February 2020           The Monthly Newsletter of the Unitarian Society of Santa Barbara           www.ussb.org

**Kaleidoscope**

Living with Integrity, Nurturing Wonder, Inspiring Action

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

This month's worship theme is **RESILIENCE**.

“Falling down is a part of life. Getting back up is living.” — José N. Harris

**Sunday, February 2**

Rev. Julia Hamilton

*“Upkeep”*

The artist Werner Herzog points out that nothing lasts forever on its own: “Eternity depends on whether people are willing to take care of something.” Things only survive if they are attended to—houses and buildings, friendships, even our own bodies and spirits rely upon ongoing care. Cultivating resilience takes ongoing maintenance.

*Special music.*

**Sunday, February 9**

Rev. Julia Hamilton

*“All Kinds of Love”*

Love, in all its many expressions, sustains us through good times and hard times. It keeps our hearts resilient and opens us up to connection with each other and the world. On this Sunday before Valentine’s Day, let us celebrate, with poetry and music and reflection, the many ways love is found and lost and found again. Love isn’t all you need, but it’s a good place to start.

*Chancel Choir and Treble Choir will sing.*

**Sunday, February 16**

Ministerial Intern Nic Filzen

*“Toxic Positivity”*

Sometimes “grin and bear it” becomes self-destructive. Sometimes too much “Be positive! You got this!” can be toxic. Sometimes resilience is overrated.

*Chancel Choir will sing.*

**Sunday, February 23**

Rev. Julia Hamilton

*“Punching Up”*

It’s Mardi Gras season! Mardi Gras is French for “Fat Tuesday,” the day before Ash Wednesday in the Christian tradition. It’s the last chance to celebrate and indulge before the seriousness of Lent begins. Satire, and a reversal of the traditional order of society, are a fundamental part of the festivities. This Sunday we’ll bring a little bit of New Orleans fun to Santa Barbara.

*Special music.*
WEF Grant Announced!

The month of February is devoted to submission of proposals for the 2020 Women's Empowerment Grant. You must be a person who identifies as a woman and a current member of the USSB congregation in order to apply. Your project must be for the benefit of women and/or girls in the Santa Barbara community or beyond and it must be NEW—i.e., it would not exist were it not for the grant.

The WEF table will display relevant materials such as: Project Ideas (to get your inspired), Tips for Applicants (to help you avoid common mistakes in preparing your application), and the 2020 application form itself.

Members of the selection committee and the mentoring committee are available every Sunday at middle hour to help you shape your proposal for its best chance of success. Consult any of the following WEF members: Rachel Aarons, Nancy Beisser, Becky Blake, Catherine Callahan, Susan Dempsey, Nancy Edmundson, Suzanne Fairly, Sally Hamilton, Kate Mead, and Dana Zurzolo.

We have had three outstanding projects so far and this will be our fourth. Don't miss out on this great opportunity to fund your passion and help women and girls at the same time!! Apply for the 2020 grant!

The application deadline is Sunday, March 1 at midnight.

Two USSB Members Sign Books at Chaucer’s on Tuesday, February 4

Marisa Pasquini, dementia care-giver expert and founder of the National Home Care Academy, will be giving a talk and signing her book, *Surviving Dementia without Losing Your Mind*, at Chaucer’s Bookstore on Tuesday, February 4 at 7:00 pm.

Marisa provides essential training for dementia care-givers that produces confident caregiving and happier clients.

Joining her will be Catherine Callahan, who will talk about how to become an effective advocate for your health and signing her book, *YOU Can Do It: Tools to Better Manage Your Healthcare*. Her book was written using funding from the 2018 Women’s Empowerment Grant. As a patient advocate, she is passionate about getting people better healthcare.

Please come support our USSB authors!

Chaucer’s Books, 3321 State Street in Loreto Plaza, at the corner of Las Positas, (805) 682-6787.

February Personal Blessings

In appreciation for:

Donnis Galvan and Kathleen Boehm of the Flower Committee, for always making the Sanctuary look even more beautiful at minimal expense to USSB.

—gift from Anonymous

Melinda Staveley, for all she does for our congregation.

—donated by Mary Moore

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. Donation envelopes are available in the USSB reception office, in the narthex on Sundays, or use our online form at www.ussb.org/personalblessing.
Board Corner

Hear Ye! Hear Ye! We Want to Listen to Thee!

Nay! We MUST listen to thee, lest your Board of Trustees wander a path with no direction. Help keep this ship pointed toward our common goals!

We previously captured your input with our very first survey, but a path requires more than one point of reference. This spring we can all provide guidance defining our next point of reference by completing our annual survey.

To help steer this lively blue boat now, and into the future, we must all speak our minds with course corrections. This second annual survey here at USSB is the mechanism to provide your input about our six Ends which are the blueprints we use to make decisions about . . . well, all sorts of things! Program direction, public outreach, financial concerns—every aspect of this amazing organization.

To prepare yourself for the survey, please reflect on your experience at the Society in the context of our Ends (below). Ask yourself what our Ends mean to you and how the Society helps you fully live them. Talk to your fellow congregants about them. Can you see how the activities at the Society support our Ends, and thus, our mission?

Let’s make this a fun and engaging way to determine how this Society is accomplishing our Ends. If you have any feedback or questions, please don’t hesitate to reach out and talk to one of the Board members. Thank you for being engaged and helping the Board support this vibrant community!

To get you started in your thought process, here are our six Ends:

LIVING WITH INTEGRITY, WE:
1. Support each other in life and life’s transitions with loving care, joy, celebration, and gratitude.
2. Care for the earth and its rich web of life for current and future generations.

NURTURING WONDER, WE:
3. Experience the transcendent that opens us to deep connection and life’s mystery.
4. Cultivate spiritual practices and engage in lifelong learning, utilizing our hearts and minds.

INSPIRING ACTION, WE:
5. Shift the larger culture toward justice and compassion through bold individual and congregational endeavors.
6. Welcome and connect with people across differences of ethnicity, class, sexual identity, religion, politics, and education

District Assembly 2020: Embracing the Climate of Justice

How do our PSWD congregations and covenanting communities embrace and live out their passion to validate, slow, and reverse the progression of climate change? Come share the programs, activities, and connections your congregation has implemented within your community as leading examples to inspire the rest of us!

The Date: April 24-26, 2020
The Place: Unitarian Universalists San Luis Obispo (www.UUSLO.org)
The Big Deal: 2020 UUA Pacific Southwest District Assembly Keynote Speaker Aly Tharp

Aly Tharp will join UUs from throughout PSWD as we strategize for a future in which our congregations are at the forefront of the fight for climate justice in their communities. Tharp is the program director of the Unitarian Universalist Ministry for Earth (UUMFE) (www.uumfe.org) and leader of the UUA and UUMFE’s “Create Climate Justice” initiative.

The 2020 PSW District Assembly will be the best opportunity this year for UU congregations to share how they are working for climate justice and learn from one another about how to live out our seventh principle: “Respect for the interdependent web of all existence of which we are a part.”
Membership
Survey Says? Uncovering Your Wishes, Hopes, and Dreams

Moving into the New Year, I always become reflective about both the past and the future. What is working in my life? What changes would I like to make? Does anyone else do this moody-brooding at the start of the year? Lately, this has extended into my work at USSB, too. Sure, we’re doing a lot, but is that enough? What else would we like to see? I have become curious about your wishes, hopes, and dreams as members of this congregation.

So, I’ve decided I need a Congregational Life survey to help me understand where we can grow, where we can prune, and how to get there. Keep an eye out for the link to your online survey and please complete it so I can get a snapshot of how you feel about the programs, events, and more that are happening here. Your opinions are critical to helping me revise and improve our community life.

Along these same lines, we’ve been working hard as a staff to revamp our affinity group and member-led event policies and protocols. I know that may sound boring, but what it really means is that we’re laying the groundwork for more USSB happenings. By getting clearer about how we plan, organize, and execute our affinity groups and member-led activities, the better we’ll be at adding more, and making the ones we have stronger.

It’s an exciting time for congregational life, but it can only ever be as strong as our collective efforts. We need your wishes, hopes, and dreams to make our community rich and special. Perhaps you’ve been musing with an idea for a gathering or group for ages? Or maybe you never thought it was something you could do? Either way, I encourage you to talk to me about how to transform USSB into even more of a community hub so that I can improve my work to tailor our programs to your needs.

Maureen Claffey,
Director of Congregational Life
maureen@ussb.org
Library Corner

Just a little reminder that your library has some excellent books and movies relating to slavery and to the civil rights movement. The stories of the men and women who endured terrible injustice need to be told all throughout the year. Our review in this issue was written by one of the members in our congregation, and we would like to encourage all of you to review a book from our library that you feel would interest our beloved community.

This month the library will have a book giveaway on the Sundays that we are open, February 2 and February 16. Come visit us in Parish Hall during Middle Hour!

—Ellie Tuazon, Library Committee Chair

The Hate U Give, by Angie Thomas

I have always loved Harper Lee's To Kill a Mockingbird (and the iconic movie starring Gregory Peck). It was my first hardback book purchase. Recently, I read an article about shifting and expanding the conversation about racial justice from the (perhaps well-meaning, but limited) "white savior" model of To Kill a Mockingbird to any of several books penned by black authors. One of the books suggested was a book for young adults, The Hate U Give by Angie Thomas.

The first-person central character is sixteen-year-old Starr Carter who lives in a black neighborhood but attends, with her two brothers, a white private school in a privileged neighborhood. As the book opens, she is struggling with her divided persona—how much of her "home" personality to show in her school and how much of her school identity to show at home. She has a white boyfriend at school who embraces black music and slang, but she cannot do the same in front of him. "Black slang makes them [the white students] look cool," she explains, "but it makes me look ghetto." She feels uncomfortable inviting her white friends to visit in her home and wonders if she is betraying her culture.

These conflicts would be enough of a dilemma for a teenage girl, but the central event of the book is darker. At a party in her home neighborhood, she reconnects with her childhood best friend, Kahlil. When shots ring out in another part of the party, they both run and Kahlil offers her a safe ride home in his car. On the way, they are stopped by a police officer. Kahlil questions the reason for the stop, and the officer orders him out of the car and demands his ID. As the officer checks Kahlil's ID, Kahlil leans into the car to make sure Starr is okay, and reaches for a hairbrush. The officer opens fire and Kahlil dies at the scene.

Events proceed in an all-too-familiar way. Starr faces wrenching decisions to give testimony to the police and to a grand jury. She is haunted by flashbacks of another friend's death in a drive-by shooting. She questions her life, her relationships, and her view of herself. She is upset by misinformation and simplification in the media, and anger and violence in her neighborhood when the grand jury fails to charge the officer. The writing, aimed at young adults, is simpler than one might expect in a book about the volatile issues associated with racial justice and racial violence, but maybe that is an okay way to begin a conversation. The many characters are unambiguous but not uncomplicated. Thomas helps the white reader consider, thoughtfully and with compassion, lives and experiences from which privilege may have insulated us. For those of us who do not intend to be racist and perhaps believe that we are not, this is the beginning of a conversation and examination of our own assumptions.

Starr tells us about "The Talk" that most black children hear at some point in their lives: How to behave when confronted by police so as to maximize the chances that they will survive the encounter. Those of us in the white community may need to cross a barrier and place ourselves inside those encounters and other experiences we will never have in order to begin to understand our own immunity and privilege. Along with the varied black characters, we meet white characters which may echo some of our own uncomfortable patterns: The white friend who insists she is not racist, dismisses her racist comments as "just jokes," and believes Starr owes her an apology when those jokes make Starr angry; the media that label Kahlil a suspected drug dealer and gang member, implying that this justifies his killing.

Starr begins to find her voice, assisted by her parents' hard-won wisdom. She realizes she must become active. When her boyfriend insists he "does not see race," she tells him, "If you don't see my blackness, you don't see me." In To Kill a Mockingbird, Atticus tells Scout she will never understand someone until she climbs in his skin and walks around in it. In Angie Thomas's book, we put on her character's stylish Air Jordans and walk a bit with her.

Gail Fairburn
January Outreach Offering: Beloved Conversations

This month’s Outreach Offering will support a congregational initiative designed to explore the role of race and ethnicity in our individual and congregational lives. Originally commissioned by a congregation in need of resources to hold its members in covenant as they learned how race and ethnicity shape their spiritual and social lives, Beloved Conversations: Meditations on Race and Ethnicity is now serving more than 140 Unitarian Universalist, Jewish, and Quaker congregations across the United States.

Beloved Conversations recognizes that centuries of racially informed social, emotional, and spiritual practices wound every person, no matter their racial and/or ethnic identity. Using a small-group ministry format, the curriculum creates a supportive space for congregants to talk about their own experiences, while identifying places where growth is necessary. As an instrument of faith formation, it offers participants a chance to rediscover the sacred and important presence of compassion, grace, risk-taking, vulnerability, and the healing joy when cross-racial relationships are reconciled. In addition, the curriculum’s third edition (2017) offers real-time faith formation resources explicitly for people of color, as well as organizational support for making institutional change.

Last year, the board of trustees, staff, and lay leaders of the Unitarian Society participated in Beloved Conversations. This year, there will be two more cohorts of participants, who will join others from six local UU congregations at an opening retreat February 7-8 in Ventura. In February and March, the two USSB groups will complete the remaining eight sessions of guided experiential exercises.

Please contact Rev. Julia (julia@ussb.org) with any questions about Beloved Conversations.

More information about the curriculum is available on the Meadville Lombard website: www.meadville.edu/fahs-collaborative/fahs-curriculum-catalogue/

Young Adult Group Meets Up for First Friday Hangout

Calling all folks who have traveled around the sun twenty to forty times! You’re invited to join the 20s and 30s group at our First Friday hangout on February 7. At these monthly get-togethers we meet at various locations to enjoy each other’s company, chat about some deep stuff, and plan for the future. This month we’ll be meeting at Live Oak Café from 6:00 to 9:00 PM. If you’re not already in the Realm group for this cohort please talk to Maureen Foley Claffey, Kathleen Hogue, or Nic Filzen to be added so you receive all the updates. Also, keep the late afternoon/early evening of April 18 open in your calendar for a time of service, solidarity, and worship for, with, and in nature. (Note, this alternative worship is primarily for and sponsored by this young adult cohort.) Stay tuned for more info!

March Workshop: Active Listening with the Care Team

On March 7 and 8 the Pastoral Care team will be offering an RE workshop weekend centered on developing pastoral presence and active listening skills within our religious community. Student Minister Nic Filzen and the Care Team will facilitate discussion and exercises around ways to truly be present with those who are grieving or who otherwise need support. We’ll work with members of ARE on Saturday, March 7, and then have a similar but abridged conversation with RE kids on the morning of Sunday, March 8. If you’re an adult interested in developing these skills and therefore developing our strength as a community please reach out to Nic or Kathleen Hogue to learn more and sign up for the workshop. Keep an eye on each Order of Service and your Friday emails throughout February for more details. This might also be a good opportunity to discern if the Care Team is a good fit for you to join.
What is a Lifespan Director of Religious Education (DRE) and Who Needs One?

Lifespan means just that: from birth to death. Generically speaking, it means that the DRE oversees programs for all ages that nurture Unitarian Universalist identity, spiritual growth, faith, and communities. Maybe some of you did not know this; perhaps you thought I was here to look after the kids! While I am certainly qualified to look after and teach children, having owned my own daycare/preschool for 20 years, I have been trained and am experienced in organizing, teaching, and providing leadership for adults in our faith tradition, as well.

This past week is a good example of some of the ongoing training that I have had the opportunity to experience. It was called “Leadership 2020” and it was three days of intense work. In this training I learned about congregational size and growth. We talked about what it would take and what it would look like to grow in a healthy way. We also learned a lot about welcoming marginalized individuals. We practiced having welcoming conversations. We learned about a way to measure where we are as individuals and as congregations in how we address issues of race. We learned how to be spiritually grounded leaders. This is important for maintaining a healthy congregation because leaders that are spiritually grounded are able to lead without adding more anxiety to a situation. It was very interesting and very helpful to be able to participate in this. This training will be followed up over the next few months with Zoom conferences. (Apparently Lifelong Learning applies to me too!)

I will also be participating in Beloved Conversations in Ventura in February. This will be followed up by several weeks of small-group workshops. As we are finishing up January, I am hoping to also finish up my credentialing program. I have been working on this most Wednesdays for a few hours every week for two years! This is more intense work that I have documented in the form of a portfolio and will present to the Religious Education Credentialing Committee to prove that I am skilled and competent in serving this congregation and doing this important work.

So, you may wonder what I do with all of this learning. I bring it back to USSB. It helps me choose and sometimes create curriculum that fits our congregation. It helps me to understand what we need to do in order to keep our mission always in focus.

Here is Our Mission

**Living with Integrity**
We support each other in life and life’s transitions with loving care, joy, celebration and gratitude. We care for the earth and its rich web of life for current and future generations.

**Nurturing Wonder**
We experience the transcendent that opens us to deep connection and life’s mystery. We cultivate spiritual practices and engage in lifelong learning, utilizing our hearts and minds.

**Inspiring Action**
We shift the larger culture toward justice and compassion through bold individual and congregational endeavors. We welcome and connect with people across differences of ethnicity, class, sexual identity, religion, politics and education.

What does one learn in our programs? Everything we do represents one or more of seven core exploration areas:

- Unitarian Universalism
- Jewish and Christian Heritage
- World Religions
- Personal and Spiritual Growth
- Spiritual Practice
- Peace and Justice
- The Interdependent Web

Help me to live up to our mission by getting involved in Adult RE. Sign up for a class or workshop such as a connection circle, Spirit in Practice, Local and Global Religions, or UU history. You can also teach in an RE class for children or offer a class for adults by contacting me at kathleen@ussb.org.

Kathleen Hogue
Director of Lifespan Religious Education
kathleen@ussb.org
Ongoing Events at USSB

**Alliance**

**Friday, February 7 at 2:00 pm in Parish Hall**
“Changing Issues in Immigration,” a presentation by **Dr. John W. S. Park**. Dr. Park is a popular professor of Asian-American Studies at UCSB, and is also a popular speaker at our own Great Decisions Foreign Policy Discussion Group meetings at USSB. Not to be missed! Bring a friend. Your contribution of a treat to share helps make our afternoon tea special.

**Friday, March 6 at 2:00 pm in Parish Hall**
Oscar-winning documentary filmmaker **Margaret Lazarus** will be the speaker at the Alliance meeting on March 6. Lazarus’s film, *Affinity*, was shown at the Santa Barbara International Film Festival this year. *Affinity* is a short experimental film exploring women-to-women connection as antidote to the toxic in male culture. Created in collaboration with art museum curator and dancer Starr Siegele, the film explores possibility and hope through women’s common bonds and their affinity with one another. It is an affirmation of life in response to war, environmental devastation, and violence. Join us for this informative program and bring a friend.

**Weekly Meditation**

**Every Wednesday at 5:30 pm in the Sanctuary**
Find more mindfulness, or just a brief midweek timeout. After a brief introduction, we’ll have two 15-minute sitting meditation periods, with a 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.

**Monthly Vegan Potluck**

**Sunday, February 9 at 5:00 pm in Blake Lounge**
Our USSB monthly vegan potlucks are 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.

**Solidarity and Compassion Project**

**Wednesday, February 12 at 7:00 pm in Parish Hall**
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.

**Quantum Field Theory & Consciousness**

**Monday, February 17 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. The laws of physics imply we are all one. Videos and discussion will focus on a star size comparison, the mysterious force of gravity, solipsism, one consciousness, god consciousness, and immortal quantum consciousness.

**Book Discussion Group**

**Tuesday, February 18 at 7:00 pm in La Paz Lounge.**
Contact Al Melkonian for more information.

**Yoga Classes with Monica**

**Monday & Wednesday, 5:30 to 6:15 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.
UNITARIAN SOCIETY
OF SANTA BARBARA
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 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 17
Email: Kaleidoscope@ussb.org