

The UU Update

Monthly Newsletter of the Unitarian Universalist Congregation of Santa Rosa
Volume 62 • Issue 12

December 2018



December Service Theme:

peace

DECEMBER 2

ON PUNISHMENT & REHABILITATION

Parents, politicians, judges and others all must address the question of how to peacefully correct non-peaceful behavior. As we begin a month that is **centered on peace, we'll consider various ways to deal with wrong-doing, whether it is committed by criminals or our children. Or ourselves.**

Service Leaders: Rev. Chris Bell, Joe Gabaeff, Rev. Dara Olandt, Judy Withee Music by: Robert Howseman & some musical UUs, Roger Corman Share the Basket: Worth Our Weight

DECEMBER 9

HANUKKAH

Did you know, "hanukkah" means "dedication?" This morning we explore the themes and teachings of Hanukkah, the Jewish Festival of Lights.

Service Leaders: Rev. Dara Olandt, Izzy Fischer, Rev. Chris Bell Music by: Sadie Sonntag & the Choir, Roger Corman Share the Basket: Project Avary

DECEMBER 16

ON RESISTANCE AND PERSISTENCE

What spiritual sources might sustain "resistance" and inspire our "persistence" in the face of injustice?

What do each of these mean to us in these times? What role might "rest" play in both?

Service Leaders: Rev. Dara Olandt, Eric Fischer Music by: Robin Rogers & some musical UUs, Roger Corman Share the Basket: The Living Room

DECEMBER 21

WINTER SOLSTICE CELEBRATION

Potluck Dinner at 5:30 / Service at 6:30

Now darkness triumphs, yet soon gives way and changes into light. Our UU Solstice celebration draws from a variety of sacred traditions and is family-friendly. Please bring drums! The Solstice service **preceded by a big ol' potluck supper.**

Service Leaders: Rev. Chris Bell, Aphrodite Bellochio, C.U.U.P.S Music by: A bunch of drummers, and everyone else attending!

DECEMBER 23

BREATHING PEACE

Holiday season bringing you down? You aren't alone!

For very many people, the joy and togetherness of the season also brings sorrow as we mourn lost loved ones, stress as we face hardship, or depression from the lack of light. We offer an antidote today: the Buddhist breathing practice of Tonglen, a powerful tool for cultivating inner peace. Without peace in the heart, there is no peace in the world.

Service Leaders: Rev. Chris Bell, Rose St. John Music by: Sadie Sonntag & the Choir, Roger Corman Share the Basket: Breakfast for our Neighbors

DECEMBER 24

CHRISTMAS EVE

6:00 – 7:00

A joyful celebration of the great healer and teacher Jesus, and the true spirit of the Holiday season, replete with carols and candles. In the midst of madness, come savor a moment of true stillness, and fill your soul with hope. The Children will sing! All are warmly welcome. Why not invite a friend?

Service Leaders: Rev. Chris Bell, Rev. Dara Olandt, Richard Senghas Music by: Mary Chapot & the Choir, the Children's Chorus, Roger Corman Share the Basket: Minister's Discretionary Fund

DECEMBER 30

ANNUAL MILESTONES SERVICE

We'll consider the big events of 2018, and take time for private reflection on our own personal milestones.

We also look ahead to the year 2019. What milestones do we hope we are celebrating one year from now? How will our faith lead us there?

Service Leaders: Rev. Chris Bell, Susan Panttaja, Rev. Dara Olandt Music by: Alan Bell & some musical UUs, Roger Corman Share the Basket: Jobs with Justice

JANUARY 6

HEALING FROM MORAL INJURY

Learning together about healing from moral and spiritual injury.

TUESDAY SCRIPTURES STUDY 8:30–9:30am & 5:30-6:30pm

January 22 – February 12: The Tao Te Ching

Led By Rev Chris Bell. See page 9 for more information.



HOPE

By Rev. Chris Bell.

[Reprinted from December 2017]

"Faith is the substance of things hoped for, the evidence of things not seen," we read in Hebrews 11: 1, a letter of unknown origin in the New Testament. It

comes to mind as we transition from considering faith to considering hope. Clearly these two experiences are related.

According to my computer, which knows and sees all, faith is **"complete trust or confidence in someone or something,"** whereas hope is **"a feeling of expectation and desire for a certain thing to happen,"** or **"the grounds for believing that something good will happen."** I've got both. I think the whole purpose of my ministry, and of this congregation, is to grow faith and hope in me and in you.

For me, faith is a basic loving orientation toward life in its totality. I accept that I am completely in **the Universe's hands, and affirm that whatever is unfolding is worthy and true.** Such faith allows me to even embrace the fact of my own death, the likelihood of my suffering, even the acts of evil that humans impose upon one another. All things that actually exist are an indisputable part of myself and **my experience, and of the "outer" world that shapes that experience, which I find so precious, so beautiful, so awe-inspiring.** How then, can I not trust the Universe? What else could one have confidence in? This confidence has endured in me, even when **"bad" things have happened, whether the deaths of my parents, the ending of my marriage, massive wildfires, or another season of Cleveland football.** I live with a sense that every experience can be, must be, **embraced and integrated into my being.** **"I trust you even to kill me,"** Hafiz wrote of God, **admiring It's capacity to grow our souls through our sorrows.**

I know She will kill me, of that there is no doubt, and yet I give thanks every day for the gift of life.

Of course, I'm not just going to lay down on the ground and wait to die.

Not when a few more people showing up might preserve natural resources for my great-grandchildren. Not when a songbook and a guitar will keep us all deliciously happy and sad for hours. Not as long as little Rosie, my granddaughter, breathes will I cease to cherish life, and not even if she stops breathing before me.

Seeing the Universe as it really is also requires acknowledging that it is continually rebirthing and evolving. And thus faith brings forth hope. The story of life on Earth (and probably everywhere) is one of

ever increasing complexity and morality. Earth was born of mere dust, yet – thanks to gravity, one of **the Goddess's primary tools** – became rock and flame, brought forth new chemistry, atmospheres, biospheres, bacteria, fish, dinosaurs, shrews, monkeys, and then humans. What a wonder! Over the course of time, humanity itself has also evolved and, as Stephen Pinker ... ably demonstrated, **become ever more moral. We've hardly completed the morality project, I'll grant, what with an estimated 40 million slaves world-wide and an Earth-killing economic system, but at least we aren't all gathering at the public square to burn witches.**

I think this moral improvement is built-in to the hardware and software of the Universe. I disagree with the Humanists in our tradition who argued that morality is an entirely human creation, and side with Channing and Emerson who saw that anything of human creation was dependent upon the Cosmic Whole upon which we depend for our very lives. We **didn't invent love, or the mathematical harmony of matter and energy, or consciousness; we found them within us.** It would appear that the Universe is geared from the beginning to bring forth beings that are made happy by music, creativity, the Sun, and **each other. I'm with the Beatles, man. The Universe is getting better all the time.**

If the Universe, as it really and actually is, is continually evolving, and I dare say *improving*, than so can I, and so can humanity, no matter how bad things might appear at times. **"While there's life, there is hope,"** wrote Stephen Hawking, who [knew] a thing or two about both science and suffering.

In the end, I just have to ask, how else are you going to live? **"If you assume that there is no hope, you guarantee that there will be no hope,"** says Noam Chomsky. I agree. We must hope.

Erich Fromm, also no stranger to suffering, observed, **"To hope means to be ready at every moment for that which is not yet born, and yet not become desperate if there is no birth in our lifetime. Those whose hope is weak settle for comfort or for violence, those whose hope is strong see and cherish signs of new life and are ready every moment to help the birth of that which is ready to be born."**

In this holiday season, which celebrates the birth of a new year and of new life, the birth of Jesus, the return of the sleeping Goddess, the miracle of the **Temple lights, and the Buddha's enlightenment,** may we feel such hope stir within us. May we all be ready every moment to help the birth of that which is ready to be born.

Love to you all,

Reverend Chris Bell

President's Column

I woke this morning thinking about the holidays. Not the normal stuff like where am I going to be, who with, what presents to buy, what would I like people to give me (AARRGGHH!), what will the meal be, how can I keep the pounds off (or at least down!). I woke thinking instead what do the holidays *mean* to me? And how has that changed over the years?

When I was a kid, it was all about the LOOT. **One Christmas, my sister and I had a contest: "who got the most Barbie clothes?" We each piled up our boxes, and I think I came out the winner by one or two clothing sets. Victory! For my sister, the agony of defeat.**

As a young single woman, it meant vacation from my job and going home to my family. With young children of my own, it was all about them – what presents and what traditions to give them. (And how to entertain them on school break!)

My children are older and most-of-a-country away. **I'm on my own, older and somewhat wiser.** Now the holidays are about love, connection, traditions, family, happiness, peace, wonder, being **touched, community. They aren't about the "stuff"** – except as a way in to connect in love.

It is work for me to focus on these concepts in the hustle-bustle, cold and frenetic busyness and consumerism of this time of year. Our Christmas Eve service helps a lot with that. When all the candles are lit, all the lights go out and all our voices rise in Silent Night, I am moved to tears. Every year. Every time. I am brought right down into the heart of the season. Love. Deep

connection. Wonder. Peace.
Possibility. Community.



At this time of year, I am so grateful to this community holding me. Until I found this place, it was my family that held me. Now I have something much bigger – my UUCSR community. While individuals may **come and go, the community holds. That's our strength.** I am so deeply grateful for this community. Based in our principles, giving each of us a safe place to both be ourselves and strive to be our best selves.

This community is rock-solid in what it provides for its members. Over and over, through the years, UUCSR has proven itself. Through good times and bad times, through growing larger (which is a test of its own) and through changing times, what this **community is about hasn't changed** – and that, too, is its strength. This is something I KNOW I can rest in – and I can count on its holding me. And when I am held that way, I can take chances, I can reach out, I can grow. I can be surprised in where that growth takes me! I know that, because of this community, rooted in its values and principles, I will always be steered to be on the right path.

Our congregation is in a time of transition and **growth. I'm excited to find out what the future will bring. I CAN be excited...because I know I can** always rest in the arms of this unique, treasured community. Come be held with me while reaching for new possibilities.

Much love to you, and may you be renewed and reopened to the mystery and joy of this time,

-Natalie Brundred,
President, Board of Trustees

What Your Board Is Up To - October 2018

Brian Plude, our Intern Minister a few years ago, is the minister of the UU Fellowship of Chico. He has told us that at least 6 of their members have lost their homes in the Camp Fire. The board decided to have an emergency Share the Basket on November 18th, and to give 100% of the collection to the Chico Fellowship. Joe Como has also set up several people who lost their homes here last year to give support **to the UU's in Chico who've just lost theirs. At this time, Brian has said that money is their members' greatest need.** We will stay in communication with him to see if any further needs arise.

Gretchen Vap will form a small task force to **name Room 545. It's time! We will make sure we** follow the procedure the congregation approved last June, and give everyone a chance to weigh in with

their ideas. If you'd like to be on this task force, contact Gretchen quickly!

The board agreed that our staff and volunteers have done a great job lately, between absences, no administrator and then a new temporary administrator. Board members will be spending more time in the office to support daily operations and reduce interruptions of our staff.

As always, we love to hear from you! Please let **us know your ideas, your concerns, your "huzzahs" and your "raspberries".** Find us under the Talk to a Board Member sign on Sundays, email or call us...or even come to a board meeting! Our next one is Thursday, December 20th, at 6:30 pm in the board room.

See you 'round the building!

Be sure to say hi,

- Natalie

Religious Education for Children & Youth

Jen Freese, Director of Religious Education

December in Religious Education:

As we finish the 1st quarter of RE, I want to thank the amazing lead teachers who have donated their time, energy and love to the children and youth at UUCSR these past three months. Thank you, Deborah Carter-Hope, Lois Nagle, Janet Barrows, and Jean Smith!

Chalice Children (Pre-K)

Our preschoolers will learn that our congregation is a place where we celebrate winter holidays. They will also learn about special gatherings like weddings and other services of love and union, and memorial services, as well. Please welcome the 2nd quarter lead teacher, Carol Kraemer!

Love Surrounds Us (K-1st Grade)

Kindergarten and 1st graders will learn about the importance of equality and how words matter, including the Lakota Sioux tradition of the talking stick, and the story of Ruby Bridges, as well. They will be joined by their new 2nd quarter lead teacher, Elizabeth Olsen – welcome, Elizabeth!

Bibleodeon (4th-5th Grades)

4th and 5th graders will wrap up their study of the book of Genesis with Joseph and his coat of many colors by creating a fabric masterpiece. They will then focus on the Biblical sources of Hanukkah and Christmas, led by new lead teacher Larisa Ashley. Welcome, Larisa!

Crossing Paths (MUUGs)

Middle schoolers will delve into Catholicism in December. They will be visited by Sharon McCarty for a faith interview, and take a trip to St. Rose Catholic Church later in the month. Monique Pavon, already beloved by MUUGs, will move into the lead teacher position. She will be assisted by new assistant teachers Jonathan and Lan Choe, Melissa Neuffer and Gretta Klosevitz. Welcome, all!

Love Will Guide Us:

Learning the UU Sources with 2nd & 3rd Grade

RE Teacher extraordinaire Janet Barrows learned quickly **that teaching this year's RE** class of 2nd and 3rd graders would require countless interesting stories, active games and hands-on activities. In this photo taken on Sunday, November 18, Janet and assistant teacher Elizabeth Olsen, along with the help of a MUUGs student, teach the **concept of "one body," a community** comprised of many different people, as it was taught in Christian sources.



The 2nd and 3rd graders love to share during their joys & sorrows ritual, and they enjoyed learning about science and wonder this quarter, including the Big Bang, evolution, what **the word "awesome" really means, as well as the difference** between fact, theory and belief. I have heard from several parents just how much information and critical thinking these children are bringing home with them. Learning the UU Sources comes after a year of learning about the UU Principles in religious education classes, and is an important step for the children as they create a foundation for their faith formation.

In December, 2nd and 3rd graders will join with the 4th and 5th grades to learn about Hanukkah and Christmas. In addition, they will think about how they can give the gift of their time to friends and family in December. Please give a warm welcome to the new lead teacher during the 2nd quarter, Sean Freese!

WOMEN TOGETHER HOLIDAY PARTY

Saturday, December 15

Noon—**2:30 pm at Helga Lemke's**

All UU women and their female friends are invited to our wonderful Holiday Party on Saturday, December 15th from noon to 2:30 at Helga Lemke's lovely home, 1983 Grosse Avenue, Santa Rosa. This warm and relaxed annual event is a delightful break from the holiday franticness! Please bring a lunch dish to share. We hope to see you there! Questions? Info? Contact Linda Harlow.

Also, Don't Make Other Plans

Annual Women's Retreat May 3-May 5
Lovely annual Women's Retreat at Saint Dorothy's Rest

RAFFLE TIX
On Sale NOW!
(Sundays in Social Hall)

2nd Annual
COMMUNITY RAFFLE AND POTLUCK
Saturday, January 12, 2019
5:00 pm onward...
Featuring pianist John Simon

Raffle: Nancy Fitzpatrick has once again gathered about 2 dozen gift certificates and theater tickets generously donated by area businesses to raffle off. Some examples are La Gare Restaurant, 6th Street Playhouse, Santa Rosa Symphony, and Riviera Ristorante. Grand prize worth \$100.

You can buy tickets after services starting Nov. 25 and going through December as well as the night of the event. You do not need to be present to win.

TIP: Plan on purchasing tickets? Bring address labels from home to avoid writing your contact information many times.

Potluck: The evening starts with Happy Hour at 5:00 p.m. Bring a dish to share, beverage of choice.

Music: Before and during dinner, we will be graced with music by John Simon, well-known as one of the best jazz pianists in the Bay area. He is a professional musician whose talents include composition, jazz improvisation, classical and acoustic pop music, dance music and teaching. Hear a sample of his classical and pop songs at <http://www.johnsimon.net/classical.html>.

~ Dee Ray

(re) NAMING 545

"The Founders Room" and "The Ancestors Room" have been suggested as names for Room 545. The UUCSR Board would like to encourage anyone who wishes to nominate other names.

Submit to Gretchen Vap or Cathie Wiese soon. We may be able to vote at the Congregational Meeting in January.

Diversity Project NEWS
**THE MAKING OF
A UUCSR STORY QUILT**

Starting Sunday, December 16

You are invited to participate in a project that will create a visual and story portrait of our community. Here's what we plan:

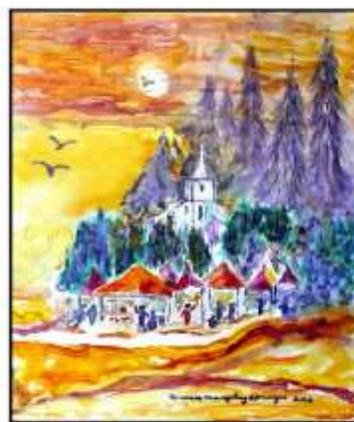
Banners of cloth with photographs and brief origin stories of each of us transferred onto the cloth, hung throughout our space:

A patchwork quilt that will tell a story of our community here at UUCSR.

We will begin by taking photos and gathering stories from 30 of us. Several of us on the committee have already done this and we think the result is lovely. Our first photo shoot will be on Sunday, December 16, between services and after the 11 AM service. Leslie Norinsky is our photographer. We have edited the classic poem, "I Am From" by George Ella Lyon, and will ask you each to complete the poem to accompany your photo. We will work our way through the congregation, inviting all to participate. Our first 30 folks will make up our first panel, the second 30, our second panel, and so on.

Please see this month's insert for the story, the personal poem that we are asking you to complete.
Tamara, Cheri, Carol K., Leslie, Jeanie

Occidental Community Choir
Sarah Saulsbury, Music Director



40
years
of
Music
from
Home

FRIDAY, NOV 30 @ 8 pm
Community First Night - Tickets \$18
Occidental Center for the Arts
3850 Clark Murphy Ct, Occidental
SATURDAY, DEC 1 @ 8 pm
Occidental Center for the Arts
SUNDAY, DEC 2 @ 3 pm
Occidental Center for the Arts
SATURDAY, DEC 8 @ 8 pm
Occidental Center for the Arts
SUNDAY, DEC 9 @ 3 pm
Glaser Center, 547 Mendocino Ave,
Santa Rosa



ADULTS \$15, KIDS 12 and under FREE
TICKETS AT
OccidentalChoir.org/Tickets
or at the door
Advance tickets recommended

Come half an hour early
to see the photo show in
40 years of OCC history!



OCCIDENTAL COMMUNITY CHOIR
at the Glaser Center

Sunday, December 9, 3:00 pm –5:00 pm
A non-UU Event, but with a very UU flavor. Occidental Community Choir celebrates their 40th anniversary, with skillfully woven diverse songs and stories, poetry and theatrics, creating a very joyful and eclectic holiday concert experience, inclusive of all. Unlike any other you will find in So. County. [Reserv. recomm. Occidentalchoir.org/] (Tickets \$15, but no one turned away)

A4SJ

ADVOCATES FOR SOCIAL JUSTICE

We meet 2nd Mondays, 10 am—12 pm, at UUCSR - Join us! We welcome your participation! Contact Linda Harlow or visit our table Sundays in the Social Hall.

Share the Offering

UUCSR shares Sunday offerings with local non-profits that serve greater So. Co., incl. our Saturday Breakfast.

December 2: Worth Our Weight, an apprentice program preparing at-risk youth for work in food service industry for 12 years, has been rendered unsustainable as a result of the 2017 fires, and will close by year's end. Money is needed to pay closing costs.

December 9: Project Avary is a program to meet the emotional needs of children with a parent who is incarcerated. The program intervenes early, and makes a ten-year commitment.

December 16: The Living Room's Mission is to ease adversity and promote stability, dignity, and self-reliance for women and children who are homeless, or at-risk, in Sonoma County.

December 23: Breakfast For Our Neighbors our own Saturday Breakfast program, provides a nutritious breakfast Saturdays for our neighbors in need, in a friendly atmosphere.

December 24: The Minister's Discretionary Fund (100%): used at the minister's discretion, in accordance with our Mission and Vision, to provide confidential direct support to members, friends or others for housing, food, medical attention, transportation, education, or other pressing financial need.

December 30: Jobs With Justice campaigns for better working conditions for wage earners and convenes the Workers Rights Board to hear and investigate complaints of unfair working conditions.

January 6: Martin Luther King, Jr. Celebration. Half the collection goes to the MLK, Jr. celebration.

NOVEMBER
HOT TOPIC



Project Avary

Sunday, December 9
12:30 in Board Room

Project Avary is a non-profit organization that is a year-round program tailored to meet the unique emotional needs of children with a parent in prison.

They intervene early in the lives of children, at the ages of 8-11, and make a long-term 10-year commitment providing support, resources, guidance, and training for each child and family.

This gives the kids a deep sense of belonging, dignity, and hope instead of becoming one of the many that end up in prison like their parent.

Join us to learn how Project Avary is a life saver for these children.

*The A4SJ Film Project presents our
Care in Community Film Series:*



Crazywise

Phil Borges and Kevin Tomlinson, filmmakers

Sunday, December 16, 2018
After 11:00 am Service in Room 545

The Advocates for Social Justice (A4SJ) Film Project continues with the 3rd film of its Care in Community series with the multi-award winning film CRAZYWISE. Directed by Phil Borges and Kevin Tomlinson and released in 2017.

As a new and yet age-old approach to mental health care, it asks the question: Crazy...or wise? The traditional wisdom of indigenous cultures often contradicts modern views about a mental health crisis. Is it a 'calling' to grow or just a 'broken brain'? The documentary CRAZYWISE explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience.



Snacks, but not lunch will be provided. We will have our usual post-film discussion period.

UUSC Beautiful Holiday cards back by popular demand
The UU Service Committee (UUSC) is our international justice representative operating in many countries. UUSC partners with local organizations working for economic, gender, & eco-justice, to protect human and civil rights at risk. A current focuses is the Rohingya people, crammed in refugee camps, fleeing from genocide in Myanmar. *These lovely and affordable cards available now. All proceeds go to the UUSC. (A4SJ)*

VOLUNTEER WITH VERITY

WORK WITH YOUTH TO REDUCE ABUSE

Following the recent presentation of the film, "The Hunting Ground", and the discussion and self expression it stimulated, the Advocates for Social Justice followed up with the folks from Verity who came to help us. Verity is a non-profit organization which:

...facilitates healing and promotes the prevention of violence...with a special focus on sexual assault and abuse...by providing counseling, advocacy, intervention, and education in our community.

Verity Mission Statement

We learned of a volunteer opportunity with Verity, Prevention Educator. Following a 30 hour training volunteers help empower young people and educate them to reduce their vulnerability to physical, sexual, and emotional abuse, primarily through classroom presentations/workshops. If this seems something you may be interested in you can pick up an information sheet as well as an application form at the Advocates' table on Sundays.

There are other volunteer opportunities with Verity as well. You can learn more at the website: www.ourverity.org and click on "Get Involved", or contact the Prevention Education Manager at (707) 545-7270, ext. 12.

MARTIN LUTHER KING, JR.

"A Day On, Not A Day Off"

January 21, 2019, Sonoma County
Community Baptist Church (CBC) hosts Dr. King's
"A Day On, Not A Day Off" Celebration.

This yearly celebration of Dr. King's legacy is a time for neighbors to engage and work together to serve our communities.

This holiday offers a great opportunity to give back by serving. Some past service projects included cleaning up public spaces, gathering and distributing goods to those in need, offering repairs/yardwork for people who needed assistance—and more!

One of our T.I.E. groups helped people write to their elected officials, which was a great success! A service project can be developed to meet any need in our community.

One suggestion was for volunteers to clear brush/debris around homes for those who are unable to.

A simple way to be involved is to help set up for the event on Sunday, January 18th at 1:30 at CBC. There is also a CBC clean-up crew that would start at about 2:00 p.m. on January 19. Please contact Sibyl Day or Carol Kraemer to volunteer or for more information. Thanks in advance to our beloved community!

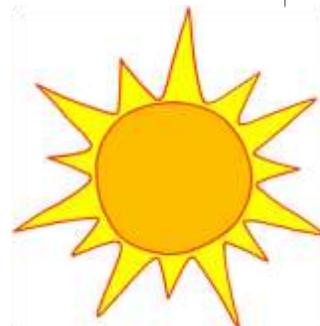
CUUPS / UUCSR

WINTER SOLSTICE CELEBRATION

Friday, December 21 5:30 pm-7:30 pm
A Family-Friendly All-Congregation Service
Crave the light and warmth of the Sun?
Join us for UUCSR's 2018 Winter Solstice.

In our ceremony we will thank the Winter Darkness for a much needed rest, and then welcome back the Sun with its ever lengthening days.

We will have the potluck FIRST as we did last year at 5:30, then drumming and the celebration at 6:30 pm



Earth is on its Perihelion, the orbital point closest to the Sun, a few weeks after Winter Solstice. Yet the daytime is shorter and we think of this season as colder, as a result of the axial tilt of our Earth Mother. The Latin word solstitium, meaning 'the Sun stands still' is the basis for the word Solstice. Envision the Sun sitting on an apex, teetering and waiting for the slow slide towards longer, warmer days.

This is a family-friendly, all-congregation event. We encourage you to bring your drum and other musical instrument to add to the **night's energy. Don't stay home for lack of kitchen skills!** We welcome store-bought items the same as home-made. For more information or food ideas, contact CUUPS.

Caring Connections Committee

connects members in need with members who are able to lend helping hands.

Services we offer include a ride to Sunday services or a medical appointment, a home or hospital visit, a friendly call or card, occasional shopping for essential items, a loan of a medical item like a wheelchair or walker, and preparing and/or delivering a meal. We have a list of referrals for services we can't offer.



[Artist unknown]

Please stop by our table on Sundays to sign a card, request help or volunteer. For information, contact Mac Freeman.

Nuestra Fiesta 2019



OUR ANNUAL AUCTION PARTY!
 MARCH 2, 2019
 MARK YOUR CALENDAR
 FOR THIS EXCITING ANNUAL EVENT

DON'T MISS THIS FUN EVENING WITH FELLOW UUs!

As always this event will feature luscious food, prizes, music, camaraderie and offerings that will fit every budget.

We know you are busy this time of year with family, trees and candles, last minute shopping and celebrations. However, in those leisure moments (?!) when your mind wanders through these seasons of giving,

ask yourself:

What can you share at our Auction this year?

Some ideas to inspire you:

- Host a sing-along with pizza and beer.
- Classical music in your rose garden
- Super Bowl or Oscar watching party
- Wine tasting party
- Walk and picnic in Armstong Woods
- Conversation on a challenging topic with home-made cookies
- Book discussion at a coffee house
- St. Patrick's Day party
- Home-Made Crafts or Furniture
- Artwork

In the January newsletter, we'll answer all those detailed questions you're so eager to hear.

Thanks! Linda Lambert



Maintenance Team WORK DAY

Saturday, December 1
 9:00 AM -Noon

Please come help keep our building and grounds looking good and functioning well!

P.S. If you have suggestions for repairs or improvements, please find a form in one of the drawers to the left of the mailboxes in the Workroom/Outer Office. Put the completed form in the Building Maintenance mailbox.

OLD AGE IS NOT FOR SISSIES

December 10, and 24, 10:30 a.m.
 in UUCSR Green Room

A Group For Women Congregants 80 and over. Are you one of us? We are meeting in the Green Room at 10:30 a.m. every second and fourth Monday morning. Coffee service starts at 10:00 a.m. Need a ride? Please call well ahead of meeting date. Questions? Call: Phyllis Clement, Dorris Lee, or Shirley White.

FAITH AND FITNESS

Saturday, December 8
 9:30 am – until about 2 pm

As scheduled and cancelled due to the air quality last month, we plan to take the Pioneer Tree Trail in Samuel P. Taylor State Park. Just shy of three miles, we hike first along Lagunitas Creek, then a make gentle climb through redwood and mixed forest finally looping back down to our starting point. We may still have some yellow maples to admire, as well as other signs of late fall and the return of the rainy season. Bring lunches, water. Carpool from Santa Rosa 9:30, Petaluma 10:00. Start from trail head 10:45. Get detailed directions and sign up, Gretchen P.

MEN: **New Men's Group?**

Interested in joining an existing Men's group or forming a new Men's Group? Meet with Roger DeBeers Tuesday, 4 December at 12:15 at UUCSR or Wednesday, 5 December 2018 5:45 PM at UUCSR. Email your interest to Roger on the focus list.

TIE GROUPS have openings

Our TIE groups have openings. TIE: Together in Exploration... **we meet twice a month to listen and share our reflections about a UU inspired topic.** Give Katie Trieller a call.

COSM- Committee on Shared Ministry

Your Committee on Shared Ministry is charged with ensuring the health of the congregation by supporting the minister, encouraging communication and providing conflict resolution when needed. During the month of December as our congregation considers the theme of Peace, we are here for you. Is there an **"unsolved challenge to peace" that you would like to work on?** Now is the time to bring it forward. **Wouldn't it be great to enter the new year with a new sense of being at peace!**

As always, you are encouraged to reach out to us **regarding the minister's evaluation for this year, or anything else that you would like to talk about.** Lucia Milburn is the chair. The other current members are Alan Bell, Bob Anderson, Kitty Wells, Susan Bartholome, Frances Corman and Rev. Chris. We all can be approached at any time regarding COSM business. May we all be a blessing to each other and may we know true peace in this season.



Adult Religious Education

Rev. Chris has begun a new series, *The Theology of Rev. Chris*, on Saturday, Nov. 24. The first session was called Reason and Revelation, and asked "How do we know what we know about life, God, and ourselves?"

Future offerings will happen once on month on either Saturdays (10am - 12pm) or Wednesdays (6:30pm - 8:30 pm). See below for schedule and list of topics.

Adult RE is Guided by UU Principles, Rooted in Unitarian Universalism Sources, and Our **Congregation's Mission and Vision, the Adult RE Team** strengthens community and facilitates spiritual growth by offering classes, activities, programs, training of facilitators and coordination of other UUCSR activities. Members of the ARE Committee: Helga Lemke, Nadine Carroll, Phil Harriman, Sarita Hazen, John Speck and Rev. Chris.

THE THEOLOGY OF REV. CHRIS

Once monthly, Saturday or Wednesday
Saturday sessions will be 10:00am - 12:00pm
Wednesday sessions will be 6:30pm - 8:30pm

Dec. 22 (Sat)	Nature of God, Pt. 1
Jan 23 (Wed)	Messiahs & Angels, Buddhas & Bodhisattvas
Feb. 9 (Sat)	The Problem of Evil
Mar 9 (Sat)	Human Nature
April 13 (Sat)	Sacred & Profane
May 11 (Sat)	Life, Death and Afterlife
June 12 (Wed)	Nature of God, Pt. 2

SCRIPTURES STUDY 2019

with Rev. Chris Bell

TUESDAYS 8:30 - 9:30am and 5:30 - 6:30pm

Jan 22 - Feb 12	(4 sessions)
Tao Te Ching	
Feb 26 - Mar 12	(3 sessions)
The Wisdom Books: Proverbs, Job, Ecclesiastes	
Mar 26 - Apr 9	(3 sessions)
Teachings of Jesus pt. 1: Parables, stories	
Apr 23 - May 7	(3 sessions)
Teachings of Jesus pt. 2: Ethics, prayer	
May 28 - Jun 11	(3 sessions)
Rev. Hosea Ballou: A Treatise on Atonement	

GETTING TO KNOW UU CLASS

Saturday, January 12
 9:30 am-12:30 pm
 in the RE Wing

Considering membership at UUCSR? Just curious about UU history? Welcome to the next Getting to Know UU class presented by Rev. Chris Bell.

Hear an overview of Unitarian Universalist history, the roots of our congregation and explore the sacred in theory and practice. Class is open to everyone, required for UUCSR membership. Sign up at the Visitor/Welcome table before the class date. Our next New Member Ceremony will be held on February 3rd during the 11am service. Interested in joining? You can complete your application at the class.



RACIAL JUSTICE ALLIES DIALOGUES FOR 2018

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

Racial Justice 2018 Dialogues will be happening the 2nd Thursday of each month at the Glaser (UU) Center from 6:30-8:30PM. Upcoming topics will be: Teach Your Children Well; Educational Justice in Sonoma County Schools; Implicit Racial Bias; What to Do Instead of Calling the Police; Roots of Injustice, Seeds of Change: Toward Right Relationship with Native People's; The Long Shadow documentary <https://vimeo.com/204094755>

UUCSR WRITING GROUP

Mondays, Dec. 3 & 17, 1:30-3:30 pm

The UUCSR Writing Group invites interested writers and new writers to join us on the 1st and 3rd Mondays of the month from 1:30-3:30PM. All levels of experience welcome. Email Marge Wright with questions or just attend.

DRAWING GROUP

Wednesdays 2-4 pm

Artists of all levels are encouraged to join Bill Brewster and Patrice Le Pera to find inspiration and encouragement, and to explore techniques through sharing as a group. We meet Wednesdays 2:00 to 4:00 pm. Bring your projects, ideas, and art supplies you need. No fee or obligation.

EVENING BOOK GROUP

Thursday, December 13

2nd Thursdays, 7-9 pm

The Evening Book Group will meet on Thursday, December 13, from 7 to 9 p.m. at 547 Mendocino. We meet in the RE wing. The December selection is *Less* by Andrew Sean Greer. Visitors and newcomers are welcome. In January we read *To Kill a Mockingbird* by Harper Lee.

Treasurer's Monthly Ledger

November is the month with the one holiday that asks nothing more than being thankful. As UU's we are blessed with a forward thinking Minister, a new Assistant Minister providing much needed help to our Congregation, a relatively new DRE working with a growing mix of youthful UU's, a new temporary Administrator providing more streamlined modes of operation, and an experienced Bookkeeper keeping us on track. And let's not forget the rest of our staff, Sextant, office personnel and numerous part-time helpers. We are truly blessed with a dynamic and dedicated work force!

Much thanks to our recent \$200,000 contribution to our Endowment fund from Gail Alford. Our Endowment fund is now over \$450,000 and no doubt will continue to grow as the Endowment Committee adds more members to the Legacy Circle. Let's also

not forget these funds can be used in many ways to expand services and help with the physical structure, but these funds are restricted and cannot be used for operating the daily management of the Congregation finances.

Speaking of Congregational finances, let's be thankful for members increasing their pledges for this Fiscal Year. We still have a way to go regarding pledge increases. As one of our Board members recently told me, "Our members don't have to raise their pledges by a huge amount to make a difference." For example, if just 150 members, each increased their current pledge by a mere \$15 per month, we could raise \$27,000 toward our current budget and close the gap needed for the budget. That is a big bang for a very small pledge increase.

Fiscally yours, Michael Randolph, Treasurer

Season's Greetings

from Your Stewardship Team



"Mankind was my business. The common welfare was my business; charity, mercy, forbearance, and benevolence were all my business." Jacob Marley's plea for recognition of our common humanity, from Dickens's "A Christmas Carol", has always moved me powerfully. It reminds us that we are each part of something larger than ourselves, a social web that transcends our individual identity.

UUCSR is a vital part of my social web, and I hope of yours. As Marley would say, our growing and self-sustaining congregation is our business. **Expanding our mission "within and beyond these walls" is our business.** That expansion, we have agreed, includes more pastoral care and enriching programs within our walls, and more outreach – particularly to young adults on college campuses –

beyond our walls. To achieve this wider vision, the members of UUCSR collectively decided to hire an assistant minister. In 2018 we voted overwhelmingly as a congregation to approve the budget and move ahead with our initiative. Before our vote it was clearly explained that we would collectively need to increase our pledge income by about \$60,000 to support this on a sustainable basis.

In other words, we voted "yes" to hiring Dara, and "yes" to supporting her position financially by raising our pledges. Those of you who have already done both steps, we thank you. Those of you who haven't yet done step 2, it is critically important that you join us now in completing "our business" by raising your pledge, at whatever level you can. All of us should take responsibility for doing what we voted to do. Only then will we fully "own" the vision as a congregation.

Scrooge got one thing right. He listened to Jacob Marley. And that one thing transformed his life, and the lives of those around him. We hope you will apply his lesson to our beloved community – and raise your pledge today. Blessings of the season to you!
Carol Daeley, Stewardship Team



SHARE-THE-BASKET

We split our Weekly Offering. Our social action committee, Advocates for Social Justice selects a program, with congregational input, to receive a special donation from our Congregation. Following are the September Recipients.
Thanks for Your Generosity!

Social Advocates for Youth	\$409.75
Roseland Through College Mentor Program	\$540.20
CASA (Court Appointed Special Advocates)	\$525.29
Breakfast for our Neighbors	\$574.50
UU Church Southold NY - Fire Re-building Fund	\$656.79

For the Holiday Season: A "Magic Blend" Served in Nutshells...

Ready for the holidays?

There's a simple children's song called "Magic Penny" that goes like this:

*"Love is something if you give it away,
Give it away, give it away.
Love is something if you give it away,
You end up having more..."*

It's a deceptively simple song. I was thinking about this recently as I encouraged my young child to think about the deeper messages of the December holiday season.

Micah has been busy looking at magazines, circling toys he would like to receive as presents for Christmas or Hanukkah. In our Jewish UU family, this got us to talking about what the holidays are really about and the deeper messages in ancient stories...

With respect to Christmas...the old stories tell of the generous and loving hospitality shown to a family that was traveling far from home. The stories share about the birth of a baby who grew to be a great teacher of justice. This teacher believed in taking actions that lift up all people, especially **those who face injustice. What's the message in nutshell? Face the world with love, give and receive generosity, work for justice.**

With respect to Hanukkah...the stories tell of Judah Maccabee and his Jewish community striving to re-build after a destructive tyrant king threatened their lives. The community returned to their ransacked temple, filled with broken glass and

trash. They were concerned there was not enough oil to light the menorah, which cast such beautiful light. Just when they thought all was lost they found among all the wreckage *one small jar of oil.*

They found that this small jar actually could help the menorah burn for 8 whole nights! (Wow! Cool! A miracle!) I tell my kid this was an amazing miracle because people were working together creatively and **didn't give up trying**. They found a **sense of 'enough-ness', even in times that felt like maybe there wouldn't be enough! What's the message in a nutshell? Don't give up hope, persist, resist, work together, get creative... sometimes...miraculously... there is enough... especially when we work together!**

As Micah grows, we'll keep talking about this... what it means to enter a season of stories. I think these holidays have bold, necessary and transforming messages, when we reach back into the stories, and use them to talk about life here and now.

There is a new song we may start singing as the **holidays arrive. It's the "magic penny" song. It's simple and a bit sing-songy — but the message is powerful. It's one that speaks to my heart over this holiday season because it reminds me of a blend of these vital, teachable holiday messages...**

These stories are about love and persistence. In giving love and showing up for one another we can create a sense "enoughness" which is miraculous in our communities and in the larger world.

What a good blend for the holidays.

Much care to you this season,

Rev. Dara



Musical Notes

I believe Plato once said, "Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything."

This could be part of the reason people seem to associate music with worship. **Our congregation's** no exception. Who isn't grateful for angelic harmonies, soaring melodies, uplifting rhythms, and inspiring lyrics? Our choir and music coordinators work week after week, planning, rehearsing, and performing to bring a spiritual musical experience to us.

In November we explored Gratitude, an appropriate theme for the Thanksgiving month. The first Sunday, Sally brought us "First You Cry", and we cried, being grateful for our wounds. Then came the Choir singing with "One Voice", which they also performed with the choir of

Congregation Shomrei Torah in honor of the victims of the Pittsburgh massacre.

The next aspect of gratitude we explore is "Thanks for nothing", embracing emptiness, an often misunderstood Buddhist teaching. In that context we heard "Zen Gospel Singing" by Chris, Carol, and Mary Lil, with Rose on the autoharp. The last Sunday of November it's the choir's turn again singing G F Handel's "Dank sei Dir, Herr": "Thanks be to Thee, O Lord".

December is a month for dreaming of Peace on Earth. Christmas, Hannukah, and the Winter Solstice will guide the selection of music to inspire the soul.

If any of this marvelous musical ministry inspires you, talk to a Music Coordinator or Choir Director Sadie to find out how to lend your voice or musical instrument to the mix.

*Respectfully submitted,
Randy Jones*



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UUCSR MISSION:

To Celebrate Life,
Empower People,
Care for Each Other,
and Build A Better
World

أنتم هنا
في أمان
We are safe here

DECEMBER 2018

BLACK LIVES MATTER

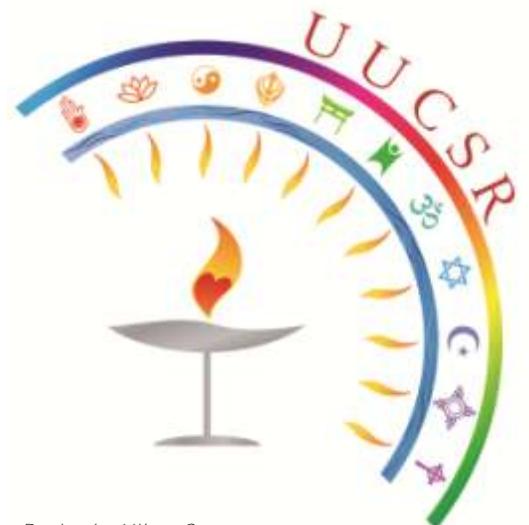
Love is the doctrine of this church, The quest of truth is its sacrament, Service is its prayer. To dwell together in peace, To seek knowledge in freedom, To serve human need, To the end that all souls shall grow into harmony with the Divine. Thus do we covenant with each other and with God.

A rr. by L. Griswold Williams

Unitarian Universalist Congregation Santa Rosa

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office at uusantarosa.org <http://www.uusantarosa.org>

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UU Update Editor: Susan "Rabbit" Williamson. **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.