

Prior to posting on the web, this newsletter was re-edited according to the UUA guidelines at: <http://www.uua.org/leaders/leaderslibrary/leaderslibrary/55398.shtml>.

KALEIDOSCOPE

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

August 1–14, 2009

The Newsletter of the Unitarian Society of Santa Barbara

Editor: Jared Dawson

Sunday Morning Services

9:30 AM and 11:30 AM

August 2

The Heart-Mind: Building Tensegrity

Shelley Noble, Service Host

Tensegrity is a contracted word meaning tensional integrity. It refers to structures, both architectural and biological, that have an integrity based on a synergy between balanced tension and compression. In times of dis-ease, tension and compression, how might the resilient nature of the Heart and the Mind build a *tensegrity* that finds new pathways that are recreative and reconstructive in our bodies, our spiritual lives, our community, and our planet?

AUG
2

August 9

Stardust

The Reverend Aaron McEmrys

We are all made of stardust. Literally. You, me, everyone we know and everything we see are literally made of stardust, all born out of the same colossal bang that made everything else in the universe. Pretty cool, huh? In this service we will explore the intersections of religion and physics; spirit and molecule; myth and science. What becomes possible when we become better acquainted with the vast reaches of unfolding space from whence we come and to which we (or at least our component parts) will someday return?

Please welcome LeeAnn Williams, our new LRE Director!

AUG
9

August 16

Crossing the Rainbow Bridge

The Reverend Aaron McEmrys

The Chumash people have been here for a LONG time. In fact, our own Santa Rosa Island boasts some of the oldest human remains in the Americas. The Chumash developed a sustainable vibrant culture that lasted for thousands of years until it was so abruptly and catastrophically interrupted by the arrival of the Spanish. They walked these lands long before we did, and have much to teach us if we are prepared to listen. In this service we will take a good long look at one important legend in particular, that of the Rainbow Bridge—and reflect upon the terribly important lessons it has for us in these dizzying times.

AUG
16

Electric Blue Form?

If you're like I am your desk looks like the site of an archeological dig. There are layers upon layers of stuff, the further you dig down the farther back you go in time. I went on my desk last week and came across an RSVP invitation to a Valentine's Day Party that we missed... Oops. So as you start going over the piles of correspondence on your desk trying to make a clean sweep of all that covers it, and you come across this oddly colored electric blue sheet of paper you may be one of a number of Unitarian Society members that might be thinking... Hmm... what's this? Seems to ring a bell... ah, the Annual Pledge Form I meant to send in, ... in (gulp) APRIL...!! Arghhh!!

If there is safety in numbers you can be assured you are both safe and not alone. There are still 25% of our members whom we would like to hear from in the next few weeks.

Why is it important to return your Annual Pledge Forms? Well, to start, this Form is leadership's way to plan the support of the daily activities of the congregation, to keep the lights on, pay our staff and fund the programs you are anticipating in the coming year. Our pledges make up about 65% of our budget and represent our most reliable source of income. In good times and bad, when you turn in your Annual Pledge Form we can have the confidence needed to make the necessary commitments on your behalf. Your pledges provide the money to staff our Religious Education classes on Sunday, the coffee and donuts for community hour, and having the rooms ready for Yoga, the Alliance and DanceAway. It provides for the postage and newsletters and the get-well cards that miraculously seem to show up when we are under the weather or in need of comfort.

Returning the Annual Pledge Form acknowledges your continued support of the things we do. We cannot (nor should we) assume your presence and participation. The return of the card reinforces, on a yearly basis, the Unitarian Society as a vital part of your life. Lastly, your annual pledge is also a powerful personal statement about what you see as important in your life and with whom you want to be associated. In these times we all are reluctant to make commitments with so much uncertainty. Yet in the act of making commitments choices are made clear and uncertainty is dissipated. It is not about how much you commit but rather that you make the commitment.

continued next page

Continued from Page 1

So when you get back to looking over the mound of stuff on your desk this weekend and see that electric blue paper, take a deep breath, find a pen and fill it out. Then bring it with you to church on Sunday. You'll feel great that you got one more important decision out of the way and we'll be grateful to "officially" count on you. Just like you are counting on us. Thanks again.

GARY WELTERLEN, BOARD PRESIDENT

Work Party to Celebrate with Ken Ralph!

Saturday, August 1, Parish Hall and Garden

What could be a better "retirement gift" than making one of Ken's dreams come true? Help Ken celebrate his wonderful service as our Facility Manager and his recent retirement. We'll work together to create a new and improved bike area off our Parish Garden.

Please contact Nancy Edmundson, Director of Administration, to let her know that you will attend, and to talk over what special talent, tool, time or task you might provide. Even if raking, digging, shoveling, weeding, planting or like is not what you are up to, you might bring a goodie, share a hug, and pass out drinks. Don't miss the opportunity! Contact Nancy at director@ussb.org, or call 965-4583 x225. Ken is busily planning all the details with Jared Dawson, Kathleen Boehm, and Tim Pettit and Plowboy Landscaping. This will be a fun project done right—so do plan to join us!

Ken has been deeply committed to creating beautiful facilities that are user-friendly and is always striving to improve our practices toward being more "green"—and this project embodies all of that! This will be a fun day, with tasks that folks of ALL ages can participate in and enjoy (of course, we'll find something for everyone)!

NANCY EDMUNDSON, DIRECTOR OF ADMINISTRATION

Choir Resumes, Join Us

Do consider joining us when our magnificent choir resumes rehearsals on Thursday, August 6, from 7:00 until 8:30 PM in our Sanctuary. Everyone is welcome and there are no auditions; what we do ask is that you are enthusiastic about being a part of our musical ministry. The rehearsals are every week on Thursdays, with very occasional Saturday practices before major singing events such as Christmas. We are also planning a day retreat to launch the holiday season's music on Saturday, October 3. As a first-year "newbie" I can testify to the profound joy of singing in our choir, even as I started from scratch with trepidation last September. Our director Ken Ryals is a master at making singing accessible and fun, as you have already gathered if you have been attending services this past year. I guarantee that you will discover more depth to your involvement at the Society!

JARED DAWSON



DaPonte String Quartet

"The fearless DaPonte is at the top of its game."

STRINGS MAGAZINE

Please join us to welcome back Kirsten Monke, Santa Barbara's former principal violist of our city's orchestra and chamber orchestra. She is now the violist for the DaPonte String Quartet, based in Maine.

This outstanding quartet will perform works by Mozart, Adès, and Debussy on Sunday, August 2 at 3 PM. Donations of \$10 are requested from USSB members and friends. If you have any questions about the concert, please give me a call.

JOHN WARNOCK, CHAIR, CONCERT COMMITTEE

What Would You Name It? Our Awesome *Kaleidoscope* Team Grows!

Alter, modify, transform, renovate, revolutionize, develop, grow, augment, expand and modernize. Yes! Your *Kaleidoscope* team can name these, and many other synonyms for “change!”

There are important things happening with our congregation’s newsletter to share with you. This fall is bringing new programs and approaches (let’s say—revolutionary!) in many areas including Adult Religious Education, Children’s Religious Education, Youth Ministries, Membership, Worship, Music, and Connection Circles. Your *Kaleidoscope* team is preparing, in advance, to bring you the best newsletter possible to communicate all these exciting developments, along with articles to inspire and nurture our community life.

First, we welcome Bruce Hanna and Percy Sales as they join Jared Dawson and Nancy VanAntwerp as *Kaleidoscope* layout editors. This is the first time we have had a team of four volunteers to help share this incredibly important job. We are a truly fortunate congregation to have this committed group share their gift of time and talent with us in this way.

Second, we are modifying (yes, changing) our submission deadlines to what we believe to be more accessible, friendly and memorable! Effective this month, submission deadlines will be the 1st and the 15th of every month. (No more wondering, “Is this the Wednesday to submit my article?”) This will also decrease the number of publications annually from 26 to 24, saving paper and volunteer resources. Our intention is to aid all of you—our authors—with clear and easy to remember deadline dates.

In addition, we are altering (notice the power of synonyms?) the coverage period for each issue to be standardized with the calendar dates 1st–14th and 15th–31st (or whatever the last day of the month falls on). With this new development will come some changes in our layout, including additional Worship service announcements and expanded calendars.

Finally, a reminder. Want to save paper, mailing costs, volunteer efforts and get the *Kaleidoscope* even sooner? Send an email to Carol Doose at assistant@ussb.org and ask to be subscribed to *Save-a-Tree*. With *Save-a-Tree* you will receive a PDF file of every *Kaleidoscope* (our online website version is edited for privacy—so the *Save-a-Tree* version is superior!) When you email Carol, please indicate whether you want to discontinue your paper subscription, and we recommend you subscribe all the individual email addresses in your household.

Questions? Contact Nancy Edmundson, Director of Administration (aka Change Management Consultant).

On Sunday, August 9, please help us welcome our new
Director of Lifespan Religious Education, LeeAnn Williams

Lifespan Religious Education News

Summer Sundays Continue Through August

Summer Sunday services for children of all ages continue through the month of August during the 9:30 AM service with “What’s All the Buzz About Bees?,” “Children of Africa,” UUltimate Frisbee, and more. Children begin in the sanctuary with their families and are sung out to Jefferson Hall or Alameda Park following the Story for All Ages. Childcare is available for children under age six in Starr King. Childcare is available at the 11:30 AM service as well.

Family Fun Night Welcomes New Families

In July, RE Families gathered at Kiwanis Meadows in Tucker’s Grove for a BBQ. Children and dogs ran in the open field, played on the playground, and climbed trees (well the dogs didn’t climb a lot of trees). Adults played with the kids or enjoyed some grown-up conversation. Everything from tri-tip to tofu was grilled and delicious side dishes were shared. And, best of all, we were thrilled to welcome five first-time families to this popular monthly potluck. We hope more new families will join us on Friday, August 14, from 6–8 PM. Watch your weekly RE Family e-mail for location and additional information, or contact Charla Bregante at re@ussb.org, 965-4583 x227. This is open to all Religious Education families and their friends. Plan to bring a dish to share and plates, utensils and drinks for your family.

RE Peas and Justice Farmers Market Needs Your Fruits and Veggies

The RE *Peas and Justice* Farmers Market takes place in the garden every Sunday morning during community hour. The market is a wonderful way to share our resources, eat locally, and support our RE children in their social justice work. We hope to continue the market into the fall with produce from the RE *Peas and Justice* garden as well as produce from your garden. To donate, simply drop off your produce in the baskets at the Farmers’ Market table in the garden on Sunday mornings, and we’ll take it from there. All proceeds from the market will be donated to a social justice cause voted on by our RE children in the fall.

Childcare Coordinator Position Open

Our wonderful Childcare Coordinator, Katie Beamer, will be moving at the end of August to pursue her college degree and her dream of becoming a preschool teacher. We wish her all the best.

Applications are currently being accepted to fill this part-time position. The Childcare Coordinator is primarily responsible for scheduling and providing childcare on Sunday mornings and for other congregational events, and for supervising our teen childcare assistants. This is a wonderful position for a college student, retiree, or anyone who loves being with young children. For more information, please contact Charla Bregante at re@ussb.org, 965-4583 x227.

DeBenneville Pines Retreat: Website Now Up!

Friday September 25–Sunday September 27

The DeBenneville Pines Retreat is filling up fast, with almost 50 of your fellow cluster UU’s already signed up. Carpools will be arranged for those who need it.

This is such an amazing way to create deeper connections with your fellow UU friends. This is an intergenerational retreat—infants to seniors attend, and all have a great time. One personal memory for me is staying up quite late finishing a jigsaw puzzle with Leo Kostruba and Donnis Galvan. Another is the safety yet freedom our kids enjoy as they play, watched over by the village that is our congregation.

A website has been created for the retreat. You can download the registration form, and receive updates as they become available on programs and the like—<http://clusterretreat.cvuuf.org/>.

CHRIS SHORB

Sunday Facilities Assistant Job Opening

Our part-time position for the USSB Sunday Facilities Assistant is open for applications and will remain open until filled. Interested individuals are encouraged to contact Nancy Edmundson, ussb@ussb.org, 965-4583 x 225, for the job description and employment application. The position is a regular, 6–8 hour per Sunday assignment involving building security, operating our lighting and sound system, and set-up and clean-up for all Sunday activities. We wish Will Allison, current Facility Assistant, all the best as he begins college in Portland in later August!

Sketches . . . by Aaron

My kids will be here soon. And so will my younger sister Laura, her husband and their two kids. Our house will soon be fully stocked with family.

There will be kids complaining that there is absolutely nothing to do, complaints about bedtimes and who is going to sleep where. We will go through an astonishing amount of sunscreen. Cars will be continually packed and unpacked, and the house will always look like a twister has just touched down, no matter how frequently we tidy up.

In short, it's going to be awesome!

Don't get me wrong, I love the fun stuff: the laughter and board games, the boogie boarding and "jungle hikes." I love the pancake breakfasts and all the fresh orange juice the kids will squeeze, too new to the concept for it to feel like work. I love the camping and bike rides and walks on Willow's favorite beach. I love the fun stuff.

But strange as it may sound, I sometimes value the friction even more. I mean there aren't many people in life whom you can be crammed with into a small space, away from home and things familiar. Not many people in

this life you can grumble at to get out of the bathroom or to please get the laundry out of the dryer.

And the people you can be with like that? They're not visitors or guests—they are family.

Whether family by blood, by choice or both, these are the people who need nothing more from you than that you are yourself. They are the people who will tell you when you're being a pain and who will love you anyway.

So as I prepare for a couple weeks of hyper-stimulation, late nights, constant chatter and reminding people (little and big and probably myself included) to shake out their beach towels and take their turn setting the table—I wish one thing for you.

I wish that sometime this summer you too, whoever you are and whatever is going on in your life, will also get the chance to experience the full contact sport that is family life. And if your life is already and always full to the brim with this kind of living—then let me remind you to be grateful, even in your very worst moments.

See you at the beach, Aaron

THE REVEREND AARON McEMRYS, PARISH MINISTER



Connection Circles

You are invited to make friends, build connections, and to deepen trust with your fellow congregants!

It's not too late to become part of a Connection Circle, or small group. With 17 people ready to facilitate, and 65 members signed up to be in a circle, there is still plenty of room in a Connection Circle for anyone who wants to participate. Connection Circles are groups of 6–10 who meet twice a month for an hour-and-a-half with a trained facilitator to share together around a theme. Most groups will be at group members' homes. Some groups have permanent hosts and some move to different houses. We have groups open in the mornings, afternoons and evenings in order to fit your schedule.

If you have not yet experienced this, you will be surprised at the power in these simple deep listening and sharing groups that are a growing phenomenon all over the country.

Here are some of the comments we gathered from written feedback from our last round of circles about three years ago:

"The meeting was awesome."

"It is grounding and inspiring."

"I leave here with deeper connections."

"Very satisfying."

"I leave here with a sense of hope, knowing that we can build any type of bridges."

"Beautiful to be a part of."

"Wonderful."

"I leave here full and peaceful."

"Thank you for the miracles of each person's gifts."

My participation in small groups left me richer in spirit and in friendships. It's a great way for new members to make friends and for the rest of us to widen, strengthen and deepen our connections.

Sign up in the garden, or contact Carol Schwyzer.

Calendar

Saturday, August 1, 2009

7:00 AM Early Morning Exercise, with Linda, Parish Hall
9:00 AM Celebration Work Party, Parish Garden

Sunday, August 2 9:30 and 11:30 AM Worship Services

9:00 AM Childcare, Starr King
9:30 AM Summer Sundays, Jefferson Hall
10:30 AM Community Social Hour, Parish Garden
10:40 AM UU Inquiry, Reception Office
3:00 PM DaPonte String Quartet, Sanctuary

Monday, August 3

6:00 AM Early Morning Exercise, with Linda, Parish Hall
5:30 PM Lark Yoga Class, Jefferson Hall

Tuesday, August 4

7:00 AM Toastmasters Club #5, Parish Hall
5:30 PM USSB Executive Committee, Blake Lounge

Wednesday, August 5

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
7:00 PM Wednesday Book Discussion, Classroom B

Thursday, August 6

7:00 PM USSB Choir, Sanctuary

Friday, August 7

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

| | |
|---------------|---------------------------|
| August 22 | Path to Membership |
| September 5-6 | Skofield Park Campout |
| September 10 | Usher Training |
| September 11 | Family Fun Night |
| September 13 | Water Ingathering Service |

Saturday, August 8, 2009

7:00 AM Early Morning Exercise, with Linda, Parish Hall
2:30 PM Esperanto Circle, Blake Lounge

Sunday, August 9 9:30 and 11:30 AM Worship Services

9:00 AM Childcare, Starr King
9:30 AM Summer Sundays, Jefferson Hall
10:30 AM Community Social Hour, Parish Garden
7:00 PM USSB Women's Group, LaPaz Lounge

Monday, August 10

6:00 AM Early Morning Exercise, with Linda, Parish Hall
5:30 PM Lark Yoga Class, Jefferson Hall
7:00 PM USSB Men's Council, Blake Lounge

Tuesday, August 11

7:00 AM Toastmasters Club #5, Parish Hall
5:30 PM Program Council, Blake Lounge

Wednesday, August 12

6:00 AM Early Morning Exercise, with Linda, Parish Hall
4:00 PM Finance Committee, Teleconference
5:30 PM Lark Yoga Class, Jefferson Hall
7:00 PM Wednesday Book Discussion, Classroom B

Thursday, August 13

7:00 PM USSB Choir, Sanctuary

Friday, August 14

6:00 AM Early Morning Exercise, with Linda, Parish Hall
5:00 PM Board Retreat, Off Campus
6:00 PM Family Fun Night, Jefferson Hall
7:30 PM DanceAway, Parish Hall

Saturday, August 15

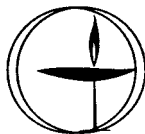
6:00 AM Early Morning Exercise, with Linda, Parish Hall
5:00 PM Board Retreat, Off Campus

Sunday, August 16 9:30 and 11:30 AM Worship Services

9:00 AM Childcare, Starr King
9:30 AM Summer Sundays, Jefferson Hall
10:30 AM Community Social Hour, Parish Garden
10:40 AM UU Inquiry, Reception Office

The Unitarian Society of Santa Barbara

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Aaron McEmrys, Parish Minister
LeeAnn Williams, Director of Lifespan Religious Education
John Alexie Crane, Minister Emeritus
Nancy Edmundson, Director of Administration

Sunday Worship Services: 9:30 & 11:30 AM; Children's Program: 9:30 AM
Nursery & Children's Care: Sunday, 9:00 AM-12:45 PM, Starr King
Office Hours: Mon-Fri: 9 AM-NOON; SUN: 10:00 AM-NOON

NEXT NEWSLETTER DEADLINE

August 1 for material covering
August 15-31, 2009

E-mail: Kaleidoscope@ussb.org