

Living with Integrity, Nurturing Wonder, Inspiring Action



# Kaleidoscope

April 2019

The Monthly Newsletter of the Unitarian Society of Santa Barbara

[www.ussb.org](http://www.ussb.org)

**We have two services each Sunday at 9:15 and 11:15 AM**

This month's worship theme is WHOLENESS.

## **Sunday, April 7**

Rev. Julia Hamilton

### **"The Paradox of Wholeness"**

When are you complete? Never.

When are you whole? Always.

*Chancel Choir will sing.*

## **Sunday, April 14**

Student Minister Nic Filzen

### **"Dancing to Worship"**

We'll be exploring the intimate relationship between dance and worship, including some of the ways that dance has been used to show gratitude for our planet. As part of the exploration, student Minister Nic Filzen will share some of his experiences from the local Lucidity Festival happening the same weekend. You will be invited to perhaps allow your bodies to move to rhythmic music a bit during the service to tap in to an embodied worship experience—an important part of accessing the divine in its wholeness.

## **Sunday, April 21**

Rev. Julia Hamilton

### **"The Resurrected Earth"**

This year, Easter Sunday and Earth Day coincide. What does it mean to look for resurrection when the earth is in crisis?

*Women's Chorale will sing.*

## **Sunday, April 28**

Rev. Julia Hamilton

### **"A Time Apart"**

Join us for Rev. Julia's last Sunday in the pulpit before her three-month sabbatical starts. As the writer Terry Pratchett said, "Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too. Coming back to where you started is not the same as never leaving."

*Chancel Choir will sing.*

*Wholeness.*

# Worship at District Assembly April 27 and 28

Registration is now open for the 2019 Pacific Southwest District Assembly to be held April 26-28 at the UU Church of Long Beach.

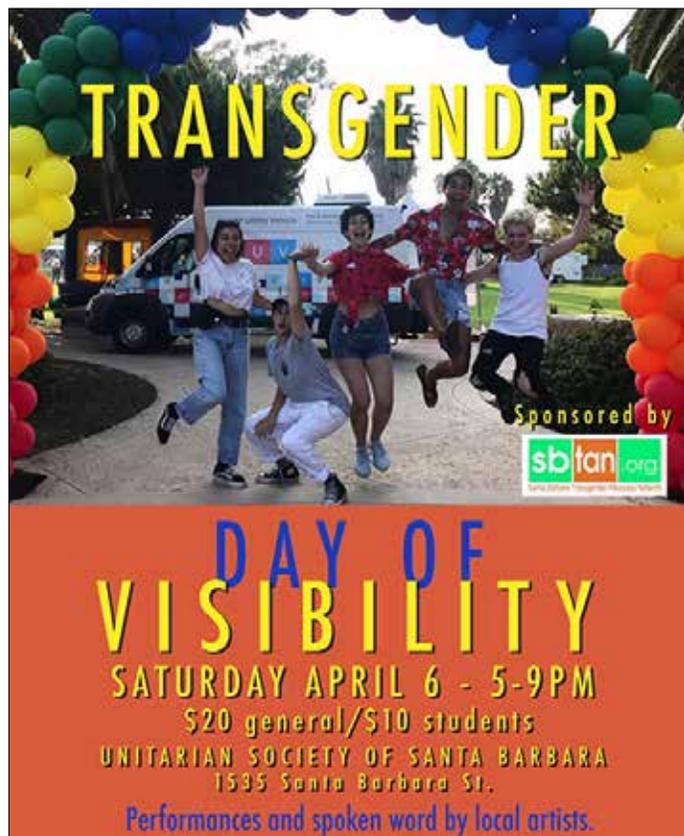
Along with music, keynoters, workshops, social justice field trips and plenty of chances to visit with old and new friends, there are worship opportunities!

## Saturday, April 27 at 8:30 AM—Youth-led worship

Saturday morning's worship will focus on the theme "Growing into Ourselves." This spiritual journey will focus on our roots and aspirations as individuals, as communities and as a movement. Led by members of the Pacific Southwest District Youth Board, the heart of this service will be amplifying youth voices, empowering the community and growing with one another.

## Sunday, April 28, 9:00 and 11:00 AM—Clergy-led worship

For the Sunday worship at the close of the District Assembly, UUCLB presents two worship services at 9:00 and 11:00 AM. Both services are inspired by the DA theme



"From the Ground Up" and will include a little of everything, but the 9:00 AM service emphasizes "the Word" with poetry and preaching from Interim Minister Rev. Rick Hoyt-McDaniels.

The 11:00 AM service emphasizes "Music" with congregational singing and music from combined choirs from Unitarian Universalist churches throughout the area under the direction of UUCLB Director of Music Francisco Ruiz and DA Keynote Donald Milton III.

If you need to get on the road, come early and enjoy the 9:00 AM service. If you're a late riser, come to the 11:00 AM service. If you can stay all morning, you'll experience a full and fulfilling worship experience. Children's RE programs will be offered during both services.

Early-bird registration ends Sunday, March 31, so reserve your space now for the 2019 PSW District Assembly!

<https://register.pwruua.org/event-registrations/2019-psw-da/>  
<https://pswduua.org/events/district-assembly/>

## Transgender Day of Visibility April 6

Please join us for the 4th Annual Transgender Day of Visibility Celebration on Saturday, April 6 at the Unitarian Society from 5:00 to 9:00 PM.

We are looking for transgender/gender non-conforming artists to perform at the event with spoken word and music. If you're interested please contact Kathy at [kathy@sbtan.org](mailto:kathy@sbtan.org).

For tickets and performance/donation information please visit [www.sbtan.org](http://www.sbtan.org). Please spread the word! We look forward to seeing you there!

# Send Your Kids to Summer Camp at USSB

That's right! This summer we will host three summer camps at USSB. Sign up your kids, your grandkids, and your neighbors!

Focusing on fairness, our July summer camps pack in a whole year of religious education for your elementary school-aged kids. It's also a great way to introduce your friends and family to the Society.

Our August summer camp is for middle-school youth and is based upon the highly respected Our Whole Lives human sexuality education program. This is our second year offering this camp.

## Superheroes for Justice

9:00 AM to 2:00 PM, with aftercare available

M-F, July 15-19, ages 7-9

M-F, July 22-26, ages 10-12

Kids find their own superpower and become superheroes for change! Our social justice camp first helps kids learn to hear their inner voice of fairness, then how to use those powers to be heroes for change. Using stories of parachuting cats and real-world heroes, the camp introduces empathy, forgiveness, compassion, respect, courage, and perseverance through fun, age appropriate activities. \$300. Member discount available. Sign up on Realm.

## Better Than Sex Ed

10:00 AM to 3:00 PM

M-F, August 5-9, ages 12-14

**better  
than  
Sex-Ed**

Better Than Sex Ed is a teen human sexuality day camp. Using values of respect, responsibility, and inclusiveness, the camp provides comprehensive sexual education and an opportunity for teens to express their identities, confusion, and concerns.

Diversity is embraced as natural and healthy. Youth learn to respect their bodies, the importance of healthy communication, and consent. Using the Our Whole Lives curriculum, content is presented in fun, developmentally appropriate lessons and activities. \$350. Member discount available. Sign up on Realm.

*On Saturday, March 2, Marika Davidek's family hosted a party to celebrate her ninetieth birthday in Parish Hall. In lieu of presents, Marika asked guests to contribute to the YRUU Hopi service trip. The photo at right shows Marika wearing a necklace her cousins made out of folded one, five, ten, and twenty dollar bills, all of which were donated to YRUU for their trip. Thank you, Marika, for your creative and generous fundraising for our youth!*



# Passover Seder

Celebrating Freedom and Social Justice

Wednesday, April 24, 2019

A significant part of our Judeo-Christian heritage, this joyous event is an opportunity for families and friends to gather and enjoy great food and wine in a celebration of spring and of freedom as we retell the traditional story of the liberation of the Israelites from Egypt.

This story speaks particularly well to us as Unitarian Universalists. It reminds us of our struggle for freedom and social justice in this country and for people around the world.

In addition to the serious significance of Passover, there's fun for all ages—the telling of a great story, music and singing, games for children, and a celebration of our community spirit. Everyone participates!



You are invited to prepare a brief reading, a poem, song, dance, or art that express your own sense of freedom and social justice or the joy of spring and a good rain year.

Contact Nancy Beisser at (805) 563-2360; beissers@becmail.net, to volunteer to help in the preparation or if would like to reserve a seat. Admission is \$12.00 for adults/\$5.00 for children (maximum \$25/family) – OR – the contribution of a traditional Passover dish (recipes provided). Sign up on Realm or in the garden during Middle Hour to volunteer or reserve your space(s). Deadline for reservations is Sunday, April 14. Advanced reservations are encouraged, since space is limited.

## Happy Birthday, Marika!

# Thirteen Ways of Looking at Our Congregation

Do you know the Wallace Stevens poem, “Thirteen Ways of Looking at a Blackbird”? If not, I can summarize it for you. It’s basically just what the title says: a reverie, in 13 parts, that examines the ideas of blackbird-ness. One of my favorite lines is in Section IX: “When the blackbird flew out of sight, // It marked the edge // Of one of many circles.”

It made me wonder what the thirteen ways of looking at USSB. I was inspired to see our community through at least 13 different lenses by the recent Program Fair on March 17, when around 24 different groups and activities were on display, soliciting new members and input. Seeing everything from the Alliance to Yoga tabling together made me realize that there is no one experience of USSB or being a congregant here. Each person’s experience is colored and reflected by the activities they choose to participate in and who they meet there and how much time they spend volunteering and with whom and why.

More than 13, there are actually an infinite number of ways to be an active USSB member and each is co-existing alongside each other, like blackbirds flying over a landscape, joined by their flock but disparate in their points of view, emotion, and ideas. This reminds me of another great line from Stevens’ poem, “I was of three minds, like a tree in which there are three blackbirds.”

The feedback I’ve received from people who both participated in the Program Fair, as people tabling, and as

people just milling about, has been overwhelmingly positive. (The brilliant March weather, a beaming glorious day filled with 70-something sunshine, helped set the tone.) I believe that our congregation was hungry for a chance to see itself at its fullest tilt, with as many groups as we could squeeze into the courtyard on display. The group’s displays were impressive, with giveaways, games, sign-up sheets, handouts and more. People milled and chatted and ate brownies and blondies and green-frosted St. Patrick’s Day cupcakes.

Throughout it all, I felt like a blackbird flying over my familiar flock, seeing the birds feasting on a newly discovered field of corn. Watching everyone chatting together, I felt deeply inspired to continue to promote your efforts, as volunteers and advocates, fun-seekers and deep-thinkers. Stevens said it best, “The blackbird whirled in the autumn winds. // It was a small part of the pantomime.”

But mine is only one point of view. I’m very interested in your way of looking at USSB. Perhaps the Program

Fair made you aware of something that’s missing for you, either here or in your world. Let me know your thoughts, ideas, and opinions at [maureen@ussb.org](mailto:maureen@ussb.org). Share your 13 ways of looking at our congregation.

MAUREEN FOLEY CLAFFEY,  
DIRECTOR OF CONGREGATIONAL LIFE  
[MAUREEN@USSB.ORG](mailto:MAUREEN@USSB.ORG)



## Spirited Women Looking for Kindred Spirits



We are a group of women who share deeply from our hearts in an environment of trust, safety, and respect. We look into spirituality in our lives and our personal spiritual beliefs. At each meeting, we discuss a question. A recent example is, “How does your spiritual practice help you deal with uncertainty?” The meetings are currently the second and fourth Fridays of the month from 4:30 to 6:00 PM at a member’s house.

If this is something you would like to explore, please contact us. We can be flexible with the schedule depending on the makeup of the group. Our size is limited to 10 people who identify as women. Contact Arianna Jansma (805) 845-4145; Catherine Callahan (805) 570-2795; or Judy Farris (760) 485-2227.

# Easter at USSB Brings the Hunt for Justice

Parents: find those baskets and get ready for our annual Hunt for Justice on Sunday, April 21!

Once again we'll help our children learn the joy of giving by donating funds to local charities through our traditional Easter egg hunt. Giving to others is one of the earliest religious values we teach our children and is at the root of teaching empathy.

Children will hunt for eggs containing UU chalice tokens. They will use their found tokens to donate to any or all of the chosen charities. Once they have made their donations they'll receive a traditional Easter "goodie bag."

Be sure to talk to your children about the work of these local charities so that they are able to decide how to use their tokens.

- Direct Relief provides medicine and healthcare after disasters—[www.directrelief.org](http://www.directrelief.org)
- Teddy Bear Cancer Foundation is a children's cancer charity—[www.teddybearcancerfoundation.org](http://www.teddybearcancerfoundation.org)
- CASA of Santa Barbara provides court-appointed special advocates for children—[www.sbcasa.org](http://www.sbcasa.org)



## Of Pencils and Rings and Things

I loved reading Maureen Claffey's story in the March *Kaleidoscope* about how a pencil she found led her step by step to making an "everyday heart connection" to a distant stranger. The following Sunday I showed her a giant pink ring I was wearing and said I'd like to share its somewhat related story. Julia's message that morning reinforced the importance of making personal connections, however small. Here's mine:

The giant pink ring is an emerald-cut pale pink sapphire that belonged to one of my favorite friends and is one of the less flamboyant examples of the jewelry (and eyeglass frames) she was known for. She died many years ago, falling asleep at the wheel on her way home from one night, leaving behind four young children and their dad. After her funeral, he asked me to choose a piece of her jewelry as a memento.



I helped as much as I could for several years, mostly spending time with the two eldest and taking them places their mom might have, until he moved the family several hours drive away. I continued to keep in touch sporadically for years until they were grown and all but one, Heidi, moved away. I saw her and her dad increasingly sporadically, and then finally lost track of her too after he died, and she married and moved away too.

Fast forward to several years ago when I decided to expand my Facebook friends by looking up long-lost ones. I found Heidi, now living in Colorado, and was delighted to be able to renew communication. Soon I mentioned the ring and how I had enjoyed wearing it to parties over the years and remembering all the raucous fun her mom brought to the many we had been to together. She responded that all her mom's jewelry had been stolen in a home robbery long ago and how much she and her two sisters had missed looking through the pieces and picturing her in them. I right away sent back that I would be honored to send the ring to them, but it is her response that is the point of this story: She thanked me, but said that none of them actually wore fancy jewelry, and they all agreed that it meant much more to learn someone else was remembering their mom. I would do that without the ring (and I have promised to return it if any of them ever changes her

mind) but it does warm my heart to wear it—and to share this story now.

So, not a found object that led me to a stranger, but a kept object that led me to a beloved child/woman and our shared memories.

JUDY FARRIS

## Library Corner

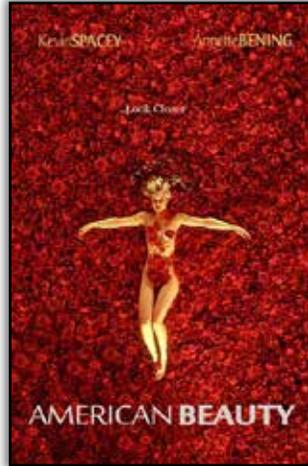
As we mentioned in the March **Kaleidoscope**, our committee is looking for a new leader who can bring us into the 21st century. Please see Maureen Claffey for details.

If any of you have read **Educated** by Tara Westover, and are willing to share it with the congregation, the library committee would appreciate it so much.

### The Movie—American Beauty

This award-winning film was released in 1999, and is still so relevant today, as it shows us how social conventions can lead people into sterile and emotionally stunted lives.

Lester (Kevin Spacey), a 42-year-old advertising executive, has a midlife crisis and decides to change his life. He becomes infatuated with his daughter's best friend, a beautiful 15-year-old cheerleader. Meanwhile, Lester's wife, Carolyn (Annette Benning), and their daughter also decide to change their lives.



Then there are the new neighbors, US Marine Corps Colonel Frank Fitts (Chris Cooper) and his teenage son Ricky, who works at a bar and secretly deals marijuana.

Lester and Ricky spend time together and Col. Fitts decides they are gay and having sex. Fitts is an angry homophobe and beats his son for being gay, which he is not.

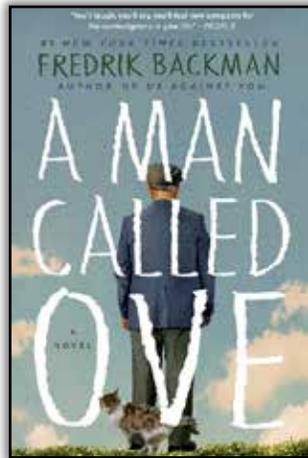
All throughout the film you get a sense of “this is not going to end well,” but the actual end? I was not prepared for it.

### The Book—A Man Called Ove: a novel by Fredrik Backman

Ove is a 59-year-old curmudgeon with staunch principles, strict routines, and a short fuse. After the death of his wife, and more recently his forced retirement, Ove decides he is done. So he carefully plots his demise, but is foiled in the attempt when his new neighbors flatten his mailbox with their U-Haul.

The story takes us to Ove's youth, then to life with his beloved Sonja, and we feel his terrible losses.

He misses Sonja very much, and decides another suicide attempt will bring them together. Then those pesky new neighbors show up with all kinds of needs. The young wife is very pregnant and a no-nonsense



person. The daughters are delightful. So since he was not successful that time, he might as well be helpful.

After a few more attempts he decides he might as well live, and he makes himself useful, showing young people how to repair things, teaching the young wife to drive, and making amends with his old friend and neighbor, Rune. In his grumpy way.

The little girls adopt him as their grandfather, and he lives out his life with much less bitterness.

This is a wonderful book, so full of all kinds of stories, and it just goes to show that grumpy old men can be loved. The story takes place in Sweden, but Oves are everywhere.

REVIEWS BY ELLIE TUAZON

# Outreach Offering Ministry Team Reaching Out—to YOU!

Each month, our congregation gives 25% of the Sunday Offering to projects and community partners. But how do we decide where these resources go?

We at USSB work to include our members and friends in the recipient selection process for Outreach Offerings. The Outreach Offering Ministry Team will be soliciting nominations for future offering recipients from you.

Is there a project near and dear to your heart, that is in keeping with UU Principles, and for whom our gift would make a meaningful impact? Then stay tuned for information about the Outreach Offerings Nomination form, which will be available soon.

## 2019 Nomination Process Schedule

Sunday, April 7: Outreach Offering nomination forms available during Middle Hour and on the church website.

## April Outreach Offering: Black Lives of Unitarian Universalism (BLUU)

Our Outreach Offering this month is in support of BLUU (Black Lives of Unitarian Universalism Organizing Collective). BLUU was formed in 2015 to provide resources and support for Black Unitarian Universalists and works to expand the role & visibility of Black UUs within our faith.

Following General Assembly in New Orleans in June 2017, the UUA launched “The Promise and the Practice of our Faith.” What is this groundbreaking vision?

“Imagine what our faith would look like if we upheld and centered the history, the perspectives, the voices, and the leadership of Black Lives of Unitarian Universalists...”

The Promise and the Practice of Our Faith Campaign is our opportunity to take the lead as a faith denomination in addressing our history of upholding white supremacy. Together, we can collectively work to dismantle it and amend a long broken promise to the Black Lives within our Association.

Congregations are asked to join in the Promise and the Practice of Our Faith by engaging in the following opportunities:

Sunday, April 14 and April 21: Nomination forms will be available from Outreach Offerings table in the Courtyard. Completed forms will also be collected.

Sunday, April 28: Deadline for submitting applications.

May 2019: Congregation will receive a nomination ballot and may vote their choices. New recipients will be announced.

We are happily anticipating the results of this process and hope for new and mutually beneficial relationships with our recipient organizations.

For further information on this process or to volunteer to assist our team, please contact us:

MARISA PASQUINI: MARISAINSB@GMAIL.COM

DEBORAH HARTMAN: DSHARTMAN100@GMAIL.COM



- Schedule at least one Sunday this year to engage around the theme The Promise and the Practice of Our Faith. (We have lifted up racial justice in many services over the past several years, and used the Promise and the Practice materials BLUU for congregations)
- Make a financial commitment in our support to BLUU that is transformational and inspirational which helps fulfill our \$1 million match opportunity! This is our second year of Outreach Offerings for BLUU, and we have already raised \$3,308.02, or \$8.10 per member toward our goal of contributing \$10 per member to this program.



- Make a long-term commitment to dismantling white supremacy, racism, and oppression from within our de-

nomination and beyond, and uplifting the Black Lives, Voices, and Leadership of Unitarian Universalism. Our Board and Leadership are taking this call to heart, and are engaging in ongoing learning through programs like Beloved Conversations.

This is our time to be Bold, Radical, and Transformational as we commit to nurture a radically inclusive, justice centered, multiracial and multigenerational religious faith!

# UU Meditation Retreat at SpiritRest

We are Unitarian Universalists with a shared mission to invite and encourage deep spiritual engagement and practice.

Rev. Dr. Arvid Straube, SpiritRest's lead spiritual director, has been helping people grow spiritually for over 35 years, first as a parish minister, and now as a spiritual director. Arvid's daily spiritual practice is meditation in the Buddhist tradition. Rev. Sharon Wylie, SpiritRest's worship leader, is the called and settled minister at Chalice Unitarian Universalist Congregation in Escondido. Her spiritual life is deeply informed by earth-centered theologies and practices.

Sharon participated in her first substantial silent retreat over five days in July 2014 at a Catholic retreat center. Finding the experience transformative, she began to think about designing and offering a similar experience specifically for Unitarian Universalists and other spiritual progressives.



When Sharon approached Arvid about the possibility of leading a silent retreat together, he immediately said yes, and the first SpiritRest Silent Retreat was held in July 2016, with eight retreatants and five retreat leaders.

## Why silence?

Silence is said to be the most basic spiritual practice. Generally speaking, Unitarian Universalists are people of discussion and debate, argument and articulation. Silence, then, invites us into a different way of being in the world, a different way of experiencing community. What are we doing and thinking if we are not preparing for what to say next? To be in silent retreat is to discover new parts of the self.

## Why a five-day retreat?

A weekend silent retreat offers less than two full days of silence, barely enough time to settle into the experience. Although any retreat is better than no retreat, we want to offer an experience that encourages significant self-examination.

## Why the emphasis on spiritual practice?

In general, Unitarian Universalists demonstrate more breadth of spiritual study than we do depth. We tend to think that if we want deep spiritual practice, we need to go outside Unitarian Universalism. The experience of an explicitly Unitarian Universalist retreat affirms that we are a faith tradition of commitment, practice, and exploration, spiritual seekers in the deepest sense, not just the broadest sense.

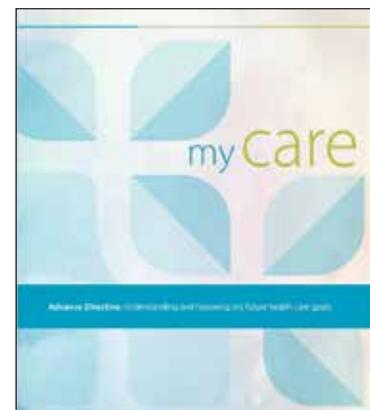
Our fourth retreat is scheduled for July 21-26. As long as we can get 25 people or so to register, we'll keep going!

For more information, visit [www.spiritrestretreat.com](http://www.spiritrestretreat.com).

- Dates: Sunday-Friday, July 21-26
- Location: Mary & Joseph Retreat Center, 5300 Crest Road, Rancho Palos Verdes, CA, 90275
- Single: \$1120 per person (includes all meals)
- Double: \$900 per person (includes all meals)

## Complete Your Advance Health Care Directive

A free opportunity to complete end-of-life wishes is offered to UU members and the Santa Barbara community at a special workshop sponsored by The Alliance for Living and Dying Well. Tuesday, April 16, in the Faulkner Gallery at the Santa Barbara Central Library, 40 E. Anapamu Street. The "Get It Done Today!" event will provide all of us with trained facilitators and volunteers to help us through the new document that replaces *Five Wishes*, titled *My Care*. Notaries and all necessary materials will be on hand. From 10:00 AM to 2:00 PM. Appointments required. Call (805) 845-5314, or register online at [www.allianceforlivinganddyingwell.org](http://www.allianceforlivinganddyingwell.org).



# Ongoing Events at USSB

## *Alliance*

**FRIDAY, APRIL 5 AT 2:00 PM IN PARISH HALL**

Join your friends in experiencing the Alternatives to Violence Project. **Pat Hardy**, President of AVP California, will lead us in a workshop demonstrating how AVP volunteers help inmates and community members resolve differences peacefully. AVP's mission is to reduce violence by learning about relationships, communication, and conflict resolution with its workshops in prisons, jails, and the community. Please bring a snack to share for the tea following the presentation. Invite anyone you would like to partake in what will be an inspiring afternoon.

**FRIDAY, MAY 3 AT 2:00 PM IN PARISH HALL**

**Cannabis: What's Legal and What's Not?** At the May 3 Alliance meeting, we will hear from Matt Fore, senior assistant to the Administrator of the City of Santa Barbara. Matt will present a brief primer on the forms of cannabis and their uses, and on the laws and ordinances at the various levels of government that regulate the raising, selling and using of cannabis in its various forms. There will be time for your questions. You are invited to bring a healthy snack for the refreshments table. All are welcome. Come and bring a friend!



## *Great Decisions Foreign Policy Discussion Group*

**WEDNESDAY, APRIL 3 AT 7:00 PM IN PARISH HALL**

**Cyber Conflict and Geopolitics with speaker Steve Zipperstein.** Join us for our lecture and discussion. First time visitor? You are welcome! This meeting's subject will be illuminated by Steve Zipperstein, a former attorney with the U.S. Justice Department and former General Counsel for Verizon Digital Co. and BlackBerry Ltd. Steve was at the center of the cyber communications industry and upon retirement has taught at UCLA. Those who have the Great Decisions book will want to study Chapter 6. Check our Great Decisions page on Realm for more information.

## *Vegan Potluck*

**SUNDAY, APRIL 21 AT 5:00 PM IN BLAKE LOUNGE**

Our USSB monthly vegan potluck is a safe space in which to explore the pleasures of a completely plant-based meal. People with all eating styles are warmly welcomed. The commitment for participation is to contribute food that is totally plant-based, i.e., totally vegan. You are invited to share a vegan community meal and exchange ideas about plant-based eating. Please bring a plant-based, vegan dish that serves 10-12 people, and bring utensils, dishes, cups, and napkins. Email **Cathy Albanese** to RSVP, and for more information visit [www.ussb.org/community-life/monthly-vegan-potluck](http://www.ussb.org/community-life/monthly-vegan-potluck).

## *Solidarity and Compassion Project*

**WEDS., APRIL 10 AT 7:00 PM IN THE SANCTUARY**

Join us every second Wednesday of the month when we come together to discuss ways of community healing during traumatic times and to spend time in meditation and reflection. We take on a different topic each month, with diverse guests for the panel discussion: thinkers, faith leaders, scholars, musicians, visionaries, artists, and activists share their work as we all learn how to deal with uncertainty and fear during this challenging time in our country and our world. All are welcome—no meditation experience necessary. We are thrilled to partner with **Radhule Wieniger** and **Michael Kearney** of Mindful Heart Programs, who have been running the Project since 2016.

## *Quantum Field Theory & Consciousness*

**MONDAY, APRIL 15 AT 7:15 PM IN BLAKE LOUNGE**

Beginners QFT&C meets the third Monday of the month, and gathers at 7:00 PM to start at 7:15 in Blake Lounge.

## *Book Discussion Group*

**TUESDAY, APRIL 16 AT 7:00 PM IN LA PAZ LOUNGE.**

Contact **Al Melkonian** for more information.

## *Women's Group*

**MONDAY, APRIL 8 & 22 AT 1:30 PM IN LA PAZ LOUNGE.**

Contact **Karolyn Renard** for more information.

## *Weekly Meditation*

**EVERY WEDNESDAY AT 5:15 PM IN THE SANCTUARY**

Find more mindfulness, or just a brief midweek timeout. After a 10-minute settling period and introduction, we'll have two 15-minute sitting meditation periods, with a brief break for people to stretch, come in, or leave. Bring your own cushion or other sitting tool, or chairs and cushions will be provided. The group is led, on a rotating basis, by **Arianna Jansma**, **Rev. Julia Hamilton**, **Rev. Ken Collier**, **Maureen Claffey**, and **Nic Filzen**.



## *Yoga Classes with Monica*

**MONDAY & WEDNESDAY, 5:30 TO 6:30 PM IN JEFFERSON**

**HALL.** Open to all! This yoga is a gentle, restorative, healing experience. Focus is on holding poses, core movement, and breathing meditation, with care to protect the low back and neck. Drop in and give it a try! Cost is \$13.00 a session or \$65.00 for the month.

## The Unitarian Society of Santa Barbara

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Greg Otero, Facilities Use Coordinator, [greg@ussb.org](mailto:greg@ussb.org)  
Eden Kennedy, Office Manager, [eden@ussb.org](mailto:eden@ussb.org)  
Rob Brown, Building Manager, [rob@ussb.org](mailto:rob@ussb.org)  
Jon Diaz, Sexton, [jon@ussb.org](mailto:jon@ussb.org)  
Heather Levin, Accompanist  
Rev. Kenneth Collier, Minister Emeritus

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Sunday Worship Services are at 9:15 and 11:15 AM  
Sunday Nursery & Children's Care: 9:00 AM to 12:30 PM in Starr King  
The office is open Sunday mornings and Monday to Thursday from 9:00 AM to 4:00 PM

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Deadline for the May issue: *Monday, April 15*  
Email: [Kaleidoscope@ussb.org](mailto:Kaleidoscope@ussb.org)

