

Living with Integrity, Nurturing Wonder, Inspiring Action



Kaleidoscope

February 2019

The Monthly Newsletter of the Unitarian Society of Santa Barbara

www.ussb.org

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

This month's worship theme is TRUST

"As you start to walk out on the way, the way appears." — *Rumi*

Sunday, February 3

Rev. Lora Young

"On Climbing Waterfalls"

When you look at a waterfall, the cascade of water is glorious; even terrifying! Yet the salmon of the Pacific Northwest not only swim upstream on their way to the sea, they actually climb waterfalls. *Salmon can climb waterfalls*. How do they do this? And what can we learn from them as we navigate tough times in our own lives? Join Rev. Lora Young, our affiliated community minister, as she explores how we might learn from the salmon to build a more justice-rich and love-filled world.

Sunday, February 10

Rev. Julia Hamilton

"Beloved Conversations"

Race and ethnicity shape our social, emotional, and spiritual lives. At the Unitarian Society, we are exploring these issues through a program called "Beloved Conversations," working to better understand how we can live and act in a spirit of reconciliation that brings growth and healing.

Chancel Choir will sing.

Sunday, February 17

Student Minister Nic Filzen

"Trust, Myth, and Politics"

What is the relationship between trust and myth on President's Day—on George Washington's birthday? Washington famously couldn't "tell a lie." Well, that's not really the truth. It's a myth. Or, is it a lie? Sometimes it's hard to know what to believe. It'll be a smooth transition to reflect on trust in today's politics.

Women's Chorale will sing.

Sunday, February 24

Rev. Laura Randall

"A Few Worthy Things"

What we pay attention to in our lives creates the legacy that we leave for the future. Join us for Heritage Sunday, when we celebrate the long-time members of the Unitarian Society. Our guest this morning is the Rev. Laura Randall, Legacy Campaign Director with the Unitarian Universalist Association.

Chancel Choir will sing.

trust

What's New in Religious Education?

Parents Night Out – Friday, February 15

Need a night out with your sweetheart? Or a night out with your sweetheart and your friends? Plan it for Friday, February 15 from 5:00 to 8:30 PM and bring the kids to Starr King.

Our high school youth will feed your kiddos, play games, do an art project, and have the little darlings thoroughly exhausted for you to pick up and plunk right into bed.

And the best part? This is a fundraiser for the youth service trip to Hopi/Navajo. \$30 per child (age one to twelve years) includes dinner. Discounts available to families with multiples. Sign Up on Realm.



February Food Drive

Join our families and children as they practice service to others by collecting food for the Santa Barbara Food Bank during the month of February.

On Sunday, February 3, join us during Middle Hour as we create door hangers to place on our neighbor's homes. Sorting day will be Sunday, February 24, during Middle Hour when we gather up all our collected goods to take to the Food Bank.

Donated foodstuffs will be welcome at the collection station in the rear of Parish Hall all during February. What should you bring?

WHOLE GRAINS • Brown or wild rice • Steel-cut or rolled oats • Whole grain cereals with less than 12g sugar per serving • Whole grain breads • Whole wheat or brown rice flour • Quinoa, buckwheat, barley, or other whole grains • Cornmeal • Corn or whole wheat tortillas

VEGETARIAN PROTEINS • Dried lentils, beans, or peas • Canned black beans, kidney beans, garbanzo beans • Low-sodium vegetarian chili

ANIMAL PROTEINS • Canned, low-sodium soups, stews, chili • Canned tuna or salmon

FRUITS AND VEGETABLES • Canned fruit in 100% fruit juice or water • 100% fruit or vegetable juice • Dried fruit • Low-sodium canned vegetables

OTHER NUTRITIOUS ITEMS • Any fresh or dried spices • Olive or organic canola oils • Coffee and tea

Adult Religious Education and Opportunities for Connection in February

Great Decisions Foreign Policy Discussion Group 2019

Led by John Warnock on the first and third Wednesdays of each month at 7:00 PM from February 6 to May 15 in Parish Hall. Using the excellent resource material from the Foreign Policy Association, our program will explore the leading eight subjects that confront the U.S. in 2019:

- Refugees and Global Migration
- The Middle East: Regional Disorder
- Nuclear Negotiations: Back to the Future?
- The Rise of Populism in Europe
- Decoding U.S.-China Trade
- Cyber Conflicts and Geopolitics
- The United States and Mexico: Partnership Tested
- State of the State Department and Diplomacy

For more information visit ussb.org/great-decisions-group/

Local and Global Religions

Led by Nate Rich and Chris Shorb. Our third Unitarian Universalist Source invites us to honor “the beliefs that come from the ethical and spiritual wisdom of the world’s great religions.” This adult religious education class will explore Buddhism in February. The group will visit the Santa Barbara Zen Center on February 10 and will discuss the visit on Sunday, February 17, at 12:30 p.m. Sign up on Realm. Contact Sara Sautter at sara@ussb.org for more information.

Soul Circles: A Deep Dive into Our Monthly Themes

Led by Rev. Julia Hamilton and the Worship Arts Team on the first Sunday of every month from 12:30 to 1:30 PM in Jefferson Hall. Join us for a deeper conversation about our monthly themes with Rev. Julia Hamilton and other church leaders. We’ll take a closer look at the February theme of Trust, what the concept initially brings to mind, tools for unlocking new thinking, and how to incorporate new understanding into our daily lives. Sign up on Realm.

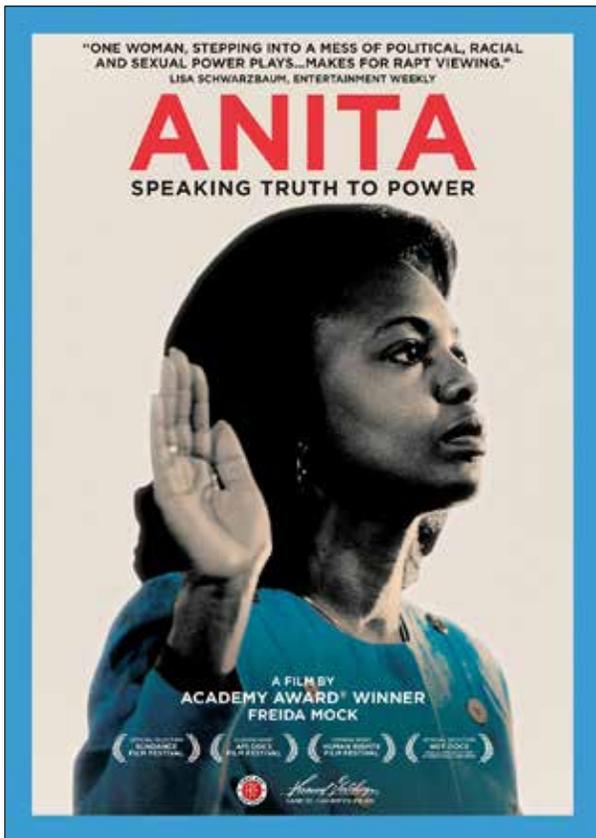
February – Trust
March – Journey
April – Wholeness
May – Curiosity
June – Beauty

Mindful Heart – Solidarity and Compassion Project

Second Wednesday of the month in Parish Hall from 7:00 to 8:30 PM. USSB is collaborating with Mindful Heart for a monthly interfaith conversation and meditation. Join us for a thematic presentation from an engaged Buddhist perspective. Meditation follows the presentation. Sign up on Realm.

Drop-in Weekly Meditation

Group is led on a rotating basis by Arianna Jansma, Rev. Julia Hamilton, Rev. Ken Collier, Maureen Claffey, and Nic Filzen. Meets Wednesday evenings in the Sanctuary from 5:15 to 6:00 p.m. Free childcare in Starr King.



Women's Empowerment Fund Film Showing
 Sunday, February 10 at 6:00 p.m.

Anita: Speaking Truth to Power

This film is about Anita Hill's testimony during the Senate confirmation hearing for Justice Clarence Thomas in 1991. Since the recent confirmation of Justice Brett Kavanaugh, we are moved to ask: has anything changed?

Location: Jefferson Hall.

Time: Doors open at 6:00 p.m. Film starts at 6:30. Discussion will follow and light refreshments will be served.

Cost: Admission is free, but donations to cover the expenses of showing the film will be appreciated.

Please come, and invite your friends.

And don't forget: the Women's Empowerment Fund grant for 2019 is open for applications now!

If you have a project that would benefit women and girls, please come to the WEF table at Middle Hour to learn about the grant and how to apply. Our UU group of mentors is here to help. *See pages 8-9 to learn more!*



RACHEL AARONS

February Outreach Offering: Beloved Conversations

This month's Outreach Offering will support a new congregational initiative designed to explore the role of race/ethnicity in our individual and congregational lives. Beloved Conversations, a program offered by Meadville Lombard Theological School, recognizes how centuries of racially informed social, emotional, and spiritual practices wound every person, no matter their racial and/or ethnic identity. The curriculum calls each participant to reckon with their past experiences and learn how to live and act in a spirit of reconciliation that brings growth and spiritual healing.

How will Beloved Conversations be implemented at USSB?

The board, staff, and lay leaders of the Unitarian Society will be the first cohort to participate in this program. Six Unitarian congregations in the area will be participating together at an initial retreat on Feb 1-2, 2019 in San Luis Obispo. Then, the USSB groups will complete the remaining eight sessions on their own. USSB has two cohorts; the board of trustees, facilitated by Julia and Nic; and the staff and lay leaders, facilitated by Erin Wilson and Ken Collier.

The list below shows that subjects that will be discussed in group sessions:

1. Deep check-in: making sense of the retreat; the invisible footprint of racial/ethnic history

2. Exploring our dynamic of racism and privilege
3. Racism today: micro-aggressions
4. Interrupting racism
5. Community audit: the experience of race and ethnicity in your community
6. Power and process: how institutional change happens in our congregations
7. Prophetic vision: towards a multicultural congregation in solidarity with the world
8. Building the bridge between our present and our future

USSB will complete this run-through of the program in the next few months. The board and staff will complete the program and then reflect on how we can make use of it afterwards.

Please contact Rev. Julia with any questions about Beloved Conversations.



Welcome to Our Newest Members!

Mickey Babcock lives in Jackson, Wyoming and now spends winters in Santa Barbara. She is the founder/president of the Equipoise Fund (www.equipoisefund.org), a private charitable foundation serving programs on behalf of the women and girls of Wyoming. A graduate of Rhodes College, she also attended Pacifica Graduate Institute with a focus on creative humanities. Mickey has served as trustee for Rhodes College, Teton Science Schools, and has served a number of non-profit boards. She is blessed with two fine stepchildren (Jennifer and Brian), numerous family members (chosen and given) and a spunky yellow lab, Cyrus. Her interests are social justice, active aging, and fun!



Nancy Castillo Cuellar was born in Upland, California, but raised in Goleta until she moved to Santa Barbara in 1968, 51 years ago. She has a son and daughter (both adults) and four granddaughters, ages 17 to 26. She loves them all very much! As she was becoming a young adult she enjoyed sports and the ocean. And even now continues to be active in sports as well as life-guarding every week. Her main goal was always working with children and people so she taught preschool teacher for 40 years and retired at 65. Then there was a big a void, so she went back to City College and took the CNA class to become an Assistant Nurse to help seniors. She has travelled throughout the United States and loves Hawaii. She enjoys reading, being outdoors, art, and taking photos. Most of all she believes and holds on to family and traditions. She believes that certain things are true: trust or confidence, creed or doctrine, faith, an opinion and expectation and her ideas continue to seed and her branches blossom till fullness.

Chris Curry moved to Santa Barbara last summer from Austin, Texas. Curry is a native Dallas, Texan, but he's thrilled to be here in California now! He did try moving to Fresno just out of high school 35 years ago, but it didn't work out and he went back to Dallas. He's got his sister and her family here in Santa Barbara too: Melissa, Tony, Grace, and Ava Miller. He provides the IT for Accountability Plus. He feels really blessed to find himself living a healthy, productive life here in the most amazing town of Santa Barbara, California.

Linda Beers: Born in Connecticut, mother of Jason, a nonprofit director, and musicians Cory and Colby. Linda is someone who: loves the sea, the desert, counseling/teacher and others deeply but hates injustice as a Libra should, violence, and ignorance. She is someone who wants new adventures through travel and reading wonderful books, who wishes she could have met Nelson Mandela, Noam Chomsky, and Margaret Mead, who hopes for an end to nuclear weapons, war, and climate degradation, who is scared of lightning, evil, and the military, who dreams of love, peace, and new experiences, who values independence, the arts/documentary films, and nature, who is proud of her sons, her work with the Peace Corps, and founding a school, who lives with joy on the Mesa with her dog, Indigo, and who is determined to do her part to add light to dark corners.



Jennifer and Thomas Caves, and their sons Ben (17) and Kieran (15)

moved to Goleta about a year ago to enjoy the coastal lifestyle and be nearer to family. Prior to that, they lived in Reno and enjoyed spending time in the Sierras and Lake Tahoe. Ben and Kieran love skiing, backpacking and exploring the Santa Barbara mountains and beaches with Wilderness Youth Project. They say, "Thanks to everyone at USSB for the warm welcome!"



Mary Foley lives on an avocado ranch in Carpinteria with her husband, Paul. Mary is a retired scientist and elementary school teacher who now enjoys playing tennis, oil painting, gardening, walking on the beach, and spending time with her grandchildren, Sigby, Delphina, Simon, and Maisie.



Irishman **James Claffey** lives on an avocado ranch in Carpinteria with his wife, Maureen, daughter, Maisie, and son, Simon. He teaches English at Santa Barbara High School, enjoys reading, writing, cooking, and regular exercise. A former professional racquet stringer at Wimbledon, he now strings words together and is the author of the fiction collection, *Blood a Cold Blue* (Press53) and his novel, *The Heart Crossways*, which recently came out from Thrice Publishing. He is passionate about social justice and equity and works with area educators to promote these causes in the classroom.



Kathleen McMahon is a third-generation Santa Barbaran who feels blessed to be able to live and raise her daughter in this magical place she calls Paradise. She is the lead massage therapist at the Belmond El Encanto and has been there since they reopened their doors nearly six years ago, but has been practicing massage for 19 years here locally and believes that it's her true life's purpose to help others. She says, "What can I say, I LOVE what I do!" But what brings her the greatest joy is being a mother. "I am a single (only) parent to the most amazingly kind-hearted little human I know, Ava." Ava is currently in the 5th grade and she cares about taking care of our planet and is known to light up a room with her smile and huge heart. She is a Girl Scout and enjoys playing lacrosse, making slime and loves making new friends wherever she goes. They both enjoy the arts, music, concerts, dancing, museums, and theater as well as nature, Tai Chi, travel, adventure and sports.



Wade Anders Völk

Working under the direction of Ken Ralph, Executive Director of the Showers of Blessing and USSB member, Wade has a strong commitment to enhancing and improving the lives of people in our "houseless" community through the work they demonstrate at the Showers.



Maureen Foley Claffey (maureenfoley.com) is a poet, writer, and artist living in on an avocado ranch by the sea in Carpinteria with her daughter, Maisie, her stepson, Simon, and her husband, James. Her work has appeared in numerous publications, including, *Spittoon*, *The Nassau Review*, *Inlandia*, and *Ontologica*. Her novella, *Women Float*, was published by the Chicago Center for Literature and Photography, and she won the Dead Metaphor Press Chapbook Award for *Epilepsy*. She completed an MFA in Prose from Naropa University and is currently working on a novel about the experience of new motherhood and loss. She currently serves as a Trustee on the Carpinteria Unified School District Board and works as the Director of Congregational Life at the Unitarian Society of Santa Barbara.



Aileen Meehan was born and raised in New Jersey. An East-coaster for life, Aileen was originally introduced to the wonderful state of California in 1999 when she began attending the University of California, Santa Cruz. Given the physical beauty of the state and the inimitable lifestyle, Aileen had a premonition that one day she would make this state her home. Shortly after completing her degree in Biology, Aileen moved to Santa Barbara to attend Brooks Institute of Photography. She completed her degree in 2003, staying an additional year to work on her SCUBA certifications. Roughly three years ago, after brief stints living in the Bahamas, New York City, San Francisco, Vermont, and Colorado, Aileen once again ended up, by choice, in Santa Barbara. She currently works at Santa Barbara County Education Office as a Training and Development Assistant within the Teacher Induction Program, a new teacher support program. In her spare time, she enjoys hiking, yoga, attending lectures, plays, independent films, and live music of all sorts.



Library Corner

There are two terrific books out there, *Becoming* by Michelle Obama, and *Educated* by Tara Westover. If you would like to share your copy with the congregation, your library would love to add it to its collection.

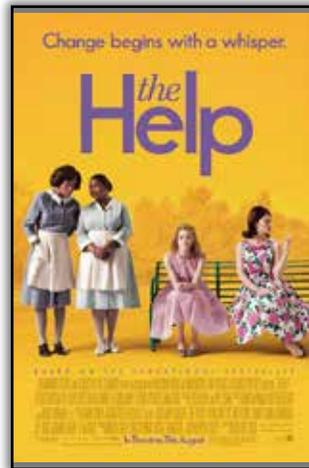
In the spirit of possibilities, here are our reviews.

The Movie: *The Help*

To be sure, we reviewed this film in the October 2017 issue of the Kaleidoscope, but I watched it last week and feel that it is well worth another look. It's a good movie, with fine acting, and it begins with the shooting of civil rights activist, Medgar Evers in Jackson, Mississippi, in June of 1963.

The Help is about a volatile subject in Jackson in the 1960s. Three very different, extraordinary women form a friendship around a secret writing project that breaks social rules and puts all of them at risk.

Emma Stone plays Skeeter, a recent college graduate who comes home and finds that she does not fit in so easily with her friends any-



more. Viola Davis, as Abileen, and Octavia Spencer as Minny, are two African-American maids who spend their lives as nannies raising white little girls. These two courageous maids empower Skeeter to write a best-seller about maids and their employers during Jim Crow days in the South.

If you have seen the movie you probably remember a howlingly funny scene and its aftermath. Racism is cruel and vile, but an unlikely alliance of women begins a struggle to change the status quo.

The movie was released in 2011 and is based on the book, *The Help*, by Kathryn Stockett. The book is also available in our library.

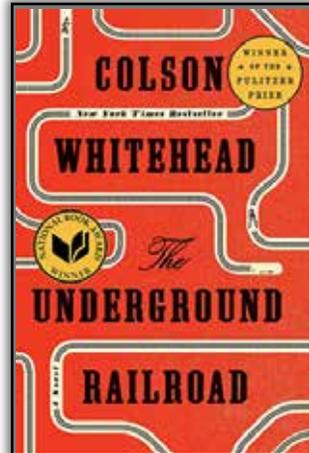
REVIEW BY ELLIE TUAZON

The Book: *The Underground Railroad* By Colson Whitehead

I thought I didn't want to read another novel about slavery. But this one, *The Underground Railroad*, is too interesting to pass up. It's the story of Cora, daughter of runaway slave Ethel, born on a plantation in Georgia and destined to live in slavery the rest of her life. Except...

Author Colson Whitehead tugs on our imagination as he depicts an actual underground railroad, complete with locomotive, black engineer, box car, stone-lined underground tunnels. Who could build such a thing, such a marvel? Who else? Slaves.

Cora and friend Caesar escape on the railroad to South Carolina. When the train emerges into daylight she sees skyscrapers. What can this mean?



Of course, such a thing is impossible, but ingeniously working with magical realism, Whitehead creates other worlds for runaways: an idyllic black community in South Carolina, a successful black-owned farming estate in Indiana. All give the impression that things will be fine for a while for Cora. She skeptically sees through the illusions and comes to realize that the tentacles of inequality, the mindset of slave and master, carry through every community she enters, every place she hides, every setting that looks too good to be true, every time zone, every location.

Those of us who are white readers see the world through Cora's eyes and try to translate the experience. What seems real is not, what looks like freedom is false, what is brutal is all that prevails. In the end, does Cora prevail?

REVIEW BY LYNN DOW

Ongoing Events at USSB

Alliance

FRIDAY, FEBRUARY 1 AT 2:00 PM IN PARISH HALL

This month's program features **Gretchen Simpson** from the Santa Barbara Museum of Art. The program is entitled, "Look Again!" Please bring a snack to share for the social hour and tea following our presentation.

FRIDAY, MARCH 1 AT 2:00 PM IN PARISH HALL

We are honoring Women's History Month. USSB congregant **Ellen Broidy** will converse with us about her work and stories of the women's movement. Ellen is the Writing Consultant at UCSB McNair Scholars Program. She holds a PhD in U.S. History from UC Irvine and an MA in Library Science from UC Berkeley. Prior to joining McNair, Dr. Broidy was the head of the Collections, Research and Instructional Services Department at UCLA's Young Research Library and taught a graduate course in Women's Studies at UCLA.

All are welcome to the Alliance. Bring friends and family. We are looking forward to a lively discussion and convivial afternoon.

Vegan Potluck

SUNDAY, FEBRUARY 3 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. People are also encouraged to avoid processed food and sugar. 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.



NEW Family Program for NEW Babies!

Join in with other USSB members as we shower our new babies with books! UUs love books. This is a great way to show our families and their newborns a little love. Actually, a LOT of love!

And we have new babies on the way . . .

Please buy a copy of a book you and your children read together, add your name and a note in the front, and drop it in **Sara Sautter's** box on Sunday.

Solidarity and Compassion Project

WEDS., FEBRUARY 13 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 be partnering with **Radhule Wieniger** and **Michael Kearney** of Mindful Heart Programs, who have been running the Solidarity and Compassion Project since 2016.

Quantum Field Theory & Consciousness

MONDAY, FEBRUARY 18 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, FEBRUARY 19 AT 7:00 PM IN LA PAZ LOUNGE.

Contact **Al Melkonian** 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.

Women's Empowerment Fund! Year Three!



RACHEL AARONS

In these last two years of Women's Empowerment Fund grants, I have watched as my idea became a reality. With projects from Charla Bregante and Catherine Callahan, I have seen in a tangible and heartfelt way why I started the fund in the first place. Their projects have benefited women in our local community as well as the community at large.

It is clear to me that something wonderful has begun and will continue each year for the foreseeable future. Now we are inviting applications for the third year of the grant. I am so grateful for the opportunity to make a difference in the lives of women and girls.



Meet the Members of the 2019 Selection Committee!



NANCY EDMUNDSON

This is my first year to support and serve on the Selection Committee of the Women's Empowerment Fund. As our congregation's affirmation of gratitude and giving reminds me, I am grateful to be able to give. All of my adult life I have been a believer of the power of community and the promise of voice and agency.

The efforts of the WEF speak directly to both of these concepts and it is my privilege to help move this particular effort forward.

It is an honor to serve on the USSB Women's Empowerment Fund Selection Committee. The first two years' activity culminated in awarding two meaningful projects developed by Charla Bregante and by Catherine Callahan.

I look forward to participating again this year with other Unitarian women dedicated to increasing USSB's social justice outreach efforts to benefit women and girls in our congregation and our larger community.



MELINDA STAVELY

WEF Selection Committee *cont'd*



DOROTHY WARNOCK

I appreciate being asked to join the women's empowerment committee. I believe it's important to encourage women to be creative and innovative and to help and support each other to be strong, resilient and independent.



KATE MEAD

The WEF offers a unique opportunity to members of our congregation who identify as women to apply for a grant for a project that would benefit women and/or girls. I am excited to have the opportunity as a member of the Selection Committee to review the applications submitted by our congregation members. It's an honor to be part of the process which will lead to making a difference in women's lives.



SUZANNE FAIRLY

Believing in personal power for all people and being an entrepreneurial woman myself, I accepted the challenge to be part of the *Women's Empowerment Fund Selection Committee* as women empowerment is a must for the betterment of any

country's future. The WEF grant will be financially helpful and challenging for the UUSB women who participate. The funding to present new ideas and goals can promote well-being and may even meet the needs of women on a larger scale.

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
Sara Sautter, Interim Director of Lifespan Education, sara@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 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

Deadline for the March issue: *Monday, February 18*

Email: Kaleidoscope@ussb.org