“Living with Integrity, Nurturing Wonder, Inspiring Action”

March 2016
The Monthly Newsletter of the Unitarian Society of Santa Barbara
Editor: Lesley Champlin

Worship Services for March—9:15 AM & 11:00 AM

Our theme for this month is Renewal

March 6
Rev. Suzanne M. Marsh
Bumping into Miracles

In a world where toddlers are in competition to get into the best preschools and bestselling books have names like “Achieve Anything in Just One Year,” many of us seem to be hurtling relentlessly toward a destination, seeming to pay little attention to our journey. What might this singular quest for “something” be costing us? Join us to explore how we might open ourselves to receiving the ordinary miracles and holy moments that each of us “bump into” in our lives. Rev. Suzanne M. Marsh serves with Rev. Julia on the Board of the UU Justice Ministry of CA and is visiting us from the UU Church of the Desert in Rancho Mirage, CA. Men’s Ensemble will sing

March 13
Rev. Julia Hamilton
A Bell Is Not a Bell Till You Ring It

High up in the tower of Trinity Wall Street Church in New York City, a group of dedicated “change ringers” meets each week to rehearse the complicated rhythms required to make music out of the 12 large bells installed up above. Their commitment to this ancient art keeps the music of Trinity alive in the narrow streets of lower Manhattan. Here at USSB we may not have bells in our tower, but each of us can be a “change ringer,” keeping the voice of the Unitarian Society ringing out for love and justice in our community. USSB Chancel Choir will sing

March 20
Rev. Caitlin Cotter
Born Again Unitarian Universalist

On this Sunday we will tackle the question of what it means to be “born again.” As e.e. cummings famously stated, “We can never be born enough,” and plenty of others—from Shakespeare to developmental psychologists to web comic author and artist Zack Weiner—have put their own spin on the idea of the different “acts” or “stages” of our lives. These may be interesting theories, but what do they mean for the lives we live and the transformations we experience?

Special Music

March 27 - Easter Sunday
Rev. Julia Hamilton
From Grief to Glory

A New Orleans-style jazz funeral is a movement from sorrow to joy, from grief to glory. In this way, it mirrors the Christian story of Easter. What can the joyful “second-line” parade teach us about how to make the transition from sorrow to joy? What can the Easter story reveal about the renewal of life within us all? Join us for an exuberant, Dixieland-inspired Easter Sunday. The children’s “Hunt for Justice,” our UU take on the traditional Easter egg hunt, will take place in Jefferson Courtyard after the first service. USSB Chancel Choir and Women’s Chorale will sing, joined by members of the Santa Barbara Trombone Society

TAIZÉ SERVICE
Tuesday March 15, 7 PM in the Sanctuary

As we conduct our quarterly service in the ancient tradition of taizé, short songs are repeated again and again, and meditative singing becomes a way of listening to god or our inner selves.

A time of song and silence.

Please join us.
Getting to Know Caitlin Cotter, Our Assistant Minister

Rev. Caitlin has been with us since last September, and we’ve learned a few things about her, but we’d like to let you know more.

Caitlin was born in Knoxville, Tennessee, at the University of Tennessee, Knoxville Medical Center. A good omen, because this same medical center is where Caitlin did her first unit of chaplain training while in seminary.

By the time Caitlin was in the fourth grade, she was enrolled in the Performing Arts and Sciences Magnet Program at her school where she was a dancer and visual artist. She was also very interested in oceanography, marine science, and astronomy, and at the age of 13 she aspired to be an oceanographer or an astrophysicist.

While Caitlin’s interests in the arts and sciences were in full bloom, her spiritual and religious roots were being formed as well. Caitlin grew up a Unitarian Universalist and by age 16 had become very involved in the Tennessee Valley Universalist Church as a Youth Observer on their Board of Trustees. She also began attending youth conferences in the South and was a Peer Advocate Leader (PAL) at The Mountain Retreat and Learning Center, a Southeastern Unitarian Universalist Camp and Conference Center.

By the time Caitlin left high school and entered Bryn Mawr College, she knew she wanted to be a minister. Caitlin recognized that the ministry is a very broad and challenging career which taps into all of a person’s talents and she loved the possibilities this presented. With this as a goal, Caitlin majored in Anthropology with a focus in Peace and Conflict Studies and also an Environmental Studies concentration.

Upon graduation from college in 2008 and for the next two years, Caitlin held many jobs which were environmentally focused. First, as a fellow for Environment America, in Boston and then Philadelphia, and next to Albuquerque, New Mexico, where she ran Environment New Mexico, the second largest New Mexican environmental group, and helped with a national campaign on global climate change. This led to work as a nature/museum educator in Living Classrooms in Washington, D.C. followed by running nature programs for Edmund Niles Huyck Preserve in rural New York, working at The Mountain Retreat and Learning Center in North Carolina, and finally for the Forest Service in Juneau, Alaska.

In the midst of all this, Caitlin applied to seminary in 2009 and entered the Graduate Theological Union at the Starr King School for the Ministry in Berkeley, California, in 2010 (she graduated in 2013). Fast forward to 2015 where we find Caitlin, now married to her spouse, Ashir, being ordained into the ministry at the same Tennessee Valley Unitarian Universalist Church where she began her journey toward what would be her first position as an Assistant Minister, with us, The Unitarian Society of Santa Barbara.

Somehow, this seems meant to be. And now at the beginning of 2016 we can take a breath and say, “We’re so happy to have you with us and to know you, Reverend Caitlin. Welcome Home.”

Megan Moyer, Membership Coordinator
Annual Pledge Campaign: “All In”

It’s a powerful call: to be “all in” for someone or something. Often used in games of risk or chance, the term implies an unyielding commitment to a course, a path from which you will not be swayed. To be all in is a call to dive in deep, hang on, and trust. It is the kind of orientation that as UUs we are familiar with, in our social justice work. We are an “all in” kind of faith when that faith calls us to stand, for example, on the side of love for gay marriage, or for climate justice or for immigration reform.

At USSB, our mission—living with integrity, nurturing wonder and inspiring action—is intended to help us live into our vision for the world with deep and abiding commitment: to be all in. It is that level of commitment, one we already bring to the table with open hearts, that we are choosing to lift up with our annual pledge campaign this year being all in for and on behalf of this community.

As co-chair this year for our annual pledge campaign, I invite you to consider that showing up and investing in the Unitarian Society of Santa Barbara is one of the best investments of your time, talent, and treasure. For when we invest in the work of this community, we are moving our share of wealth (be it time, talent, or treasure) from one side of the equation to the other, the side that makes possible the kind of world our principles boldly claim.

We hope that everyone will feel invited and inspired to come to the table and contribute a generous share of their wealth to the collective ministry of this community. It takes many kinds of resources—time, effort, and yes, treasure—to make our bold vision for a more just and equitable world possible. I feel like this is a place worth not just investing in, but putting all my chips on the table here, to be all in. I invite you to do the same.

Lora Barnett, Co-Chair
Annual Pledge Campaign

Library Corner March 2016

What did you think about Suzanne Fairly’s review of Elizabeth Warren’s book? Inspiring, right? If you are reading a good book from our library and want to share your enthusiasm for it in the Kaleidoscope, feel free to write a review and send it to Ellie Tuazon at ellietuaz@yahoo.com. We are in need of a few cheerful volunteers to help us on Sunday mornings. Come and join the fun. Here are our recent reviews:

The Movie:
Wheel of Time - Documentary

Acclaimed filmmaker Werner Herzog takes us on an amazing journey to Bodh Gaya, in Northern India, where it is said that the Buddha found enlightenment under a tree. Today Buddhist monks are ordained there, and many faithful make the pilgrimage to take part in the numerous rituals. While eight monks take turns working on an intricate sand mandala (the wheel of time), Herzog’s film captures the mood of the thousands of pilgrims. This gives us some idea of how meaningful this event is to the people.

Travel is on foot and by crowded buses, and conditions are harsh. The camera caresses the faces of children and the old alike. The Dalai Lama gives us an introspective look at Buddhism and what the mandala means to its followers. Herzog gives us an intimate look at a fascinating way of life.

The Book:
The Singing Neanderthals, the Origin of Music, Language, Mind and Body, by Steven Mithen

Music is the language of emotion, common wisdom tells us. Here we are introduced to the science that might support that notion. We are so drawn to music, feel compelled to make and hear it, but in order to understand this we have to address language as well as the evolution of the human mind and body.

This is an ambitious book, with humorous chapter headings such as “Neanderthals in Love” and “Singing for Sex.” It’s very well written and even the footnotes are interesting. However, it does belong in the scientific category, and while science can be fun, you may need to renew this book a time or two.

Reviewed by Ellie Tuazon
USSB Climate Art-making Project Begins

Open Invitation to YOU and…


...all People of Good Will Pondering Climate Disruption

Join USSB in a congregation-wide, art-making project this spring and delve into your climate realizations

Story-whisperers and professional art teachers will be available on request to help you use image or text to artfully represent the moment when you realized the seriousness of the climate crisis and what shifts need to happen in our collective thinking or how it will deeply impact another justice issue that you care about.

The art-making project will be documented as a single combined work and presented to the congregation at Sunday services.

In 2013, USSB passed a Climate Resolution stating its concern and resolve on climate change, has since divested its endowment fund from fossil fuels, and is already getting a considerable amount of its energy from installed solar panels. Any images or text consistent with the congregational actions above and our UU Principles will be warmly welcomed as a part of the art-making project. The inspiration for this project comes from “Yes! Magazine” My Climate Moment initiative and is funded by a gift from a member in support of our environmental justice work.

Meetings for the art-making project are March 20, April 3 and 24, May 1 and 22 in Jefferson Hall at 12:15-1:45 pm, after the second service.

Quality materials will be provided or bring your own. Refreshments will be served. The project is still evolving but will likely be multi-media and include collage with photographs. The first meetings will include a slide presentation of examples of art that have emerged from various justice causes to get your ideas flowing. Come to as many of the art-making sessions as you wish. Further details about individual sessions will be announced - please watch for updates.

Be part of this fun and deep USSB community dive into the singularly consequential times in which we human beings find ourselves living.
Shower Trailer Comes to USSB

Did you know that a coalition of churches has been operating a mobile shower trailer, providing free showers to the homeless in the Goleta/I.V. area since November of 2014? In 2015, 1,600 showers were taken; in 2016 that number is expected to increase to 2,600. The effort is called “Showers of Blessing” and it was created by HEAL (Health, Empowerment and Love), a project of the Interfaith Initiative of Santa Barbara.

Here’s how it came to be: The University Religious Center in Isla Vista was sold and Christ Lutheran Church, one of the URC founders, received a portion of the proceeds. They chose to apply $28,000 of this windfall to the purchase of a mobile “shower trailer” to serve the homeless. The trailer is entirely self-contained with two complete, private bathrooms, each with a shower. Soon, a pick-up truck was donated by a UCSB med student, and HEAL immediately put the trailer to work, serving three locations a week in I.V. and Goleta.

In no time, more churches in the area began to provide operating funds and volunteers. Services expanded to include new socks and underwear, laundry service, slightly used clothing from area thrift shops, and even haircuts.

The effort has been a resounding success and HEAL decided that it was time to bring the trailer downtown as well. Our Lady of Sorrows has generously offered to provide space in their parking area, across from Alameda Park, as our first shower location. We plan to start offering showers at this location every Thursday between 2:30 and 5:30 pm, staring April 14. (Common Ground, with the help of various churches, currently offers dinner in Alameda Park every Thursday at 6:30 pm while Doctors Without Walls provides medical services.)

Your fellow Unitarian (me, Ken Ralph) has volunteered to manage the expansion effort and help create a new coalition of downtown church groups to provide the operating funds and volunteers needed to make this valuable service successful here and at future downtown locations. I have spoken with several ministers about joining in this effort, including Rev. Julia Hamilton. In true Unitarian fashion, Julia immediately embraced the idea and felt this effort would be a perfect fit with our Unitarian values. She invited me to bring the Shower Trailer and management team to USSB on Sunday morning, March 6th so you can see and hear for yourself how cool this whole project is.

My dear friends, I think it is rare when such a clear, concrete opportunity to serve our community presents itself to a congregation. I encourage you all to come and see what I am talking about on March 6th. Hear about the difference this project has made in people’s lives. Inspect the trailer. Ask questions. We will also be signing up volunteers!

At times like this, I am so proud to be a Unitarian. Thank you.

Ken Ralph

Outreach Offering for March: Planned Parenthood

Each week we give away 25% of our Sunday offerings to a special project or organization. This includes all cash donations and undesignated checks. If you wish to make a full donation directly to this project, please make your check out to Planned Parenthood.

Mission Statement: As the most trusted provider of reproductive health care, Planned Parenthood promotes the ability of all individuals to lead fulfilled lives, build healthy families, and make informed decisions through high-quality health services, education, and advocacy.

At Planned Parenthood, care is much more than the services we provide: it is the way we approach our world. We care deeply, with respect, without judgment. We are unwavering in our belief that all people deserve high-quality, affordable health care. We are tireless in our efforts to provide education and information so people can make their own health decisions. We proudly fight for women to be able to get the reproductive services they need. We do all of this because we care passionately about helping women, men, and young people lead healthy lives, no matter who they are, no matter where they live. We believe that when people are truly cared for, they will make their lives, their families, and even the world, better and healthier.

Last year Planned Parenthood of Santa Barbara, Ventura, and San Luis Obispo (PPSBVSLO) served 35,742 patients. More than 12,000 teens, young adults, parents, and professionals participated in sexual health education programming, and community members volunteered more than 15,000 hours.
This spring we are pleased to offer a women’s retreat based on Parker Palmer’s *Circles of Trust* practices on Friday, June 3 through Sunday, June 5. Our hope is that this will be the first of annual women’s retreats for our community. This year we will offer the opportunity for 25 women to experience a retreat for their personal renewal and to begin to deepen a community of women in our congregation. We are also pleased that Rev. Julia will participate in the retreat experience on Friday.

In this Women’s Circle of Trust* retreat experience we will share the stories of our individual lives, the timeless big stories of culture and myth, and our relationship to community. These stories will provide the focus for discovery and reflection on what matters in our lives and how we can grow our experiences of connection and belonging.

**COST:** The cost will be $100 for meals and materials

**REGISTRATION:** Opens March 9 and closes May 9, or when filled.

**FACILITATORS:** Nancy Edmundson and Susan Plummer
Contact either Susan (spplummer@gmail.com) or Nancy (nanciedmundson@cox.net) with your questions, or for more information.

**DATES:** June 3-5, 2016, Friday 5 PM to Sunday 11 AM.

**VENUE:** Meals and sessions at Unitarian Society of Santa Barbara. To contain our costs for our first year, this will be a “non-residential” retreat. Participants will sleep at home!

Watch our weekly Orders of Service and email announcements for more details, and visit our information table in the Garden on Sundays beginning March 6!

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**Welcome To Our Newest Member**

Sue Fisher, our newest member, signed The Book, February 14, 2016. Sue comes to us from a Unitarian Universalist congregation in Maine. Please read her biography on our New Member Board and give her many congratulations and warm welcomes.
Tiffany and I have a wish. That wish is to produce a music video. It all started one day when we were in the R.E. Office. I had become immersed in my work and forgotten Tiffany was there. Getting somewhat excited, I let out a little beatbox ditty thing. After laughing, she said it wasn’t half bad and suggested I practice saying, or spitting (if you will), boots and cats and boots and cats and boots and cats...

Then, when Oliver donned this Santa outfit, we really wanted to bring back the butt flap with a commercial.

All this got me thinking about how much fun it would be to make a music video with the youth of this congregation. We brainstormed a few songs, and although it is so much fun to rap “Ho-tel, Mo-tel, Holiday Inn,” Sugar Hill Gang’s “Rapper’s Delight” isn’t entirely appropriate for CRE.

We’ve been dreaming big, and to do this right, we’ve realized we could use help from filmmakers, choreographers, musicians, and performers in our community. The folks out at First Unitarian Church of Rochester, NY have done it with their song “Coming Home,” and I know we can, too. So this summer we’re kicking off our multi-generational music video project. We won’t have to rap, but we might have to boogie.

And, maybe this music video isn’t as thrilling a prospect for you as it is for Tiffany and me. Not to worry - we have plenty of other options for adults wanting to get more involved in Children’s Religious Education. This summer our youth would love to connect with people who are passionate about science, music, photography, and our environment.

So if you’re intrigued by the ideas we have, please stop by the R.E. Office for a chat, give me a call or email me: Jena@ussb.org (805) 965-4583x227.

We’re looking forward to seeing you there!
Recently, a colleague posed that he was sick and tired of seeing the Seven Principles of Unitarian Universalism presented as a list. They weren’t assigned numbers when they were created, after all, and there are way more fun and creative ways of organizing them. This colleague, the Rev. Ian Riddell, wanted to look at them as more a circle design, with what we often call the “first principle” at the center and the one we often call the “seventh principle” surrounding and connecting all the others.

Other people, like our own Rev. Ken Collier, have suggested it might be useful to think of them as being a spiral. I like that idea, as I have always really loved spirals as a spiritual concept—the idea that you spiral on, always going around to the same things but also never in the same place twice. We spiral in and we spiral out and we spiral onwards. So I created a slightly different arrangement with the principles in a spiral.

How would you organize these, if you were going to put them on an image or into a design that made them meaningful for you?

In joy, Rev. Caitlin

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**Afternoon Session Added to the Great Decisions Foreign Policy Forum**

Given the substantial turnout for The Great Decisions Forum (33 members attended the session on February 11), organizers John Warnock and Dave Hennerman are expanding the program to include an afternoon series, now scheduled for Parish Hall on the 2nd and 4th Thursdays from 2:00 to 4:00 pm, beginning March 10.

After seeing a film produced by the Foreign Policy Association, attendees at the February 11 session formed smaller groups and a robust discussion followed! The stated goal for this forum is for everyone to have a chance to speak as these fascinating subjects are explored.

The first afternoon program will begin with *Shifting Alliances in the Middle East*, while the evening session on March 10 will focus on *The Rise of Isis*. Anyone interested in participating should acquire the briefing book by ordering it from www.GreatDecisions.org; the cost is $25 plus postage. The website has a great deal of information on the eight foreign policy subjects included in the Great Decisions program for 2016.

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**Schedule:**

**Evening Forum** (Meets monthly on the 2nd Thursday)
- March 10 7:00 to 9:00 pm in Jefferson Hall.  
  Subject: *The Rise of ISIS*

**Afternoon Forum** (Meets twice a month on the 2nd and 4th Thursdays)
- March 10 2:00 to 4:00 pm in Parish Hall.  
  Subject: *Shifting Alliances in the Middle East*
- March 24 2:00 to 4:00 pm in Parish Hall  
  Subject: *The Rise of ISIS*

Please contact John Warnock (email johnwwarnock@gmail.com or call 965-4235) if you would like more information. If you plan on attending, purchase the briefing book and let John know so that the volunteer facilitators can plan the small breakout discussion groups.

John Warnock & Dave Hennerman
Snapshots
The Reverend Julia Hamilton, Lead Minister

In case you haven’t heard, there is something exciting coming our way in April: We are hosting the 2016 Pacific Southwest District Assembly!

Each spring, UU congregations from across our region (Southern California, Arizona, and just a bit of Nevada) get together for a weekend to be inspired, learn from one another, share good times, and make new UU friends. Congregations take turns hosting this event, and this year USSB gets to roll out the red carpet on Friday, April 29 and Saturday, April 30.

There will be worship, workshops, a youth bridging service, the annual business meeting, and inspiration from our keynote speaker, the Reverend Rosemary Bray-McNatt, President of Starr King School for the Ministry (Rev. McNatt last visited us when she preached at Rev. Julia’s Installation).

Workshops will cover a variety of topics! Learn how UUs are working on preventing gun violence and immigration detention; discuss the ministry of food and the color of inequality; explore contemplative practices, congregational collaboration, and creative choral worship; reflect on Black Lives Matter and how some congregations have engaged the movement; continue the conversation with Rosemary McNatt, and much more.

BUT WE NEED YOU! As the host congregation, we will need all-hands-on-deck to welcome people to our campus. We will need people at the Check-in Tables on Friday afternoon, people to help set up rooms for Saturday’s workshops, people to direct traffic and serve lunch and many other simple, fun and yet important tasks. You can find out more details about volunteering and sign up online! There will also be a District Assembly table in the courtyard on Sundays in March.

Intrigued? Ready to sign up? Visit www.pswduua.org/events/district-assembly/ to get the full picture of what District Assembly is all about and register to be a part of this fantastic event. The cost for adults, which includes lunch on Saturday, is $75.00. There are reduced rates available—all the details are on the PSWD website.

Rev. Julia

“Alone Together: Aging and Death, Our Late Life Journeys”
Afternoon Class and Discussion with the UU Care Team and Alliance for Living and Dying Well

In this class we will view compelling videos including Ted Talks, and discuss our common experiences and concerns. The emphasis is on how we feel, what we want, and how we can connect to support each other.

Topics: Help we want, role of a healthy care agent, key information to have available, loneliness, dependency; CPR - when advisable and when not? Resources - How can we help each other/continue connecting in some format? Sample content: http://www.ted.com/playlists/241/new_ways_to_think_about_death

The schedule has not yet been finalized, but we are planning four or five classes in late March and April—date and time to be confirmed, tentatively 2 to 4 PM Wednesdays.

If class dates overlap with the Spring Wellspring Wednesday curriculum, attendees may want to stay for dinner. Final details will be provided in the Order of Service, and sign-up sheets will be available in the Garden and Office. You can also express an interest at ussbcareteam@gmail.com or by calling the Care Team at 805-265-3681.
April Fools Joke Night and Potluck

It’s no joke! Get ready to laugh at the next All Congregational Potluck Friday, April 1, 6:00–8:30 PM in Parish Hall. All members are invited to bring a dish to the potluck and a family-friendly joke or two to share over the microphone.

Silly hats and costumes are encouraged!