October 6th
A TEAM, NOT A CLUB
How might we best conceive of living intentionally in spiritual community, towards the goal of our maximum happiness and impact on the world? As a team, not as a club. Belonging to a team is much more fun, interesting and useful than joining a club. And guess what? You’ve already been picked for the starting lineup!

Service Leaders: Rev. Chris Bell, Joe Gabaeff, Jen Freese
Music by: Alan Bell & some musical UUs, Roger Corman, Everyone
Share the Basket: Borders & Beyond Family Fund

October 7th
A Sundown High Holidays Reflection Service
The 10 days that span between the Jewish High Holidays of Rosh Hashanah (Sept 30th) and Yom Kippur (Oct.9) are known as the Days of Awe. Anticipating the day of Yom Kippur, we’ll gather for community, reflection, spiritual practice and celebration. With Rev. Dara, Rev. Chris and Members of the UU Jewish Community at UUCSR.

Service Leaders: Rev. Dara Olandt, Rev. Chris Bell
Music by: Some musical UUs

October 13th
TITLE FROM BRYAN
On this, the 2nd anniversary of The Fires, we’ll engage in an old-time pulpit exchange with the UU Fellowship of Chico. Our former intern minister Rev. Bryan Plude will preach here, and share from his experiences with the Paradise fire last year, while Rev. Chris preaches before the Chico congregation. Further description from Bryan.

Service Leader: Rev. Bryan Plude, Izzy Fischer, Jen Freese
Music by: Sadie Sonntag, the Choir & Roger Corman
Share the Basket: California Human Development

October 20th
HOLDING UP THE LIGHT
Learning from Borders and Beyond
This Sunday we’ll explore our monthly theme of belonging and also hear learnings from Borders and Beyond.

Service Leader: Rev. Dara Olandt, Judy Withee, Linda Lampson, Jen Freese
Music by: Robin Rogers & Friends, Roger Corman
Share the Basket: NAMI

October 27th
CELEBRATING THE GENERATIONS
One service only at 9:15! Town Hall meeting at 11
Our annual, and ever-evolving, celebration of our ancestors and those who have passed away in the last year, with a look ahead to the future generations, too. Bring a photo of someone you want to remember who has died, or someone who represents the future, to be placed our common altar. One service only at 9:15!

Service Leader: Rev. Chris Bell, Jen Freese, Aphrodite Bellochio, CUUPS
Music by: Sadie Sonntag & the Choir, Roger Corman
Share the Basket: Breakfast for Our Neighbors

11 A.M. TOWN HALL MEETING
Please stay after the 9:15 worship service for our Town Hall meeting. We’ll engage in frank and enlivening discussion about a variety of issues facing the congregation. Most notably we will discuss changing the budget to hire a communications professional and begin an outreach effort.

November 3rd
ON ATTENTION
What does it mean to be a people of “attention?” How does what we attend to shape our reality? What should be compelling our attention most in these troubled times? How do we not turn away from the hard things? These are the Soul Matters questions of the month of November, and we’ll begin our exploration today.

Service Leader: Rev. Chris Bell, Lou Gwendolyn
Music by: Sally Jones & musical UUs, Roger Corman
Share the Basket: Law Enforcement Chaplaincy Service
Belonging

I wonder if you remember what it felt like when you first knew that you belonged at UUCSR? When you felt that you fit?

Maybe it was that first visit to the website. Maybe it was when someone actually came up to you in coffee hour and started a conversation. Maybe it was when you saw the books on the library cart. Maybe it was a song that touched your heart in worship, or something one of the preachers said. Maybe it was a reflection that moved you, or a class you took, or the Getting to Know UU orientation. Maybe it was when you forged a new friendship. Maybe it was when you realized you didn’t have to look at the Order of Service to sing “Spirit of Life” or declare yourself a person with an “open mind, loving heart and helping hands.” Maybe you told someone, out loud, that you were a Unitarian Universalist, and that you “go to church,” and it felt right and good! Maybe it was when someone asked you what Unitarian Universalism was all about, and you sang them the Seven Principles to the tune of “Do-Re-Mi!”

And, I also wonder, when did you know you belonged to UUCSR? I mean when did you realize that the claim of belonging went both ways, and that we needed you as much as you needed us. When did you first valued, needed and accepted? Have you?

Sometimes this aspect of belonging feels riskier to the members of the club of non-joiners. “You’re not going to get your claws into me,” we decide in advance, wary of hypocrisy or some demand on our freedom, wary that we might actually have to evolve, or yield some control, or open our hearts.

Yet you dragged yourself out of bed that one Sunday, even though you really didn’t want to go, because you had promised that you would usher. You hosted a house meeting, or joined a committee. You pledged, maybe even before you joined, and then later you got serious about tithing (or trying to), after you attended a congregational meeting and learned how much everything costs. You And there was that feeling in your chest when someone you care for was lighting a candle up on the chancel, and you knew what it was about, and you spoke after the service. You took a meal over to neighbor or friend having a hard time. You helped at the Breakfast. You even, gulp, started to pray or meditate. You started to sing, because you believed us when we said we wanted maximum volume, not perfect pitch. And, yes, sometimes our involvement might not be noticed or valued. If that has happened to you, I’m sorry.

To be clear, belonging is NOT about when you officially joined as a pledging member or friend. Joining is not the only way to belong at or to UUCSR. Maybe you haven’t become a member and never will, and that’s OK, although I warmly invite you to consider it. I know from personal experience how much deeper the sense of belonging to my UU faith and my UU community became when I began to literally invest in it with my time and treasure.

We know that “a sense of belonging is deeply important to emotional health and personal wellbeing. Individuals develop a sense of belonging when they feel that they are part of a larger community that they believe in - a community that welcomes them, a community that respects and represents their values, and a community that helps them to fulfill their aspirations.” So writes Dr. Laura Roberts, the Director of Stanford University’s Belonging Project.

Moreover, she writes, “the importance of the feeling of belonging has been demonstrated through empirical work on human resilience and identity formation and on factors that protect emotional health and personal wellbeing, even in the context of adversity and trauma. Individuals who feel marginalized are more likely to experience significant health problems over the course of their lives. Moreover, clear evidence has shown that individuals in distress who feel that they are disconnected and are not part of a larger community are especially vulnerable to poor outcomes, including impulsive or self-harmful behavior.”

So, broadly speaking belonging is good for people, and not belonging is harmful. Thus, if we can offer more belonging, morally we must, just as one must offer spare food to a starving person. Since our community has a great capacity to expand physically, financially and numerically, thus greatly enlarging the circle of belonging, we have to offer it to those who need it. You and I aren’t the only people who need a group of relatively like-minded people to pursue noble ends with. Everyone needs that, particularly these days. If you haven’t noticed, the world is having a hard time. Truth, compassion, the spirit of acceptance, and hope are in short supply. We’ve got a great big bucket of those, with plenty to share. We just need to be willing to scoop some out and spread it around.

This is the driving ethic behind my five-year growth plan. I hope you will attend the congregational conversations on October 6th, and the Town Hall Meeting on October 27th, to hear and talk more about it.

My vision is ambitious, but I do not actually expect it be hard, unless we make it hard on ourselves. Why, if every single current member just invites one more person into the circle of belonging at UUCSR, we would be at 700 members, just like that! Easy peasy!

At which point, of course I’ll call for a bigger bucket. And so it must ever go, until everyone who might need us knows that they belong.

As I pray that you know that you belong here, my dear ones. Be kind to each other, savor beauty, and stay faithful, and I’ll see you on Sunday.

Reverend Chris Bell
From the poet, David Whyte:

*When your eyes are tired the world is tired also.*
*When your vision has gone no part of the world can find you.*
*Time to go into the dark where the night has eyes to recognize its own.*
*There you can be sure you are not beyond love.*

*The dark will be your womb tonight.*
*The night will give you a horizon further than you can see.*

You must learn one thing. The world was made to be free in.
Give up on all other worlds except the one to which you belong.

This month's theme is deep and relevant one --
for, what is perhaps more core to the human experience than a sense of belonging? Or a yearning to belong? This month I am re-reading the poems of David Whyte, a poet who always inspires me on the theme of belonging. He writes about what it means to belong to the world and to belong within the world. (Heck, he even has a whole book “The House of Belonging” about all this!)

I think *belonging* reminds us, as the poet says, that we are “not beyond love.”

In my life I’ve struggled with a sense of belonging and found it in a wide-range places: as part of a theater troupe in high school, a cohort in Divinity school, also while standing alone on the bank of a gushing river in piece of breathtaking wilderness (feeling deeply, if fleetingly, embraced by the larger, awe-inspiring, interconnected universe). I have felt a sense of belonging in meditation and in our social justice ministries. I have felt it within a group of fierce and funny friends I’ve known for over 20 years. I also felt it last month when Jen Freese, our Director of Religious Education helped new and returning families in the RE to connect at a picnic. I think she knew UUCSR would be a “house of belonging” for her and her family. Thank you beloved community for making this so.

Creating a sense of belonging together is the call of Unitarian Universalism. It’s also the call of many of the world’s religious traditions: To welcome the stranger. To bind up what is broken. To create communities of belonging and support. The Borders and Beyond group will share some reflections in the Sunday service on Oct. 20th. Stay tuned to learn what is next in store along the path of UUCSR faithfully responding to the humanitarian crisis stemming from the borders.

Speaking of belonging - I also wanted to share that this month of October sees the Jewish High Holidays! This is a time of “holy introspection” coupled by action. This is a good season to think about relations between innermost self, others, society, and the sacred. It is a perfect occasion to think about how to increase a sense of belonging within ourselves as humans and within community. Please do join myself and fellow UU Jewish folks on Monday, Oct. 7th at 7pm for Days of Awe: A Sundown High Holidays Reflection Service. All are welcome!

Dear Ones, may you seek and find experiences of deeper relatedness! May you explore a sense of belonging all month and into this year.

Warmly & with care,

Rev. Dara Olandt
Assistant Minister

Monday, October 7th, 7pm
The 10 days that span between the Jewish High Holidays of Rosh Hashanah (Sept 30th) and Yom Kippur (Oct.9) are known as the Days of Awe. Anticipating the day of Yom Kippur, we’ll gather for community, reflection, spiritual practice and celebration. With Rev. Dara, Rev. Chris and Members of the UU Jewish Community at UUCSR.

Sunday, October 20th
Holding Up the Light
This Sunday we’ll explore our monthly theme of belonging and also hear learnings from Borders and Beyond.
Service Leader: Rev. Dara Olandt, Judy Withee, Linda Lampson, Jen Freese
Music by: Robin Rogers & Friends, Roger Corman
Share the Basket: NAMI
President’s Column

The seasons are changing – leaves turning colors, what I call “the big dump” (leaves on the ground, not on the trees), weather turning colder, maybe some rain, days getting shorter. For some reason, this seasonal change outside tends to prompt a time for me to look inside, reflect, and make changes inside. This year, as I’ve been reflecting on the coming changes here at UUCSR, for some reason the word “values” has been in my mind (and coming out of my mouth) a lot. Values are those things that we tend to not think a lot about, but are always operating from. Those things that, if we act in alignment with, we’re happy, and if we don’t, we aren’t – and things tend to fall apart. So...what would I say are the values that we operate from and hold so dear – and would want to hold on to and make sure are present as we grow? First has to be Love. We love, respect, and care for each other, humanity, and our world. I would say it’s what gives light, color and impetus to almost everything we do, think, say and be. More than anything, it’s our glue – it’s what holds us together. Related to Love are Respect, Welcoming and Compassion. Even when we don’t agree, we respect someone’s inherent dignity. We welcome everyone, be they just like us or very, very different. We have compassion for people as they face their challenges, foibles, places where they fall short. And we don’t hesitate to reach out and express it. I have been so encouraged to step out again and again, to take on things I wasn’t certain I could do, because I knew that my efforts – even if I made a mistake – would be appreciated and given thanks for. Another of our values is Commitment to Social Justice. Mother Teresa said, “Love cannot remain by itself – it has no meaning. Love has to be put into action and that action is service.” From the Saturday Breakfast to our Neighbors, to our Climate Action Groups, to showing up with banners and signs at every social justice march and rally, to jumping in to action to support a family from Honduras, we show up, again and again and again – to serve. We walk our talk – and we find joy and fulfillment in doing so. Another of our values is Service. We are of service to each other and to our community. Some of us make sure our members are taken care of when ill or needing a ride. Some of us create beauty every Sunday with flowers. Some of us make sure we are responsible stewards of the money you give. Some of us make sure there is beautiful, uplifting music every Sunday. Some of us make sure every person who comes is greeted and welcomed. And SO much more! And how about Truth? We don’t shy away from it. We look to convey truth in compassionate, understanding ways, but we don’t back away from it. We don’t gossip, we don’t have cliques, we don’t hide or suppress. What gives our Beloved Community so much power and meaning is Truth. I think another of our values is Joy. As I look through everything I’ve said, that is what stands out most. We bring joyful hearts to everything we do, and we find joy in everything. And that is no small thing! Our world can use all the joy it can get. After thinking about what our values are, I went back to the 7 Principles, our Covenant and our Mission, and guess what – they’re all different ways of expressing these values! You’ve probably heard the following covenant:

Love is the doctrine of this church;
The quest for truth is its sacrament,
And service is its prayer.
To dwell together in peace,
To seek the truth in freedom
To the end that all souls may grow into harmony with the Divine –
This do we covenant with one another.

I think all that is true. And as we look to grow, we will ensure that our growth encompasses and enlarges these values – that which makes UUCSR so valuable and meaningful to each of us.

Are there values you’d add? I’d love to hear!

-Natalie Brundred,
President, Board of Trustees

What Your Board Is Up To

Planning for Rev. Chris’ sabbatical is coming along well. Next step is to draw up a contract for Rev. Bonnie Dlott, who has agreed be our Sabbatical Minister!

New software that will encompass membership, pledging, communications with the congregation, and more is coming soon! This change is much needed and expected to be greatly helpful for the congregation and staff.

The board approved a few changes to what is displayed at our entrance so we can convey more clearly who we are.

The Board and our ministers are exploring what it will take for the congregation to flourish and grow in the coming years. We are at a fork in the road, and important decisions lie before us as a Congregation. The Town Hall on October 27th and forums on October 6th will provide time and space for robust discussion! Please come.

Please feel free to attend our next board meeting, Thursday, October 17th at 6:30 in the Board Room. We’d love to see you!

-Natalie Brundred,
President, Board of Trustees
Belonging to a History and the Interdependent Web

I invite you to close your eyes and imagine a circle. It is a very small circle. Only certain people who look and act a certain way are inside the circle. Imagine yourself outside the circle. What does it feel like to be outside the circle? You really want to get in the circle, but no one invites you, no one lets you in. You see a being, made of love. That being and you watch the circle. You see the circle disappear. You see a glowing golden circle appear, that invites everyone in, and opens and re-opens as friends, family, neighbors, town, on and on, appear.

—an excerpt from a Religious Education Meditation in October

This month in Religious Education, we will help the children and youth explore belonging as a spiritual and social practice. I think that belonging is a huge part of what we do in Religious Education at UUCSR. Not only imbuing our children and youth with a sense of belonging, but helping them develop the strength and character needed to extend a sense of belonging outward to others is essential to faith formation as Unitarian Universalists. Here is a look at how we’ll explore Belonging in RE this month:

**Chalice Children Room (ages 3-4)**
Preschool age children will explore what it means to belong and let others belong in a variety of ways this month, including a read aloud, *The Big Umbrella* by Amy June Bates, which reminds us that there is always room under the umbrella, no matter how different you are. Children will also explore the experience of bringing others into the circle with puppetry and impromptu drama. Finally, they will explore belonging to the interdependent web by reading the book, *All I See is Part of Me* by Chara M. Curtis, and planting tulip bulbs.

**Multi-Age RE (ages 5 and up)**
Elementary age children will begin the month by thinking about what it means to belong to a history, and how it feels to not be included in a history due to one’s culture or race. They will hear true stories of indigenous children’s experiences about not belonging, to help our UU children understand how some peoples have been left out of history. They will have the options to play games like the card game, “Set,” and “Under the Mushroom” parachute game to think about belonging. Finally, they will think about belonging to the interdependent web through service with the option of a trash cleanup around the congregation building.

**Middle and High School Youth Groups**
Youth will continue bonding with each other by telling stories using cards, making a monthly mural for the RE Wing, and playing tag while trying to balance a pair of socks on their head! During check-in and reflection, we will start out the month thinking about what sociologist Brené Brown calls the difference between fitting in and belonging, where fitting in requires that you sacrifice part of who you are to conform. Belonging, she describes, is being accepted for who you truly are. Youth will also reflect on the courage it takes to leave a situation in which you don’t truly belong. Remember: pizza is available for all youth at 12:15 pm on Sundays in-between middle and high school youth groups.

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**October 12:**
**Parents Night Out**
5:30-8:00 pm
Join parents and caregivers for fellowship while your children have fun at the congregation in the care of our staff childcare providers! Parents and caregivers meet at 5:30 pm and have dinner together at a downtown Santa Rosa restaurant while children enjoy pizza and games. Requested $5 per child helps pay for pizza and childcare. Please RSVP to dre@uusantarosa.org by October 7 to reserve a spot for your child.
Days of Awe: A Sundown High Holidays Reflection Service

Monday, October 7th
7pm

All are welcome!

The 10 days that span from Rosh Hashanah (Sept. 30th) to Yom Kippur (Oct. 9) are known as the Jewish High Holy Days or the Days of Awe!
Anticipating the day of Yom Kippur, we'll gather for community, reflection, spiritual practice and celebration.

Service Leaders:
Rev. Dara Olandt with Rev. Chris Bell
+ Unitarian Universalist Congregation, Santa Rosa
The United States is in the midst of the deadliest drug epidemic in its history. It's estimated that in 2017 alone, more than 70,000 Americans died from drug overdoses, driven by a dramatic rise in the use of opioids like OxyContin, heroin, and fentanyl.

It's a slow-motion disaster that is destroying whole communities, with no end in sight. In October's 2018 PBS NOVA program community screening, we learn how our nation searches for answers and take an unflinching look at the epidemic through the eyes of those living through it.

Along the way, join doctors, psychologists and neuroscientists as they investigate how drug use alters the brain and drives behavior. Researchers are narrowing in on how we can effectively address our drug problem, from the development of evidence-based treatments and new medications to the rethinking of public policies. With vivid case studies and insights into the latest scientific breakthroughs, unravel the complex and tragic puzzle of how addiction works and how it can best be treated.

We will be joined by guests that work with these issues for a discussion of the film as well as an update of the status of the epidemic in our community. We will also learn about local resources that are available for treatment and support. Feel free to bring something to eat if you wish. We will provide a light snack, not lunch.

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.

Oct. 6: 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.

Oct. 13: California Human Development (CHD). Their Drug Free Living Treatment Programs help people suffering from addiction find a path to happy, healthy, drug-free living.

Oct. 20: NAMI (The National Alliance on Mental Illness) Sonoma County provides education, support, and advocacy for all people affected by mental health challenges. NAMI Sonoma County collaborates with community partners to increase public and professional awareness of mental health challenges and to eliminate stigma.

Oct. 27: Breakfast For Our Neighbors: Our own Saturday Breakfast, provides nutritious meals in a friendly atmosphere for our needy neighbors. It is supported by the volunteer efforts and financial generosity of our members and others.

Nov. 3: Law Enforcement Chaplaincy Service in Sonoma County (LECS) takes referrals from law enforcement to provide comfort to those who have suffered a tragic loss, often at the scene of traffic accidents or other traumatic events. Chaplains are part of an interfaith community and also provide follow up care.

A Message From The Committee on Shared Ministry
We are COSM, the Committee on Shared Ministry. The current committee consists of Bob Anderson (chair), Alan Bell, Susan Bartholome, Frances Corman, Kitty Wells and Rev. Chris. COSM is charged with ensuring the health of the congregation by encouraging communication within the congregation, providing conflict resolution when needed as well as supporting the minister.

This committee is also tasked with the yearly evaluation of the minister that is submitted to the Board of Trustees. To conduct the evaluation process COSM members interview staff, Board members, some committee chiefs, a randomly selected sample of the congregation AND whomever wants to submit input to any of us. Any such additional input would have to be received by one of the COSM members by Nov 7, 2019 in order to be considered in this year’s evaluation process. Of course, all communications with COSM are confidential.

Remember, COSM is here for both the minister and YOU, the congregation.
EcoDesk at UUCSR

“98% of the news about climate change is negative, but…”
“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.

Belonging to My Ancestors

When we honor our ancestors, we honor a sense of belonging; a belonging to the human race, and belonging to the Earth family of organisms. If we believe in the Big Bang, and that Earth and all life upon it came about from an explosion of atoms, then we might also honor the very stardust in the Cosmos as our ancestor. Neil deGrasse Tyson believes this and so do I. I feel that connection to the stars every night when I go out and look up into the star-studded sky. I give thanks to all that my eyes can see and my spirit can feel in this tiny moment of human earth-life. I am honored to live in the here and now. When I connect to the Cosmos in this way, I feel the presence of my human ancestors.

When the moon is full, I feel an even stronger connection to my own mother, my maternal ancestor. When her presence is that strong, I miss her the most. But I also feel that connection to those ancestors we rarely think about: all those tiny creatures that evolved from single cells over eons to bring about the miracle of sea-life, and then air-breathing animals. As a human I am humbled by the cycle of birth, life, and death that has brought me to this day. When I die I know my life will have been one tiny, yet very unique, piece of this cycle, and that I also belong to the future.

As we enter into this ever darkening time of the year, it seems fitting to honor our ancestors with a celebration of their life and our connection to them still. The CUUPs group will be offering you the opportunity to honor your departed loved ones in an Ancestors Service on Sunday, October 27 at the 9:15 service only. Gather with us to give thanks to all Ancestors, those that birthed us and those we chose as an ancestor.

Blessed Be! Lucia Kasulis
Thoughts from Your Stewardship Team

by Robert Howseman

Erin and I recently visited Calaveras Big Trees State Park, which contains two of the finest groves of old growth Sequoias in the world. As we walked among these startlingly beautiful giants, I couldn’t help but think about their tiny, seedy origins, their ancientness, and the extraordinary efforts people of every stripe made over many decades to save them from being turned into lumber. It also occurred to me as we walked that while it’s our duty to help preserve them for those who follow us, we are the future generations those folks strove to save them for.

The parallels between the history of these sequoias and the evolution of our congregation weren’t lost on me either. A small fellowship of 12 or so in 1954 has grown slowly but steadily over the past 65 years, nurtured by hundreds of dedicated volunteers and the financial generosity of us, past and present. Together we have created something bigger than ourselves; its sustenance depends upon your and my continued financial support now.

A sequoia’s need for nourishment increases as it grows, as does UUCSR’s. The Stewardship Team’s chief focus is to encourage generosity (including financial) from all members. This provides the means to deepen the connection each of us have now and provides the resources to support our continued growth and relevance for future seekers.

Your financial support is the ‘nutrition’ needed to keep us going.

The Lay Chaplains

As part of your pastoral care team, we 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.
S A T U R D A Y  S A U N T E R
Our Greenway Adventure with Linda Proulx
October 26
Starting at 9:30, done by 1:00. Meeting place information will be available soon. Contact Gretchen P.

E V E N I N G  B O O K  G R O U P
Will meet on Thursday, October 10th
From 7 to 9 p.m.
At 547 Mendocino, in the RE wing.
The October selection is The Overstory by Richard Powers. Visitors and newcomers are welcome. In November we are reading The Bad Ass Librarians of Timbuktu by Joshua Hammer.

O l d  A g e  i s  n o t  f o r  S i s s i e s
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.

D r u m m i n g  C i r c l e
CUUPs 3rd Friday Drum Circle is in the Founders Room 6:30-8:30 PM. Come join us even if you do NOT own a drum. We have extras for you to use. We welcome beginning and more experienced drummers alike. Put it on your calendar:
Oct 18th, Nov 15th, and Dec 20th which is also the Winter Solstice celebration.

A d m i n i s t r a t o r ’ s  M i n u t e
October is an exciting month administratively. I will be printing out the new Pledging Friends and Members directory. If your address or phone numbers have changed, please email me ASAP so I can make the correction. Administrator (at) uusanantarosa.org

Have you struggled with coming in the front door of our building lately? The north side of the front door pair needs a few new parts which are on order. I appreciate your patience and understanding while we wait for the door parts so the door can be repaired.

If you have been receiving the monthly Newsletter by mail, please provide me with your email address. Starting October 1, 2019, we will only be printing out a few paper copies available in the cubby by the Workroom door and at the Welcome Table on Sundays. The newsletter will be available by email only. Why? Well a couple of reasons. We don’t have volunteers to fold the newsletter and we want to move away from using so much paper.

The new congregation management software is getting closer to arrival. The new software will improve systems administratively and make pledging easier for the congregation. This software has a built-in system for welcoming visitors and creating a pathway to membership and also provides a check in and checkout system for our Littles of the RE program so there is no question of who picked up what child as well as many other fabulous features that we can incorporate as our congregation grows.

We are moving into the future of UUCSR and I think it is going to be a wonderful place to be, just as it always has been - and even better than it is now.

Dawn Silveira Administrative Manager

Below are some of the Borders & Beyond Group at the RE Family BBQ in September.

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. Part I: Saturdays: 9/28 through 10/26, 2-4 pm. 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 thru modern times. Mondays 6:30-8:00. 9/30-11/4.

What Me, Human?: 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 6:30-8:30 pm.

But What Do you DO?? An Insider’s View of Doctors Without Borders. Paul Brockmann, Head of Mission, working with Médecins sans Frontières / Doctors Without Borders since 2005, will offer four Classes discussing how MSF (Doctors Without Borders) tries to accomplish its hands-on work of preserving lives, restoring human dignity, reducing suffering and protecting people’s ability to make their own choices. If you come for only one class, try to come to the first; if you can, come for any of the later classes, they will then make more sense and deepen your understanding.

October 1 (Session One), 6:30-7:45 pm, Founders Room: Introduction to MSF (Doctors Without Borders), and a description of MSF’s three response types.

October 8 (Session Two), October 8, 6:30-7:45 pm, Board Room: Sudden Emergencies, a more in-depth exploration of the West African Ebola Crisis in 2014-2015, MSF’s role, how other agencies and governments did or didn’t respond, and the Western “bio-security” approach to global health vs a humanitarian “rights-based” idea that humans should have access to health care.

October 15 (Session Three), 6:30-7:45 pm, Green Room: Chronic Emergencies looking in particular at the current crisis of Rohingya refugees.

October 22 (Session Four), 6:30-7:45 pm, Green Room: Catalyst for Change looking at MSF’s targeted response to the shocking epidemic of family & sexual violence in the South Pacific island nation of Papua New Guinea.
Russian poet Anna Akhmatova wrote, "If you were music, I would listen to you ceaselessly, and my low spirits would brighten up."

Nothing can lift spirits like music, but sometimes a tune gets "stuck in your head". Scientists have a term for that. It’s called "involuntary musical imagery", or more commonly, earworm. Those songs most likely to get stuck in people's heads often show a pattern of a rising first phrase followed by a falling second phrase, like "Twinkle, Twinkle Little Star".

There is no scientifically proven way to rid yourself of earworms, but there are some things you could try. Proactively think of a different song and hum along with it. If that doesn't work try engaging with the song all the way through. Or you could sit back and listen to the Choir and our other musicians make beautiful music every Sunday. And if beautiful music gets stuck in your head, listen to it ceaselessly and feel your spirits rise.

September brought a harvest of beautiful music starting with "Resilience" and "Joe Hill" on the 1st. Then we heard Massenet's "Meditation from Thais" performed by Nancy Hayashibara and Kathy Stayton on the 8th. The Choir returned from summer break at Ingathering with "Love Is The Water". As of this writing we expect John Ray to bring us some inspiring music on the 22nd, and the Choir to perform "Freedom" and "If You're Out There" on the 29th.

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 look for a special nametag with a treble clef ($) on it any Sunday.

Sorry about sticking "Twinkle, Twinkle Little Star" in your head.

Respectfully submitted, Randy Jones
October 2019

**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.

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**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.