

# Humboldt Unitarian Universalist Fellowship



March 2009

## Are you curious?

Do you want to know more about Unitarian Universalism? What do we believe? What's our history? Have you been wondering if this is the denomination for you? Come to a short inquirers class taught by Maureen Lawlor on **March 22** at 12:30 in the religious education building for some information. No one will ask you to join. We'll even provide food and childcare.

*Awanna Kalal*

## Dream workshop

Jeremy Taylor is coming to town on **May 1, 2, and 3** for his energizing, stimulating and informative Talk and Dream Workshop. This visit will be his 15<sup>th</sup> to our area — what a long, fascinating and productive relationship it has been. All events will take place at the Humboldt Unitarian Universalist Fellowship. Childcare will be provided. Partial scholarships for work exchange are available.

On Friday, May 1, 7 p.m. to 9 p.m., Jeremy will introduce the use of his “Tool Kit,” the fundamental framework of Jeremy’s successful Dream Work process. Please note that attending the Friday lecture is a requirement for all newcomers who sign up to do the workshop on Saturday, so that we can begin the work without taking the time for explanations of the “Tool Kit.” Those who are just curious and wanting to learn or just brushing up on what you already know may attend just the Friday lecture. The cost for the Friday lecture alone is \$20. If you are signed up for the Saturday workshop, the cost for Friday is included in the Saturday fee.

The Workshop will take place Saturday, May 2, 9 a.m. to 4:30 p.m. The cost for the day is \$60. New participants to Jeremy’s approach to dream work must have attended the Friday session or have made another arrangement.

Sunday, May 3, the Rev. Dr. Jeremy Taylor will speak at the 9 a.m. and 11 a.m. services.

Please make your check payable to HUUF and noted as “Jeremy’s workshop,” and send it to me by **April 15**. When I receive your check, your place will be ensured. For information about this workshop, contact me.

*June Davis*

## Budget requests due

This is a gentle reminder to all Committees and their Chairs/Co-chairs that the committee budget for 2008-2009 fiscal year is due on **April 1**. Please email or turn in your hard copy to Nancy Cook, the treasurer. Also, please send a copy to me. Thank you.

*June Davis*



## People

**Sally Thonson** is living at Timber Ridge in Eureka and welcomes friends to visit. Please call first.

**Charlynn Johnson** was discharged from the hospital after 32 days. She is recuperating at a friend's home in San Diego.

**Steve Sottong** attended the South Coast Writers' Conference in Gold Beach.

**Berti Welty** had a great Arts Arcata event at the Fellowship despite the challenging weather.

**Ana Mae Botley** visited her family in Florida.

Please contact me if you have news for this column.

*Karen Knapp*

## Karen's office hours



Anyone who would like to meet with Karen during her office hours should contact her directly at karen.harris@post.harvard.edu.

## Peace march

Save the date, Saturday, **March 21**. Plan to gather with many others to walk and demonstrate your voice for peace and an end to the war in Iraq and Afghanistan. HUUF people will carry our peace banner. More details about gathering place and time of day in Eureka as they become available. Watch the Social Action bulletin board for up-to-date information.

*Mary Lou Jensen*

## World discussion

Wednesday, **March 18**, 2:00 - 4:00, discussion forum on the contents of our denominational magazine, *The UU World*.

By the time you read this, our spring issue will have arrived. We will have almost a month to study and take notes on the provocative religious material. The contents are still a mystery as of this newsletter's deadline, so we all will be surprised. If you are interested in this discussion group but the time is inconvenient, please contact me. Perhaps a second session could be arranged.

*Richard Kossow*

## A crafty bunch

Crafts Studio attendees took a field trip to the new yarn store on Second Street in Eureka on February 25 and then met for lunch to discuss their observations.

The regular meeting of the group takes place on the **first Wednesday** of each month at the home of Beverly Allen, 1:30 - 4:00 p.m. In March, sock yarn will be hand-painted. Call Beverly for details.

It is not necessary to engage in a craft to come enjoy the companionship.

*Joy Thomas*

## Fit tip of the month: the kitchen cure

The following, reprinted from *AARP Magazine*, is from an article on managing diabetes. It is an excellent summary of dietary wisdom for us all. Hang it on the fridge:

**Mind your meat:** Eat small portions of meat, and select lean cuts such as pork loin or sirloin. Remove the skin from chicken and turkey.

**Go whole:** When it comes to grains, the browner the better. Swap foods made with whole grains for those made with white flour. For example use brown rice instead of white.

**Pour it on when cooking:** Use liquid fats such as olive oil or canola oil instead of solid fats like butter or margarine.

**De-sugar your drinks:** Substitute water and diet soft drinks for regular sodas, fruit punch and other sugar-sweetened drinks.

**Skim the fat:** When eating dairy products, stay away from full-fat cheeses and milks; good replacements are skim milk, nonfat yogurt and nonfat cheese.

**Go for greens:** Eat a variety of vegetables and fruits each day, and make sure to include dark green, leafy vegetables.

And this, from Michael Pollan, author of *The Omnivore's Dilemma*: "Eat food. Not too much. Mostly plants."

*Scott Allen*



## Wanted: Ten strong people

With no fundraisers on schedule for this year, a few of us thought that it might be time to put on a rummage sale. I suggest August. In August, HSU students return for fall semester. The Care building is available because there is no summer RE.

In the past, rummage sales have netted, along with a bake shop and silent auction, \$3,000. However, it does take a lot of planning and work. Are we up for such a feat? What I seek is ten people willing to help plan and organize a sale. I am putting this out for all of you to consider. Can you help? Will you help? I am willing to have a meeting about such a Fund Raiser, but if I am unable to entice ten members to assist, there will be no sale. Watch for an article in the April newsletter saying, "Yes, the sale will be on," or "No, no sale." To volunteer contact me.

*Inge Leonardos*

## Sew sew

RE seeks folks who like to sew. We need some superhero capes made for our K - 2<sup>nd</sup> grade students, who have been studying famous UUs in history as well as our local Fellowship heroes. If you could sew a few or all, let me know. We need 10-12 capes, materials will be provided. Thanks.

Jillian Mooney

## Greentip of the Month: Is it cold in there?

How old is your refrigerator? Today's Energy Star rated refrigerators use half the energy of those manufactured before 1993 and 65% less than those built before 1980. There are still 47 million refrigerators in the U.S. more than ten years old, and the cost of keeping them humming is more than \$5 billion dollars. Energy Star is a rating award for appliances and electronic equipment that use 15% less than a federal minimum electricity consumption level for each type device. Starting in 2009, they will have to use 20% less to get the Energy Star label. Go to [www.energystar.gov](http://www.energystar.gov) for complete details and lists of qualifying models. So next time you reach for a cold one, consider whether it is time to replace your aging ice box.

*Scott Allen*



## Extreme weather shelter

Extreme weather shelter for the homeless has been in effect in Arcata. HUUF is one of five churches available. Volunteer supervisors stay with the clients overnight at the various churches. They must have experience with the homeless population, and hold First Aid and CPR certificates. Anyone interested in being added to the group of available supervisors is invited to observe at the dispatching point on any extreme weather evening. The Arcata Endeavor is the dispatching point. For information John Shelter, the Director of the Endeavor and the Extreme Weather program can be called on his cell phone. Jeff Knapp, HUUF Board member and Liaison to the Social Action Committee or I can give you the number.

*Ursula Osborne*

## Mediterranean brunch

Come share with us this experience of the delightful mélange of flavors representative of the various cultures that border the Mediterranean. Cost is \$5 for adults, \$1 for children.

Benefits from this brunch will be donated to Arcata House, which provides transitional housing to families and individuals, as well as permanent supportive housing to those with disabilities.

This SAC brunch will follow the second service on **March 15**.

We welcome participation. Bring your favorite dishes and/or enthusiastic appetites.

*Eve Anderson*

## Unitarian Universalist Association news

This June, there will be an important election to choose the next president of the UUA. Every congregation will have the opportunity to appoint delegates to cast their votes. These delegates may or may not be attending General Assembly in June. All the votes will be counted at GA (General Assembly), whether they are in person or by absentee ballot.

Be an informed voter. Information is available on the UUA web site, <http://www.uua.org/aboutus/governance/elections/index.shtml>. The election committee is sponsoring an email list. At the UUA web site, subscribe to election-L: <http://lists.uua.org/mailman/listinfo/election-l> Each month the candidates will answer a question posted by the Election Campaign Practices Committee and subscribers are free to comment.

A blog that contains the candidates' statements and gives readers an opportunity to comment is at <http://uuapresidentialdebate2009.wordpress.com/>. At the same site you will also find a flier you can post to educate the members of your congregation. The candidates also have their own web sites.

Be informed. Inform others. Vote.

*Ed Uyeki*

## Excerpts from the UUA Justice Action Network

Our partners at Green for All invite UU clergy and activists to participate in Power Shift 2009. Between February 27 and March 2 in Washington, DC, Power Shift 2009 promises to be the biggest lobby on climate and green jobs in U.S. history, and the biggest youth lobby of any kind ever. Over 10,000 young leaders will gather in the Nation's capital to strengthen the youth movement for climate and economic solutions by sharing skills, building relationships, and setting clear plans for action in our communities. On March 2, thousands of youth will meet with their representatives to ask for their leadership on green jobs and a clean, just energy future. While youth leaders are meeting inside the halls of Congress, UU minister Fred Small will join Bill McKibben, Wendell Berry, and hundreds of young activists in civil disobedience at the coal-fired Capitol Power Plant in Washington, DC. See [www.capitolclimateaction.com](http://www.capitolclimateaction.com) for more info or contact: [fsmall52@gmail.com](mailto:fsmall52@gmail.com); 617-876-7772 x203

This March we will create a buzz about sexuality education on Capitol Hill. Mark your calendars for **March 23 and 24** and call your congressional representatives to tell them why we need age-appropriate, medically accurate comprehensive sexuality education in our schools and communities. While you are calling, participants in the 2009 Sexuality Education Advocacy Training (SEAT) will be lobbying in Washington, DC.

*Ed Uyeki*



June Davis and Susan Allen  
wield scrub brushes at the most recent work party, February 21,  
Photo by Scott Allen.

# Religious Education

## Preschool

March 1: We will meet in our classroom to review our UU principles that we've been learning this year. We will make a fun craft with our friends.

March 8: We will meet in the CARE building to have singing rehearsal for next Sunday. Daylight Savings time — set your clock ahead.

March 15: We will meet in our classroom to celebrate spring. What signs of spring have you seen? We will sing together in the main hall before we leave for classes.

March 22: Social Action Sunday- We will weed our garden to spruce up our Fellowship. Wear boots and clothes that can get dirty. Bring tools if you have them. Gather in the CARE building.

March 29: Friendship Sunday. We will gather altogether in the CARE building to play with friends. Bring your favorite game or book to share.

## K - 2<sup>nd</sup>

March 1: We will learn about a historical hero who was a UU. Come find out about superheroes.

March 8: We will meet in the CARE building to have singing rehearsal for next Sunday. Daylight Savings time — set your clock ahead.

March 15: We will meet a superhero who lives in our neighborhood and goes to Fellowship with us. Who could it be?

March 22: Social Action Sunday- We will weed our garden to spruce up our Fellowship. Wear boots and clothes that can get dirty. Bring tools if you have them. Gather in the CARE building.

March 29: Friendship Sunday. We will gather altogether in the CARE building to play with friends. Bring your favorite game or book to share.

## 3<sup>rd</sup> – 5<sup>th</sup>

March 1: Who was P.T. Barnum? Here's a hint—he was of the same religion we are and he liked the circus.

March 8: We will meet in the CARE building to have singing rehearsal for next Sunday. Daylight Savings time — set your clock ahead.

March 15: We will learn about St. Patrick from a different perspective. Wear something green.

March 22: Social Action Sunday- We will weed our garden to spruce up our Fellowship. Wear boots and clothes that can get dirty. Bring tools if you have them. Gather in the CARE building.

March 29: Friendship Sunday. We will gather altogether in the CARE building to play with friends. Bring your favorite game or book to share.

## Intermediate

March 1: We will begin our discussion on Taoism, Buddhism and other Eastern traditions.

March 8: We will attend the Teen Service together. Daylight Savings time — set your clock ahead.

March 15: We will continue our discussion from March 1.

March 22: Social Action Sunday- We will weed our garden to spruce up our Fellowship. Wear boots and clothes that can get dirty. Bring tools if you have them. Gather in the CARE building.

March 29: Friendship Sunday. We will help younger ones play games, read or just hang with our friends too. Treats for those who help.

Family Ministry Night, Friday, **March 27**, 5:00-8:00 p.m., game night. Bring your favorite game. Spoons was a big hit the last game night, should we do it again? We need two families to volunteer to host. Food is paid by RE, and we all help out. We just need two families to coordinate the food, supervise, set up and clean up. Let me or Mark Smelser know.

*Jillian Mooney*

## Excerpts from *PCD Currents*

Registration and housing for General Assembly 2009 opens **March 2**. GA is close to us this year, in Salt Lake City. We'll elect a new president. We'll vote on the Commission on Appraisal's proposal to change the Principles and Purposes outlined in Article II of the UUA bylaws. Melissa Harris-Lacewell will deliver the Ware Lecture, and political humorist Kate Clinton will put the fun in fundamentalism. For the first time, the highly regarded UU University will be folded into the GA program itself. With all of that, we expect record attendance from the Pacific Central District. If you have not been to GA before, this is definitely the year to make that happen.

So keep that March 2 date in mind. Early Bird registration bargains will be available until April 30; but your first choice of hotel is likely to get filled early, and the limited home hospitality being coordinated by the First Unitarian Church of Salt Lake City may fill up even sooner.

All Delegates to General Assembly must be voting members of their congregations. The rules for this are the same for both District Assembly and General Assembly: Each congregation is entitled to one delegate for every 50 certified members, or fraction thereof, with a minimum of two delegates. As such, all congregations with up to 100 certified members would have two delegates; a congregation with 101 members would have three delegates; one with 275 members would have six delegates.

*Ed Uyeki*

## Deadline for next newsletter: Wednesday, April 20

E-mail articles to Joy Thomas at [jthomas3@csulb.edu](mailto:jthomas3@csulb.edu). Send calendar and Sunday service info to Amanda Jones at [anewilljones@yahoo.com](mailto:anewilljones@yahoo.com).

## Wine country holiday

The UUs of Napa announce an addition to their successful Wine Country Excursion program which they have offered the last three years.

In a year when extended vacations are harder on the budget, why not plan a trip closer to home? There is so much to see and do in the Napa and Sonoma Valleys. Sites of particular interest include Jack London's home; renowned and boutique wineries; numerous fine restaurants including the Culinary Institute of America; the diRosa Art and Nature Preserve; many museums and galleries; miles of bicycling and hiking trails.

They offer two choices: Comfortable lodging in members' homes with full breakfast (up to three nights), or lodging plus their renowned Wine Country Excursion two-day tour package.

In 2009, the program runs from April through October. Fees for lodging are about 25% below market rate and tours about 50% below comparable rates. All proceeds donated to the small Napa fellowship. There are limited openings, so contact Tom Wilson (707 254-7443) or [2wilsons1dog@comcast.net](mailto:2wilsons1dog@comcast.net) for details.



SUNDAY MORNING WOULDN'T COME QUITE  
SO EARLY IF YOU COULD MAKE IT TO  
BED BY SATURDAY NIGHT.

# Honeymoon journey, part two

## Continued from February newsletter

[Editor's note: This story was begun last month and tells of a spiritual journey to Turkey made by Cheryl Rau and Pat McCutcheon.]

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Two themes recurred throughout the journey: 1) how much the essential concept of goddess, from the earliest clay-baked artifacts of Cybele to the contemporary Virgin Mary, were the same, and 2) how systematically images of the goddess have been altered to reflect the values of the dominant culture. A ten-foot-high statue of Athena from centuries before Hellenistic rule towers in a small museum. Regal and lovely in her polis and flowing gown, she is adorned with all manner of living things, another manifestation of Goddess-Mother-Creator. No armor covers her modest breasts, she wears no helmet or shield, those emblems we identify with Athena the warrior "brain-child" of Zeus, which came centuries later in service of a culture determined to subvert the power of the goddess.

At sites ranging from coliseums to wooded groves, we performed simple rituals. We'd place on a convenient stone our goddess figurines: reproductions of the terra cotta Phrygian goddess discovered in a grain bin in Catalhoyuk, a recently acquired Madonna, the Venus of Willendorf found in Austria and dating from 30,000 B.C.E., Artemis with the "polis" on her head signifying she was the goddess of Ephesus, and my newly-acquired figurine of Athena who showed me who she was/how she looked before the Greeks co-opted her. Sometimes Karen spoke a blessing, sometimes we chanted, once we sang an irreverent song about Aphrodite in her nighty. We left offerings, of bread, shell, pomegranate. How can I tell you how natural it felt, how right and joyous?

We were traveling in the last days of the presidential campaign. Approaching Troy, we decided our ritual would be a time for anyone who wanted to invoke the power we had experienced. We looked out at the Aegean and asked for so much more than just a candidate or a campaign. Our vision at Troy, epitome of war glorified, was hope and change for a *gylanic* world, not patriarchy or patriarchy, but one that frees both halves of humanity from the stultifying and distorting roles imposed by domination inherent in androcentric societies. A journey to the goddess expands one's breadth of vision, makes a different world seem possible.

An incident that best conveys the spirit of the trip occurred after we returned home. A quiet woman, Susan from Canada, sent us one of the most precious gifts we've

ever received. When she had time to go through her photos and process the trip, she created a stunning, spiral-bound book filled with the best pictures anyone has ever taken of us and with her own lovely and perceptive poems of the journey. What a goddess-like thing to do. Here's one of them:

### Pilgrimage to Anatolian Goddesses by Susan Rogers

museum rooms filled with goddess sculptures,  
emerging from shadowy light,  
revelatory shapes and sizes  
icons discovered deep in mother earth,  
buried,  
unveiled after a long slumber  
we are archaeologists of the spirit,  
researching our past  
we are pilgrims following the scent  
back to ourselves

Anatolian goddesses, you are pieces of  
the puzzle

perhaps you were always present,  
voluptuously vibrating,  
we could not see you through  
the layers and layers of cultural beliefs,  
that fog the truth  
gratitude for revealing your beautiful, naked selves,  
unabashed to those of us searching for  
remembrances  
of our past  
reminders of where we belong, and the  
task ahead –  
to reconnect & weave new stories, new  
relationships  
adoring Mother Earth for her strength,  
power  
and ruthless forgiveness  
it has been a long journey back to you.

*Pat McCutcheon*



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Cathy Enis gardens at at the most recent work party.  
Photo by Scott Allen.

**Classified ad**

Locally handcrafted garden furniture. Adirondack chairs and benches. Reclaimed redwood or designer colors. Attention to detail Built to last. Contact Richard French at 839-8689 or woodbox@igc.org.

Classified ads are 10 cents a word. Please email your ad to Joy Thomas and send your check, made out to HUUF, to the fellowship.