February 2nd

RESILIENCE IS NOT JUST BOUNCING BACK

On Rev. Chris’s last service before his sabbatical, we’ll consider the future of our shared life in community and how to best make use of our time apart. Resilience is not just bouncing back, it’s bouncing forward!

Service Leader: Rev. Chris, Rev. Dara, Rev. Bonnie Dlott, Aphrodite Bellochio

Music by: Robin Rogers & Friends, Piano by Roger Corman

Share the Basket: The Lime Foundation

February 9th

CULTIVATING RESILIENCE

Those of us who have faced serious illnesses know that growing old is a privilege; even so, aging brings unwelcome changes. Is it possible to cultivate resilience in the face of our inevitable decline? How might Unitarian Universalist theology inspire or comfort us?

Service Leaders: Rev. Bonnie Dlott, Linda Lampson

Music by: Susan Panttaja & Friends, piano by Roger Corman

Share the Basket: Borders & Beyond Family Fund

February 16th

BUILDING BLOCKS OF RESILIENCE

In the face of firestorms and personal challenges the past years, there is much to be learned about resilience. Today we will focus on those learnings and the surprising gifts to be found in surviving great difficulty.

Service Leaders: Erin Howseman and Sharon McCarty

Music: Sally Jones, Robert Howseman, treasured UUCSR musicians and piano by Roger Corman

Share the Basket: CA Alliance of Retired Americans Education Fund

February 23rd

BUILDING RESILIENCE THROUGH COMMUNITY

Our high school youth will lead us through an exploration of how community - especially the Unitarian Universalist community - helps build resilience for difficult times.

Service Leaders: UUCSR High School Youth, Jen Freese, Reverend Bonnie Dlott

Music by: Sadie Sonntag & the Choir, Susan Panttaja, Jen Freese

Share the Basket: Saturday Breakfast
First, thank you again all for the extraordinary outpouring of love, kindness and practical support I have gotten from you since I learned of my heart condition last month. IF somehow you haven’t gotten the details yet, here’s the basic story. After beginning a regimen of regularly walking briskly through the Rural Cemetery each morning a few months ago, I found myself having chest pains. They worsened over a month, so I undertook a series of tests at Kaiser, culminating in an angiogram, and the revelation of blockage in two cardiac arteries, and the possible insertion of stents. That turned out NOT to be an option. Since I am not yet ready to have open heart surgery, I turned immediately to a strict vegan and oil-free diet in order to arrest and hopefully even reverse the progression of the disease. I am confident in this approach, which has the blessing of my doctors.

As fresh converts are wont to do, I shall now try to convert you, too. If you are facing any serious health condition yourself, I urge you to watch *Forks Over Knives*, a documentary about the remarkable healing powers of the plant-based diet. Thank you for all the great recipes and meals I have received from you. I’m not at all worried about the hedonistic gourmand in me being satisfied. Most hot sauce is vegan and oil free!

As I head off to my four-month sabbatical, I’m delighted with the state of the congregation. Our congregational meeting on January 26th once again lifted up the visionary thinking and the good will of this community. Thank you, O volunteers of vast number and varied duties! Thank you, O leaders of vision and courage! Thank you, O donors of such great amounts of time and talent and treasure! Thank you, O staff of such dedication and skill! I am proud of you all, and so privileged to share in the creation of UUCSR with you.

Speaking of co-creation, over the last few months you have heard a lot about the proposed “Expecting Growth” initiative that I brought to the Board at our annual retreat in August, and which has been presented to you in varying contexts. It included a lot of rather bold ideas, including withholding our dues from the UUA in order to hire a communications or outreach professional. The “plan,” if you can call it that, was always ambitious, to create a small team of marketing and social media experts with a very compressed timetable and inadequate research.

And yet, so many good things have come from our lively explorations of what the future may hold. We have a small team of marketing and social media experts looking at the way we present ourselves online. We have created Neighborhood Groups. We have talked about the implications of rapid growth.

And I have learned a lot. I like learning. I better know the depth of the congregation’s commitment to the wider movement as represented by the UUA. I have heard what concerns, doubts and fears exist around the possibility (I’ll say likelihood) of our continuing expansion, and better understand how the community as a whole must be invited into long-range planning. And I have learned that our congregation as a whole, and our Board in particular, are truly committed to inviting more people into our joyful community, and to utilizing every tool at our disposal to spread our good news and our values.

**What is that good news again?**

*Your own self, just as you are is welcome, is valuable, and is capable of love. You are capable of discerning what is good, truthful and meaningful for yourself. If you want to know the Divine Force, come and put love and principled commitment together. We are all more when in community. You can live ethically and compassionately, by which everyone benefits, including you. The World/Creation/Nature is sacred. Not knowing is OK. The future is open. We have every reason to be hopeful.*

You know what those values are. We sing them each week to the tune of Do-Re-Mi!

There are so many people yearning for connection with their fellows, and for a worship experience that might offer them the hope and inspiration to survive and thrive in 21st Century America. I know this because there are already hundreds of you here, who stumbled across us, or got invited here somehow, or were born UU. There are already 364 official members, scores of regular friends and visitors, and hundreds of allies who are already part of the expanding fabric of this community.

YOU are indicative of our broad appeal because, meaning no offence, but there is nothing special about us. We’re just a bunch of people of different classes, races, sexual orientations, gender identities, politics and religious backgrounds; who, like ever-increasing numbers of Americans, are on the progressive side of the spiritual spectrum. What we have in common is a willingness to be committed to our own personal religious path, without thinking others are wrong, and that we are open to changing our minds.

Those who hold this perspective are among the fastest growing demographics in the religious world. They (We? You?) don’t want to go to traditional religious communities. But they (we? you?) might want to come here if we are nice to them when they show up. Let’s just do that, OK?

I’m out of words, and out of time. The thing I shall miss most on sabbatical is worshipping with you. It is a source of constant joy and inspiration to me that so many of you come on Sunday mornings to worship the Spirit of Life with me. You will be in the best of hands with Rev. Dara and Rev. Bonnie, and we will come back together with renewed determination to be the most loving and transforming humans we can be.

May the Great Big Verb bless and keep you all. I love you. See you in June!

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Reverend Chris Bell
Thought- Seeds & Contemplating
“Resilience- Practices”

“One of my favorite questions today is: How do we turn our collective full-bodied intelligence towards collaboration, if that is the way we will survive?”

-- adrienne maree brown, Emergent Strategy

This month the worship theme is resilience! I love this topic. One of the most inspiring books I’ve read in the past several years on this topic is by adrienne maree brown (lowercase intended as this author uses lowercase letters in the spelling of her name). This book inspires me for it’s raw, beautiful and practical insights. I know I have spoken with some of you about this book before! This February, I want to offer some take-aways from this book as “thought-seeds” for contemplation.

Despite being a meditation on social change and challenge, this book is also wonderfully… surprisingly... relentlessly... optimistic! It is grounded in life-giving examples of how to survive and thrive. Emergent Strategy looks closely at the natural world for wisdom and I appreciate that the book doesn’t approach the natural world as mere abstract metaphor -- but rather looks deeply at organic systems for insights about how we human beings can “literally take a cue from the resilience found in the natural world”.

We humans are embedded in the organic body of the living earth yet we often forget this and certainly don’t behave like it. I do believe much of human existential woe and the practical harm done by humans can be attributed to our disassociation from our intrinsic relatedness to the earth itself and its living systems. Yet, without making us feel bad about this at all, Emergent Strategy seems to say “Hey! Look!”, “Look right here!” What if some of the keys that can help us to thrive and adapt, and reimagine how to be in the face so tremendous challenges are right here -- in fact, all around us?

Activist and doula Miriam Zoila Pérez also likes this book. Pérez has three main takeaways from Emergent Strategy. I am approaching these as three creative “seeds” that I am contemplating this February.

So here they are:

1. Collaboration is the Cornerstone.
   Emergent Strategy draws attention to the ways birds flock and ants build together.
   Pérez reminds us of this example of how birds flock from Emergent Strategy:
   “There is an art to flocking: staying separate enough not to crowd each other, aligned enough to maintain a shared direction, and cohesive enough to always move towards each other.”

   What can be learned from paying attention to these ways of working together?

2. Embracing Change is a Non-Negotiable.
   Emergent Strategy reminds us that change is happening and will happen. Thus we must apply ourselves to this reality or become irrelevant.
   From the book:
   “Emergent Strategy is something I am still discovering, but a lot of it, for me, feels like tuning into the natural operating systems of the universe and being humbled, as opposed to trying to barrel through and against all the change, trying to best nature.”

3. We Must Let Go of the Status Quo.
   Emergent Strategy also draws from the advent of science fiction (!!!) to suggest the power in liberating our imaginations to think of ways of being and organizing that fall outside of the current systems of oppression which limit life.
   “I would call our work to change the world ’science fictional behavior’—being concerned with the way our actions and beliefs now, today, will shape the future, tomorrow, the next generations.”
   -- (adapted from Pérez: Three Lessons From adrienne maree brown’s ‘Emergent Strategy’)

If these are “thought-seeds”, then the “soil” of the book is brown’s hard-won orientation towards love of life. This, too, I think, is a part of resilience-practice... celebrating life, and allowing authentic appreciation for what we love to guide our work for change.

One last quote:
“It is possible that this whole book is about love. My love of this planet, my love of human beings and creatures and the idea of there being a future in which this planet is still a home to living things. My love of the humans who have taught me to be awake and to feel the world around me, and clued me in to both caring more about life and being less attached to the outcomes of life.”

So! Let us contemplate these creative “seeds” this February.

May diverse resilience-practices nurture our lives.
May we celebrate life and work for what we love.
Let’s keep being strong conduits for change that matters, individually and collectively in these times.

May hope and creativity be with us all.

Warmly & with deep care,
Rev. Dara Olandt
Assistant Minister
Hello from your Sabbatical Minister!

It’s a great honor to be filling in for Rev. Chris from now until the end of May, while he takes some time to rest and recoup. I’m looking forward to spending time with you and learning more about your community.

I graduated from Starr King School for the Ministry in 2005 and spent my internship year at the UU Fellowship of Sunnyvale. I served the Napa Valley Unitarian Universalists from 2006 until 2017, when I experienced a serious health challenge. After spending a year recovering, I returned to occasional guest preaching. I am thrilled to be serving you until Rev. Chris returns in June!

Before I entered the ministry, I studied Molecular Biology, completing a PhD at the UCLA School of Medicine in Biological Chemistry. I have always been interested in science as a particular window into nature, but after I completed my studies, I realized that my interest included much more than just that one view. I entered into a time of discernment about my vocation, discovering ultimately that the foundation of my spirituality springs from my connection to the natural world, and to other people. In 1999 I answered a clear calling into the Unitarian Universalist ministry.

I live in Pleasant Hill with my husband Rick, and we have a son and a daughter who live in Palo Alto and Sacramento, respectively. In my spare time I like to hike, backpack, garden, and cook. I look forward to getting to know you in the next few months!

-Rev. Bonnie Dlott,
Sabbatical Minister
I’ve been preparing for our Congregational Meeting and writing my remarks about the status of the Board’s goal for this year – to encourage and plan for growth. As I was looking back over what’s happened since our Board retreat last August, I was struck by how much our goal has grown and deepened – and changed!

At first, it was “Let’s take on the challenge of growing radically, really fast! And...here’s a ‘wild hair idea’ – let’s use most of our UUA dues money to fund a part-time communications and outreach professional!” We were mostly looking at what having a much larger congregation would provide for us – externally, but mostly internally.

And we set out, FULL of enthusiasm, to make that happen! Kind of forgetting to include you fully in our vision, and forgetting about what Rev. Chris calls “church time”. In a church or congregation, things take a loooooong time. And that’s just the way it should be!

One of our strengths is that we do things together. We think about it, reflect on it, discuss it, and come to consensus. The process involves all of us, and that takes time. But the result that comes out of it is better, more deeply grounded, more fully considered and thought through. As I often say, many minds are so much better than just mine (though in the moment, I often wish that everybody would just say “yes” to my point of view!)

And as we are wending our way through this process, that is happening. What the Board and I have come to see is that what we’re engaging in isn’t a process about growth per se at all! It’s about getting clear about what our message is, spreading it effectively, and welcoming and integrating people well.

Sometimes I think our message is an “adult” message – and couldn’t our world use more adults? More people being their best selves, thinking deeply, being open, striving for justice for all, finding their strength in a community of love and support? Creating more openness and love within and around them? Personally, I know I want as many people as possible living their lives inside our Principles, inside our message. Honestly, I have enormous difficulty envisioning the future. But if I have any vision, that’s it. That’s my hope for humanity.

When I go visit my mother in Tulsa, Oklahoma, I always go to Sunday Services at All Souls Church, the largest UU church. They have a traditional service (the one I go to), a contemporary service (with a rock ‘n roll band) and a humanist service. Their service is very different than ours. Their politics are VERY different than ours (you wanna talk scarlet red to our royal blue??). But they are definitely UU’s. I dream of a world where we truly can respect the inherent worth and dignity of every person – and going to All Souls and finding that my inner self is filled up there shows me that that’s possible, that that actually can happen.

So...my understanding of our “great undertaking” has evolved greatly, thanks in no small part to you. And I am deeply grateful. It feels to me that we’re working on the right challenge now – one that speaks to the best in me – to the best in US. We’re pointing ourselves in the right direction.

Do I expect more surprises along the way? Yes. Do I expect glitches and hiccups and serendipitous occurrences along the way? Yes! And while I might not appreciate them in the moment, I welcome them. I know they’ll make the result much more solid, strong and “right”.

We’re definitely living in those “interesting times” the Chinese proverb speaks of. Come be “interesting” with me!

Blessings,

-Natalie Brundred,
President, Board of Trustees

What Your Board Is Up To

The Board prepared for upcoming neighborhood group meetings, to begin in March. A task force of the Board led by John Mason took on the challenge of assigning all members and pledging friends to one of 21 groups, based on geographical proximity. Those groupings were shared at the Congregational Meeting. We hope that as many members as possible will participate in the meetings.

An anonymous member of the congregation has stepped forward and will fund the purchase of an upgraded software package to help us monitor membership, finances, and communications. The Board is tremendously grateful for this support for a critical administrative tool.

UUCSR’s new voicemail system is up and running! We also now have the capacity to stream video, which will be a plus for Glaser Center rentals.

This month’s Board meeting will be on Thursday, February 20th, at 6:30 in the Board Room. As always, you are welcome to attend!

-Natalie Brundred,
President, Board of Trustees
Religious Education in February: 
Growing Resilience through 
Grit, Humor and Each Other

Jen Freese, Director of Religious Education

Last month, I had the pleasure of seeing the movie Frozen II with my kids in the movie theater. My boys especially loved Olaf and all of his funny moments in the movie, but what struck me the most was the song that Ana sings when it seems that nearly all is lost. The song is called, “Do the Next Right Thing.” It reminded me that, sometimes, we all have to just get up and do the next right thing – this is often what resilience looks like in our most challenging moments.

Of course, it’s important to remember that we don’t have to wait for disasters - that fostering and growing resilience is something we can do every day, and help our children do, as well. Daily practices like mindfulness and gratitude can help children bounce back when they inevitably fail a test or get in a fight with a friend.

Our congregational theme in February is resilience, and in RE this month we will explore ways we as UU’s can build resilience – namely, by building up a sense of “grit” within, by connecting with each other, and through humor. Here’s a look at some of the things we will be doing together:

Chalice Children Room (ages 3-6)
Young children will explore resilience this month with books like The Most Magnificent Thing by Ashley Spires, which teach the practice of never giving up. They will practice never giving up through games that are a little more challenging than usual, encouraging each other along the way. They will make Valentines for friends and family members as they think about how special our friendships make us feel, and later in the month they will enjoy some silliness with Green Eggs and Ham and dress up play.

Multi-Age RE (ages 6 and up)
Elementary-age children will start out the month by exploring the concept of “grit” and honoring Black History Month by hearing the book Richard Wright and the Library Card by William Miller. The story tells the true story of Wright, who was barred from borrowing books at the library due to his race but refused to give up his search for knowledge and freedom. Children will make a “Coping Wheel,” a tool that reminds them of different ways to feel better when life gets them down. Later in the month, we will enjoy making Valentines as a service opportunity, sending them to homebound congregants to remind them that they are special. At the end of the month, children in RE will think about how humor helps us grow resilience with ch- rades and jokes.

Middle and High School Youth Group (grades 7-12)
Youth will continue to meet during the 11:00 am worship service this month, looking at ways of building resilience in the teen years. They will watch a portion of the Angela Lee Duckworth TED talk, “Grit,” and practice some mindfulness exercises that built resilience. They will also look at how we can lean on each other as a practice of growing resilience. Finally, on February 23, middle-schoolers will attend the high school youth-led worship service.

Youth-Led Worship Service
Feb. 23, 9:15 and 11:00 am
Resilience in Community

Join our high school youth and DRE Jen Freese as they lead worship service on Sunday, February 23 for both services. We will explore the importance of community – especially our UU community – in building resilience.
Diversity Dialogue on February 2

Our next Diversity Dialogue is the third in a series of five dialogues over the course of this year. Each time there is a different small panel of UU members and friends who share their stories, their insights, and their perspectives about being a member of a diverse society. There has been power in spending a few moments in someone else’s shoes in a non-threatening environment. The idea behind these sessions is to build empathy and understanding, to combat that "othering" instinct so ingrained in us, and to create a congregation that is truly welcoming to one another, and to our guests who walk in the door. We want to create space for a church that has so much to offer to all those of every ethnicity, of every disability, social class, and gender identification who seek UU values and who would like to find a spiritual home with us. All are welcome to these sessions! If you haven’t been to one, please consider attending. It takes place around 12:30 after the service in the Founder’s Room. Snacks provided.

Bev, Carol, Cheri, Jeanie, Leslie, Tamara, Paul, Reverend Dara, and Reverend Chris (members of the Diversity Project of the A4SJ)

Thoughts from Your Stewardship Team

Resilience is a word with a long history. Our congregational theme for February, it originates in a Latin word meaning to bounce back. Resilience has been applied to human beings, to nature, and to steel beams, whose power comes from their ability to resist stress with strength and to absorb it with malleability. In recent years, we have often used the word "resilience" when we seek to understand how we as individuals deal with personal stress, stress to our neighborhoods, stress to our planet. There are re-wilding projects, from places as disparate as England and Texas, to step back and let nature’s resilience work.

Beavers are thriving once more after being reintroduced in the UK.
Credit: Rachel Knickmeyer (CC BY-NC-ND 2.0)

One of the most important aspects of resilience is that it depends on reserves, on not always teetering on the thin edge of our resources. Ah, you wondered how I was going to connect resilience with stewardship, didn’t you? It’s easy: as a congregation, part of our ability to carry out our mission comes from having financial stability and reserves. Like a steel beam, we must be both strong and malleable. Who knows where the next stress will come from? Your pledges provide the resources for our day-to-day functioning and for the reserves we will need so that we can respond creatively to unforeseeable challenges in the future. Our health as a congregational body depends, like the health of our individual bodies, on cultivating and sustaining our resources. Our resilience is up to you and me.

By Carol Daeley

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.
**February 2: The Lime Foundation** supports education in music and the arts for school children, runs an apprenticeship program for disadvantaged teens in the building trades, provides free construction services to low-income people and the elderly, and provides healthy eating and light exercise programs for the elderly to combat obesity.

**February 9: 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.

**February 16: CA Alliance of Retired Americans Education Fund.** The CARA Education Fund works for social and economic justice, full civil rights, and a better, more secure life for ourselves, our families and future generations. The CARA Education Fund Board of Directors is dedicated to advancing and achieving just and equitable living conditions for seniors within the state and the nation.

**February 23: 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 also by volunteers and donors from the larger Santa Rosa community.

**March 1: Law Enforcement Chaplaincy Service in Sonoma County** Their mission is to respond to requests from Law Enforcement and provide immediate emotional support and follow up care to them and to the members of our community who have suffered tragedy and loss. We are an interfaith community of compassionate volunteers without religious, political, or legal agendas.

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**‘WHAT YOU NEED TO KNOW ABOUT ‘THE SCHOOLS AND COMMUNITY FIRST ACT’**

Sunday, February 16, 2020
The Founders Rm., after the 11 AM service

The speakers: Chip Atkins and Bonnie Petty, both from the Sonoma County Chapter of the California Alliance for Retired Americans (CARA) Action Team will be talking about the work that CARA does. They will specifically focus on the efforts to bring over $12 billion dollars a year back to California schools and local communities through the Schools and Communities First Act. Join us to learn about CARA and this important measure that will be on the November 2020 ballot and could bring much needed revenue into Sonoma County by making corporations pay their fair share of property taxes – while maintaining protections for all residential property tax owners.

CARA is California’s largest grassroots senior advocacy organization, working on issues to improve the quality of life for seniors and their families. CARA has a Sonoma County chapter (CARA Action Team) which meets at the Glaser Center every third Wednesday of the month at 10am in the Board Room. You are invited to attend.

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**The A4SJ Film Project presents our Care in Community Film Series: Richard Heinberg Short Films**

**Talks On “Pollution “ & On “Culture Change and Neuroscience”**

February 23, 2020
(rescheduled from Dec. 22, 2019)
**After the 11 A.M. service in The Board Room**

In the continuing series Thinking Resilience and Climate Change, the Film Project of Advocates for Social Justice will air Richard Heinberg’s talk on Pollution, and then two exciting video shorts on solutions to our worldwide pollution problem. The first is a creative animation with lots of ideas about what we can do. The second is a unique piece about how science is trying to duplicate natural processes of absorbing carbon dioxide by simulating how trees absorb carbon from the air. It is a controversial approach to creating simulated trees based entirely on the wonderfully successful and award-winning science project of a young girl.

In a second Heinberg talk, he wonders, Are we hardwired to accept or reject behaviors that address climate change? This talk on Culture Change and Neuroscience will address that important question, and the news is good. He asserts that cultural tendencies in modern societies may balance competition with cooperation, both predilections firmly embedded in our human evolutionary heritage. That discussion will be followed and amplified by another short on a promising effort to help the world’s poor and recycle the plastics, one of the most destructive and ubiquitous forms of pollution in the world.
Get Ready for Neighborhood Groups!

It started with the idea of house meetings to discuss our congregation’s future growth, eventually leading to a shared congregational vision that can be implemented going forward.

From there, neighborhood groups could develop into an ongoing fun program that builds a sense of community for all congregants. Meeting several times a year, you can get to know your fellow UUCSR members who may live just a few streets away, or even on your block, or maybe even in your building. These groups can also be a great way to provide care (a meal for a sick neighbor, a ride to the hospital), and to integrate newcomers.

We’ve divided the congregation into twenty geographical neighborhood groups averaging about 15 to 18 people per group. Maps and a list of the groups are on display in the social hall, and you can also pick up the list from the church office and at the Welcome table.

In the next few weeks you’ll be hearing from your group facilitator to schedule the first meetings. We hope you will respond enthusiastically and participate, so that this program can reach its greatest potential.

If you’d like to be a group facilitator or co-facilitator, please let us know! Also we could use volunteers to join our steering committee – we’ll welcome you with open arms!

Your Neighborhood Group Steering Committee – Jeanie Bates, Joe Como, Joe Gabaeff, John Mason, Cathie Weise

Pagan Resilience

Pagans have a long history of being Resilient. Like other marginalized and oppressed people, Pagans have had to rise from the ashes and into the light.

In the first and second centuries AD, Pagans and Christians were lumped in the same sub group of outcasts, and for hundreds of years the term Pagan referred to rural or common folk who lived outside of the city and practiced the old ways. In more modern history Pagans were burned at the stake. Many fanciful stories and lies were used to discredit and further marginalize this group of people who didn’t follow the common religious practices of going to church, synagogue, or mosque. Today the word still has negative connotations, even among liberal groups such as Unitarian Universalists. It was not long ago that our own Rev Shirley Ranck attempted to include Paganism as one of UU’s religious sources and finally, out of fear that the word would be misunderstood, it was settled on using “earth-based religion”. We are still rising from the ashes of fear and hatred. We have a long history of being resilient and we shall all rise together to make a new and better world; we shall overcome together because we are all Resilient.

Interested in more conversations like this?
Join us CUUPs (Covenant of Unitarian Universalist Pagans) on 2nd & 4th Tuesdays at 5pm!

Stacy Sincheff
**DRUMMING CIRCLE**  
**Every 3rd Friday**  
*Founders Room 6:30-8:30 P.M.*

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: Nov 15th, and Dec 20th which is also the Winter Solstice celebration.

**WOMEN TOGETHER**  
**February 21st**

We’ll show the movie Harriet on Friday, February 21st at 6:30 in the Board Room. Bring finger food to share if you’d like.

**March 21st**

We’ll present Elder Tales, with Claire Whitfield, on Saturday, March 21st from 2-4 pm. She will play a film about astronauts’ wives as well as talk about her interesting life. Bring finger food to share, if you’d like.

Hope to see you there!

**MEN’S GATHERING**  
**February 22, 1:00 – 4:00 P.M.**

Hello all male-identified folks! Mark your calendar now for a Men’s Gathering on Saturday, February 22, from 1:00 - 4:00 P.M. at UUCSR in the R.E. Commons (note this is a different location from previous gatherings). Deep sharing. Singing. Small groups. More singing. Laughter & More sharing. Good and good for you! We will focus on our February "Soul Matters" topic (TBA). For more info, contact Mac Freeman or Andy Levine.

**SATURDAY SAUNTERS**  
**February 22**

Trione - Annadel State Park: Richardson Trail up to Lake Ilsanjo

We’ll start from the parking area at the end of Channel Drive, and returning on Steve's S trail. Approximately 4.5 miles total with a few steeper areas and the first of the early spring wild flowers likely to be seen. We'll picnic at the lake before completing the loop. As with most state parks, no dogs are allowed on the trails. Meeting at 9:30 at the Safeway Parking lot to carpool into the park. Questions and sign up to Gretchen P.

**OLDER AND BOLDER**  
**Every 2nd and 4th Monday**

The OLDER AND BOLDER women's group, formerly "Old Age Is Not For Sissies"

This group for women of the Congregation who have already reached their 80th birthday continues in the Green Room the 2nd and 4th Monday morning of each month. We meet for coffee at 10 am, and begin our discussion group at 10:30 sharp. The group facilitators are: Phyllis Clement, Dorris Lee and Shirley White.

**EVENING BOOK GROUP**  
**February 13th**

We’ll meet on Thursday, February 13th from 7 to 9 p.m. at 547 Mendocino. We meet in the RE wing. The February selection is Educated by Tara Westover. Visitors and newcomers are welcome. In March we are reading Wildings by Isabella Tree.

**SATURDAY WORK DAY**  
**Feb. 1, 9 A.M. to Noon**

Please come help keep our building and grounds looking good and working well. All skill levels needed and welcome for all or part of the time.

**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.
For some time now, UUCSR Ops Team and especially our sexton Peter Wilson, have been advancing better trash management at UUCSR; reducing garbage, capturing more recyclables and compostables. Peter and others learned in talks with Recology how to revision our trash handling. Already, UUCSR was able to reduce the number of cans of weekly garbage and thus reduce the monthly garbage pick-up bill. For the church, recycle and compost pick-up are free. Our garbage collection fee is linked to the number of garbage cans collected weekly. Since tissues and napkins are compostable, there now are compost cans in each bathroom to capture these. There has been a noticeable increase in attentiveness to "what goes where" by office staff and volunteers. Saturday morning breakfast, which necessarily uses single use bowls and cups, purchases fully compostable bowls. The plastic utensils that are used at the breakfast are sanitized and re-used. (Unfortunately, disposable cups for coffee with their waxy lining to prevent leakage, though they look like paper, cannot be composted: they go in the trash). Our waste cans no longer have a plastic liner. When they are emptied they get rinsed clean outside. At this point we have the basic structure in place for further reducing our garbage. Now it comes down to people-power: bringing finer awareness to the process, each of us. You can help by focusing on these areas:

1. Recycle: all milk and juice cartons recycle. Leave plastic spouts on. Recology even suggests to put the cap ON the cartons.
2. Plastics: the "recycle triangle" that you see on plastic items has a number in the center. **Only numbers 1 and 2 are recyclable.** Higher numbers are garbage. Clear clam shell for food take-out and cookies are usually number 1. When you squeeze the plastic it makes a "cracking" sound.
3. Plastic film: all plastic film (thin sheets of plastic and plastic bags) is trash, even if it is labeled "recyclable" or "compostable". Recology machinery cannot handle the film in their recycle or compost stream.
4. Cups: all paper cups are trash. They are lined with a waxy substance that does not compose properly in Recology’s current composting system.
5. Cups: always best to use reusable cups and plan time to wash up after events. If needing single-use cups: number 1 plastic cups for cold drinks can be recycled. All cups for warm drinks need to go into the trash.
6. Committees: plan to use washable items if offering snacks and drink. EcoDesk's cabinet in the work office has large serving bowls, small individual bowls and glass pitchers for use by any committee. Please clean and return to cabinet after event.
7. **Sunday Social hour:** all waste from social hour can be compostable, if we pay attention to what we bring in. Some brands wrap tea bags individually in cellophane, plastic or mylar-like material. Some cookies are individually wrapped. We can observe more closely when we shop, and choose brands/items that are wrapped in compostables. And remember: napkins and tissues go in the green bin.

Certainly, the need is for manufacturing to use less and compostable packaging materials. Initiatives are moving through various state congresses. Cities are passing ordinances to help this change come about. Yet as individual user, I can contribute by being more deliberate in what I buy. I frequently laugh at my own actions: I shop out of habit and return home with plastic packaging I had not consciously noticed before. I find that shifting my habits takes willingness, attention, and a good dose of humor. Will you join us in bringing special attention to your trash habits this month? Shall we reduce UUCSR’s weekly garbage by one more can? Bring your suggestions to EcoDesk, or email me at reeneevalentino@gmail.com. :)

EcoDesk at UUCSR

“98% of the news about climate change is negative, but... With action comes hope”
Criminal Justice or Injustice?

A three part series by John Mutz, UU member. Class 1: March 4, 1:00 - 3:00, Not Worth Killing. This documentary tells the story of the unlikely friendship between Sister Lillian Oliver, formerly part of the Immaculate Heart Community in LA, and Mitchell Rutledge, a convicted murderer serving life without parole in an Alabama state penitentiary. It is a story of one man's transformation from predator to mentor and the immense power of the positive influence one person can have in another's life. The Director of the film, Eric Ivey, will be present to talk about his experience making the film, and John Mutz will contribute his perspective as Executive Producer.

Class 2: March 11, 1:00 - 3:00, Mass Incarceration - Thinking Globally and Acting Locally. Rhonda Findling, faculty member at the SRJC and Director of the college’s Second Chance, will talk about this creative program that provides a local solution to the national issue of mass incarceration. Second Chance targets over 100 students at the SRJC, all of whom have a history of incarceration, either in County jail or state prison. Find out how giving former prisoners a second chance works.

Class 3: March 18, 1:00 - 3:00, Civilian Oversight of Law Enforcement: A Good Thing for Sonoma County? Jerry Threet, former Sonoma County Law Enforcement Auditor will talk about his experience in this position and about local efforts to implement a County Ordinance (Evelyn Cheatham Effective IOLER0) to strengthen oversight of the Sonoma County Sheriff’s Office in line with national best practice to reduce in-custody deaths. SB 1421, the so-called Transparency Bill signed by Governor Newsom, which requires release of police records, will also be discussed.

John Mutz, in the wake of the riots related to the beating of Rodney King, served as a Captain and then Station Commander in the LAPD. He transformed his divisions into service-based organizations that fostered trust and engagement with citizens and community partners. In 2018 a group of concerned community members asked him to run for Sonoma County Sheriff.

MORE “ADULT R.E.” CONTINUED ON NEXT PAGE
Earth to Mars!

Three different countries and a group of countries are planning to send probes to Mars this summer (2020). Why so many this year, and what are they trying to accomplish? For example, NASA plans to land three ambitious new projects on the surface of Mars that have never been attempted before. Dr. Phil Harriman will describe the projects with lots of video clips and answer the above questions. 1:30pm to 3:00pm, Tuesday, February 11 in the Founders’ Room.

Dr. Phil Harriman is a UU member and a popular presenter of science oriented classes. Phil has a BS in Physics and a PhD in Biophysics.

Detective Fiction and Religion

Carol Daeley will once again entertain us with her deep knowledge of detective fiction. In this class she will focus on the affinity between detective fiction and religion. Because detective fiction emerged as a defined genre in the 19th century, its affinities with scientific realism, close observation, and rational thinking are often stressed. But there has also, from the beginning, been a close association between detective fiction and what is, or appears to be, supernatural. In Part 1 of this course we will read and discuss three novels: Ausma Zehanat Khan’s A Deadly Divide (Islam, Catholicism), Louise Penny’s The Beautiful Mystery (music in medieval Catholicism), and Deborah Crombie's A Finer End (music in medieval Catholicism).

Part 1: Wednesdays, April 22, May 6, May 27, June 10. 6:30-8 PM

Carol Daeley is a UU member and Professor Emerita of English at Austin College in Sherman, Texas

Seniors in Transition:

To help prepare for the important transitions that aging demands of us, Adult RE is again sponsoring an eight-week program presented by our own Linda Proulx. Topics covered will be participants’ current status, hopes and dreams with regard to independent living, stereotypes of aging, in-home care, aging in place, alternative living situations and downsizing. Linda will discuss local senior communities, arrange site visits, and discuss how to share your plan with friends and family. The field trips may be held on days other than the class date as they are arranged at the convenience of the places you will visit. $25 (though no one will be turned away for lack of funds). 8 weeks, April 16 - June 4th, 2:00-4:00. Class FILLED; sign up at RE table for waiting list.

Linda Proulx, a UU member, is a former career counselor, trainer, and experienced facilitator. This is her second time teaching the Seniors in Transition program.

Please sign up for classes at RE table; knowing how many will attend helps us with set up. Thank you!
**Administrator’s Minute**

The UUCSR Office has new phones! This is exciting because our phones and computers are connected to the new Fiber optics that were run by Sonic this summer. We have state of the art phones and faster internet. Thank you to the wonderful volunteers who helped me get this system going!

Are you looking for extra cash in your pocket? I am looking for someone who would like to be an event staff for the Glaser Center. Our busy months are January thru May working 1-3 events per month. The job entails customer service, setting up tables and chairs, security for the door, and tear down and clean up. If you are interested please call, email or drop by. I am generally in my office Monday -Thursday 9-5:30 and Friday 9-4.

“The Heart has its own language. The Heart knows a hundred ways to Speak” Rumi

Do you Love Rumi, good poetry, music, jugglers, and in general do you love good fun? February 8th Rumi’s Caravan will be at the Glaser Center. You do not want to miss this opportunity. Doors open at 6:00 February 8, 2020

_Dawn Silveira - Administrative Manager_

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**SHARE-THE-BASKET**

Following are the September 2019 Recipients

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humanidad</td>
<td>$509.10</td>
</tr>
<tr>
<td>UUCSR Borders &amp; Beyond</td>
<td>$1,032.94</td>
</tr>
<tr>
<td>Roseland Through College Mentoring Program</td>
<td>$466.78</td>
</tr>
<tr>
<td>Saturday Breakfast For Our Neighbors</td>
<td>$1,256.00</td>
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<tr>
<td>Side By Side / You Thrive Program</td>
<td>$566.58</td>
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**Treasurer's Monthly Ledger**

Financials for December or 6 months into the current fiscal year show a pretty dramatic turnaround for a single month with Pledges showing an increase of $72,300, which is the largest increase for a single month in UUCSR history. To recap, we had a dramatic decline in October for pledges, as resurgence in October and an even greater increase for December. Strange year!

Net surplus for the month of December is $45,500 and YTD we have a surplus of $12,100. YTD figures are most affected by:

1. Less expected pledging revenue, which is currently $16,000 below budget
2. A decline in Glaser Center Income, which is about $20,000 below budget
3. Expenses are slightly off mostly due to increased property tax and some repairs.

December total income was $77,600, which is $5,800 over budget. That is a significant turnaround from last month. Total Expenses of $35,000 resulted in a surplus of $42,600 for the month.

As you may recall In October, our pledges dropped significantly by almost 44% compared to the previous year; however, in November pledges rebounded 30% compared to the previous November and in December was even higher.

Based on the favorable changes to the budget it does not appear a mid-year revised budget is necessary. We only have two aberrant categories of serious deviation, one is pledges are down, but not as bad as originally forecast, and the second is the drop off in Glaser Center. Perhaps, we’ll see a rebound in Glaser Center, following a push to market our space from the Glaser Committee.

_Fiscally yours, Michael Randolph, Treasurer_

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**Musical Notes**

"Practice two things in your dealings with disease: either help or do not harm the patient." —Epidemics, Book I, of the Hippocratic school.

There's a belief that music helps the body heal. The ancient Greek god, Apollo, was in charge of both medicine and music. Recent medical studies seem to confirm what the Greeks thought. Music can slow the heart rate, lower blood pressure, and reduce levels of stress hormones.

January's theme was Integrity, and early in the month we learned that Rev Chris had some risk of severe genetic heart disease. The music for that first Sunday was "Hallelujah" by Longaker & Nutting and the Postlude was hastily adjusted by Roger to include "Come Healing" by Cohen. The next Sunday it was the choir's turn and they sang "A Promise I Will Keep" which was based on the Hippocratic Oath. The third Sunday Sally, Alan, Al, and Robert brought us "Because All Men Are Brothers" and "Have You Been To Jail For Justice". The Choir was back for the last Sunday with "In Meeting We Are Blessed", picked to send love and support to Rev Chris as he prepares for his Sabbatical.

The theme for February will be Resilience. Expect some uplifting, inspiring, and motivating music to be coming our way this month.

The music each month is brought to us by the Music Coordinators, who are currently in need of volunteers to recharge the ranks. If you'd like to find out more about the duties and responsibilities, the joys and rewards of being an MC, email a Music Coordinator (musicians@uusantarosa.org), or on any Sunday look for a Music Coordinator nametag sporting a treble clef like this one:

_Sincerely & with integrity,_

*Randy Jones*
February 2020

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.