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Santa Clarita's Unitarian Universalist Congregation

September, 2024



One thing I have observed: When we are engaged in acts of love, we humans are at our best and most resilient. The love in romance that makes us want to be better people, the love of children that makes us change our whole lives to meet their needs, the love of family that makes us drop everything to take care of them, the love of community that makes us work tirelessly with broken hearts.

Adrienne Maree Brown

Love takes off the masks that we fear we cannot live without and know we cannot live within.

James Baldwin

Come, come, whoever you are, wanderer, worshiper, lover of leaving.
Ours is no caravan of despair.
Come, yet again come.

Hymn #188

Sunday Services

Sept 1st, 10:30 am

The Invitation to Take Uncomfortable Actions

Barbara Wilson, MSW, LCSW, EDPNA



Having just returned from the African American Smithsonian Institute, I got to see the Pullman Porter uniform of my maternal grandfather. That was on my bucket list.

Along the way I saw an article about a Unitarian pastor, James Reeb, a white pastor who risked all to support Dr Martin Luther King in his second march to Selma. Many pastors had promised to join in this march, but many didn't show up.

What invitations are we facing in our lives today? Are there moral issues that we are struggling with today? How does that toggle impact our mental and physical health?

Barbara Wilson is a long-time practitioner and advocate for mental health care. She is a subject-matter expert on mental health policy and programs. Her career spans the transformation of public mental health policy from state hospitals to community-based care and what that has meant to people affected with mental illness, their families, law-enforcement and society at large.

Ms Wilson has authored a book, The Mental Health Handbook: Understanding California's Mental Health System available on Amazon and BookBaby.

She is also the founder of a not-for-profit organization, **Mental Health Hook-Up**, which serves people whose lives have been impacted by mental health issues. It is a mental health social services organization which often serves as a 1-Stop Shop to people seeking resources, therapy, and continuity of care.

Ms Wilson has a Masters Degree in Social Work from the University of Nebraska Lincoln and is a licensed clinical social worker in the state of California. Additionally, she is a credentialed member in good standing with the National Association of Disability Representatives.

Sept 8th, 10:30 am

Water Communion Service

Rev. Jo Green
UU of SCV Affiliate Minister



Come join us this Sunday for our annual Water Communion Service! It is the beginning of a brand new Church Year and an opportunity to worship together with this sacred ceremony of community.

Bring a vial of water to merge with other waters; if you forget, we will also have water provided. Let us celebrate and honor how much love and joy we have together as a community.

Sept 15th, 10:30 am

The Process of Becoming

Rev. Liz Murphy



Change is hard. Transformation is even more difficult. How might the butterfly's cycle of life invite us on a pathway toward transforming the world through courageous love?

Rev. Liz Murphy (she/her) is a staff chaplain at the VA
Hospital in Loma Linda, CA. She is also the affiliated
community minister at Orange Coast Unitarian
Universalist Church. She previously served as the Interfaith
Programs Assistant at the University of Southern
California's Office of Religious and Spiritual Life, as well as
a chaplain intern at Cedars-Sinai Medical Center. Liz
graduated from the Claremont School of Theology with a
Master of Divinity in 2020. Originally from Pittsburgh, she
lives in Monrovia with her wife, Hilary.

Sept 22nd, <u>10:30 am</u>



The Thread

Michael Eselun



Popular guest speaker and UCLA oncology chaplain, Michael Eselun will reflect and explore the idea of a single thread that may run through our entire lives—what it takes to find it, what is our relationship to it, and how it just might help us make sense of the whole journey thus far.

Michael Eselun, serves as the chaplain for the
Simms/Mann-UCLA Center for Integrative
Oncology. Two-time TED-X speaker, Michael speaks
extensively to healthcare professionals, patient
populations, and faith communities across the
country. Long serving as adjunct faculty at the Wiesenthal

Center/Museum of Tolerance, he's also worked as an activist/educator addressing anti-LGBTQ bias in the larger community for well over 30 years. Michael was recently inducted into the UCLA-Semel Institute Eudaimonia Society, in recognition of having lived a meaning-driven life. He has 4 volumes of CD's available for purchase—contact Michael through his website--www.michaeleselun.com

Sept 29th, 10:30 am **To Help One Another**



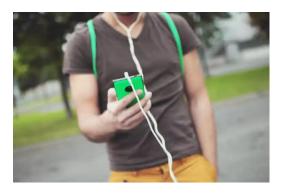
Every year, the self-help publishing industry offers us a dazzling array of tips, tricks, and techniques to fix, well, everything about our lives. Can life's most persistent challenges really be addressed in a few easy steps you can take right now? Rev. Rebecca will reflect on the lessons she's learned from a wide array of self-help teachers, and what they might mean for us as Unitarian Universalists.

Rev. Rebecca Benefiel Bijur is raising three children with her husband in Santa Monica, CA. She serves as Community Minister for the Emerson UU Church of Canoga Park and works with St. Joseph Center in Venice to provide housing, hope, and help to people experiencing homelessness. Rev. Bijur grew up in Japan, India, and suburban Maryland, is a

graduate of Yale College and Harvard Divinity School, and has served UU congregations and multi-faith social justice communities in Los Angeles since 2010. You can find out where she is speaking next at www.rebeccabijur.com.

Re-listen to a Sermon at Our "Listen at Your Leisure" Page

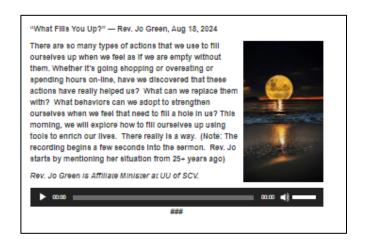
Rick Kamlet



In case you missed a service, or if you want to hear a sermon again -- you can get a lot out of a sermon by listening to it a second time! -- the audio recordings of most of the sermons presented at UU of SCV are posted on our *Listen at Your Leisure* page:

https://uuofscv.org/audio-archives/

You don't have to listen to them from your phone (although you certainly may do so). You can listen to them on your computer or any online device. Here is what the postings look like. Just click the line that's at the bottom of the listing, and voila, you're listening to it!



WHERE?

Join us, live at our Sunday services ...

Vibe Performing Arts Studio,

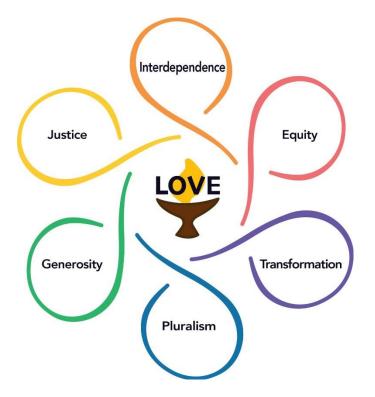
Valencia Plaza Shopping Center, 24460 ¼ Lyons Ave

(Near Vincenzo's Pizza)

... and streaming on Zoom

https://tinyurl.com/ZoomUUSCV

Or via phone at: (669) 900-9128 Meeting ID: 3098843973 (use for password also) "#" for personal ID



Recent Updates to Services

Joys and Sorrows

The tradition of sharing Joys and Sorrows occurs early in the worship service after the lighting of the Chalice and continues to include the act of dropping a stone into a bowl of water. If someone wishes to share a specific

joy/sorrow/gratitude/concern, Joys and Sorrows cards are made available in the foyer. Just fill out a card and give it to the Worship Host when coming forward to drop a stone. Cards will be read aloud by the Worship Host and shared with the Pastoral Care Team. When writing your message, please print legibly for the benefit of the Worship Host.

Food Collection for the SCV Food Pantry

A food collection basket is placed in the foyer with a sign indicating desired donations to benefit the SCV Food Pantry, a targeted recipient. Donating food, personal care items, and pet supplies, is one of multiple ways UU of SCV seeks to further its missional commitment to the local community.

Activities

Drum Circle

Hosted at the home of Beth Jenkins

Our monthly Drum Circle has really taken off, and we have had some very special 1st Friday of the month meditative drum circles this past year! Drum Circle is always the first Friday of the month (Sept 6th), 7:00 pm, at the following address: 27335 Weathersfield Dr, Valencia, CA 91354. No experience is needed, and you can bring your own drum (or other percussion instrument) or use one of the many supplied by our expert Drum Circle leader Burl Bolerjack. Bring a friend or family member(s) ages 8 and up (must be able to sit for 1.5 hours and focus on the leader's and others' drumbeats, to fit their own unique beat into the group sound).

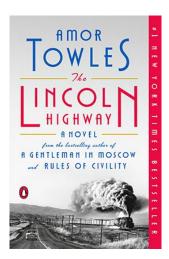
Donations are much appreciated to pay for Burl's travel and other expenses (usual amount is \$10, but if you bring children, please do not feel obligated to donate for them). Burl generously shares half the donation amount to UU of SCV, and it has accumulated to be several hundred dollars per year!

For any questions, concerns, or directions, as well as to RSVP (that is MUCH appreciated so Beth knows how many chairs to put out), please email Beth Jenkins at: newbethj@gmail.com.

Book Club

Suzie Rizzo

This is a welcoming and joyful group of readers who love to share their thoughts on the selections chosen. Everyone's presence is encouraged. This group meets the second



Wednesday of each month. We will meet at

6:00 pm at the home of Lois Linnert. Please bring a dish to share (vegan and vegetarian preferred) and a beverage of your choice, as well as your thoughts and your critique. UUSCV's Covid Policy is followed.

On **September 11th** we will be discussing "The Lincoln Highway," by Amor Towles. This tale begins with Emmett being released from a juvenile work farm and is united with his family who are experiencing many issues. Amor Towles takes us on a journey thought impossible. Many lively characters are met on this cross country trip that the youth have taken.

Please join us for a lively discussion. On October 9 we will be discussing "Lady Tan's Circle of Women." This book is by Lisa See. Please join us for a lively discussion.

Contact Ingrid Van Dorn (<u>armo591@aol.com</u>) or Marianne Bakic (<u>mariannebakic@icloud.com</u>) if you have any questions.

Movie Night

SEJ Team, Glenda Nowakowski

SEJ is having movie night. Documentaries, biographies, novels, and more will be shown at the home of Suzie Rizzo on the second Friday of each month. Please join us on **Sept 13th at 6:00 pm for conversation and food. The film will start at 7:00 p.m**. Please bring finger foods to share, vegan and vegetarian preferred. You may contact Suzie at baroness1@ sbcglobal.net if you have any questions.

The documentary movie for September 13th is an additional part of "Africa's Great Civilization." "This movie is narrated by Henry Louis Gates, Jr. Professor Gates travels the length and breadth of Africa to chronicle the continent's history from a firmly African perspective. His journey takes him from the city of Great Zimbabwe, to the pyramids of Meroe, and the spectacular rock-hewn churches of lalibela in Ethiopia." (excerpts from the film jacket)

The movie for October 11th will be another part of "Africa's Great Civilization."

Game Nights

hosted by Beth Jenkins

Zoom Game Night -- Our monthly ZOOM Game night usually is the first Saturday of each month, but for scheduling needs this was changed to Saturday, September 14th for this month. Join us for a wild Pictionary type game and possible Scattegories and/or Boggle--ALL on your computer/laptop! The fun begins at 7:00 pm, and it is easy to join: just use the same UU of SCV ZOOM room link that is listed in our weekly announcements and our monthly newsletter to join. This is a great evening, enjoyed from the comfort of your home. No need to stay for the

whole evening (we usually go until 8:30-9:00 PM)-give this fun way to get to know your fellow congregation members or visitors a try! No drawing skills needed; just a good sense of humor.

In-Person Game Night -- Come join us for our monthly in-person Game Night, at the home of Beth Jenkins, usually the 4th Friday of each month. This month the date will be Friday,

September 27th, 6:30 pm. Please RSVP to Beth Jenkins at: newbethj@yahoo.com (note: this is a different email address than for Drum Circle at Beth's home). And please include what potluck item you will be bringing, so we don't all bring desserts! (BYOB for drinks). This is a very fun and lively evening of good food, great conversation, lots of laughs, and (not very competitive) table games (mostly word games).

Note: as with all of our Affiliation groups, you do not need to be a member or even a visitor to UU of SCV to attend any of our regular monthly activities, and you are encouraged to invite friends, including to the ZOOM game night (we have one regular attendee who lives in Northern California!).

Bend the Arc Discussion Group

Glenda Nowakowski



After our August hiatus, the Benders' discussion group will restart on **Wednesday. Sept. 18**th at the home of Suzie Rizzo. **6 pm for snacks; 6:30-7:30 for discussion.**

Won't it be wonderful to have a positive meeting for a change and lots of good news to discuss?

As usual, please bring:

- finger food to share
- the most positive bit of Sept news that you want to share
- several topics to discuss
- some action items that we could take

If you have any questions or want additional information, please contact Suzie Rizzo at <u>baroness1@sbcglobal.net</u>.

Open Topics Discussion Group

Barbara McCoy & Lois Linnert



You are all invited to join the UU Open Topics Discussion group

We meet the 4th Monday of each month at the home of Lois Linnert in Friendly Valley.

Time: 6:00 pm

Date: Monday September 23

We discuss all topics related to the human experience bringing out inner ideas and thoughts that we choose to share. We compare and learn from each other. It's an exciting experience!

Topic for September: What can you do to make life better or happier for other people?

Bring simple food to share! Please let Lois know if you cannot attend.

For questions, contact Barbara McCoy at bmccoy1@socal.rr.com or Lois Linnert at 661-299-5393.

Friday Meditations on Zoom

Barbara Wampole



"The quieter you become, the more you are able to hear" – Rumi

Please feel free to just drop in. No experience is necessary. It's simple. If you'd like to join us to share simple sitting meditation and mindfulness practices, we continue to have a unique opportunity to use Zoom since we began sheltering at home.

Every Friday from 11 am to Noon. If you'd like to join us, please contact Barbara Wampole. <u>Connect</u> with the UU of SCV Zoom

Social & Environmental Justice

News from our Social & Environmental Justice (SEJ) Team

Louise Klatt & Glenda Nowakowski

Join us for the 29th Annual River Rally on Saturday, September 21st -- Through the years, we have participated to help clean a portion of the Santa Clara River, one of the last natural, free-flowing river systems in Southern California. Be sure to check out the booths too! Join our efforts to help protect this natural habitat. Please let us know if you plan on going to the event by e-mailing us sej@uuofscv.org. Note: you will need to register in advance at SantaClaritaVolunteers.com.



Saturday October 5,2024 Purple Walk -- Join Louise & Eric Klatt on this meaningful and inspiring 5K color walk. Proceeds are critical to support

domestic violence services for individuals and their children who are in abusive relationships. All registrations include Pancake Breakfast and Medal. Pets are welcome to join the walk for free. Walking alongside your pup serves as a reminder of the many pets lost to domestic violence and celebrates the healing support they provide to their survivors. Pups receive an official "Wag" bag filled with yummy treats and special gifts. Registration info: Purple Walk Registration - Child Family Center (Note- if you want to walk but need a sponsor to help with the cost of registration, or if you want to sponsor a walker, please email sei@uuofscv.org)



SCV Food Pantry -- Every week we collect food, personal care items, pet food empty egg cartons to donate to the SCV food Pantry. Look for basket located near the cart holding the hymnals. For more information talk to SEJ team member Ingrid Van Dorn. For more information, or if you'd like to volunteer or make a cash donation, click the link below SCV Food Pantry - Santa Clarita Valley Food Pantry

Monthly events:

 On the 1st Sunday of the month, we join <u>"Grandmothers for Peace"</u> on the corner of McBean & Valencia Blvd (near the Facey medical Building) you don't have to be a grandmother to come all are welcome! We have the peace vigil from 3pm-4m weather permitting. Come join us, you can bring your own sign and show the community that you want peace in our world. For more information contact Glenda Nowakowski.

- <u>PFLAG</u> meets on the fourth Wednesday of the month at 7 pm at St. Stephen's Episcopal Church.
- NAACP meets on the third Thursday of the month at 7:30 pm at the NorthPark HOA clubhouse.
- <u>Citizen's Climate Lobby</u> CCL meets on the second Saturday of the month at 10 am via Zoom. Contact Suzie Rizzo to get on the mailing list.
- Bend the Arc will meet on the third Wednesday in September (September 18th).
- Movie Night will be on September
 13th Documentaries, biographies, novels, and more will be shown at the home of Suzie Rizzo on the second Friday of each month. Please join us at 6:00 for conversation and food. The film will start at 7:00 p.m. Please bring finger foods to share, vegan and vegetarian preferred. Please see detailed informational article elsewhere in this newsletter.
- Postcard Writing will be on Sunday, September 8th after the regular service. Join us in the annex at Vibe. This is your chance to write to government officials on the issues you care about. Materials and postage is provided

Our next SEJ team meeting is on **Sunday**, **September 8th at 12pm (noon)** in person at Vibe or on the UU of SCV Zoom, all are welcome.

"Peaceful Relationships" Workshop

Rev. Jo Green

Rev Jo will be facilitating with the Alternatives to Violence Project this workshop and there are 3 different sessions you can attend:

September 3rd, 4th, 5 th from 9 am to 4 pm in person in Palmdale.

Mon & Thurs 6 pm – 9pm Sep 9th, 12th 16th, 19th, 23rd, or 26th on Zoom.

September 21^{st} , 22^{nd} , 28^{th} 9 am to 4 pm on Zoom .

Must attend all 18 hours to receive a Certificate of Completion.

Peaceful Relationships. We all seek them...and yet conflict is a natural and inevitable part of everyday life.

- Destructive conflict can start with disappointments, irritations and frustrations.
- Unresolved conflict is one of the roots of violence.
- It is possible to learn new ways of handling differences.

AVP workshops are for everyone seeking harmony, whether in their work, family, community relationships, or all of these.

REGISTRATION for Workshop #3: Send Name, email, city and phone # to avpav@aol.com

FEES: \$25-\$50 sliding scale depending on what one can afford

Scholarships are also available

Contact: Diana Couch 661-942-3025 AVP-AV Program Coordinator

Camp

Registration is Open for OUR CAMP SESSION, "Chalice and Neighbors" 2024 Retreat at Camp deBenneville Pines"!

Louise Klatt

The retreat is September 27-29, 2024



In years past, our congregation has participated in this retreat. We look forward to reuniting with members of our neighboring congregations again this year.

New and exciting this year, it is more affordable for families with children to attend this retreat because the pricing for youth and children has been reduced, making it more affordable. Also, two congregations -- Chalice and Studio City -- will each be doing a Special Collection to bolster scholarship families, making it even more affordable.

For more information, see the camp flyer later in this newsletter.

A direct link to the registration form is <u>here</u> and at the end of this newsletter.

Some other upcoming camp sessions:

Sept 5 -10 - Art Camp 4 Grown-Ups



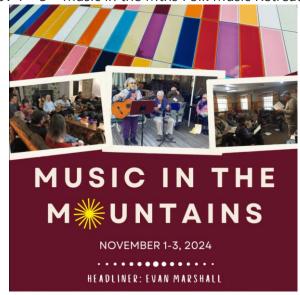
Sept 20 – 22 – Camp Transcend Family Retreat



Oct 11 – 13 – ACA 12-Step Retreat

Oct 18 – 20 – PineCon Retreat (for games)

Nov 1 – 3 – Music in the Mtns Folk Music Retreat



Nov 28 – Dec 1 – Thanksgiving Family Celebration Dec 27 – Jan 1 – Senior High Winter Youth Camp

Church Workings

Key topics from the Aug 18th Meeting of the UUSCV Board of Trustees:

- The Board approved trying out a new avenue for outreach – MeetUp. Beth Jenkins got us started.
- The Board has chosen our congregation as the Third Sunday recipient in September. The collection will go toward a new wireless headset microphone system, because the FCC mandated that the frequencies of our old units are no longer permitted to be used for wireless microphones.
- The Board, in conjunction with the Social and Environmental Justice Team, has sent our resolution concerning Chiquita Canyon to various community leaders in the area.

Board Officers

President - unfilled

Vice President - Rev. Dr. Ken Brown

Co-Treasurer - Eric Klatt

Co-Treasurer - Chris Hankla

Secretary - Glenda Nowakowski (in-coming)

Member-at-Large - Rick Kamlet

Member-at-Large - Gordon Uppman

Member-at-Large - Diane Lin

Pastoral Care

Your UU of SCV Pastoral Care Team

The Pastoral Care Team serves those in our congregation needing support. Team members are Lucy Bates, Diane Lin, Barbara McCoy, and Ingrid Van Dorn. If you are interested in joining us, we can always use the help. Or maybe you could be one of our "helping hands people" for those occasions when we need extra help.

Mission Statement:

Pastoral care is offered with strict confidentiality. It is available to those experiencing illness, injury, grief, loneliness, or an emergency.

Team members may provide help with meals, transportation, phone calls, visits, and errands.

Remember we are here to help should you need it. And if needed we can connect you with our minister.

Primary contact is Barbara McCoy – 818 438-8351.

Membership

Membership Team

Birthdays

Carmela Camp	09/09
Diane Tamburello	09/13
Rev. Dr. Ken Brown	09/14

Membership Anniversaries

Barbara Cogswell 09/21/2003 Lois Linnert 09/10/2006

Gratitude to Everyone!!!

Virtually everyone in our congregation helps in some way. There are SO many things that people do, and we appreciate them all! When you become aware of someone contributing to the life of the congregation, whether it's a one-time thing or something they do all the time, be sure to acknowledge them and express your personal gratitude.

UU Anual Retreat to Camp de Benneville Pines Friday September 27 to Sunday September 29, 2024

Chalice and Neighbors

Home Cor	ngregation:		Home Congregation:							
Name:										
Email (please write neatly):										
Address:										
City State Zip: Phone:										
Camper N	•	Adult/Youth/	Pronouns	Special Need		Special Diet	Special Diet			
Camper Names.		Child/Infant (A/Y/C/I)								
TA/Y/C/II										
	 		<u> </u>				1			
Qty						Subtotal				
	(A) Adults age 20+ at \$200 per person (\$210 after 9/8)						+			
	(Y) Youth age 13-19 at \$125 per person (\$125 after 9/8)						+			
	(C) Children age 3-12 at \$75 per person (\$75 after 9/8) (I) Infants age 0-2 at no cost						0			
	Craig's Cabin premium at \$50 per person (2 person minimum)									
	Double bed premium at \$40 per room									
	Thursday Night \$25 per person (no meals served)									
Scholarship Donation (Please help make this possible for others) !!										
Amount Enclosed: 50% deposit? Payment in Full? By 09/08/23 TOTAL:										
Covid protocols: All campers will show proof of negative rapid test taken within 24 hours of arrival. A screening table will be set up before entering lodge and mingling with guests. Screening table must be available on Thursday to monitor earlybird arrivals.										
Cabins have private bedrooms (one per family) and shared bathrooms. Craig's Cabin has a shared living room and kitchen, somewhat more upscale accommodations. Double beds are offered on a first-come-first-served basis (only available for couples with no children attending).										
Rooming Preferences (i.e. double bed, or quiet):										
Special Sleeping Needs (i.e. upper bunk):										
Special Needs: Diet/Allergy/Medical/Limitations:										
Meals - # of vegetarians vegans gluten-free dairy-free										
Financial Need (Campership- how much can you afford?):										
Priority will be given to early, legible, complete registrations! Please note that cabin assignments are										
at the Registrar's discretion and are selected to meet the needs of as many people as possible.										
Ways to pay: Make checks payable to "Chalice". Put "Retreat" & your congregation's name in the memo line.										
Web: https://bit.ly/ChaliceRetreatPayment Make sure to select "Give to Chalice Retreat"										
"Text to Give": Send a message to (805) 429-1515 with the words " <amount> Retreat"</amount>										
Mail checks & Reg. Form to the Registrar: Annie Barker, 4486 Leatherwood St., Camarillo, CA 93012										
Or email Reg. Form & for more information/questions contact Camp Dean (David Barker): clusterretreat@chaliceuu.org										
OFFICE USE: Date Received: Check # Amount:										
Group Num	ber: Receiver's Na	ame:					Rev07/17/2024			

CALENDAR

Events and activities may change. Check the Friday weekly announcement emails for updates.

Meditation – Every Friday 11 am to noon, *Zoom*

Sunday

1 Sunday Service, 10:30 am
Invitation to Take
Uncomfortable Actions

Barbara Wilson

Grandmothers for Peace, 3 pm (see article)

6 Drum Circle, 7 pm, Beth Jenkin's home

Sunday

8 Sunday Service, 10:30 am
Water Communion Service
Rev. Jo Green

Postcard Writing, after the service

Social & Environmental Justice Team, 12:00 noon, at Vibe and via Zoom

- **11 Book Club,** 6:00 pm, Lois Linnert's home
- **13 Movie Night,** Suzie Rizzo's home, 6:00 pm for food and conversation, 7:00 pm for movie
- **14 Zoom Game Night,** 7 pm

Sunday

15 <u>Sunday Service, 10:30 am</u>

The Process of Becoming
Rev. Liz Murphy

- **18 Bend the Arc,** Suzie Rizzo's home, 6:00 pm for snacks 6:30 7:30 pm for discussion
- 21 River Rally, 8 am

Sunday

22 Sunday Service, 10:30 am

The Thread

Michael Eselun

Board Meeting, 5 pm

- **Open Topics Discussion Group**, 6:00 pm, Lois Linnert's home
- **27 In-Person Game Night,** 6:30 pm, Beth Jenkins' home (rsvp)
- 27 29 Our Cluster's Camp Session (led by UU Ventura)

Sunday

29 Sunday Service, 10:30 am

To Help One Another

Rev. Rebecca Bijur

Mark Your Calendar

Oct 5 - Purple Walk (see SEJ article)