Join us at 10:00 AM every Sunday.

Sunday, July 7
Worship Associates Angela Karmis & Ken Ralph
“Shared Vulnerability”

Brené Brown says, “Staying vulnerable is a risk we have to take if we want to experience connection.” Sharing our vulnerabilities with others gives us strength. We may find help for a particularly difficult situation, but we also strengthen our spirit. Shared vulnerability can also be a new paradigm for politics that can reshape the way we see ourselves within society. It can help us strengthen our community and bring us closer to a state of equality.

Sunday, July 14
Guest Speaker Rich Sanders

Sunday, July 21
Rabbi Steve Cohen
“...and no religion, too”
Jewish reflections on John Lennon’s “Imagine”

Please join Rabbi Steve Cohen from Congregation B’nai B’rith who will lead worship services in a cross-pollination of prayers and worldviews. Rabbi Cohen is a frequent guest at USSB. He has served as the senior rabbi of Congregation B’nai B’rith since 2004, after nineteen years as the rabbi and Executive Director of the Hillel Foundation at UC Santa Barbara.

Sunday, July 28
Rev. Lora Young and Worship Associate Ellen Broidy

Summer Singers Starts in July!
Come sing with us for our July single services! If you have always wanted to sing in the choir but were afraid of the time commitment, here is your chance! Every Sunday morning in July, come join the rehearsal for that morning’s service. Then we'll sing what we just practiced! We’ll have an 8:45 AM call for a 10:00 AM service. Don’t miss this exciting opportunity!
The Art of Happiness

This summer, Fridays are fun days. Let’s hang out and talk and eat and play together! This July, the USSB Young Adults and Parents Groups and Membership Ministry are helping me host Unitarians Unplugged, a weekly, Friday afternoon celebration of all things summer. Every Friday afternoon, you’ll find a different themed potluck with a bring-your-own activity in the Courtyard. (Volunteers are still needed! I need set-up volunteers, a volunteer to do the grill each Friday and clean-up helpers. Email maureen@ussb.org to help!)

The Fridays will be open to the whole congregation but the grassy picnic space will be limited to first-come, first-served. Everyone will Bring-Your-Own: food, picnic blankets, and outdoor toys or activities. USSB will set up a table for the food potluck (and possibly a grill) and provide an open kitchen, when it’s available, but please plan to prepare your food beforehand and don’t depend on using the kitchen for cooking. (Everyone will need to clean-up after themselves.)

Here’s a preview of the fun:

7/5: ICE CREAM-PALOOZA: 5:00 to 7:00 PM, in Parish Courtyard. Ice Cream Super Sundaes: Bring blankets, picnic dinner, and ice cream sundae supplies to share!
7/12: USSB WOODSTOCK: 5:00 to 7:00 PM, in Parish Courtyard. Acoustic Music: Bring blankets, picnic dinner and music and songs to share!
7/19: FIRE-FREE CAMPFIRE STORIES: 5:00 to 7:00 PM, in Parish Courtyard. Storytime: Bring blankets, picnic dinner and music and stories to share!
7/26: WATER WOW: 5:00 to 7:00 PM, in Parish Courtyard. Storytime: Bring blankets, picnic dinner and music and water toys to share!

So, this summer, the vacation will come to you here at USSB, even if you’re planning to stay in town for all of July. I hope you’ll join us because I want to personally invite you to culminate joy. After all, that was Rev. Julia Hamilton’s request for us during her sabbatical. She wanted us to play, to delight, to celebrate and the make memories of delight. She’ll be back in August, so there’s just this last month to take her mission for fun very, very seriously. See you in the Courtyard!

Maureen Foley Claffey, Director
of Congregational Life

Focus On:
“Our Spirited Women” Group

Who are we?
We are a group of USSB women who look into the meaning of spirituality in our lives. We share deeply from our hearts in an environment of trust, respect, and safety.

What does our group do?
We have found that our spiritual beliefs deepen and grow when we share them with others. At each meeting we explore a question chosen to focus on an aspect of spirituality and our beliefs and practices. A recent example: "What one quality or aspect would you add to your spirituality if you are able? How would this change your spiritual practice?" An invitation is sent out for every meeting, including a reminder of the meeting and the question to be considered.

What are the meetings like?
We meet the second and fourth Fridays of the month from 4:30 to 6:00 PM at a member’s home. A chalice is lit. After a brief general check in, a guided meditation helps us settle. With the help of a facilitator we then take turns sharing our own responses to the question of the day. When there is time, we may go around the circle again to talk about any additional thoughts inspired by listening to others share. We then extinguish the chalice.

Who can come?
Any UU member who identifies as a woman is welcome. We ask that members attend regularly. We also ask that members be on time, as we stick to the meeting schedule. There are currently six of us and we have two vacancies. We welcome your interest. Won’t you try us out?

Contact Catherine Callahan at (805) 570-2795; Judy Farris at (760) 485-2227; or Arianna Jansma at (805) 845-4145 for further information.
Summer Makerspace Improved!

At our June 9 Makerspace kick off, the children were asked to brainstorm the learning centers they would like in summer 2019. Here's what they dreamed up:

**Sewing Zone**—With a full sized sewing machine and lots of stuffing and fabric to work with, we expect some new stuffed creatures and garments to be created.

**Mag Zone**—Using magazines, we will create story books, collages, pop-up books, masks, and whatever else glossy pictures lend themselves to.

**Take Apart Zone**—Perhaps our most popular station, we took apart the church's old telephones to see what was inside of them. We look forward to pulling apart a keyboard, a CD player, and other simple electronics.

**Jewelry Zone**—New this summer, the Jewelry Zone will allow kids to create wearable art from a number of materials made into earrings, pins, bracelets, and necklaces.

**Drawing Zone**—ALL THE STUFF! From crayons to paint and markers to pastels, this zone will open up the budding artist's creativity.

**Junk Modeling**—We've saved our cardboard and now we are turning it into mazes, armor, cars, and whatever else we can think of!

**Tech Zone**—Here is where we use our copper strips, tiny light bulbs, and snap circuits to create light up cards and simple machines.

All of these centers are now stocked and ready to go, just waiting for the creativity your children and grandchildren bring with them. Visit our Makerspace on Sundays, concurrent with our single worship service at 10:00 AM, and let the creativity loose!

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**July Outreach Offering: The Refugee and Immigrant Center for Education and Legal Services (RAICES)**

As we all know, recent changes in US immigration policy have resulted in refugee children being separated from their parents at the US-Mexican border. The human suffering caused by the splintering of families and isolation of children as young as two years of age has deeply concerned many Americans, and we as Unitarians believe the practice must be stopped. A recent National Public Radio report said, “Pediatricians and immigrant advocates are warning that separating migrant children from their families can cause ‘toxic stress’ that disrupts a child’s brain development and harms long-term health.”

The Refugee and Immigrant Center for Education and Legal Services (RAICES) is at the front lines of this issue along the international border in Texas. What better cause to support with our Outreach Offering for July? RAICES Legal Representation, Education, and Advocacy Fund (LEAF) In a 13-day period this May, 658 children were separated from their parents at the border. As hundreds of children are being taken away from their parents at the border, RAICES received word in mid-June that federal funding to represent unaccompanied children in court is ending. Representation is often the last line of safety for vulnerable children.

RAICES has also started a Family Reunification Bond Fund—helping get parents out of jail so they can be reunited with their children. Raising funds for bonds is one of the best ways to increase someone’s chances in immigration court. Their case is much more likely to be successful if they are not in jail—and in this instance it means they can be reunited with their family. Please give as generously as you can to Outreach Offerings in July to support the RAICES. Our collective contribution may help reunite families and provide comfort to people seeking safety and justice in the United States.

For more information, go to www.raicestexas.org.
Dear Friends,

It’s been a wonderful two years as your Interim Director of Religious Education. I had a ball!

Charged with looking at USSB’s past and planning for the future while creating the scaffolding for your new Lifespan Director of Religious Education, I was free to experiment and test. I tried a few new things, challenged some sacred cows, and aspired to create an environment that enables your new settled DRE to begin on sure footing.

But while I was focused on your religious education programs, something else happened. I became a part of your beloved community.

During these two years I have seen you in the best of times. I’ve seen your sanctuary dressed up in holiday greens, filled with song and candlelight. I’ve seen how you willingly gave your precious time to renew your religious education program vision. And in Beloved Conversations, I witnessed as you devoted months to learning your personal failings with race while looking forward as better people and as a better congregation.

And I have seen you in difficult times. When fire and mudslides threatened your congregants and your very building. When past ministries were betrayed by impropriety. I witnessed as you practiced your skills of support, compassion, and deep listening. And I was inspired as you exercised forgiveness, and urged each other on to new understanding.

I am grateful for my time among you. You indulged me in my silliness, and while I experimented. I tried new things, succeeding at some, failing at others, but always guided by this congregation’s vision for robust programming that will serve its current and future generations.

I leave behind a few programs and approaches that I hope will move this congregation toward its vision of a vibrant religious education program integrated deeply into the whole congregation. The best part of my interim was working together, collaborating, and tilling your history to advance your dreams.

This was the process that changed you from congregants to friends. After two years among you, I call you Dear Friends. And for that I am thankful.

Sara
Unitarian Society of Santa Barbara
BETTER THAN SEX ED
Human Sexuality Day Camp
August 5-9, 10AM-3PM * Ages 12-15, incoming 7-9th grade
Join us for a day camp that helps young teens explore their ideas and feelings about sexuality. The camp is based upon the high respected Our Whole Lives curriculum, the messages in each lesson are explored through a wide range of activities, games, and discussions, giving participants the chance to explore their own ideas and feelings, while recognizing common experiences as well as diverse perspectives among their peer group.

MONDAY
1: What Is Sexuality? Sexuality is much more than sex; it is complex and broad, it is a universal human experience, and it is positive and life-enhancing.

2: The Language of Sexuality. There is a wide range of language used to describe anatomy and sex acts. How we talk about sex and sexuality affects how we think about it; for this class, we will use scientific terms.

3: Anatomy and Physiology. Participants learn correct names and functions of male and female body parts.

TUESDAY
1: Body Image. We all receive messages from many sources about what our bodies “should” be. Attitudes and feelings about our bodies can shape our sense of self and our decisions.

2: Gender Identity. Biological sex, gender identity, gender expression, and sexual orientation are all different components of sexual identity and align differently for different people. Participants learn ways to be supportive and respectful of transgender people.

3: Gender Expression, Roles, and Stereotypes. Gender-role expectations, messages, and stereotypes hurt and confine people of all gender identities.

WEDNESDAY
1: Sexual Orientation. Lesbian, gay, bisexual, queer, and asexual orientations are all normal, but continue to face discrimination and ignorance.

2: Healthy Relationships. The group identifies characteristics of a healthy relationship and a caring, supportive romantic partner.

3: Relationship Skills. Attentive listening, asserting your own wants and needs, and setting appropriate boundaries are skills that enhance both romantic relationships and friendships.

THURSDAY
1: Sexuality, Social Media and the Internet. Technology can enhance both personal knowledge and interpersonal relationships, but requires understanding of appropriate use and care for personal safety and respect for others.

2: Redefining Abstinence. Abstinence excludes high-risk sexual behaviors, but still allows for many safe and healthy sexual behaviors, such as masturbation and “outercourse” (non-penetrative mutual stimulation).

3: Consent Education. Everyone has the right to consent in any situation and any relationship. Sexual violation can take many forms; participants will gain tools for handling these situations.

FRIDAY
1: Sexually Transmitted Infections. Participants gain a basic understanding of the symptoms, effects, and treatment options for the most common sexually transmitted infections.

2: Contraception and Safer Sex. The group learns many methods for protecting against pregnancy and STIs. Participants evaluate different sexual behaviors based on their risk for unintended pregnancy and transmission of STIs.

3: Sexual Decision Making. Teens make choices about sexual behavior for many reasons; participants consider what informs these decisions, and how to evaluate and articulate them.

CONTACT SUMMERCAMP@USSB.ORG FOR MORE INFORMATION OR TO ENROLL. TUITION: $300 EACH OR TWO SPOTS FOR $500
Unitarian Society of Santa Barbara

annual auction

Black & White costume ball

Saturday, October 26
from 4-8 pm
3. Worship together, regularly, as a whole community. We want multigenerational worship that includes children and youth. We want children and youth right there up on the dais, as worship associates. Worship is religious education.

There is still work to be done learning to integrate children into our worship services. In order to graduate from USSB as Unitarian Universalists and, more importantly, to return as adults, children need to understand and experience the value of worship.

- We hosted Family Chapel. We experimented with Family Chapel with mixed results. While families initially enjoyed the concept, and the children loved the presence of the entire choir, it was not well attended by the end of the first year of my interim. During the second year, we moved toward bringing the children into the main worship service.
- We experimented with Sermon in Two Places. This approach tested the idea of being together for the entire worship except for the sermon, when I took the children out for a lesson that was developmentally directed to them while Julia was able to go deeper with adults.
- We increased the times we worshiped together. We have held eight all-community worship services so far in 2019.
- We added a family area for infants and toddlers to sanctuary. The addition of a comfortable area designated for families and toddlers created a welcome space for young families equipped with age-appropriate toys, sanitized weekly.
- We added a fidget library to the Sanctuary. This rolling cart of items allowed kids to select a few things to take to their seats and return to the library as they left the Sanctuary.
- We added activity tables to the front of the Sanctuary. This was the change that received the widest praise from families. The tables included simple volunteer activities (find the dried-out markers!) and art activities that were coordinated with the worship theme. Parents reported that their children remained happy and engaged during the service.

4. Pass our beloved Unitarian Principles to the next generation. Ours is a faith that is guided by seven principles that have emerged over the years. We want our children to know and honor them.

- We changed our curriculum. We integrated Soul Matters into our classes. By simply changing the

lessons that the children we learning to the same theme that parents were exploring in worship and in Connection Circles, this enhanced the experience in our classrooms.
- When necessary, we enhanced the Unitarian Universalist principles, sources and UU history in our Soul Matters lesson plans.
- Enhanced our Coming of Age Program to include lessons focused on our UU history, our church history, and our principles and theology.

5. We love how music can transform us . . . and so do our children! Let’s utilize the deep talent that we have here at the Unitarian Society.

- Ken Ryals, choir director, spent months practicing with our children during Middle Hour to shape a holiday play and worship service. The Middle Hour practice timing while best for families created a burden for Ken. In addition it was often in competition with our Middle Hour social justice projects.

6. We are here because we want to be together. We want engagement across the generations. Let’s create and strengthen Beloved Community. Children are natural guides to wonder. Grandparents have wisdom to share.

- Parents are crazy busy: we get that. The first year we used a traditional parent-volunteer model with mixed results. During our second interim year, we hired staff as teachers for most grades. Using primarily UCSB students, this allowed congregants, both current parents and grandparents, to simply participate in the lessons along with the children.
- We integrated our children up into the Middle Hour social time by providing a staffed play place.
- We experimented with a Parents PLUS group that brought together those who were currently parenting and grandparents. A second year attempt to replicate this group with volunteer leadership was less successful.
- We created Social Justice Sundays, a time for children and adults to work together toward our vision of a just society.
- We resurrected Secret Pals, a much-loved program that brings together adults and children to make new friends.
- And we held all-community worship with activity areas for all ages almost every month.

SARA SAUTTER, INTERIM DIRECTOR OF LIFESPAN EDUCATION
Library Corner

Your library committee realizes that we are in the age of Netflix, Hulu, Amazon Prime streaming and others, and so we have decided to stop reviewing our movies.

The majority of our film collection consists of excellent documentaries, dramas based on true stories, and many movies that have won awards. We will keep these, and whenever a movie is added we will list it in our monthly article. Also, we will be happy to help you with your selections.

Here is our book review:

Lilac Girls: A Novel, by Martha Hall Kelly

This book’s three narrators are based on actual people whose destinies converged in or around Ravensbrück, Hitler’s concentration camp for women, located in Germany, 56 miles north of Berlin, near the village of Ravensbrück. The largest single group consisted of 40,000 Polish women. From 1942 to 1945, medical experiments to test the effectiveness of sulfonamides were performed there.

One narrator is Kasie Kuzmerick, a Polish teenager; another is Caroline Ferriday, a wealthy Francophile; and the third is Herta Oberheuser, an ambitious surgeon totally committed to Nazi ideology.

The novel was conceived one day when the author, Martha Hall Kelly, made a visit to the Ferriday estate in Connecticut—called “The Hay”—because she wanted to see the famous lilacs there. During the tour of the home she noticed a photograph of Caroline Ferriday with several women. Curious, she asked the guide who they were. He told her they were Polish women who were once prisoners at Ravensbrück, and that Ferriday had brought a large group of them to the U.S. to get medical treatment for the painful, debilitating effects of the experiments they had been subjected to by Dr. Oberheuser. Kelly knew immediately that she had to write about them, and researched the stories with great care.

This is a riveting book, and although the story of the hideous experiments performed is gut-wrenching, the reader comes away with so much hope. Ferriday describes the survivors as “loving and forgiving, with the courage and ethos that must be a guide to the future if we want a better world.” She became known as the godmother of Ravensbrück.

Ellie Tuazon

Join the Flower Committee

We are looking for at least two people who derive pleasure from flowers to join Kathleen and Donnis in being part of the Flower Committee.

We will show you the ropes and assist you in creating a floral enhancement on the chancel table. You need not have experience, just interest, and that shall bloom into fun expression. One of the best features of this committee is that the only meetings we have are lunch together for the pleasure of eating and dreaming and cooking up flower or plant enhancements to the chancel. Easy peasy! Got imagination? You are in!

Call with questions and join us—we will welcome you with a floral bouquet!

Donnis: (805) 453-6374, donnisgalvan@gmail.com

The Mental Health Arts Festival

is Saturday, July 13 from 10:00 AM to 4:00 PM in De La Guerra Plaza. USSB member Lesley Grogan is one of the artists who will be showing her artwork, including paintings, drawings, prints, cards, and jewelry. Come to be inspired, do some gift shopping, or shop for yourself! The Arts Festival is free and all are invited.
Ongoing Events at USSB

Alliance
Alliance will take the summer off and return on the first Friday in October.

Solidarity and Compassion Project
Weds., July 10 at 7:00 pm in the Sanctuary
Join us every second Wednesday of the month when we come together to discuss ways of community healing during traumatic times and to spend time in meditation and reflection. We take on a different topic each month, with diverse guests for the panel discussion: thinkers, faith leaders, scholars, musicians, visionaries, artists, and activists share their work as we all learn how to deal with uncertainty and fear during this challenging time in our country and our world. All are welcome—no meditation experience necessary. We are thrilled to partner with Radhule Wieniger and Michael Kearney of Mindful Heart Programs, who have been running the Project since 2016.

Quantum Field Theory & Consciousness
Monday, July 15 at 7:00 pm in Blake Lounge
Beginners QFT&C meets the third Monday of the month and gathers at 7:00 pm for starting at 7:15 in Blake Lounge. Videos and discussion will focus on how the laws of physics imply we are all one.

Book Discussion Group
Tuesday, July 16 at 7:00 pm in La Paz Lounge.
Contact Al Melkonian for more information.

Vegan Potluck
Sunday, July 21 at 5:00 pm in Blake Lounge
Our USSB monthly vegan potluck is a safe space in which to explore the pleasures of a completely plant-based meal. People with all eating styles are warmly welcomed. The commitment for participation is to contribute food that is totally plant-based, i.e., totally vegan. You are invited to share a vegan community meal and exchange ideas about plant-based eating. Please bring a plant-based, vegan dish that serves 10-12 people, and bring utensils, dishes, cups, and napkins. Email Cathy Albanese to RSVP, and for more information visit www.ussb.org/community-life/monthly-vegan-potluck.

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. Ken Collier, Maureen Claffey, and Nic Filzen.

Yoga Classes with Monica
Mondays from 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 per session.

Food for Thought from the Women's Empowerment Fund

According to analysis done by the Northeastern University School of Journalism, predominantly white men are writing two-thirds of the stories about the 2020 election. That means they are primarily deciding which candidates get talked about and which policies of theirs get highlighted. Women’s and non-binary people’s issues will never be prioritized so long as men have the power to determine what’s important. In the best-case scenarios, they don’t understand the need for these policies; worst-case, they simply don’t believe our needs matter. Equal representation in government is necessary for equality. But we won’t have parity in government without parity in every other industry: When women are in leadership positions, our experiences get voiced, our perspectives get heard, and our causes get supported with the money we earn. And the need for parity is crucial in the field of journalism: Those in charge decide whose issues get covered, whose stories get told, and how they tell them. Controlling our narrative is controlling our lives. Which is why we at DAME have always believed in treating women as the hero of their stories—not the sidekick, or the afterthought. You too can help us all control our lives and spread the word about what these heroes are doing. Together we can change the narrative.”

Summer Sunday Worship Service is at 10:00 am.
Summer Sunday Nursery & Children’s Care: 9:30 to 11:30 am in Starr King
Summer Office Hours: Sunday to Thursday from 9:00 am to noon.

Deadline for the August issue: Monday, July 15
Email: Kaleidoscope@ussb.org