



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

# KALEIDOSCOPE

January 1-15, 2010

The Newsletter of the Unitarian Society of Santa Barbara

Editor: Bruce Hanna

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

Brunch Break 10:30 January 3rd

### January 3 **New Beginnings** Ken Ralph, Service Host

In the new year our focus shifts from what has been to what could be. We might plan a new quest for fulfillment, justice, connection, or love. Yet, all too often our quests follow familiar paths of least resistance. Perhaps we have to resist those comfy familiar beginnings to choose a path to a new outcome.

Reflections: Bruce Hanna, Ken Ralph  
Special music & insights: Tony Johansen

### January 10 **Every Life, a Witness** Rev. Dr. Marilyn Sewell

At the beginning of a year, we are given to self-reflection. Am I living a life of integrity and courage? Am I engaging the world according to my deepest, truest values? This sermon will invite listeners to ask themselves what's really important, and encourage them to focus their energies there, as 2010 begins.

**Dr. Marilyn Sewell** is Minister Emerita of the First Unitarian Church of Portland, OR, where she served for 17 years before retiring last June. She has graduate degrees in literature, social work, and divinity, and a Ph.D. in Theology and Literature. Dr. Sewell is the editor of two books of women's poetry of the sacred, *Cries of the Spirit* and *Claiming the Spirit Within*, as well as two anthologies of essays. Her last two books are *A Little Book on Forgiveness* and *A Little Book on Prayer*. Dr. Sewell is the subject of a full-length documentary film, *Raw Faith*, for release in 2010.

**Special Note from Aaron:** Marilyn Sewell was my Minister when Eliza and I lived in Portland. More than any other person, she inspired me to a life in the ministry, showing me by example what truly great preaching and ministry can look like. I hope all of you will come and join me in welcoming her to our community

## Reflecting on the New Year: Some Ideas to Help Set Personal Goals

1. Is there a skill you want to learn or improve this year?
2. A strength you might share to benefit others?
3. A weakness you can face with help of our UU community?
4. A major life goal to progress toward?
5. An exclusive adventure to plan with a significant other?
6. A UU or other relationship to nurture beyond family?
7. An undone project to fully complete?
8. A family mission statement to set based on UU principles?

Whatever goals you may set, take it easy and laugh your way through your first attempts at something new. We'll share a song in the Jan 3 service about doing things for the first time.

(by Ed. inspired by "Simple Mom" blog, [simplemom.net](http://simplemom.net))



**A WINTER ROSE:** to encourage you to be gentle in the new year with friends, family, and yourself.

[Editor's Note] If you received the Kaleidoscope by email, this image would be much prettier, with subtle shades of ivory and coral. To SAVE-A-TREE and help save our annual budget about \$2000 (if 200 copies were emailed), just send an email to [assistant@ussb.org](mailto:assistant@ussb.org) and ask to receive your Kaleidoscope by email.

## “Guest at Your Table” Box Collection

On Sunday, January 10, we'll close our Guest at Your Table program. In recent weeks, our Guest at Your Table boxes and “Stories of Hope” have taught us about real people engaged in the struggle for justice in the United States and around the world.

They have also taught us about our power to change the world when we support our Unitarian Universalist Service Committee and the many amazing people they partner with.

Before bringing back your Guest at Your Table box, be sure to complete the form on the box. And please convert your cash and coins to a check made out to "UUSC".

We'll announce the results of our Guest at Your Table program as soon as we are able. On behalf of UUSC, we thank and commend all who have chosen to share their blessings through Guest at Your Table.

If you miss bringing back your Guest at Your Table box, you can return it to the Religious Education office.

## Holiday Craft Party

Thank You to our many volunteers who donated time and effort to make this year's holiday craft party such a festive event. Our volunteers this year were:

Lowell Dabbs, Astrid Nelson, Chrissy Cable, Terri Stelzer, Ivor and Jean John, Courtney Narine, Janet and Erik Brinckmann, Deb Karoff, Emma DiStefano-Karoff, Emmanuelle Ledbetter, Mimi Bradley, Sally Hamilton, Katrina Kujan, Gail Stichler, Nancy Murdock, Claire Chytilo, Susan Owens, and David Petry.

Special guests included the Elf, aka Alan Edmundson and his lovely partner in Christmas mayhem Lady Elf, aka Nancy Edmundson. In keeping with tradition, our Coming of Age group led the kids in creating those wonderfully gooey gingerbread houses.

And our OWL/ Young Religious Unitarian Universalists (YRUU) youth group was in rare form helping out wherever their smiling faces were needed.

## Brunch Break

Thanks to everyone for a successful Brunch Break on Sunday, Dec. 6th. Our YRUU group hosted a delicious meal featuring strata lovingly prepared in our kitchen by Jo Saxon and Tracey Artiss. Fruit, croissants, juice, and jam completed the festive meal.

This event marked the kick-off of YRUU fundraising efforts for future social justice projects. A major goal is a Gulf Coast Relief project in the Spring of 2011.

Throughout this year, our YRUU youth will be busy raising the funds to make this dream a reality. Come support our kids in practicing our UU values.

## Exploring at Home

*Resistance* is our worship theme for January. To explore this theme at home, check out *Rosa* by Nikki Giovanni. This wonderfully illustrated book gives us a personal glimpse of Rosa Parks and what led to her December 1, 1955 nonviolent protest.

## Date Night? (for RE parents and others)

USSB's monthly film night now offers free childcare. This month Film Night will be Friday, January 22. The movie will be *Kicking It*.

## RE Spot Light

This RE Spot Light falls on none other than Paul Kretschmer. Many of you know Paul is the husband of our beloved RE Coordinator Charla Bregante. But, so you know, Paul is also a huge supporter of Religious Education and USSB in his own right. This is his fifth year teaching in our RE program.

This year, Paul is teaching 6th and 7th grade class using the UUA *Compass Points* curriculum. (You might have seen the kids running around campus with maps and compasses.) The theological focus of *Compass Points* is our Fourth Unitarian Principle—we are all on a journey to find what is right, true, and good. Paul is doing an amazing job of guiding our kids in the process—just in time for Coming of Age next year.

I bet many of you didn't know that Paul hails from Peoria, Illinois and moved to Santa Barbara with Charla after they were married. Paul's favorite book is *Happiness is an Inside Job* and *Singing in the Rain* his favorite movie. Paul would love to see a mindfulness meditation group formed here at the Society.

I asked how our USSB community could thank Paul for his significant contribution to our education program and faith. He answered: “Thank me by volunteering for something else at church!” Paul noted the positive contribution our Kid-For-A-Day volunteers are making in the RE program. He thinks they are just fabulous.

## Family Fun Night for January

Friday, January 8 in Jefferson Hall, 6-7:30PM. Bring a potluck dish to share and utensils, cups, and napkins for your family. Start the new year off with a whole lotta fun!

## Calling All Artists Among Us

During February, our RE kids will explore the 7 UU Principles through art. If you'd love to share your love of art, please contact me, LeeAnn in the RE office, 965-4583 x229 or [lifespan@ussb.org](mailto:lifespan@ussb.org) (PS--This is a great way to learn the Principles too!)

## Sketches . . . by Aaron

This month, January, we will reflect upon “Resistance”. Like all of our themes, Resistance is a theme with many faces. There is resistance that liberates, like Gandhi’s peaceful army facing down the billy-clubs of Empire; the resistance of Martin Luther King Jr. speaking the truth to a nation only partially ready, then as now, to hear his message; the resistance of one 5th grader standing up to stop a bully from picking on a frightened classmate.

These liberating, principled kinds of resistance are easy to consider. But these are only one face. We also engage in fearful and fruitless forms of resistance: resistance to hard truths, to unwelcome challenges, to change in general – good and bad alike. We resist in our pride, our fears, our doubts and in our inability to read the dark tea leaves of the future.

All change is hard, after its fashion, and every act of resistance takes its toll whether that act is noble or not.

The following poem by Lynn Unger points the way toward one especially liberative form of resistance. In a world full of threat and uncertainty, Unger finds a kind of brave and resistant balance in “daily acts of domestic faith.” To live in the face of so much certain uncertainty is to practice a most holy resistance.

### Chaunuka, by Lynn Unger

Come down from the hills; declare the fighting done.  
Be bold; declare victory even when the temple is wrecked,  
and the tyrants have not retreated,  
only coiled back like a snake, prepared to strike again.

Come down.

Try to remember a life gentled by daily acts of domestic faith  
the pot set to boil, the bed made up,  
the table set in calm expectation that when the sun sets,  
we will still be here.

Come down and settle.

Unlearn the years of hiding;  
light fires that can be seen for miles,  
that dance and spark and warm your frozen marrow.

Declare your presence, your loyalties,  
the truths for which you do not expect to have to die.

It would take a miracle, you say, to carve such a solid life  
out of this shell of fear.

I say, “You are the stuff of which such miracles are made.”

### All-Welcome Potlucks Third Saturdays

Please join us as a group of UU gentlemen host our first potluck feast of the new year Saturday, January 16th in Parish Hall. We set-up at 5:30 and eat at 6:00. All are welcome – friends, families, and neighbors. Bring your favorite lavish dish and table settings – plates, cups, flatware and cloth napkins. Questions, or need transportation? Call Catherine Birtalan, ###-####.

## January Birthdays

withheld for privacy in web version

### With Apologies...

The following 25 to 30 year members were mistakenly omitted from the recent Kaleidoscope listing of long term members:

Ted Anagnoson	Isabelle Burleigh
Louise Barrow	Don Bushnell
Ruth Beach	Felicia Carroll
Marty Blum	Mary Chubb
Janet Brinckmann	Eileen Clark
Rolf Brinckmann	Lowell Dabbs
Nancy Broyles	Nancy De L'Arbre

### All in the Family

M.A. M., 84, long-time member of the Unitarian Society, died of pulmonary failure on Wednesday, December 2, 2009. We send our sympathy to her friends and family. During her active years in the congregation M.A. participated in The Alliance, played recorder, and was an active member of our Library Committee.

Healing wishes to D.C. as he progresses through the slow recovery from hip replacement surgery. He is at home and resting with able care of Judy. He tires easily and has lots of PT, OT and visiting nurses to help him in the recovery process. The doctor says he is doing well. Yet I give you fair warning he does not claim to be a patient patient!

Love and healing thoughts to S.B. as she recovers at home from a second surgery this Fall. Her sister was there to help with immediate care.

# Calendar

## Friday, January 1, 2010 **Offices Closed!**

- 7:00 AM Early Morning Exercise, with Linda, Parish Hall
- 6:00 PM DanceAway Committee, Parish Hall
- 7:30 PM DanceAway, Parish Hall

## Saturday, January 2

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

## Sunday, January 3

- 9:00 AM Childcare, Starr King
- 9:30 AM Coming of Age, Blake Lounge
- 9:30 AM Children's RE Classes, Classroom I
- 9:30 AM Worship Service, Sanctuary
- 10:30 AM Community Social Hour, Parish Garden
- 10:30 AM Brunch Break, Parish Hall
- 11:30 AM Worship Service, Sanctuary

## Monday, January 4

- 6:00 AM Early Morning Exercise, with Linda, Parish Hall
- 5:30 PM Lark Yoga (Free for USSB Members), Jefferson Hall

## Tuesday, January 5

- 7:00 AM Toastmasters Club #5, Parish Hall
- 5:30 PM USSB Executive Committee, Blake Lounge
- 6:00 PM RE Council Meeting, Classroom I

## Wednesday, January 6

- 6:00 AM Early Morning Exercise, with Linda, Parish Hall
- 10:00 AM Women's Choral Group, Sanctuary
- 12:15 PM Long Range Planning, Blake Lounge
- 5:00 PM Welcome Committee Meeting, LaPaz Lounge
- 5:30 PM Lark Yoga (Free for USSB Members), Jefferson Hall
- 7:00 PM Wednesday Book Discussion, Classroom B

## Thursday, January 7

- 7:00 PM Choir, Sanctuary

## Friday, January 8

- 6:00 AM Early Morning Exercise, with Linda, Parish Hall
- 2:00 PM Alliance General Meeting, Kitchen
- 2:00 PM Alliance General Meeting, Parish Hall

## Friday, January 8 (continued)

- 6:00 PM Family Fun Night, Jefferson Hall
- 7:30 PM DanceAway, Parish Hall

## Saturday, January 9

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

## Sunday, January 10

- 9:00 AM Childcare, Starr King
- 9:30 AM Coming of Age, Blake Lounge
- 9:30 AM Children's RE Classes, Classroom I
- 9:30 AM Worship Service, Sanctuary
- 10:30 AM Community Social Hour, Parish Garden
- 10:40 AM UU Inquiry, Reception Office
- 11:30 AM Worship Service, Sanctuary
- 7:00 PM USSB Women's Group, LaPaz Lounge

## Monday, January 11

- 6:00 AM Early Morning Exercise, with Linda, Parish Hall
- 5:30 PM Lark Yoga (Free for USSB Members), Jefferson Hall
- 7:00 PM USSB Men's Council, Blake Lounge

## Tuesday, January 12

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

## Wednesday, January 13

- 6:00 AM Early Morning Exercise, with Linda, Parish Hall
- 4:00 PM Finance Committee, Blake Lounge
- 5:30 PM Lark Yoga (Free for USSB Members), Jefferson Hall
- 7:00 PM Wednesday Book Discussion, Classroom B
- 7:00 PM Hospice of Santa Barbara, Sanctuary

## Thursday, January 14

- 6:30 PM Path to Membership, Blake Lounge
- 7:00 PM Choir, Sanctuary

## Friday, January 15

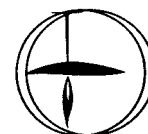
- 6:00 AM Early Morning Exercise, with Linda, Parish Hall
- 7:30 PM DanceAway, Parish Hall

As we start a new year of Kaleidoscope, special thanks to our proofreaders whose behind-scenes efforts greatly improve the newsletter: June Kelley, Joanie Jones, Paul Nay, David Smallwood

E-mail: [kaleidoscope@ussb.org](mailto:kaleidoscope@ussb.org)  
 January 1 for material covering  
 January 15-31, 2010  
**NEXT NEWSLETTER DEADLINE**

Office Hours: Mon-Fri: 9 AM-4 PM; SUN: 10:00 AM-NOON  
 Nursery & Children's Care: Sunday, 9:00 AM-12:45 PM, Starr King  
 Sunday Worship Services: 9:30 & 11:30 AM; Children's Program: 9:30 AM  
 Nancy Edmundson, Director of Administration  
 John Alexie Crane, Minister Emeritus  
 LeAnn Williams, Director of Lifespan Religious Education  
 Aaron McEmrys, Parish Minister

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