Sundays in April

Welcome to our Online Sanctuary!

Rev. Julia and our Worship Arts Team will be leading services on Sundays, live at 10:00 AM. There are several ways to join this community on Sunday morning:

1. **Our Online Sanctuary is open**: Join us on Zoom! We started hosting our services on Zoom, where worship leaders can be in multiple locations (like at home!) and we can chat and interact during the service. The link is sent out in the Friday email, as well as posted on our website, www.ussb.org.

2. **Facebook Live**: We are still streaming our service to Facebook live, and you can check in with each other in the comments section. This can be found on the USSB Facebook Page.

Can't be with us on Sunday morning at 10:00 AM? You can watch a video of the service anytime on our USSB Facebook page, and we will post the service to www.ussb.org as well!

Virtual Coffee Hour: It’s a Thing!

After the Sunday service, we will break into small conversation groups during coffee hour so you can see old friends, meet new friends, and catch up with each other. Feel free to join us on Zoom anytime during the hour after the service ends. Hosted by Maureen Claffey, our Director of Congregational Life. BYO coffee and snacks!

**Sunday, April 12: Easter!**

We may not be in our physical building this Easter, but we will still be celebrating this time of renewal together. Join Rev. Julia and others for an Easter Service to remember. Our annual egg hunt, the “Hunt for Justice” will be happening too—in a whole new way!

Thank you everyone for joining in this experiment of staying connected while we are staying home.

*Rev. Julia Hamilton*
Life in Quiet Isolation: 
Connection, Self-Care & Lowering Expectations

The only constant in life is change. We know this, in theory, but that idea is far removed from our typical way of thinking. Enter the Covid-19 Pandemic of 2020 and see in stark detail how our schedules, work habits, and daily cycles have been unalterably transformed. Now we can starkly understand the usually un-seeable: life as an unending tapestry of novelty.

With this new way of operating, there are peaks and valleys. To say life is uncomfortable for many of us right now is a vast understatement. As I keep saying to my husband, this government-imposed lockdown feels to me as though it has just made everything hard even harder. Like many families, we are juggling two work schedules (challenging at the best of times) with our new task: homeschool teaching our daughter. For many of us, finances are uncertain. Health issues scream like headlines in our mind. Days can feel unending, and weeks entire universes unto themselves. And yet.

And yet, can we unravel the passage of this time from its inevitable thread of anxiety? What is unknown does not have to terrify. What if we saw this time as a spiritual sabbatical? A chance to rearrange priorities? Remake new work life and habits and learn new skills. That’s where the three phrases that have been helping me come in: connection, self-care, and lowering expectations. These phrases are my touchstones to navigate this time in a positive.

Connection. I’m looking to all of you, my amazing USSB community, to find new ways to connect, communicate, and feel “enriched by our presence.” Look out for email updates about new offerings we’ll have scheduled to talk, play, and worship together. I’m also asking all of you to send me your ideas for creative ways to engage each other and get through this time.

Self-care. Treating ourselves, and our loved ones, as precious gifts is more important now than ever. Some ideas include: meditation, taking a hot bath, walking outside, lighting a scented candle. (Now is a great time to take part in our Midweek Meditation at 5:30 pm on Wednesdays.) Take an online yoga class. Use your senses. Cook something comforting or bake. You are so important to all of us and it’s important to take care of yourself, your mind and your body, in this trying time.

Lowering Expectations. It’s not just you: everything is taking longer and feeling harder right now. From paying bills to walking the dog to cooking dinner or working out, the rules have changed. Give yourself, your family, and everyone around you a break right now and set your sights a notch (or five) lower. These are not normal times. Allow the world an extra cushion of compassion and patience. Allow annoyance, grief, anger, and frustration to arise. Try to recalibrate when the emotions pass. Take your normal to-do list and cut it in half or toss it out altogether.

One thing I’ve heard recently is the idea of having a fantasy vision for what we’ll do when this self-imposed sequestration is over. What are you going to do? Host a dinner party for 15? Head to Disneyland? Eat at your favorite, packed restaurant on a Saturday night? Cultivate a gorgeous vision of that far-off future. This too, my loving community of seekers, will pass. Email me at maureen@ussb.org with any thoughts, ideas, or plans for connecting.

Maureen Claffey, 
Director of Congregational Life 
maureen@ussb.org
**Women's Empowerment Project**

**Good News!**

**WEF Grant Recipient Announced**

The Women's Empowerment Fund is happy to announce that the 2020 WEF grant will be given to **Marisa Pasquini** to support her program training caregivers—primarily female—who are dealing with dementia patients. She will offer in-person workshops and followup sessions that foster understanding of the needs of both caregivers and their patients and promote networking opportunities for those in our community. All offerings will be free of charge for participants and will be scheduled as soon as it becomes possible under current crisis conditions.

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**You Can Help Us!**

Many of you know that the Women's Empowerment Project is working on getting a street in Santa Barbara renamed in honor of **Dolores Huerta**. Dolores worked in partnership with **César Chávez** and we have acknowledged his work by renaming a street for him. Now it is time to honor her work as well.

Many of you were kind enough to sign our petition. Now we need your help in showing support from organizations in the community. If you are connected with an organization, would you ask if they would:

1. Give their name as endorsing our project, OR
2. Sign our standard signature form *(right)*, OR
3. Write a letter of support to the mayor and city council with a copy to me (best option).

Anyone in a position of authority can write or sign their support and this will help with our mission. Think of who you know out there who could be of support.

Thanks everyone.

*Rachel Aarons*

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**Sexual Assault as a Social Issue**

The talk scheduled for Sunday, April 5 with **Elsa Granados**, executive director of STESA (Stand Together to End Sexual Assault), has been postponed until the fall. Our new proposed date is Sunday October 4 from 2:00 to 4:00 pm in Jefferson Hall. We encourage men to attend this event. Admission will be free. In the meantime, you can read Jackson Katz's book, *The Macho Paradox*, or listen to his TED talk, or read *You Throw Like A Girl: The Blind Spot of Masculinity* by Don McPherson, a former NFL quarterback. Take advantage of this time of sheltering to inform yourself about these critical issues.

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**Mayor Cathy Murillo and City Council**

City Hall
P.O. Box 1990
Santa Barbara, CA 93102-1990

Dear Mayor and Members of the City Council:

We have been informed of the Honoring Dolores Huerta: Street Renaming Project to rename San Andres Street to Calle Dolores Huerta in our city.

In view of the fact that a street has been renamed for César Chávez in the city of Santa Barbara, and that Dolores Huerta fully participated in the work of her co-partner, César Chávez, we think it is appropriate to give equal recognition to her work by renaming a street in her honor.

This would correct a gender imbalance in our community and would publicly acknowledge an iconic Latina hero who is an important figure in Hispanic culture and history.

For these reasons we support the Dolores Huerta Street Renaming Project.

*Name and position* ____________________________

*Date* _______________________________________

*Signature* ___________________________________
How Lesley Grogan Created “Spirits of Nature”

Were you able to see Lesley Grogan’s artwork in our USSB Office Gallery before everything shut down? Her show features intricate drawings in colored Prismacolor pencils, and paintings of realistic/surreal images drawn from nature and internal visions. The exhibit will be continued indefinitely so that it can be shared for a month with our community when all is well again. On Sundays, Lesley will set up a table where you can see and purchase her cloisonné jewelry, greeting cards, and painted rocks. We will also schedule the showing of Crazy Art, the movie that features Lesley and the role that art plays in her life. The movie won an award several years ago at the Santa Barbara International Film Festival. Lesley will speak when we show the film at USSB.

Lesley has been painting all her life. One of her first memories is as a 5-year-old suffering a long time-out in her room for drawing all over a wall with crayons. During school, art was the one class she skipped because the teacher was trying to force her ideas on Lesley. Lesley wanted to experiment her own way. Her work is unique—like no other. Lesley says that the role of art is to “Comfort the disturbed and disturb the comfortable.”

Art is Lesley’s survival. She struggles with the voices of schizophrenia. Turning on some loud music and focusing on the creation of a composition of meaningful imagery and intricate design is how she escapes the voices. Often she starts with a vision in her head and then looks through her library of stacks of National Geographic magazines to find images she can adapt to the original idea. A photo often “launches the idea, challenging her to draw realistically,” but then she adds unexpected parts and the intricate design details that have become her signature.

“I work because concentration is the best way to deal with the voices. Medication helps, but intense focusing is the way I escape. I create imagery and designs that require perfection—there’s no forgiveness. Ten hours of work can be botched with one misstep. I also have to overcome the tremor that I get from medication. It’s a necessity, not a hobby. It’s not always fun. I throw a lot away. It’s often frustrating, and it’s sometimes exciting.”

Lesley is happy when others appreciate her work. The beauty of nature is what moves her and helps her transcend. Sharing that beauty with others is her great pleasure. Having this exhibit at USSB is especially important to her because of the importance of this church community, which Lesley said, “totally changed my life with the kindness, integrity, sincerity, and acceptance of the people in the congregation.”

Someday in the healthy future, we will all be able to enjoy Lesley’s art work in the Office Gallery. She is looking forward to talking with us after the showing of Crazy Art “as long as we can all sit in a friendly circle.”

Sally Hamilton
April Personal Blessings

There are so many occasions when there is a desire to say “Thank You” or “Bless You” for some kindness, or a wish to acknowledge a birth or the passing of a loved one. Personal Blessings are a unique way to honor an individual or a special event, a way to celebrate the season, or a “Just because…” at the same time providing important financial support to our cherished community at USSB. This month, use our online form at www.ussb.org/personalblessing.

In appreciation of:

Nancy Beisser, for being the best auction event playmate
—from Sister Shalom

Ken Ryals, for his devotion, character, charm, and talent
—from a fan

Dana Zurzolo, for her emotional intelligence and generosity of spirit
—from a fellow traveler

In celebration of:

The birthday of Kay Stern
—from Julie Lopp

April Outreach Offering: 805Undocufund

The Outreach Offering recipient for April is the 805 Undocufund, a collective effort among Ventura and Santa Barbara County-based grassroots organizations. The fund assists local undocumented immigrant individuals and families who are excluded from federally funded safety net programs, and who have been economically impacted by the loss of their homes, wages, and/or employment due to disasters in our communities like wildfires, mudslides, and now COVID19.

The 805 Undocufund was created in the aftermath of the 2017 Thomas fire and the Montecito debris flows in early 2018; it was relaunched after the Woolsey and Hill fires in 2018, and reopened again for the Easy and Maria fires in 2019. In 2020, the fund is opening again, with a widened scope of mission, to assist families impacted by the outbreak of the novel coronavirus (COVID-19).

The fund estimates that over 126,000 undocumented immigrants live and work in Ventura and Santa Barbara Counties; many work in sectors that will be hard hit by COVID-19, including service and hospitality, restaurants, child and elder care, and day labor. During the Thomas fire and Montecito debris flows, the 805 Undocufund raised over $2 million. The goal is to raise at least $1 million in response to COVID-19 to give a meaningful level of assistance to help individuals and families recover.

Undocumented immigrants, including mixed-status families, who are residents of Ventura or Santa Barbara Counties who have experienced loss of housing, job, or income are eligible for assistance.

Thank you for giving generously to support this uniquely responsive organization. For more information about the Fund, including their need for volunteers, please visit https://805undocufund.org
Educated
by Tara Westover

This is the incredible story about the author leaving her strict survivalist family and breaking free of their abuse in order to invent herself.

Tara was the seventh child born to Mormon extremists who distrusted the government, the medical establishment, and public schools. They lived isolated from mainstream society on a mountain called Buck’s Peak in Idaho. Several of the children did not have birth certificates, and Tara is not sure of the date of her own birth.

Her father owned a junkyard and all the children worked for him. There were no safety precautions, the father was very careless, and the children often sustained serious injuries. Her father forbade hospitals so Tara never saw a nurse or doctor. Her mother was an herbalist and by order of the father treated the family for everything from strep throat to severe burns and gashes. Her mother was a smart woman, but also compliant, and deferred to her husband in everything.

These were not country bumpkins. Tara’s mother had a laptop and did research on her herbs. She also homeschooled the children, somewhat haphazardly, while the father waited for the “End of Days,” hoarding supplies and guns. Books other than the Mormon Bible were forbidden.

One of her brothers was repeatedly violent towards her and there was no one to intervene, so when another one of her brothers got away and went to college, he encouraged Tara to do the same. She began to teach herself math, including algebra and trigonometry, as well as grammar, and at 17 was admitted to Brigham Young University. Studying history for the first time opened her up to new experiences. She struggled, but had great professors who mentored and encouraged her.

Every time she returned home to Buck’s Peak and her disapproving father, she questioned herself, but her quest for knowledge transformed her. She persevered, finally getting degrees from Cambridge and Harvard. Her parents made one last ditch effort to “save” her by coming to England and offering “redemption.” When she declined her father called her a “devil.” They went back to the mountain and turned most of the family against her.

I have watched numerous interviews with Tara Westover and I encourage you to do the same. My favorite is the one where she talks openly with Oprah about loving her parents, but also being glad to be free of their control.

Tara Westover shows us what an education is and what it offers: the perspective to see one’s life through new eyes, and the will to change it.

Ellie Tuazon, Library Committee Chair

Solo Connection Continues

Although we can’t follow up on the large number of suggested small group activities, we are still connecting on Realm with handy tips and suggestions for those who need connection even more at this critical time. Zoom groups will be planned for the future and everyone will be informed.

Stay well. Stay sane. Stay connected.

Rachel and Keith
"Many men go fishing all of their lives without knowing that it is not fish they are after."
—Henry David Thoreau

For me, the call to religious leadership has always been powerful. From my first visit to a UU congregation, where I helped out in the K/1 classroom, I knew it was what I wanted to do with my life—where I could help people. Members of our Religious Education committees would often quote Yoda and say, “The Force is strong in that one.”

And yes, the force is strong, but even with all of my love and passion for the work, I have come to recognize the need for self-care. That is not to say that I have been naturally good at it. It has taken many years and I still struggle with balance.

“Modeling self-care is a religious practice, and like all such practices, it is a daily commitment and challenge.”
—Safe Congregation Handbook

The importance of self-care cannot be stressed enough. It is important for mental, emotional, spiritual, and physical well-being. Practicing self-care can help us avoid overload and burnout. It can reduce stress, which causes and worsens many physical ailments. It can help us through the hard times of social distancing during this pandemic. But at this time I am not going to offer you yet another list of spiritual practices. Instead, I am going to tell you a story.

In February of 2017 I decided to take a five-day, self-care, meditative fishing trip to the Colorado River where it divides Nevada and Arizona. The following is what happened to me on day one.

Fishing requires determination. Often that determination requires one to get up very early. I got up at 5:00 AM and was out at the river by 6:00. As I left my car, another lady was coming up from the riverbank. She was soaked. When I asked her if she had a morning swim in the beautiful Colorado, she said she had actually been fishing, but only for a short time. She described to me how a man and a two-year-old boy had been in a raft and had tipped over. She had jumped into the river and saved the little boy.

What an interesting morning so far!

As I prepped my line I realized I had left my bait at the hotel room. A fellow fisherman was kind enough to share some worms with me. It is interesting to me how people of different backgrounds, beliefs, genders, and races share and help each other out when they are fishing. Whenever I am fishing I witness this. People share bait, tackle, snacks, drinks, fishing secrets, and sometimes even their catches.

Now, in case you are in suspense, neither my fellow fishermen nor I had any luck catching a fish that morning. There were plenty in the river, but as we baited, casted, reeled, tried our many techniques, and shared our fishing tales with one another, the large, uninterested fish swam right on by, often within inches of where I stood wading in the water.

Fishing takes a great deal of patience. You either got it or you don’t. I got it.

Fishing has a relaxing quality to it. Most of the time one is caught up in various thoughts of nature, self-reflection, the existence of God, love, and the purpose of life. This was definitely true for me on that morning, but eventually I cast out my worm-baited line, allowed it to settle to the bottom, and sat down to read my book.

My fisherman friend had given up on the taunting fish and I was all alone. About 23 pages into White Like Me, I got a bite! I jumped up to grab my rod when I felt a painful tug just above the inside of my right ankle. I looked down and saw that I had caught something, but it wasn’t on my line and it wasn’t a fish. It was a lure embedded in my foot.

"Fishing" continued on page 8
"Fishing" cont’d.

Never try to yank a barbed treble hook fishing lure out of yourself. It does not work and it leads to more bleeding than would have already been present. I calmly packed up my gear and walked to my car with the lure tagging right along. Unfortunately, it was in my driving foot. Also, neither I nor my usually trusty TomTom GPS device knew where the nearest fish-hook removal experts could be found. TomTom led me to three locations on both sides of the river and both sides of the Nevada-Arizona state line.

Instead of worrying about my foot as I drove, I thought about the elusive fish and my reading material, White Like Me, in which author Tim Wise tells us that we inherit the legacy of our families and we inherit the legacy of our race whether we like it or not. Fishing is part of my legacy. How could I be thinking about this while my foot was bleeding into the floorboard? I think it was a form of meditation. After about 45 minutes, feeling a little drained and loopy, I pulled into a gas station and was told there was an urgent care facility a half-mile away. This was good. I was no longer thinking of fish, race, or the big questions of life by this point. I was only thinking of the anchor hanging from my foot.

When I walked into the facility and they saw the predicament I was in, the good people there did not laugh. They were kind and quick. After assessing me, numbing my foot, and removing the lure, the doctor asked if I wanted to keep it and use it the next time I went fishing. Smart ass! Twenty minutes later, following a tetanus shot, a prescription for antibiotics, and a couple of more laughs, I walked out minus my embarrassing, painful tagalong and went back to my hotel room.

I thought about my day; though by now it was only 10:30 am. Overall, it had been a good one, proof that fishing is a spiritual practice.

"Many men go fishing all of their lives without knowing that it is not fish they are after."

—Henry David Thoreau

What are you doing for yourself during these difficult times? I would love to hear from you. You can also join me for Spirit in Practice via Zoom. We meet every first and fourth Tuesday of the month at 6:30 pm. The link will be available through the Friday email the week before each meeting. You can also sign up on Realm.

Hunt for Justice Reimagined

Giving is one of the earliest religious values we teach our children. And the best place for your child to learn about giving? Home. Please review the organizations below and then discuss with your child where they would like to donate the money our congregation collected during the month of March.

Parents, we need your help. Every child that participates in the RE Egg Hunt on Easter Sunday, April 12 will get an Easter goody delivered straight to their house.

Join the Zoom Meeting Virtual Egg Hunt: https://us04web.zoom.us/j/6440814188
Meeting ID: 644 081 418, and be ready help your teachers find the eggs.

• Teddy Bear Cancer Foundation, a children’s cancer charity
• CASA of Santa Barbara, court-appointed special advocates for children
• Freedom Warming Centers houses the homeless on cold or rainy nights

Calls From Your Friendly Teachers and the DRE

Over the next week you should be receiving a call from Christina, Janey, or Kathleen. We want to check up on your family to see how you are all doing. We are still here and we still care!
The Unitarian Society of Santa Barbara
1535 Santa Barbara Street
Santa Barbara, CA 93101
Office: (805) 965-4583
Fax: (805) 965-6273
e-mail: ussb@ussb.org
www.ussb.org

Rev. Julia Hamilton, Lead Minister, julia@ussb.org
Erin Wilson, Director of Administration, erin@ussb.org
Ken Ryals, Choral Director, ken@ussb.org
Maureen Foley Claffey, Director of Congregational Life, maureen@ussb.org
Kathleen Hogue, Director of Lifespan Religious Education, kathleen@ussb.org
Nic Filzen, Ministerial Intern, nic@ussb.org
Greg Otero, Facilities Use Coordinator, greg@ussb.org
Eden Kennedy, Office Manager, eden@ussb.org
Rob Brown, Building Manager, rob@ussb.org
Jon Diaz, Sexton, jon@ussb.org
Heather Levin, Accompanist
Rev. Kenneth Collier, Minister Emeritus

Sunday Worship Services begin livestreaming on Zoom and Facebook at 10:00 AM
www.facebook.com/unitariansocietysantabarbara/videos
The office is available by phone and email from Monday to Thursday, 9:00 AM to 4:00 PM

Deadline for the May issue: Monday, April 20
Email: Kaleidoscope@ussb.org