

# "WE SEEK SPIRITUAL GROWTH IN A WELCOMING AND CARING COMMUNITY"

# KALEIDOSCOPE

June 20 – July 3, 2009

The Newsletter of the Unitarian Society of Santa Barbara, CA

Newsletter: Nancy VanAntwerp

## Reminder:

**Our Annual Meeting  
Sunday, June 14,  
12:45 PM, Parish Hall**

We hope to see you there for a new and energetic format for our meeting! Please make arrangements to vote by absentee ballot if you are unable to attend.

## Welcome to Our Newest Members!

On Sunday, June 7, 2009 USSB formally welcomed 27 new members during our worship services. We extend our warmest welcome

to these new members! We ask that all our USSB members make a special effort to meet our newcomers over the coming months.

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## Summer Fashion Fling FUN!!!

Chocolate, music, wine &  
**Great, gently-used clothes!**

Join "girls" of all ages and go shopping at this USSB fun-raiser. Donate your clean consignment-quality clothes, jewelry. They'll be just right for someone else.

**Friday, June 26, 6–8 PM,  
Jefferson Hall.**

## What can you do to help our new members feel welcome? Here are a few suggestions!

- ☺ Wear your name tag every Sunday! (Can't find your tag? Request a replacement tag by completing a form at the welcome table on Sunday mornings, or email [membership@ussb.org](mailto:membership@ussb.org))
- ☺ Check out our Garden Kiosk for the photos and bios of these new members.
- ☺ Seek out a new member for a "get acquainted" conversation during Community Hour.

- ☺ Watch for new member bios in upcoming issues of the *Kaleidoscope*.
- ☺ Join our "Membership Ministry Team" to help with small dinner events, to mentor a new member, and assist with new member receptions. Contact Jen Stroh, Membership Coordinator, [membership@ussb.org](mailto:membership@ussb.org), 965-4583 x221

## Sunday Morning Services 9:30 AM and 11:30 AM

June 21st

**The Rev. Aaron McEmrys  
&  
Pulpit Host Jody Thomas**

June 28th

**Pulpit Host: Patrick Block**

**Path to membership  
Saturday, July 11, 9 AM–  
Noon, Parish Hall**

Newcomers and those interested in joining the USSB are invited to attend this short class. We will get to know one another, learn about Unitarian Universalism, our congregation and membership. It is an enjoyable opportunity to meet and get to know Rev. Aaron McEmrys! Childcare provided.

## Our Bridging–Father's Day Service

Our young adults are moving on, making their way in the world. They and their parents will speak of the journey thus far.



## Spirit Embodied

Most would agree that being more present in our bodies is healing and healthful but in our modern mind-focused world, it can be difficult to cultivate this mind-body connection. What does it mean to be "in" your body? How does the sense of connection to one's own body affect one's life in both corporeal and spiritual aspects? What are some things we can do to become more "present?"

In this worship service we will pose these questions, reflect on them, breathe, twist, stretch and sing. We will hear some of our congregants share their own experience with body-centered practices.

# Lifespan Religious Education News

## Summer Sundays 9:30 AM

We are off and running with a full and varied schedule of Sunday services for children (and interested adults). Children begin each Sunday in the sanctuary with their families. Following the *Story for All Ages* children go to Jefferson Hall for a fun, hands-on service lead by members and friends of our congregation. Childcare is available at both the 9:30 AM and 11:30 AM services.

- June 14: Drawing & Cartooning with Max Neufeldt
- June 21: Yoga for the Solstice with Melissa Block
- June 28: If the World Were A Village with Jody Thomas
- July 5: Dramatic Soccer with Aaron McEmrys
- July 12: Music & Movement with Ken Ryals
- July 19: Bird Watching with Jared Dawson & Kathleen Boehm
- July 26: Native American Flutes & Their Spiritual Connection with Emiliano Campobello
- Aug. 2: What's All The Buzz About Bees? with Gary Welterlen
- Aug. 9: Children of Africa with Christyn Edmundson
- Aug. 16: UUltimate Frisbee with Chrissie Cable and Chris & Tammy Shorb
- Aug. 23: Playing with Songs & Chalk with Charla Bregante
- Aug. 30: The Wisdom of the Animal Kingdom with Amy Bacheller

### Peas and Justice Farmers Market begins July 5

Not sure what to do with all that zucchini? Donate your extra produce to a good cause. Beginning Sunday, July 5, vegetables from the RE "Peas & Justice Garden" will

be harvested and sold on Sunday mornings during community hour. We welcome donations of produce from your garden as well! Look for the RE Farmers' Market table in the garden on Sunday mornings, drop off your produce donations in the baskets, and we'll take it from there. All proceeds will be donated to a social justice cause voted on by the RE children in the fall.

### YRUU Movie Night

*This Is Spinal Tap* (1984), Friday, June 19, 7:00 PM, Parish Hall. Join Rev. Aaron McEmrys for a showing of a classic rock n' roll film. This satire about a fictional heavy metal group named Spinal Tap spoofs nearly every facet of rock n' roll from vacuous song writing to half-baked album promos to pyrotechnic concerts. An evening not to be missed!

### Adult Religious Education:

**EET: Ethical Eating Discussion Group** (see below)

#### Music: De-Mystifying the Mystery!

Thursdays, July 9, 16, 23, and 30. 7–8:30 PM in Jefferson Hall.

Would you like to be a better singer/musician? It's not too early to sign up for this class designed to help the church choir member and the congregational singer. Led by Chancel Choir Director, Ken Ryals, this class is sure to be instructive and fun!

Look for the sign-up sheet on the RE table in the garden on Sunday mornings.

## EET Ethical Eating Discussion Group & Field Trips

### Discussion: Sundays, La Paz Lounge, 12:45-2:30 PM

June 28: Human Rights, Social Inequity, & Environmental Justice

July 26: Animal Rights & Human Responsibilities

August 23: Our Choices as Consumers: Influencing Our World

UU congregations worldwide are asking how our diet affects our health, those who grow and process food, those who are forced to go hungry, the animals we create and then kill, and ultimately the survival of our planet. Join EET, USSB's new Ethical Eating Task Force, to ask questions, watch some great films, and find information about local options.

Info and discussion materials are at the RE table. Youth welcome. Potluck too! How could we not have great food!

### Ethical Eating Field Trips: Walk with the Farmer and the Cook

Thursdays, 9:30–11:30 AM, June 25–July 16.

Join us at this SBCC Adult class which will introduce our local seasonal food and the people who grow it. Each week we'll visit a farm, walking for about 30 to 60 minutes with a farmer as we learn how fruits and vegetables are grown and harvested. And we'll learn from registered dietitian Gerri French—whose passion is local and organic foods—how to cook and enjoy them and discover their nutritional value.

First class is at Fairview Gardens, 598 N Fairview, Goleta. Sign up online at [www.sbcc.edu/adulted](http://www.sbcc.edu/adulted). No computer? Give me a call. The cost is only \$5 for all 4 trips. Hope to see you there! Cat Robson, [jitterbugranch@msn.com](mailto:jitterbugranch@msn.com), 845-6946.

# Sketches by Aaron

## The Day of Decision

*As most of you know by now, our State Supreme Court has upheld Proposition 8, effectively writing discrimination into our Constitution. On the evening of the Court's ruling, many of us gathered in our garden with our friends from our sister church, Live Oak UU, and marched down to the Courthouse to raise our voices in protest.*

*It was an inspiring rally, by turns defiant, hurt, sad and hopeful. I was proud for our congregation to have been part of it all, and when asked to speak on the courthouse steps – this is what I said on behalf of our congregation:*

“Before Proposition 8 passed we marched, rallied and phone-banked to defeat it, and we proudly hung that big blue banner over there outside our church doors to announce to the world that our church will always stand on the side of equality, love and justice.

The Sunday after Proposition 8 passed we lit our Candle of Commitment for the first time, symbolizing our commitment to the basic human right for two human beings to express their love for one another through the

sacred rite of marriage. That candle has burned in our sanctuary every Sunday since, and we continue to burn it until every Californian has the right to marry.

Now that the Supreme Court has upheld Proposition 8, enshrining exclusion and discrimination into our State Constitution, we, the families of the Unitarian Society of Santa Barbara, stand ready to carry that flame out of our sanctuary and into the halls of government, the public square and into the streets!

Love lies at the very heart of our faith, and so for us, this struggle is not a legal, but a religious struggle—and we pledge to stand by you, all of you, for as long as it takes, sisters and brothers in struggle, until justice is the law of our land and love is its language.

It has been rightly said that the arc of history must always bend toward justice—but only as long as we keep on bending it. So let's bend it, my friends, let's bend it.

May it be so. May it be so. May it be so.”

## All in the Family

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## Happy July Birthdays

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# Calendar

## Saturday, June 20, 2009

7:00 AM Early Morning Exercise, with Linda, Parish Hall

## Sunday, June 21, 2009 Worship Services 9:30 AM & 11:30 AM

9:15 AM Child and Nursery Care, Starr King Nursery

9:30 AM Children's Super Sunday, Jefferson Hall

## CHURCH OFFICES CLOSED JUNE 22 TO JUNE 27 FOR STAFF VACATIONS

### Monday, June 22, 2009 — Office Closed

6:00 AM Early Morning Exercise, with Linda, Parish Hall

5:30 PM Lark Yoga Classes, Jefferson Hall

### Tuesday, June 23, 2009 — Office Closed

7:00 AM Toastmasters Club #5 (Free for USSB Members), Parish Hall

5:30 PM USSB Worship Committee, LaPaz Lounge

### Wednesday, June 24, 2009 — Office Closed

6:00 AM Early Morning Exercise, with Linda, Parish Hall

5:30 PM Lark Yoga Classes, Jefferson Hall

7:00 PM Interspiritual Meditation, Blake Lounge

7:00 PM Wednesday Book Discussion, Classroom B

### Friday, June 26, 2009 — Office Closed

6:00 AM Early Morning Exercise, with Linda, Parish Hall

6:30 PM Fashion Fling, Jefferson Hall

7:30 PM Danceaway, Parish Hall

### Saturday, June 27, 2009 — Office Closed

7:00 AM Early Morning Exercise, with Linda, Parish Hall

## Sunday, June 28, 2009 Worship Services 9:30 am & 11:30 am

9:15 AM Child and Nursery Care, Starr King Nursery

9:30 AM Children's Super Sunday, Jefferson Hall

12:45 PM Ethical Eating, Blake Lounge

7:00 PM Women's Group, LaPaz Lounge

## Monday, June 29, 2009

6:00 AM Early Morning Exercise, with Linda, Parish Hall

3:00 PM Edith Johnson Memorial Service, Sanctuary

5:30 PM Lark Yoga Classes, Jefferson Hall

## Tuesday, June 30, 2009

7:00 AM Toastmasters Club #5 (Free for USSB Members), Parish Hall

12:15 PM USSB I.T. Committee, LaPaz Lounge

## Wednesday, July 01, 2009

6:00 AM Early Morning Exercise, with Linda, Parish Hall

12:15 PM Long Range Planning, Blake Lounge

5:30 PM Lark Yoga Classes, Jefferson Hall

## Friday, July 03, 2009

6:00 AM Early Morning Exercise, with Linda, Parish Hall

6:00 PM Danceaway Committee, Parish Hall

7:30 PM DanceAway, Parish Hall

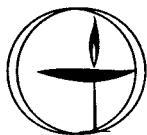
## LOOKING AHEAD

July 9 Class begins: *De-Mystifying the Music*

July 11 *Path to Membership*, 9 AM–Noon, Parish Hall

## The Unitarian Society of Santa Barbara

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Aaron McEmrys, Parish Minister  
John Alexie Crane, Minister Emeritus  
Nancy Edmundson, Director of Administration

Sunday Worship Service: 9:30 AM & 11:30 AM; Children's Program: 9:30 AM  
Nursery & Children's Care: Sunday, 9:00 AM–12:45 PM, STARR KING  
Summer Office Hours: Mon–Fri: 9 AM–NOON; SUN: 10:00 AM–NOON

### Next Newsletter Deadline

June 17 for material covering

July 4–17, 2009

E-mail: [Kaleidoscope@ussb.org](mailto:Kaleidoscope@ussb.org)

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