



Living with Integrity, Nurturing Wonder, Inspiring Action

Kaleidoscope

August 2018

The Monthly Newsletter of the Unitarian Society of Santa Barbara

www.ussb.org

SUNDAYS IN AUGUST

One 10:00 AM service every Sunday

Sunday, August 5

Rev. Julia Hamilton

"The Question Box"

This Sunday's sermon is not a sermon! Instead it will be constructed in the moment by the questions that you bring and by Rev. Julia's responses. What have you always wanted to ask a minister? What burning theological concerns keep you up at night? What wonderings might we explore together?

Summer Singers will sing.

Sunday, August 12

Rev. Julia Hamilton

"A Question of Merit"

This summer, the world watched the rescue effort to save 12 boys and their soccer coach from a flooded cave in Thailand. After this incredible ordeal, nearly all of the boys entered a Buddhist monastery for ten days, to honor the diver who died trying to save them. While trapped, their coach used meditation techniques to help them survive. Religious practices can play an important role in surviving trauma. What are the practices that sustain us in perilous times?

Summer Singers will sing.

Sunday, August 19

Choral Director Ken Ryals

"Summer Sing!"

Join us for a congregational "Sing Sunday." Can't carry a tune? Don't worry! All voices are welcome as we make music together.

Summer Singers will sing.

Sunday, August 26

Rev. Julia Hamilton

"Pride Sunday"

The Santa Barbara Pride Festival is this weekend, and so it's time to celebrate the beauty of inclusive community! Fair warning: you may leave with a little glitter on your cheeks . . .

Summer Singers will sing.

✠ **Mark your calendars now for Sunday, September 9,** our Ingathering Sunday, when we return to two services at 9:15 and 11:15 AM. Bring your water for the water ceremony!

Building Connection by Sharing and Listening

You are welcome to join a Connection Circle!

In August and early September we will be offering sign-ups. Circles will begin meeting in mid-September or early October and run through May 2019. Groups meet twice a month for that period of about eight months.

Each circle usually has between six and ten members and a facilitator. At the Connection Circle sessions, each member of the group shares from their own experience on the monthly theme (themes last year included hope, abundance, perseverance, intention, and healing) while the others in the group listen. The practice of sharing and listening is simple but powerful, with effects that go beyond the meetings. As one member said last year, "My heart opens in the Connection Circle and it stays open throughout the week."

Connection Circles are not about being an expert or a skilled speaker. They are about reflecting on our experience in our own way and doing others the kindness of listening to them. Through the lens of each theme, we look

at our lives with a different focus, giving us new ways of seeing. The choice of what to share belongs to each person. There is of course no expectation that we share anything we do not want to share. Members make an agreement that what is shared in the circle is held in confidence.

Connection Circles are a way for new members to get to know us better, and are an opportunity for all of us to build trust and community in a small group of USSB members. Each new circle allows you to get to know a new group of friends.

Sign-ups start this month in the garden. Watch for the schedule of meeting times and places.



Carol Schwyzer

CAROL SCHWYZER,
CONNECTION CIRCLE COORDINATOR
(805) 687-0890



Better Health Care for Women

The booklet *You Can Do It: Better Healthcare for Women* and subtitled *Strategies and Tools for Getting the Healthcare You Want and Need* is now complete and will be published in early September.

With the booklet, women can learn to advocate for themselves in healthcare situations. It offers advice on everything from how to connect with your healthcare professionals to questions to ask your surgeon in the pre-operative (pre-op) office visit. It also suggests *What* to say and *What NOT* to say to your healthcare professionals.



Women's Empowerment Fund

If your situation calls for additional decision makers, the booklet offers valuable information about what questions to ask yourself as you decide whether or not to move forward.

The draft booklet has been reviewed by MDs, PhDs, PsyDs, people with healthcare experience, and USSB members, including members of the Women's Empowerment Fund (WEF) Committee.

The author, **Catherine Callahan**, is available for presentations to groups and others interested in these issues. Contact her at icarehlthcare@gmail.com or (805) 570-2795.

Heating Up August With Social Justice Films!

This month we have the opportunity to partner with some friends and neighbors here in Santa Barbara to present several justice-oriented films and discussions. On Saturday, August 4 and Saturday, August 11, the **Barbareno Chumash Council** and **Tribal Eye Productions** are showing two short films exploring the impact of the mission system on indigenous communities and discussing how we heal from historical trauma. Each film will be followed by a community conversation.



On Friday, August 17, we are partnering with The Fund for Santa Barbara to screen the 1954 blacklisted film, "Salt of the Earth," with local leader **Dick Flacks** presenting.

As we look toward the justice work that is ahead of us, taking time to understand our history is important. If we hope to build a better future, we must also understand where we've been! I hope you can join me for these film nights this summer, and renew your spirit with some good community and good conversation. These events are open to the public, so bring a friend!

REV. JULIA HAMILTON
JULIA@USSB.ORG

Summer Justice Film Series

Saturday, August 4 at 7:00 PM:

"Telling the Truth about California Missions"

Saturday, August 11 at 7:00 PM:

"Tears of our Ancestors: Healing from Historical Trauma"

Presented by the Barbareno Chumash Council and Tribal Eye Productions

"These films peel back the layers of California history to reveal the truly destructive and lasting impact the Spanish mission era, the Mexican rancho period, the gold rush and early statehood had on the lives, languages and cultures of the state's indigenous peoples."

—*Barbareno Chumash Council Chairman Marcus Lopez*

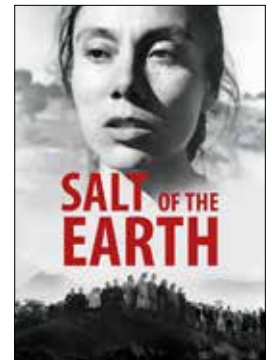
Each film will be followed by a panel and discussion.

Friday, August 17 at 6:00 PM:

"Salt of the Earth"

Presented by The Fund for Santa Barbara

This highly acclaimed film is about the labor struggle of Mexican-American mine workers in New Mexico in the 1950s in their efforts to protest unsafe work conditions and unequal wages. Not only was the film itself blacklisted, but most of the cast were among the blacklisted victims of the McCarthy-era anti-communist hysteria. The film's message of resistance is more relevant than ever, particularly in this period of our nation's current political crisis. Join professor Dick Flacks for a remarkable opportunity to see this landmark film!



Love. Period: An Interfaith Pride Celebration

Saturday, August 25, at 1:00 PM

in Chase Palm Park

323 E. Cabrillo Blvd.

Presented by PFLAG Santa Barbara

Our congregation is one of 15 faith communities and organizations sponsoring the fourth annual Interfaith Pride Celebration. It promises to be healing, inspiring, and uplifting. The celebration will feature members of faith groups who stand up for the dignity of all people, and on this day particularly for the LGBTQ community. Featured guests will be our Rev. Julia and Choral Director Ken Ryals. Please join us.



FOR MORE INFORMATION VISIT WWW.PFLAGSBARBARA.ORG

Sunday Service, July 8: A Sound Legacy

What a great Sunday service of music honoring and acknowledging our dear friend Mahlon Balderston, Organist Emeritus here at USSB. For more than sixty years he has brought us music and innovation, exemplifying the rich heritage of music in this church community.

I am in awe of Mahlon and for so many reasons. On some levels he's a kindred spirit; on other levels, a mystery. But he has always been my ally musically. Our Sanctuary is a beautiful place to sing in but it can be unforgiving, so it's always helpful to have him as a second set of ears, and I rely on his trusted counsel on questions of sound and balance.

Mahlon would hate that I am talking about him in this way, but the fact is that he is a formidable presence, and I am always acutely aware when he is not here.

I have been talking with Thomas Joyce, the dean of the local American Guild of Organists, looking for more ways to honor Mahlon's contributions to the Santa Barbara community at large. I'm not sure what that will look like but I do know that we are a blessed congregation to have such an



accomplished musician. Sixty years! He has given us such a gift. We know that however he has touched us, his presence here and now is the breadth of our history and the sound of our joy.

KEN RYALS, CHORAL DIRECTOR



Mahlon Balderston, top, at the organ that was rededicated in his name on July 8, 2018. Left, Choral Director Ken Ryals with Mahlon during the celebration. Above: Mahlon at the same organ in 1965.

Library Corner

Your library committee is hoping that you are enjoying some good summer reading and viewing. Let us know if you find something exceptional and do share it with us.

Here are our reviews:

The Movie: No Reservations

Master chef Kate (Catherine Zeta-Jones) runs her kitchen like a warden, with intimidating intensity. Her life is totally organized around food, and in her sessions with her psychiatrist she acts as if she is completely satisfied. Then tragedy strikes and she becomes the guardian of her young niece, Zoe (Abigail Breslin), for which she is woefully unprepared.

Around the same time that Zoe comes into Kate's life, things in the restaurant take a dramatic turn when a fun-loving opera buff is hired as the new sous-chef. Nick (Aaron Eckhart) is brash and free-wheeling and totally disrupts Kate's kitchen.

A number of baby sitters fail to provide adequate care for Zoe, so Kate lets her hang out in the restaurant kitchen after school. Nick befriends Zoe, and, you guessed it, Zoe plays cupid. Kate and Nick couldn't be more opposite, but there is chemistry between them, and not just in their cooking.

This is a feel-good movie and I enjoyed it. Catherine Zeta-Jones is beautiful and so are her culinary creations.

This movie was directed by Scott Hicks and released in 2007.

REVIEW BY ELLIE TUAZON



The Book:

When Breath Becomes Air By Paul Kalanithi

Sometimes, at age 74, I regret not having medical training. As we age, under the treatment of many doctors, all with differing opinions, how do we sort out what is right for us as patients, and what is untenable?

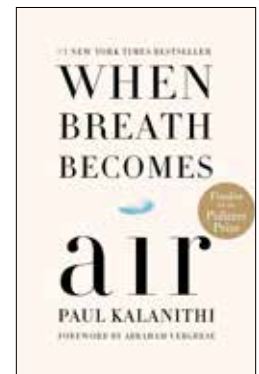
Reading the book *When Breath Becomes Air* by Paul Kalanithi changes one's entire perspective on doctors and prognosis. Paul was diagnosed with stage-IV lung cancer at age 36, after completing a decade's worth of training as a neurosurgeon. Being a physician, he knew that "only 0.0012 percent of thirty-six-year olds get lung cancer." But he did.

Being a doctor, he was acutely aware of his options and his rapid decline. "The fact of death is unsettling," he said. "Yet there is no other way to live." His diagnosis changed his life completely. His wife, also a physician, immediately decided to use a sperm bank and become pregnant. They changed their financial goals and way of living. They adjusted their lives to accommodate one partner's being a terminal patient. Many of us have to do this in old age, but not as many have to do it in their 30's.

A man with a brilliant future—an amazing, capable, empathic physician—could not heal himself.

This book is about his journey to the end. There are recollections of his family, his decision to become a doctor, his path through medical school, internship and the start of his medical career. He explains why doctors are impatient, why they often cannot give you a prognosis, what split second decisions they have to make in saving lives, what constitutes skill as a surgeon, and how heroic nurses are. It's a short book and one worth reading—for people of any age.

REVIEW BY LYNN DOW



August Outreach Offering: Unitarian Universalist Justice Ministry of California (UUJMCA)

The Unitarian Universalist Justice Ministry of California (UUJMCA) aims to make the world more just by empowering the network of Unitarian Universalists in California. This ministry cultivates and connects leaders and communities and seeks to strengthen the public voice of those who share UU values and principles in our state. UUJMCA list of priority issues includes:

- Immigrant Justice
- Living Wage
- Climate Justice
- Right to Water
- Equity Ministry



UUJMA has been on the front lines of the immigration policy crisis playing out at the US-Mexico Border. Thousands of children have been separated from their families, and the situation is still critical for the well-being of the

young children being detained. As Unitarian Universalists we are called to uphold the worth and dignity of all. There is nothing that stands against those values more clearly than forcibly separating children from their parents. UUJMCA advocates direct action for awareness-raising, for witness, and for solidarity. One of the many actions we can take is advocating for the Keep Families Together Act.

On July 2 of this year, as part of UUJMOM's coalition work, UUs from across the country came to San Diego to take part in a powerful day of action organized by Latinx organization Mijente. UUJMCA collaborated with the UUA, UU Service Committee, the Side with Love Campaign, Black Lives of UU, UURISE and others to coordinate the Unitarian Universalist response...and it was strong!

Please support social justice in California with your generous offerings in August.

FOR MORE INFORMATION, VISIT WWW.UUJMCA.ORG.



ANNUAL AUCTION &



MONSTER MASH PARTY

SAVE THE DATE—OCTOBER 13

USSB's Annual Auction is a Monster Mash Party!

Saturday, October 13, 4:00 to 8:00 PM

More details to follooOOOooww . . .

Ongoing Events at USSB

USSB Women's Group

AUGUST 13 AND AUGUST 27 AT 1:30 PM IN LA PAZ LOUNGE

USSB Women's Group, which meets the second and fourth Mondays of each month, focuses on general interest subjects and activities of interest to women. We have a variable format, including topical discussions, speakers, group book readings, and open topic meetings. Healthy snacks will be provided. Newcomers welcomed! Contact **Karen Bradstreet** for more information.

Vegan Potluck

SUNDAY, AUGUST 12 AT 5:00 PM IN BLAKE LOUNGE

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.

Quantum Field Theory & Consciousness Affinity Group

MONDAY, AUGUST 20 AT 7:15 PM IN BLAKE LOUNGE

Videos will present information on what is known about dark matter and dark energy, followed by a presentation by **Anne Baring** on unified field physics and a new vision of reality. Discussion will follow.

Book Discussion Group

TUESDAY, AUGUST 21 AT 7:00 PM IN LA PAZ LOUNGE.

Contact **Al Melkonian** for more information.

Potluck Game Night

FRIDAY, AUGUST 24, 6:00 TO 9:00 PM IN PARISH HALL

What could be more UU than board games and a potluck dinner? Bring a dish to share and your own tableware. All are welcome!

Science Night

Science Night will pick up again on the third Tuesday in September in Blake Lounge. We look forward to seeing you then.

China Study Group

The China Study Group will resume its meetings after Labor Day.

Alliance

MEETINGS WILL RETURN IN OCTOBER

Join us the first Friday of each month from October to June for a stimulating presentation and the tea which follows. All are welcome: USSB congregants, friends, neighbors, and men and women of all ages.

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, Minister, julia@ussb.org
Erin Wilson, Director of Administration, erin@ussb.org
Ken Ryals, Choral Director, ken@ussb.org
Sara Sautter, Interim Director of Religious Education, sara@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
Mahlon Balderston, Organist Emeritus
Rev. Kenneth Collier, Minister Emeritus

Summer Sunday Worship Service at 10:00 AM
Nursery & Children's Care: Sunday 9:30 to 11:30 AM in Starr King
Summer hours: the office is open Sunday mornings and Monday to Thursday from 10:00 AM to 1:00 PM

Deadline for the September issue: *Monday, August 20*
Email: Kaleidoscope@ussb.org