children will still split up for is check-in, or “Joys & Sorrows,” so that they can share what is going on in their lives with others close to their age. For this, we will break out into Sharing Circles, organized roughly by age, where the children get to reflect on their past weeks. Over the past few months, we’ve seen the many benefits of older kids acting as role models for younger ones, whereas younger children remind older kids that it’s still okay to play and create! This spirit, that of a small village – inclusive, welcoming, loving, looking out for one another, taking on roles of leader and follower – has been visible in RE this past summer during Makerspace, and we’ve decided we like it! I am delighted to be co-teaching in the Village this quarter with Janet Barrows and Emily Heinzelman.

Our bustling (and growing!) group for children ages 3-5 will remain in its own room, as it has been in the past. The developmental and spiritual needs of 3-to-5 year old children are unique, and this group is also sizeable enough that it runs quite well, separately from the older children. We are extremely thankful to have Era Capone and Monique Pavon teaching together in the preschool this first quarter.

Thematic
A major part of Soul Matters Sharing Circle Thematic Ministry, which our whole congregation will begin on September 1, is a monthly theme that runs through every aspect of congregational life – worship services, small groups (look for these!), youth ministry, and of course, religious education! While parents and caregivers reflect and worship on the concept of Expectation in September, children will ask themselves, “What’s make us a people of expectation?” This ties adults and children together in a beautiful way. RE will explore the monthly theme each week with different activities.

Driven by Choice
We will also utilize a workshop model for RE this year in which children come together in the morning to worship together, and during which the theme is introduced. After that, they are given three choices for exploring the theme and their faith. These fall under the terms, “Sunshine,” “Service” and “Silence,” (coined by Katie Covey, DRE with Soul Matters).

Sunshine: Large-movement, deep fun games that are outdoors as much as possible.
Service: Projects, often arts and crafts, that provide opportunity for serving the UUCSR and larger community.
Silence: A quiet, reflective activity, usually a book or story

We look forward to seeing your child on September 15 for Ingathering, and for the start of RE on September 22!
UUCSR Religious Education – Fall/Winter Dates to Remember

**September**
- Friday, September 6 – 8: All-UU Camp
- Sunday, September 15, 9:15 am: Multigenerational Ingathering/Water Communion Service (children will leave for a craft mid-service)
- Saturday, September 21, 4:00 pm: UUCSR Family BBQ
- Sunday, September 22, 9:15 am: Religious Education begins (grades Pre-K-5)
- Sunday, September 22, 11:00 am: Middle School “MUUGs” Group begins (6-8)
- Sunday, September 22, 12:30 pm: High School Youth Group begins (9-12)

**October**
- Saturday, October 12, 5:30 pm: Parents Night Out
- Sunday, October 27, 11:00 am: UUSCR Town Hall (childcare available)

**November**
- Friday, November 1-3: Pacific Central District: MUUGs Fall Retreat

---

**Why Register Your Child for Religious Education?**

Beginning September 1, you can register your child for Religious Education at the RE table or online. By registering, your family will:

- **Stay Safe**: Registration ensures that we have the most up-to-date medical, allergy, and contact information for your child so that we can care for them the best way possible! *Safety is the #1 reason we ask that children be registered.*

- **Stay Involved**: By providing your contact information, you can be sure to stay “in the loop” with what is going on in the RE program by receiving our weekly RE emails and other notifications of upcoming events.

- **Stay Connected**: When you register your child for RE, we create a permanent nametag for your child as a regular attendee in their RE class. Their photo is taken (with your permission) and posted on a bulletin board of “Who’s Who at UU” for the RE Wing. Your child’s RE teacher and friends will get to know them better this way.

- **Stay Soulful**: Registered families receive a free print or electronic monthly subscription to Soulful Home, a packet of resources specifically for parents, caregivers and families and their spiritual growth.
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.

Sept 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.

Sept 8: Borders and Beyond Family Fund supports UUCSR's Borders & Beyond Ministry which provides faithful accompaniment to asylum seeking families. It helps families cover necessities such as legal and medical bills and additional costs associated with resettling in this area.

Sept 15: 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.

Sept 22: 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.

Sept 29: YouThrive, a program of Side By Side, provides ten week sessions for troubled youth ages 11 to 18 to help them develop the mindset and coping skills to stay on a positive path through school and career, and be contributing members of family, school, and community. Youths making progress are taken on day outings and camping trips.

The Advocates for Social Justice Film Project Series, 2019-2020 begins on Sunday, September 22, following the 11 AM service, in the Board Room, with an introductory overview and a focus on the main driver of climate change: human society’s dependence on fossil fuels. The series relies on author Richard Heinberg’s work at the Postcarbon Institute here in Santa Rosa, as well as informative, illustrative and complementary video presentations for each session.

As the title of this series suggests, resilience, or our society’s ability to bounce back from the impacts of climate change, will be the very practical framework within which to explore over 20 critical aspects of our quickly changing world.

The series will show us specific ways to mitigate and adapt, and to help human societies navigate the rough waters ahead. Over the nine showings between September 2019 and May, 2020, we’ll look at why it’s especially important to build resilience, localization, and social justice in our communities.

We envision an expanded role of discussion and thinking critically and creatively. We need to go beyond simply consuming ideas and instead use this series as a platform to practically forge a way forward. Climate change is here now; we must act. This series offers an opportunity to understand, collectively, what is most important and what we need to do.

Please bring whatever you wish to eat. We will offer a snack, not lunch.

The Lay Chaplains, part of your pastoral care team, now have a beautiful white stole to help identify ourselves to the Congregation on Sundays. Look for the person wearing the dove and heart: Paula Hammett, Lucia Milburn, Barbara Kezur, Susan Bartholome, Shirley White, Bruce Hope, Al Liner or Gretchen Paradis.

We’re here to listen to the important things going on in your life—your joys, your sorrows, the things for which we light the candles. Talk to us before or after the service, or you can leave a message at the UUCSR office, and they will forward it to us.
Pagans, Men, &
The Divine Feminine

In a UU pagan practice that emphasizes the divine feminine, what place do men have? What can men gain from this expression of reverence?

I first joined our pagan group, the Covenant of Unitarian Universalist Pagans (CUUPs), without particular considerations about gender, just because I value the specific and regular honoring of the cycles of Earth and sky, giving more sacredness to physical reality than to concepts and invisible beings.

As I participated with this group, I appreciated how the Divine Feminine promotes women’s power, which I see as a necessary counterbalance to the male-oriented power structures now in worldwide dominance. As in many old traditions, pagans see the Earth as a symbolic mother — a primary source of generative power — and a feminine principle. I find this emphasis personally valuable, because I seek a harmony between my own feminine and masculine elements.

I appreciate the CUUPS approach to paganism, which welcomes a view of divinities as metaphoric, or symbolic of internal states and conditions, much as Unitarian Universalism itself often does. Paganism focuses on life -- on what we do in this life -- rather than focusing on punishment or rewards, whether now or in an afterlife.

Curious? Want more earth-centered ritual? You're invited to check out one of our meetings, held on the second and fourth Tuesdays of the month, from 5 to 7 pm at the Glaser Center's Founders room 545. We are also producing a five-Saturday class for Adult Religious Education called "Cakes for the Queen Of Heaven," beginning September 28. For info, contact Lucia Kasulis. cuups@uusantarosa.org

~ Eric Skagerberg
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.

We'd Like to Invite You to a Thank You Party

The Stewardship Team and UUCSR’s Board of Directors appreciates your generous gifts of time, talent and treasure, so we’re throwing

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

Do you donate 5 hours or more a month to UUCSR? If you facilitate a TIE group, work on our building, serve on the board or other committee or as a lay chaplain; sing in the choir, or volunteer 5 hours/month in any of the other countless ways that people do

Then you’re invited to a fun afternoon of conversation, delicious appetizers, live music by Stone Soup, and a game of UU Jeopardy

RSVP to the Evite that was sent on Sept. 1 or email Erin Howseman by September 22
(Please do not rsvp to the UUCSR office.)
Administrator’s Minute

Welcome to September! This is one of my favorite months. I love the change of the season, the smell in the air, summer still hangs on but I can feel the fall coming, and it’s my birthday!

I used to struggle with the winter season. I am a summer girl and I don’t mind spring or fall but winter use to be challenging. I realized I can change my attitude about the seasons because they were going to happen anyway. I could practice appreciation for winter or be miserable. What a positive difference changing my attitude made in my life.

Change is happening here at the UUCSR. I am busy creating seamless, smooth systems, improving technology and preparing for growth. Maybe you have seen some of the changes that I have facilitated into place. Have you met Barbara the Sunday Social Hour Host? I hear she makes a great cup of coffee. Have you noticed the acoustical tiles in the Narthax and Social Hall? The Operations team worked for months making that happen. The new office phones will be installed in the next 60 days and in the next few months we will be transferring to a new pledge software that is much more user friendly. Did you know our pledge secretaries volunteer for about 30 hours per week on our current software? That is too much! We will upgrade to a more efficient system that better serves the Congregation today and as the congregation prepares for growth.

Here are 2 system reminders:

If you would like to get something into the Announcements Page of the Order of Service, Please email announcements@uusantarosa.org NO LATER than Wednesday at noon.

If you get your announcement in later than noon I cannot guarantee your announcement will make it into the Order of Service that week.

If you would like to submit a committee announcement to the monthly newsletter, please email your request to newsletter@uusantarosa.org NO LATER than 6:00pm. The deadlines are listed below:

- September 16
- October 21
- November 18
- December 16
- January 20
- February 17

All things change and grow. I am methodically creating systems and technical improvements to support that growth while keeping our Beloved Community.

—Dawn Silveira, Administrative Manager

Glaser Center News

Are you are looking to join a fun committee? The Glaser Center Commitee needs a member. We are looking for a new member who brings marketing and creative thinking to the table. Please connect with Dawn Silveira the UUCSR Administrative Manager

September Events at The Glaser Center

Festival of Belonging
Friday 9/13 and Saturday 9/14
Opening Reception for FACES 9/13 5-7 P.M.
Presentation of Inherent Worth 9/14 4-5:30 P.M.

Justice Wise Saturday 9/28
Homelessness as a Medical Issue - Dr Bramberger MD
It’s time to sign up for Circle Dinners!
Get to know fellow members in a small group over a potluck meal.

New Circle Dinners start in October!
In Circle Dinner groups, members enjoy getting better acquainted over shared meals hosted in members’ homes each month. The meals are delicious and the gatherings are fun! Members value the friendships that develop within Circle Dinners and look forward to participating in new groups.

Groups of six to eight members typically meet until each member or couple has hosted. The host furnishes the entree and the guests bring salads, dessert, wine, etc.. Each group decides on their own schedule – Bring your calendar to each dinner to plan the next one.

Don’t let a small dining space keep you from participating– it often works out fine. But if hosting in your home doesn’t work, you might arrange to host your turn in another member’s home.

Sign up for a Circle Dinner group after the service in the narthex on Sept 8th or between the first and second service on Sept. 15th.

You’ll provide your contact information and be asked for time preference, whether you wish to be a regular member or substitute, whether or not you can host, whether or not you can kick off the first meeting by contacting members of your group, and any special needs.

Join in!
-- Deborah Wiig, Circle Dinner Organizer
CIRCLE DINNER SIGN UP SHEET

Name(s):
____________________________________________________________

Phone Number:
___________________________________________________________

Email
Address:_____________________________________________________


Substitute Only?
____________________________________________________________

Can you host one of the dinners?    Yes _____ No _____

Would you be willing to kick-off your circle group by contacting members of
your group? Yes ___No_____

Special Needs:________________________________________________

____________________________________________________________

____________________________________________________________
SATURDAY SAUNTER
Annadel State Park July 20

From Park Trail entrance up Canyon Trail to Lake Il- sanjo 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.

Saturday Work Day
September 7, 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.

SILENT DRAWING & WRITING MEDITATION GROUP

Let your creative juices flow! Friday afternoons from 2:00 to 4:00 in the Board Room. Bring your supplies and ideas for two hours of peaceful connection with your muse. For more information contact: Judy Hutchinson.

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!

EVENING BOOK GROUP
Will meet on Thursday, September 12th
From 7 to 9 p.m. at 547 Mendocino, in the RE wing

The September selection is The Power of Habit by Charles Duhigg. Visitors and newcomers are welcome. In October we are reading The Overstory by Richard Powers.

Old Age is not for Sissies

This group for women who have already reached their 80th birthday continues in the Green Room on the 2nd and 4th Monday morning of each month. We usually have an attendance of about 16, which should be too many, but we are all good listeners!
Phyllis Clement

WOMEN TOGETHER

GETTING TO KNOW UU CLASS

Are you 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 on Saturday, October 12th, from 9:30am to 12:30pm in the Founders Room (formerly 545). Rev. Chris Bell will present an overview of Unitarian Universalist history and the roots of our congregation. This class is open to everyone and is required for UUCSR membership. Sign up at the Visitor/Welcome table. Our next New Member Ceremony will be held on November 3rd during the 11am service; if you are interested in joining, you can complete your application at the class or pick one up at the Welcome Table. Questions? See Michele Murphy.

ANNUAL GARDEN PARTY
Saturday, September 14, Noon - 2:00 P.M.

You won't want to miss our very-popular annual POTLUCK garden party, to be held at Elaine Wellin's lovely home/backyard! It's a perfect event to make new friends and deepen your ties with ones already known. Bring a dish and/or beverages to share; we usually have 20-25 in attendance, just to give you an idea. Elaine's address is, in Santa Rosa.....It's east of Montgomery Village, and since sometimes GPS can mess up the streets in that area, IF you need to, call her for directions. If you prefer to email her for directions, PLEASE type the subject as "Women Together Garden Party" so she'll notice it [amongst many UN-wanted emails!]
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:

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. Part I :9/21 - 10/19, fee $25 (though no one will be turned away for lack of funds).

Music and Meaning in the Movies:
Do you like movies? Of course you do. Do you like music? Who doesn’t? Alan Bell’s class 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 thr modern times. Mondays 6:30 - 8:00. 9/30-11/4.

Humanism:
Rev. Chris 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.
Submitted with feeling!  
—Randy Jones

Keith Richards of Rolling Stones fame once said, "Music is a language that doesn’t speak in particular words. It speaks in emotions, and if it's in the bones, it's in the bones." And sometimes, as Peter, Paul and Mary explained, "...they got a good thing going when the words don't get in the way." So why is it we change so many of the words of the more traditional hymns of our heritage? Is it so the words don't get in the way of the singing? At the AUUMM conference Susan Panttaja and I attended in July, we learned that the important part of music is the singing, not the words. Our perennial favorite, "Amazing Grace", stops the singing in the middle of the second line to poll the congregation on whether they feel like a "wretch" or a "soul". Is that really important to the music?

For the twelve months of the fiscal year ending in June, we are showing a loss from combined Operations and Glaser Center of approximately ($21,300), which is an improvement from last month’s newsletter report. YTD Operations are down ($47,000) and Glaser Center shows a gain of $25,600. We were more successful in reducing expenses than increasing revenue. 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 $11,000. While the amount of the loss this year seems large, in terms of percentages, this year’s loss is about 3% of the total budget.

Take some time to understand the sweeping changes in tax law regarding itemized deductions. In order to receive a tax deduction from charitable contributions your itemized deductions for individuals must exceed $12,000 and for couples $24,000. That's a hurdle most taxpayers are not going to reach. You might want to talk to you tax advisor about these changes to explore other ways to make the most of charitable contributions.

Fiscally yours, Michael Randolph, Treasurer

Starting in September we'll be using "Soul Matters" as a guide for themes, topics, and music. And the theme for September is "Expectation". First off is Labor Day, then Family Camp, followed by the return of the Choir and two services at Ingathering. Then comes a look to the future and finally, on the fifth Sunday, we examine how we might expect things to work out.

Throughout the month, your Music Coordinators will bring you music for listening, for singing, and for feeling. We expect you'll feel it in your bones!

Would you like to be a part of the planning, or presenting of music? Talk to a Music Coordinator (musicians@uusantarosa.org), or our Choir Director Sadie Sonntag (choir@uusantarosa.org) - or after a service look for a Music Coordinator nametag with a treble clef (/topics) on it.

Submitted with feeling!  
—Randy Jones

SHARE-THE-BASKET

Following are the MAY 2019 Recipients

<table>
<thead>
<tr>
<th>Organization</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.