



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

# KALEIDOSCOPE

January 15-31, 2010

The Newsletter of the Unitarian Society of Santa Barbara, CA

Newsletter: Percy Sales

## How to Make New Year's Resolutions

**Step 1:** Be realistic by setting achievable goals. Winning the lottery, for example, is out of your grasp.

**Step 2:** Describe your resolutions in specific terms. Instead of "I don't want to be lazy," opt for "I want to exercise regularly" or "I will cut down on my television watching."

**Step 3:** Break down large goals into smaller ones. For instance, commit to losing weight by resolving to join a gym and improve your eating habits.

**Step 4:** Find an alternative to a behavior that you want to change, and make it part of your resolution plan. So you want to quit smoking but you smoke to relax yourself? What other forms of relaxation are available to you?

**Step 5:** Above all, aim for things that are truly important to you, not what you think you ought to do or what others expect of you.

## Our Christmas Eve Services and Collection

We are very pleased that our Christmas Eve Services were enjoyed by so many this year, and that those in attendance were so generous! The offerings at the services totaled just over \$4,000 and our challenge donor has generously added \$2,000 to this collection. Domestic Violence Solutions and the USSB KIVA Micro-lending Partnership will each receive half of the \$6,000+ raised this year.

This is the first year that we offered 3 services, and to our delight, all our services were full. Our new 9 PM service was standing room only and every service broke previous attendance records. We are pleased that our members invited so many guests, and that our out-reach postcards encouraged others to join us for their first time!

## The UUA: Providing Important Support to our Congregation

Our January 17th Outreach Offering will go to the Unitarian Universalist Association of Congregations (the UUA). While each UU congregation is an independent, self-governing unit, they unite in joining the UUA to provide services individual congregations cannot provide for themselves. In addition to administering the annual UU General Assembly, the UUA serves many important functions for our congregations: developing and providing curriculums (such as Our Whole Lives); providing publications such as the quarterly UU World magazine and books from the UUA Skinner House Press; offering young adult and campus programs to attract younger members. The UUA also offers support for congregations to become more anti-racist, anti-oppressive, multicultural, and welcoming.

CONT'D ON PAGE 2: UUA

## Sunday Morning Services—9:30 AM & 11:30 AM

### January 17, 2010: A Letter For Today The Reverend Aaron McEmrys

In April of 1963 the Rev. Martin Luther King, Jr. wrote an open letter from his jail cell to the "liberal clergymen" of Birmingham who urged him to confine his struggle for justice to the courts - and off the streets. King's response is perhaps the most moving and powerful argument for direct, non-violent action that has ever been penned. Although written in 1963, King's "Letter From a Birmingham Jail" is as relevant as ever in an aching world like ours. Truly it is a letter for today. Please join us as we celebrate MLK Day.

### January 24, 2010: On Pride The Reverend Aaron McEmrys

Our worship theme this month is "resistance." We are almost always engaged in some sort of resistance or another. Sometimes we engage in noble forms of resistance, like Martin Luther King, Jr. - and often we do not, instead acting out in forms of resistance that do not serve us. In the United States this kind of self-destructive resistance is often rooted in false

pride, in inflexible delusions of grandiosity and inflated self-worth. This kind of pride, stemming from fear, can make it very hard for us to deepen our relationships, discover our true beauty and come into the fullness of who we are. Please join us as we reflect upon this "deadliest of sins", and explore ways we can break free of its deceptively tight grasp.

### January 31, 2010: Brook Farm The Reverend Aaron McEmrys

This week we will continue our monthlong consideration of "Resistance." In the middle of the 19th century a burgeoning movement to form free, egalitarian "utopian" communities was led by prominent Unitarian ministers, writers and thinkers. One of these utopian communities was called Brook Farm, a bold social experiment that played a central role in the abolitionist movement, the battle for women's rights, the end of wage slavery and universal education. The experiment of Brook Farm has a great deal to teach us. Please join us for a walk through Unitarian history that remains as relevant to us today as it was to our forebears in the 1840's.

## It's Not Too Late to Add USSB to Your New Year's Resolution List!

Perhaps you have made a new year's resolution to make an extra gift of your time and talent. Or perhaps you would like to learn a new office trick, handyman skill, or leadership skill. Or perhaps you would like to spend a bit more time in the company of like-minded folks, supporting a beloved community. Well, look no further than your very own UU congregation! Volunteer opportunities abound here at USSB, and we would love to know how you might be interested in helping out in the coming year. Our congregation is richer for the programs and activities we provide, all fueled by the talent, time and energy of volunteers!

Here are just some of our identified needs and ideas. If you have a few hours to lend to any of the following, please contact me, so we can work out the "perfect gift of yourself" to USSB.

- Office Receptionist: we always need help, especially afternoons. Tasks vary according to your interest and we train on phone, office equipment and computer use. (High school students...I encourage you to volunteer for community service hours and a great reference for future employers!)
- Blake Lounge Kitchen re-organization (2 hrs for 2 volunteers, date TBA).
- Learn to replace candles in our chancel, and contribute to their upkeep.
- Help plan and participate in upcoming Garden & Facility work parties (Saturday mornings TBA). Our next will add a kitchenette to Blake Classroom A!
- Occasional assistance to Building Manager for those "more than 2-handed handyman jobs!" (Rob is a great guy to work with, how about coming by regularly on an afternoon?)
- Welcoming phone calls to Sunday visitors (3-5 calls a week, may be done from home).
- Welcoming phone calls to potential new members (may be done from home, approximately 10 calls per month).
- Welcoming phone calls or emails to our newer members (approximately 5 contacts per a month, may be done from home)
- Join our Usher Team (2 hr. once a month commitment; special training provided).
- Join our "Kitchen Coordination" team. Be a kitchen "know it all" for one-time congregational events such as Brunch Breaks, memorial receptions, services auction, or potlucks. You'll learn the secrets of the dish sanitizer, coffee system, ovens and more!
- Join our new "Technology Support" team. Get your "soon-to-be-well-trained hands" on our new state-of-the-art sound, lighting and audio-visual system in Parish Hall and be available to assist with congregational events!

- Promotion of a new e-scrip program—NOT sales, but sign-ups.
- Promotion of Fair Trade Coffee and Chocolate Sales. Help revive and then coordinate our established system of sales for these products. (One-time-a-month order/Sunday coffee hour sales and delivery) A wonderful potential fund-raiser with a social justice conscience.
- Help plan or implement a small spring fund-raiser.
- Join planning committees for the Pacific Southwest District Assembly we will host here April 23-24.
- Joining a quarterly advisory group for room use or building maintenance

I will look forward to hearing from you! And hope to see you at one of our many upcoming volunteer trainings in the new year—watch for them!

## Secret Pals Coming Soon

Being a Secret Pal is a great way for kids and adults to connect. Interested children complete an application detailing their hobbies, favorite books, movies, food, etc. Interested adults complete an application as well. After reviewing the applications, the Religious Education office will match children with an adult secret pal. The adults will know the identity of their pal. Children will spend the month of February trying to figure out who their adult secret pal is. Throughout the Secret Pals program, adult pals will give weekly clues about themselves through notes and cards left in the secret pals mailbox in the garden on Sunday morning or through the U.S. mail. We hope you and your children will consider participating. Secret Pals is a wonderful bridge between generations. Look for adult and child applications on the RE table in the garden beginning January 10. Completed applications will be due Sunday, January 24. The program will kick-off on February 7 and conclude with a brunch on Sunday, February 28.

## Save Time for the Alliance Meeting

Mark your calendar for the upcoming Alliance Meeting, Friday February 5, 2010 at 2:00PM. It will be here sooner than you think! As always, everyone is invited. The program speaker and subject will be published in the next Kaleidoscope.

### CONT'D FROM PAGE 1: UUA

They offer fund-raising consultation, building grant and loan programs, workshops on planning for growth, and work with growing and supporting new congregations. The UUA provides hospitality, belonging and media resources on their web site [www.UUA.org](http://www.UUA.org). USSB members may also be interested in the over 300 UU email lists accessible through this web site.

Let us join together in making this Association Sunday contribution to the UUA a generous one.

## Martin Luther King, Jr. Celebration

This year, as part of the annual MLK Jr. celebration, the steering committee encourages everyone to volunteer or support The Santa Barbara Neighborhood Clinics, on Saturday, January 16th, in some way.

Gather books for children to take them home; knit or buy infants blankets; collect dollar bills for diabetes test strips (a client could use eight a day); volunteer in the office (walk in and fill out a form); become a Diabetes and Nutrition Advocate (trained by a technician); site maintenance (if you have electronic, painting, roofing, gardening and planting skills). Clinics are open 8:30 AM-7 PM weekly; Sat. 9 AM-noon & have 62,000 visits each year.

The annual MLK, Jr. Rally will be held on Jan. 18th.

## Unitarian Society Provides Shelter as a Warming Center

In recognition of the need for additional shelters (known as warming centers), USSB is offering use of several of our classrooms as overflow and alternative shelters on particularly cold, windy or rainy nights. Our first warming center evening was held on Tuesday, December 23. The rain did not materialize, but the cold and the wind certainly did. Eleven individuals were served by the warming center, supervised by 3 volunteers and a medical doctor specializing in street medicine. We are pleased to add this contribution to our congregation's legacy of serving those most in need.

## USSB Participates in PathPoint Senior Community Service Employment Program

We are pleased that USSB is now a host agency for a job-training program with the PathPoint Senior Community Service Employment Program (SCSEP). Senior Service America and PathPoint are non-profit organizations that provide civic engagement and employment opportunities for adults over the age of 55 who wish to re-enter the workforce. This program fosters and promotes useful, part-time opportunities in community service activities for unemployed, low-income people ages 55 or older.

We welcome Christal as our first SCSEP participant, and hope that you make the opportunity to greet and meet Christal when you drop by the administrative offices during the week. Christal is quickly getting acquainted with our "office regulars", and we are already appreciating her contributions to our staff! Christal will be assisting in our reception office 20 hours a week, and we look forward to getting to know Christal better as she learns valuable job skills with us!

## Help Spread the Word About Our Facility Rentals

Our newly-refurbished/upgraded facilities are ready and eager to serve not only our congregation, but also the meeting and special-event needs of the community. Rental of our facilities for a variety of non-church functions is an important source of revenue for the Society, and often an effective way to introduce ourselves to others in the community. With our variety of room sizes, up-to-date media equipment, and certified kitchen facilities, we can handle a wide variety of gatherings - from small group meetings, to lecture/instructional gatherings, to sizable weddings with dinner and dancing.

But we continually need to spread the word to the community about our capabilities, and one important way to accomplish this is through direct contact with associates and friends. Please be proactive in telling your acquaintances about our facilities, especially when you're aware of those who may be needing a location for a gathering. Encourage them to visit our website and simply call the office for specific details, recommendations, or a personal tour of the facilities. At this time of particular revenue need in our operating budget, the hosting of even a few special events could alleviate the pinch and make a real contribution to our fiscal well-being.

## January Potluck at USSB

A group of fine Unitarian gentlemen will be hosting our first potluck feast of the New Year! Bring your favorite lavish dish to share on Saturday, January 16th. We all set-up in Parish Hall at 5:30 PM and eat at 6:00 PM. Everyone is welcome - friends, families and neighbors. Please bring your own table settings - plates, cups, flatware and cloth napkins.

## All in the Family

## Seasoned Seekers: Yvette's Life

Yvette's life is the subject of the next Seasoned Seeker's gathering on Tuesday, January 26, 2010 at 3 PM, Valle Verde Retirement Community, 900 Calle de los Amigos. Everyone welcome! Please wear a name tag. Henry a longtime USSB member, will tell the story of his cousin's experiences as a young woman in the French Resistance and death camps.

## Lifespan Religious Education News

### Coming of Age News

Time to don your ruby slippers! The annual Wizard of Oz Retreat happens on Saturday January 30th in the Blake building where the YRUU youth get their chance to “hide the key” for this year’s Coming of Age group. The one-night retreat uses challenges, adventure and games based on the classic Wizard of Oz movie as a metaphor for the coming of age journey.

### Thank You

We want to thank Andrew for leading our Children's Choir during the family Christmas Eve service. Andrew stepped up and volunteered to lead our choir in November, knowing how important the involvement of our children is in the Christmas Eve service. The children's performance of Simple Gifts was just that—a lovely gift for our community. Andrew, we love having you a member of our church family!

### Calling all Artists Among Us

Come share your love of art with our kids in RE! Throughout the month of February, our Religious Education classes will be exploring our Unitarian Universalist Principles using art. If you would like to make fabulous art, contact LeeAnn or Charla in the RE office.

### Children’s Worship

This month, children’s worship will be held Sunday Jan. 31 in Jefferson Hall. Our worship theme will be resistance.

### Family Fun Night

February’s Family Fun Night will be February 12 in Jefferson

Hall starting at 6 PM. Bring a potluck dish to share and plates, cups, and utensils for your family.

### Parents, looking for a Date Night activity?

USSB’s monthly film night now offers free childcare in Starr King Preschool.

This month Film Night will be Friday, January 22 in Parish Hall. Film begins at 7 PM so please sign your children into childcare before the movie starts. Popcorn is provided. Stay after for a lively discussion hosted by Chuck.

January’s film will be *Kicking It*. Kicking it is the story of the Homeless World Cup.

### Exploring at Home

Our worship theme for the month of January is resistance. To explore this theme at home, think about sharing the story *The Butterfly* by Patricia Polacco. Those of you who are familiar with Patricia Polacco know she is a wonderful story teller and beautiful illustrator.

*The Butterfly* recounts the story of her Aunt Monique and the French Resistance during World War II.

### Family Chalice

The Shorb Family hosted January’s potluck and led us in making family chalices.

Having a chalice in the home is a wonderful way to recognize those special family moments and milestones.

## Program Council Seeks Program Goals and Budget Planning

The Program Council, consisting of 4 congregation members, one of whom is a Board member, includes Glenn, Catherine, Susan, and Chuck, works to ensure that existing and new congregational programs fit the mission and vision of our Unitarian Society. We meet the second Tuesday of each month with Aaron, LeeAnn, and Nancy to consider existing programs that need attention and/or newly proposed programs.

The Program Council’s core responsibilities are: (1) the oversight and assessment of programs; (2) budget administration; and (3) fixing, deleting, and adding programs when necessary. Our goal is to focus on priorities, as guided by the Strategic Plan, and to be action-oriented.

In November we met with Betty, Doug, and Dick from the Strategic Plan Committee. Doug, Betty, and Dick described the plan and recommended that all programs be examined in terms of how they fit within the current strategic plan. Each program needs to have measurable goals for each year so that progress can

be evaluated. Program Council will call for all Programs under its purview to give us three things early in the year: (1) an assessment of how the program is meeting its goals for 2009-2010, (2) its goals for 2010-2011, and (3) a budget request for 2010-2012 that is consistent with the goals. Each program should indicate how it fits into the current strategic plan.

In turn the Program Council will (1) submit its budget request for next year’s programs to the Budget Planning Committee by February 10, 2010, and (2) begin evaluating existing programs.

The Council commended Lee Ann Williams and the Adult Religious Education Committee for the recently completed Well-spring Wednesday programs, a real forward advance for religious education at USSB.

Feel free to contact any Program Council member with any programmatic concerns or ideas.

## Sketches by Aaron

Hello, Friends,

I am on vacation as you read this! And so, in a vacationing spirit of fun, I will confine this month's column to a simple story.

These stories have been collected and translated by Idries Shah, who helped introduce Sufism to the Western world in the 1960s. They are part of a vast collection of teaching stories about the Wise Fool, the Mulla Nasrudin, dating back at least five hundred years.

Nasrudin stories have been told all over the world for centuries now. While he most likely lived in what is now Turkey, he is a folk hero in Greece, Sicily, Spain and the former USSR.

Shah writes, "The Sufis, who believe that deep intuition is the only real guide to knowledge, use these stories almost like exercises. They ask people to choose a few which especially appeal to them, and to turn them over in the mind, making them their own. Teaching masters of the dervishes say that in this way a breakthrough into a higher wisdom can be effected."

### **The Sermon of Nasrudin**

One day the villagers thought they would play a joke on Nasrudin. As he was supposed to be a holy man of some indefinable sort, they went to him and asked him to preach a sermon in their mosque. He agreed.

When the day came, Nasrudin mounted the pulpit and spoke:

"O people! Do you know what I am going to tell you?"

"No, we do not know," they cried.

"Until you know, I cannot say" said the Mulla, overcome with indignation. He descended from the pulpit and went home.

Slightly chagrined, a deputation went to his house again, and asked him to preach the following Friday, the day of prayer.

Nasrudin started his sermon with the same question as before.

This time the congregation answered in one voice:

"Yes, we know."

"In that case", said the Mulla, "there is no need for me to detain you longer. You may go." And he returned home.

Having been prevailed upon to preach for the third Friday in succession, he started the address as before:

"Do you know or do you not?"

The congregation was ready.

"Some of us do and some of us do not!"

"Excellent," said Nasrudin, "then let those who know communicate their knowledge to those who do not."

And he went home.

## A Little Help From Your Friends

Not feeling well? Recovering from surgery? Need a ride? Just want someone to talk to? The Unitarian Society is a giving and caring community that is always there for you.

One way in which it can help is through its Pastoral Care network of caregivers. Pastoral Care, you ask? To many in our congregation, Pastoral Care connotes the most dire of emotional and/or health issues. It is there for that purpose but we also have a group of twenty-five wonderful, generous and caring UU members who are ready to help you with much more mundane needs.

Pastoral Care does not just mean care from the Minister. Far from it. A partial list of some of the services that our caregivers provide include: home or hospital visits, transportation to an appointment, rides to and from USSB, preparing and/or delivering a meal and essential errands on a temporary basis and with advance notice. Our Caregivers are ready and willing to help anyone in our UU community that is in need.

One member recently went through an "imperfect storm" of life crises that was the definition of someone needing help and

support. Upon being approached for Pastoral Care help, this person responded, "No thank you, there must be many more people that need it more than I do." While that response in itself represents a very selfless and generous spirit, it also seemed to be viewing Pastoral Care as a last resort of limited availability.

A visiting minister recently stated that the mission of the church community is to "help people heal themselves, so that they may heal others." Helping ourselves and helping others is the very essence of what many of us are looking for. Pastoral Care is another expression of that essence and by no means a last resort. Providing and receiving help, for even the smallest of things, is what makes our community a giving, loving, generous community.

The Pastoral Caregivers invite you to ask for help, or let us know of someone else who needs help, by calling the office at 805-965-4583. Think of it not as a burden but as an opportunity for all of us to practice our community's spiritual mission.

# Calendar

## Friday, January 15

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

## Saturday, January 16

- 7:00 AM Early Morning Exercise with Linda, Parish Hall
- 6:00 PM Congregation Potluck, Parish Hall

## Sunday, January 17 9:30 and 11:30 am Worship services

- 9:00 AM Childcare, Starr King
- 9:30 AM Coming of Age, Blake Lounge
- 9:30 AM Children's RE Classes, Classrooms
- 10:30 AM Community Social Hour, Parish Garden
- 3:00 PM Helen Callus Concert, Sanctuary
- 4:00 PM YRUU, Blake Lounge

## Monday, January 18

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

## Tuesday, January 19

- 7:00 AM Toastmasters Club #5, Parish Hall
- 5:30 PM USSB Board Meeting, Parish Hall

## Wednesday, January 20

- 6:00 AM Early Morning Exercise with Linda, Parish Hall
- 10:00 AM Women's Choral Group, Sanctuary
- 2:30 PM Pastoral Care Committee, LaPaz Lounge
- 5:30 PM Lark Yoga Class, Jefferson Hall
- 5:30 PM Committee on Shared Ministry, LaPaz Lounge
- 7:00 PM Wednesday Book Discussion, Classroom B

## Thursday, January 21

- 3:00 PM Audit Committee, LaPaz Lounge
- 7:00 PM Choir, Sanctuary

## Friday, January 22

- 6:00 AM Early Morning Exercise with Linda, Parish Hall
- 7:00 PM Film Night with Chuck Wolfe, Parish Hall
- 7:30 PM DanceAway, Jefferson Hall

## Saturday, January 23

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

## Sunday, January 24 9:30 and 11:30 am Worship services

- 9:00 AM Childcare, Starr King
- 9:30 AM Coming of Age, Blake Lounge
- 9:30 AM Children's Worship, Jefferson Hall
- 10:30 AM Community Social Hour, Parish Garden
- 10:40 AM UU Inquiry, Reception Office
- 12:00 PM Library Committee, Classroom B
- 4:00 PM YRUU, Blake Meeting Room
- 7:00 PM USSB Women's Group, LaPaz Lounge

## Monday, January 25

- 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, January 26

- 7:00 AM Toastmasters Club #5, Parish Hall
- 12:15 PM USSB IT Committee, LaPaz Lounge
- 3:00 PM Seasoned Seekers, Off Campus

## Wednesday, January 27

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

## Thursday, January 28

- 7:00 PM Choir, Sanctuary

## Friday, January 29

- 6:00 AM Early Morning Exercise with Linda, Parish Hall
- 2:00 PM Alliance Board Meeting, LaPaz Lounge
- 7:30 PM DanceAway, Parish Hall

## Saturday, January 30

- All Day YRUU/COA Wizard of Oz, Blake Lounge
- 7:00 AM Early Morning Exercise with Linda, Parish Hall

## Sunday, January 31 9:30 and 11:30 am Worship services

- 9:00 AM Childcare, Starr King
- 9:30 AM Coming of Age, Blake Lounge/Children's RE, Classrooms
- 10:30 AM Community Social Hour, Parish Gardens
- 4:00 PM YRUU, Blake Meeting Room

Next Newsletter Deadline  
January 15, for material covering  
February 1-14, 2010  
e-mail: [kaleidoscope@ussb.org](mailto:kaleidoscope@ussb.org)

Office Hours: Mon-Fri: 9 am-4 am; Sun 10 am-noon  
Sunday Worship Service: 9:30 am & 11:30 am; Children's Program: 9:30 am  
Nursery & Children's Care: Sun 9:00 am-12:45 am, Starr King

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

1535 Santa Barbara Street  
Santa Barbara, CA 93101  
Office: (805) 965-4583  
Fax: (805) 965-6273  
e-mail: [ussb@ussb.org](mailto:ussb@ussb.org)  
Internet: [www.ussb.org](http://www.ussb.org)



The Unitarian Society of Santa Barbara