



Kaleidoscope

March 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 JOURNEY

"Not all those who wander are lost." — J. R. R. Tolkien

Sunday, March 3

Rev. Julia Hamilton and Interim Director
of Lifespan Education Sara Sautter

"Throw Me Something, Mister!"

Mardi Gras, with its parades and crowds and costumes, is a time to see and be seen. Underneath the revelry there is a longing for human connection. How do people find connection in a crowd? Rev. Julia and Sara Sautter both lived in New Orleans and are looking forward to sharing the spirit of Mardi Gras with you. Join us for a fun, music-filled service for all ages.

Chancel Choir will sing.

Sunday, March 10

"Giving It Up"

In the Christian tradition, the season of Lent follows Mardi Gras. Lent: the 40-day journey of giving things up, wandering in the wilderness, engaging in self-reflection and contemplation. What can we learn from the Lenten season?

Sunday, March 17

Rev. Julia Hamilton

"Every Map Begins with a Journey"

A good map can illuminate our world, and a bad map can destroy it. What do maps tell us about where we are, where we have been, and perhaps most importantly, where we are going? What would a map of your life look like?

Chancel Choir will sing.

Sunday, March 24

Worship Associate Angela Karmis

"Farther Together"

Our life's journey is our own, but none can exist in isolation. The paths we travel are often rocky and sometimes we come to realize we need a steadying hand. Moreover, it is of vital importance for each of us to reach out when we see our neighbors begin to falter, lest we run the risk that we all fall down together.

Women's Chorale will sing.

Sunday, March 31

Guest Speaker Ed Bastian

President of the Interfaith Initiative of Santa Barbara, Dr. Ed Bastian holds a Ph.D. in Buddhist Studies and lived for years in Tibetan Buddhist monasteries in India. He is a former program director and teacher of Buddhism and world religions for the Smithsonian Institution, a Fulbright Fellow, an internet entrepreneur, and the founder of the Spiritual Paths Foundation. He is currently an adjunct professor at Antioch University.



A Message from Rev. Julia

Hello Friends and Members of USSB,

Starting in May, I will be taking three months of sabbatical leave—my first sabbatical here at USSB. I will be away from the Unitarian Society for May, June, and July, and will return in August in time to plan for the fall.

Ministry is marvelous and fulfilling work, but it is also very demanding and the potential for burnout is high. To be sustainable, it is necessary to step away from time to time, to recharge and renew, to cultivate the emotional and intellectual growth that the work demands. Sabbatical time accrues at a rate of one month per year of ministry with a congregation, up to six months. Most ministers take a sabbatical every four to six years.

This is my eighth year of ministry here at USSB—four years as Associate and four years as Lead. I am ready for a chance to rest and reflect on the journey we have taken together this far. In so many ways I feel like our ministry together is just getting started! But I need this time away to recharge my mind and spirit so that I can sustain a creative and thoughtful ministry with you.

What will I be doing during this time? Three months is a short sabbatical (they are often four-to-six months), so I am keeping my plans modest. I will be spending time with my family, who have made so many allowances for my work over the past eight years. I will be reading a lot, and thinking constructively and creatively about the next phase of my ministry here at USSB. And although I will not be in

the pulpit or in the office, you will all still be in my heart during this time.

While I'm away, the responsibilities of ministry will be shared among staff, volunteers, and guest worship leaders. Our student minister, Nic Filzen, will be spending a few more Sundays in the pulpit, giving him the chance to grow as a preacher and worship leader. You have a very capable staff here at USSB as well as dedicated and talented lay leadership, and I know the congregation is in good hands. We will clearly articulate how decisions will be made and by whom, so that everyone can work together smoothly while I'm away.

A minister's sabbatical can be a time of growth and reflection for the congregation as well. When I return, I want to hear from you about your hopes and dreams for this congregation, and what "holy trouble" we might get into together in the coming years.

As I often say at the end of services, this is a beautiful and heart-breaking world. It requires the best of us to build the beloved community we long for. A sabbatical will help me bring the best of myself to this work, and I am grateful for the time.



WITH LOVE AND GRATITUDE,
REV. JULIA

STILL ACCEPTING DONATIONS! A NEW Family Program for NEW Babies!

Our new program to welcome USSB babies to the world kicks off this month as we celebrate this cutie (*right*) born to Reanna and Nate Rich in February. Help us shower him with books!



Join other USSB members as we shower all our new babies with books. This is a great way to show our families and their newborns a little love.

You can go online, head over to Chaucer's, or donate your own copy of a book you and your children loved to read together and are ready to let go of. Just add your name and a note in the front of the book and drop it in Sara Sautter's box on any Sunday!

Children's Choir Begins in March

Hey kids! We sure had fun with our Holiday program, so this spring we're going to experiment with a Children's Choir. And YOU are going to want to be there! The choir will perform at several worship services.

Do you like to sing? Do you want to learn percussion? Write songs?

All kids from kindergarten through sixth grade are invited to participate. Join us to learn more on Sunday, March 10 from 10:30 to 11:00 AM in Jefferson Hall. Bring your parents.

Hope to see you all there!

KEN RYALS
CHOIR DIRECTOR

From Pencil to Tears: Making Everyday Heart Connections

It started with the humble need for a good pencil. In the USSB workroom, I dug through a drawer of markers, pens, and pencils until I found a slender, worn, white rod of wood. I held the pencil up and twirled it in my hand. It felt old and important and made by a high-quality pencil company for an important purpose. I sharpened the tip into a crisp point, added a new eraser, and walked back to my desk, feeling delighted by my vintage writing implement.

“Sometimes it is the smallest thing that helps restore your faith that there is good in the world.”

Back at my desk, I proudly cast graphite to paper and noticed a gold logo printed in elegant cursive on the pencil: Hemphill Wells. A few Google searches later revealed that I was holding a pencil from an elegant department store in Lubbock, Texas. The catch? The department store was long-closed. So, I was holding a relic from the recent past and I wanted to know more. I found a great website called The Department Store Museum, dedicated to closed department stores, and read many accounts of this fantastic emporium by people who’d worked, shopped, and enjoyed the store throughout their lives.

One post in particular stood out. A woman named Vicki sought photographs of the Christmas window displays at Hemphill Wells. She’d loved them as a child and hoped to see them once again. I wrote her an e-mail, from my USSB work e-mail and, on a whim, offered to send her the pencil, even though it wasn’t the ephemera she

sought. I thought she might appreciate the special writing object. I wrote, “I know it’s not a Christmas window, but I read your post on the website about the closed Hemphill Wells store and thought you might like this fine little vintage pencil. I’d be happy to mail it your way, if you want, for free. You should have it, if you want it.”

I wasn’t sure I’d hear back. I thought maybe she’d ignore the message completely or think it was some sort of weird scam. Instead, her response surprised me completely. She wrote,

“You are so sweet. I wrote that [blog post about Hemphill Wells] some time ago and your response is the only one I have ever gotten. It means a lot to me that you took the time to write. Sometimes it is the smallest thing that helps restore your faith that there is good in the world. Your kindness brought me to tears. Thank you for that!”

“I have spent years looking for photographs of the Christmas windows. None to be found. That surprises me greatly because they were magnificent, and oh so grand . . . even beyond the imagination of a 9-year-old little girl. I am actually letting go of a lot of things . . . becoming more of a minimalist, so another thing, even a small pencil, would impede my goal. But I deeply, profoundly thank you. But I will tell you something special . . . something you won’t really understand . . . I will never forget your email or your kindness. It has come at the right time, as all things do. If ever in Texas, or I can assist you in any way, please don’t stop yourself from calling me.”

By the time I finished Vicki’s e-mail, I was in tears, too. I still have the pencil that I found and it’s a like a touchstone, a reminder, that our smallest actions translate into beauty. As your Director of Congregational Life, I am constantly working to foster connections and build community and the work is sometimes frustrating and intangible and hard. Then, a pencil can bridge a divide and touch a heart. This month, I invite you to give away something that you’ve found to a stranger or a friend or a parent or child, with the sole intention to offer kindness out into the world. Share your adventures with me at maureen@ussb.org and stop by if you want to see the Hemphill Wells pencil, too.

MAUREEN FOLEY CLAFFEY
DIR. OF CONGREGATIONAL LIFE



Maureen holds the Hemphill-Wells pencil she found in the workroom.

Hemphill-Wells

Library Corner

Your library committee has noticed many new faces during middle hour in Parish Hall, and new members have perused the library. We welcome all of you and would like to introduce ourselves. We are Lynn Dow, Janet Brinckmann, Tom Moore, and Ellie Tuazon.

The library was started by several ladies over 40 years ago and is still operating under the same system.

Now we are searching for a new leader to bring the library into the twenty-first century. We need someone who can help put our books and movies on our website, keep it current, and develop a more efficient operating system.

The library is open every first and third Sunday of the month, and it takes less than three hours from setup to completion for one person. The new leader will be working under the direction of Maureen Claffey, our Director of Congregational Life, with input from the Director of Religious Education.

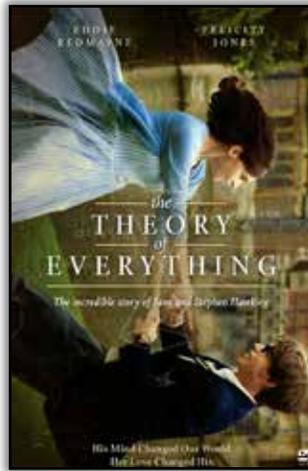
Lynn, Janet, Tom, and I will do all we can to assist with the transition. So, please, if this appeals to you, talk to Maureen and Ellie. ¶ Here are our reviews:

The Movie—The Theory of Everything

This film is based on the memoir *Traveling to Infinity: My Life with Stephen*, by Jane Hawking. It stars Eddie Redmayne as Stephen Hawking and Felicity Jones as his wife, Jane.

Stephen, a student of astrophysics at Cambridge University, met Jane, a student of languages at the University of London's Westfield College, through mutual college friends at a party in 1962. They began a romantic relationship, and although he was diagnosed with a motor neuron disease in 1963, Jane vowed to stay with him, and they married.

The film takes you through the harrowing stages of Stephen's disease, even as his bril-



liant mind continues to focus on his work, the theory that a black hole created the universe in a Big Bang, and that it will end in a Big Crunch.

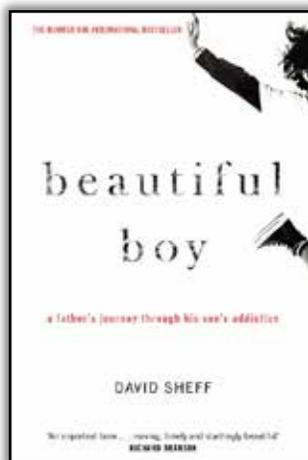
As his physical condition deteriorates, Jane is determined to help him in every way she can. They have three children, but finally their marriage unravels, and both move on to new relationships.

Eddie Redmayne's performance is extraordinary and he won the Academy Award for Best Actor in 2014. The rest of the cast is superb. The end of the film is so full of hope that you will feel your heart overflowing.

The Book—Beautiful Boy: A Father's Journey through His Son's Addiction A memoir by David Sheff

After reading this devastating book I went online and watched an interview of both father and son on the Today Show in November 2018. Somehow I just had to know if Nic was still alive after everything he went through since he started drinking alcohol in sixth grade. Also, I needed to know if his father, the author, was okay.

Beautiful Boy is about one young person's struggle with addiction, primarily methamphetamine, and the searing effect this has on the addict, his family, and his friends. Nic received much help, was in and out of rehabilitation centers many times, while his father was riddled with guilt and anxiety. David



Sheff was never able to reconcile himself with the first of the three Cs of addiction: "You did not cause it, you can't control it, and you can't cure it."

Along the way getting help for his son, Sheff learns a great deal about treatment centers and the many different treatment methods. Ultimately, it is up to the addict to do the work, and to heal the hole in his soul.

This book was published in 2008, and was recently made into a movie. Nic Sheff has written two books, *Tweak* and *We All Fall Down*. Father and son collaborated on the book *High*.

REVIEWS BY ELLIE TUAZON

Fashion Fling—A Chance to Spark Joy!

SATURDAY, MARCH 23, FROM 5:00 PM TO 7:00ISH; SUNDAY MARCH 24, FROM 10:00 AM TO 1:00 PM

Women in our congregation are invited to go through their closets and see which clothes “Spark Joy” (#Marie Kondo). All items which don’t pass the Joy test can be brought (on hangers) to the Fashion Fling where we’ll see if they spark joy in someone else. They’ll be sold at the Fling for thrift store prices and proceeds will go to USSB. All items of women’s clothing, including shoes, scarves, purses, and jewelry, are welcome.

Saturday night is the Girlfriend Party Night with wine and goodies and fun music while we go through

the piles, try on new-to-us outfits, and help each other find new looks. On Sunday we open the sale to women from nearby congregations.

If you want to get in on finding the best things, contact Sally Hamilton at sallyshamilton@gmail.com to help with setup on Saturday. Donations of refreshments are welcome!



Women's Empowerment Fund



Hold Your Breath!

**What will happen with the WEF 2019 grant?
Who will receive it this year?**

- **March 3** is the deadline for application submissions.
- **March 10** the Selection Committee will meet to review all applications. The committee will then decide to whom the grant will be awarded.
- **March 17** the 2019 grant honoree will be announced.

Stay tuned as the process unfolds. We wait with bated breath to find out in what new and creative ways the WEF Grant will serve women and girls in 2019.

Newsflash! The Women's Empowerment Fund is thrilled to announce that we have received another gift to increase the amount of the 2019 grant award. We offer our deep gratitude to Bonnie Jensen for her generous donation to WEF. It will be greatly appreciated by the grantee for this year.

March Outreach Offering: Hunt for Justice

Learning to "put legs on our faith" through giving is one of the earliest religious values we teach our children. Caring and sharing behaviors can be taught and modeled at all ages and are at the roots of teaching empathy.

And the best place for children to learn about giving?



Home. Once again we are making our traditional Easter egg hunt, the Hunt for Justice, a family project. And our Outreach Offering for March will fund the charities chosen by our children

Most of our children know very little about local charities and what they do. Parents, have you had difficult conversations about what happens after a natural disaster? Perhaps your child would like to give

funds to help with medical relief. Does she have a classmate that is seriously ill? Perhaps a medical charity would be a great way to teach giving. Or maybe he knows a child who lives in foster care and has benefited from court-appointed special advocates.

Please review the organizations below. Then discuss with your child where they would like to donate the money collected by our congregation during the month of March.

Here are our suggestions. We are also open to suggestions made by you and your child. Suggestions are due to Sara (sara@ussb.org) no later than April 14.

- **Direct Relief**, which provides medicine and healthcare after disasters
- **Teddy Bear Cancer Foundation**, a children's cancer charity
- **CASA of Santa Barbara**, court-appointed special advocates for children

Thank you for helping us teach giving as a reflection of our religious values and beliefs.

How Do You Partner With Local Grassroots Organizations? Social Justice Field Trip at the PSW District Assembly

For years, the Unitarian Universalist Church of Long Beach has partnered with the East Yards Communities for Environmental Justice as it gives a voice to the communities surrounding the Port of Long Beach that suffer the impacts of harbor and port pollution.

How does UU Long Beach do it? And how can our UU congregation better partner with grassroots organizations in our community to advance your UU values?

The UU College of Social Justice will lead a field trip during the Pacific Southwest District Assembly and present a program entitled "How Your Congregation Can Partner with Local Grassroots Organizations."

District Assembly will take place April 26-28 at the UU Church of Long Beach.

As we work to end oppression in the world, the last thing we want to do is re-create it—that's why eye-to-eye partnerships are so important. We want to make sure that we come into partnership treating everyone with the dignity and respect that we all deserve.

This workshop will offer concrete acts of solidarity, while honoring the vision, expertise and self-determination of people on the ground.

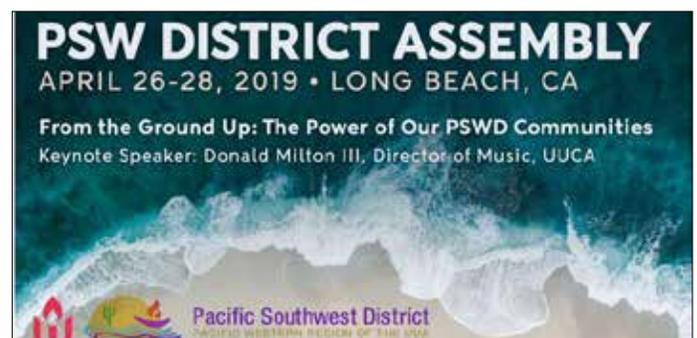
Those who participate in the field trip will spend part of the afternoon helping the East Yard Communities conduct its annual Toxic Tour of its community, raising conscious-

ness of the impact that harbor traffic—ships, trucks and trains—has on the neighborhoods of Long Beach and East and Southeast Los Angeles.

They will also learn some of the ups and downs of the UU Church of Long Beach's partnership with the East Yards Communities and offer you some insight into how to effectively partner with grassroots organizations in your church's community.

"This would be the right starting point for any congregation that wants to see its social justice values demonstrated in their community," said Heather Vickery, a senior associate with the UU College of Social Justice.

Register now for the 2019 Pacific Southwest District Assembly, April 26-28, at the UU Church of Long Beach by calling (206) 384-9718 or visiting pswduua.org/events/district-assembly/. Save by registering before March 31.



Ongoing Events at USSB

Alliance

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

Honor Women's History Month with **Ellen Broidy, Ph.D.**

Ellen has spent a career in examining, archiving, researching, teaching, and “wom-aning” the barricades. Following Ellen sharing her stories we will converse over tea. Bring goodies to share, your friends, and settle in for a delightful afternoon.



FRIDAY, APRIL 5 AT 2:00 PM IN PARISH HALL

Join your friends in experiencing the Alternatives to Violence Project. **Pat Hardy**, President of AVP California, will lead us in a workshop demonstrating how AVP volunteers help inmates and community members resolve differences peacefully. AVP's mission is to reduce violence by learning about relationships, communication, and conflict resolution with its workshops in prisons, jails, and the community. Please bring a snack to share for the tea following the presentation. Invite anyone you would like to partake in what will be an inspiring afternoon.

Vegan Potluck

SUNDAY, MARCH 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. 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

WEDS., MARCH 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 partner with **Radhule Wieniger** and **Michael Kearney** of Mindful Heart Programs, who have been running the Project since 2016.

Quantum Field Theory & Consciousness

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

Contact **Al Melkonian** for more information.

Women's Discussion Group

MONDAY, MARCH 25 AT 1:30 PM IN LA PAZ LOUNGE.

Contact **Karolyn Renard** 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.

Living Coherently Through Heart Rate Coherence Affinity Group

SATURDAY, MARCH 23 AND MARCH 30 AT 7:00 PM IN BLAKE LOUNGE

Want to look at a way of reducing stress and experiencing less anxiety? Some of us have found that we can become more peaceful, forgiving, and feel less anxiety when we do things that increase our Heart Rate Coherence, i.e. make our heart rate change in a wavelike fashion. The group meets in the Blake Lounge at 7:00 PM on Saturdays to learn, share, and support each other in getting more peaceful. For more medical background, go to 365.livingcoherently.com and click on the Play button in the top right corner of the screen. You can read testimonials at testimonials.livingcoherently.com. Come join us! For more information contact **John Mudie Ph.D.** at (805) 308-1411.

The Unitarian Society of Santa Barbara

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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 April issue: *Monday, March 18*

Email: Kaleidoscope@ussb.org