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

This month's worship theme is Wisdom.

Sunday, March 1
Rev. Julia Hamilton
“Sugar on Snow”
In Hartland, Vermont, the First Universalist Church has a unique annual celebration: “Sugar on Snow” Sunday, where maple syrup is poured over the freshly fallen snow for a sweet treat. While we here in Santa Barbara may not have much snow, the idea of finding something sweet in the midst of a long winter can still resonate. What does our Universalist heritage have to teach us about Love in a cold world?

Chancel Choir will sing.

Sunday, March 8
Choral Director Ken Ryals
“Wisdom & Music”
It is so easy to compartmentalize music today. Our music is often perceived as performance but church music is different. All good things need to be acknowledged but sometimes I want the congregation to bask in the feeling that makes us want to applaud. Wisdom and music are not as easy as listening to the words. Sometimes we have to listen deeper.

Chancel Choir and Treble Choir will sing.

Sunday, March 15
Rev. Julia Hamilton
“Questionable Wisdom”
“Just when you seem to yourself nothing but a flimsy web of questions, you are given the questions of others to hold in the emptiness of your hands”
—Denise Levertov

Chancel Choir will sing.

Sunday, March 22
Worship Host Ken Ralph
“The Cathedral, the Castle & the Cottage”
The wisdom in mythology is intimately bound to culture, time, and place. Metaphors and stories keep these myths alive. They also suggest the actuality that hides behind the visible aspect. As Joseph Campbell explains, “The metaphor is the mask of God through which eternity is to be experienced.” Join us as we explore the wisdom that resides in our mythologies.

Special guest speaker: Dr. Jonathan Young.

Treble Choir will sing.

Sunday, March 29
Minister Emeritus Rev. Ken Collier
“The Sounds of Silence”
Silence comes in many flavors, some are healing and some are destructive. How do we break through the destructive ones? Well, one suggestion is that we sing at them!
The Board Corner
Ahoy! The Survey Ship Will Soon Be Here

The Survey Ship is on its way to us and will dock in our harbor from March 1 to March 22. Come aboard and partake of an opportunity to provide input to the governance of our beloved community.

The power of an annual survey is to reveal any shifts in opinion over time about how this community is perceived by its members. We had 209 respondents last year which gave us a valuable baseline of information. We would love to see the number of respondents increase this year to improve the quality of those shifts.

The survey questions remain the same with one exception. There is one change to the wording of our End number six (see below for an explanation from the board president, Keith Strohmaier).

To prepare yourself for the survey, please reflect on your experience at the Society in the context of our Ends. 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!

Look for more details, and a link to the survey, in the coming weeks.

Board of Trustees Revises Wording of End #6

At the January board meeting, the board of trustees voted to revise the wording of End number six as follows:

From: Welcome and connect with people across differences of ethnicity, class, sexual identity, religion, politics, and education.

To: Welcome and connect with people across differences of identity and lived experience.

The board’s preparation of the congregational Ends survey led to this change. There was consensus that the long list of differences was not complete and diminished the power of the statement.

Everyone has their own identity and lived experience. As a congregation, we aspire to welcome people no matter their identity or lived experience may be.

If you have any questions, you can ask me or any other board member.

In Service,
Keith Strohmaier, USSB Board President, for the board of trustees
Bjorn Birnir, Mike Gorodezky, Jack Rief, Treasurer, Mike Ristow, Chris Shorb, Vice President
Cheryl Snell, Kir Zecher, Onolee Zwicke, Secretary
Focus On
Generosity & Gratitude Steering Committee
(Formerly Stewardship Committee)

We have so much to be grateful for at USSB. Our staff and members bring a marvelous array of gifts through worship, programs, and outreach opportunities. What do you care most about at USSB? What touches your heart and inspires your life? Is it the thoughtful and challenging sermons? The beautiful music? The religious exploration programs for children, youth, and adults? Are you active in one of our connection circles or perhaps a social justice program? Does USSB provide a spiritual home for you and your loved ones?

The Generosity & Gratitude Steering Committee consists of congregational lay leadership dedicated to maintaining a strong financial income base for the congregation’s operating budget and supporting all the wonderful ways our congregation shows up.

The Generosity & Gratitude Steering Committee oversees and executes the year-round pledge program, our annual auction, year-end gifts, personal blessings, and planned giving – the foundation of income that keeps our work humming. The committee also inspires new ways to express gratitude for the work we all do and incorporate generosity of spirit and gratitude into congregational life.

We are in current need of additional lay leadership to help support this important work. There are roles for every type of contributor – from the outgoing emcee to the introverted spreadsheet master, there is an opportunity for anyone who wishes to contribute in Generosity & Gratitude. Let Erin Wilson, our Director of Administration, know if you would like to be involved! Email erin@ussb.org.
Board Reflection
Wisdom

From early on, I’ve been interested in what a well-lived life entails. As a member of USSB, I’ve been especially grateful for the wisdom on this subject that is shared by our ministers and worship committee through our beautiful multi-layered services that artfully weave extraordinary sermons, readings, meditations, reflections, music, poetry, interactive elements, stories, and more to penetrate deeply into the nature of our being and our place in the universe.

I love the way this shared wisdom is mirrored in the freshness and joy our children bring us through their presence and participation, and the way their innate wisdom is brought out and nurtured here. I love the sound of the bowl gong calling us back to our true home and inner wisdom. I love the new, and I venture indelible memory of the giant white balloon representing our collective resilience tossed high in the air from congregant to congregant during Sunday service.

This month, I am particularly grateful for Rev. Julia’s sermon, “Upkeep.” One wishes that everybody could hear this highly creative and evocative sermon for so many reasons, including its wise pointers on how we can strengthen our democracy. (If you weren’t present to hear it, I encourage you to listen to a recording via the USSB website.) The sermon suggests that the opposite of wisdom is taking things for granted, and quotes celebrated architect Jacques Herzog, who said that “eternity depends on willingness to take care of something.” Herzog goes on to say that this requires energy (Rev Julia notes: a little work) and willingness to stay in relationship.

For me, the sermon had a special call since I’ve often acted from an “urgent” mode and found it difficult to do the care-tending of day-to-day life. My gratitude also for Rev. Julia’s previous talks on habits and training that seem necessary components of upkeep. I remember in particular her true story of the Thai Scout-master who as a former Buddhist monk was steeped in meditation. His thorough, embodied training was responsible for the calm atmosphere and ultimate rescue when he and his troop were trapped in a flooded cave. In large part as a result of these sermons, I’ve begun practicing embedding care-taking into my own daily routines.

Until recently, I hadn’t realized that one of my favorite words, cherish, includes care-taking as part of its meaning. May we at USSB cherish all the wisdom that is available to us here at the Society and through our UU faith. May we take loving care of our lives and all life so that a beautiful continuation will be possible.

Cheryl Snell
USSB Board Member

Save the Date!
“Sexual Assault as a Social Problem” Sunday, April 5

Sunday, April 5 from 3:00 to 5:00 pm in Jefferson Hall the Women’s Empowerment Speaker Series presents Elsa Granados, Executive Director, Stand Together to End Sexual Assault (formerly the Rape Crisis Center). Her talk, "Sexual Assault as a Social Problem," will address the way that the socialization of men teaches them to think about women, and the way the socialization of women teaches them to think about themselves.

Free admission. Donations appreciated at the door. Everyone is welcome, including men and women. Q & A discussion following the talk.

Elsa Granados, executive director of STESA (Stand Together to End Sexual Assault) will speak at USSB in April.
All in the Family
Geraldine Atkinson
(June 19, 1926–February 15, 2020)

Mary Grimm sends in this remembrance:

“I have known Gerry for probably 35 years or so, and for years we always sat together on the left side (for us) of the sanctuary at the early service, and were in the choir together for years, too (she sang tenor). We were in a yoga class together in the 90s. For years she would come to swimming classes at our fitness center pool at Vista del Monte. She always wore her long purple bathrobe coming and going. Until as recently as four years ago I was still able to get myself up and ready and pick her up in time for us to make the first service, but that got harder for both of us and in later years she relied on her caregiver to get her there. She had a good, long life, and will be missed by many. She came to USSB when Berkeley Blake (of Blake Lounge fame) was still the minister, and she knew him. Even though she did not sign the membership book at that time, she really was one of our longest living members in many ways. This is one of those times when we used to count on having Mahlon there to play the organ for the memorial service, as they were good friends. It is still hard to realize that this is no longer an option!”

Virginia Barrett
(March 9, 1923–February 19, 2020)

Virginia Barrett passed away on February 19 at the age of ninety-six. She had been a member of USSB since 1960 and spent the last years of her life at Valle Verde with her husband, Paul, who passed last July. A celebration of Virginia’s life will take place on Wednesday, March 11 at 10:30 am at Valle Verde, and all are welcome.

Donnie Nair has moved to Paso Robles and she would love to hear from USSB members. “I’m in a sea of MAGA hats,” she says, but she has been fortunate to find a small number of people in her assisted living community who share her beliefs. Please write or call Donnie at:
1313 Creston Rd. Apt. 206
Paso Robles, CA 93446
Home (805) 296-3200
Cell (805) 455-9328
mizdoni@gmail.com

March Personal Blessings

In memory of:
Marianne Nelson, for her many years of leadership in the Alliance.
—a gift from The Alliance

In celebration of:
The birthdays of Onolee Zwicke and Maurice Wada
and our thirty-plus years of friendship.
—donated by Barbra Ortiz

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.
Members and visitors alike often ask us if we take book donations. And sometimes we do. Our space is limited and the committee looks at recommendations online, especially Goodreads, the New York Times, and NPR. If you have boxes of old books, we suggest that you take them to the Planned Parenthood annual book sale.

In the event that you are in a study or discussion group about world religions, we want to point out that we have very good selections on that topic, as well as on mythology and meditation.

Happy Reading!

ELLIE TUAZON, LIBRARY COMMITTEE CHAIR

**The Warmth of Other Suns**
by Isabel Wilkerson

The title alone made me want to read this book. It contains the actual accounts of unique individuals which describe the sweep of twentieth-century migration of Blacks out of the Jim Crow south into the autonomous industrial cities of the north. Whether your interest is demographic history, cities, migration or race (or an appropriate read for Black History Month), here personal stories add up to epic history. As is true of migrants today, those who actually made the journey were on average more motivated, intelligent, and law-abiding than the populations into which they sought to make their place in the American Dream. But the strong community ties of church and family that they brought with them would be threatened and undermined in the crowded impersonal cities by the more insidious forces of discrimination, exclusion, and autonomy.

I grew up in 1950s Montana. My only experience with Black persons was the porters on the train, and I remembered their kindness and their pink palms. Segregation was in the news in those days, and we were taught that prejudice was unfair and wrong. Eeny, meeny, miney, mo echoed on the playground, but innocently, or so I thought until I found myself a solitary student in Berkeley reading James Baldwin, learning not only the scope of the immense and on-going social and economic injustice against black Americans, but also of the embarrassing twist of white liberal guilt. I would later have a Black friend who would take me to visit his mother and his church in the black neighborhoods of Oakland. Only now, reading Other Suns, am I aware of the vast demographic phenomena I was witnessing! The questions I might have asked! The stories I might have heard!

Reviewed by Tom Moore

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 a great 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. Our Outreach Offering for March will fund the charities chosen by our children.

Many children have little opportunity to learn about the work of local charities. Linking giving to interests or experiences they have had is a wonderful way to teach. A child who enjoys animals might want to support the Humane Society. Has your child had a classmate who is seriously ill? It might be helpful to learn about the work of medical charities. Or maybe your child has a classmate who lives in foster care who has benefited from a court-appointed special advocate.

Please have a conversation with your children about where they would like to donate the money collected by our congregation during the month of March. We suggest organizations below, but we will also include recommendations made by you and your children:

- Teddy Bear Cancer Foundation, children’s cancer charity
- CASA of Santa Barbara, court-appointed special advocates for children
- Freedom Warming Centers, this USSB sister group shelters people without homes on cold or rainy nights
- The Santa Barbara Humane Society, provides a safe haven for homeless dogs and cats until they are able to find forever homes for them

Please submit your family’s “vote” to Kathleen Hogue by March 29, kathleen@ussb.org. Thank you for helping us teach giving as a reflection of our Unitarian Universalist values.
Ever notice how Lego blocks fit perfectly no matter their color or size? According to howstuffworks.com, this is because Lego’s stud-and-tube coupling system uses an interference fit—a firm, friction-based connection between two parts without the use of an additional fastener. The point is, there is a system for making connections. This is true for us as humans as well.

Do you have connections in your life? If so, where are they the strongest? What are some of the things that you need to do to form connections? If you have children, what do you do to help them form connections?

“In order to be connected we need to first love ourselves, and loving connections are something that we nurture and grow. Connections are cultivated between two people when it exists within each one of them.”

—Brené Brown

So, not only do we need to accept our full selves for who we are and learn to love our whole being, we also need to share that whole being with the world.

I grew up with so much trauma and heartache surrounded by people that I have for a very long time been ashamed of. I have always said, “I like who I am, so I would not change my experiences growing up because they made me who I am today.” While that is true, I still did not share much of where I came from out of fear that others who I was trying to form connections with would look at me differently and think I did not belong in their circles. But I have learned that the strongest and most lasting connections I have ever formed are a result of not hiding my roots. Brené Brown says, “We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection.”

My family moved around a lot in Tennessee when I was growing up. We changed neighbors, schools, and churches many times. One of the places I felt connected, at any of the schools I attended, was in the choir.

It seemed as if it did not matter where I came from, as long as I was willing to jump in and sing. I was accepted. In “How Music Bonds Us Together” in Greater Good magazine, Jill Suttie writes, “Singing together has been shown in several studies to directly impact neurochemicals in the brain, many of which play a role in closeness and connection. Now new research suggests that playing music or singing together may be particularly potent in bringing about social closeness through the release of endorphins.”

So my advice to you, if you have young children, is to teach them to love who they are as persons with inherent worth and dignity. One good way to do this is to sign them up for age-appropriate Our Whole Lives (OWL) classes. Teach them to be honest and open with others and act as role models by being open and honest ourselves. Also, give them as many opportunities as you can to be with friends and meet new people. How about getting together to play with Legos? Of course, bring them to church services and activities so they can form strong connections with others who share healthy moral values. Finally, encourage them to sing and listen to music. We have our Kid’s Making Music class every month and will have even more opportunities for the children to rehearse with our wonderful music director, Ken Ryals, over the next several weeks to prepare for the Religious Education service on June 7.

I want to hear from you! Forming connections at USSB is a task I take very seriously. So I want to know:
1. Do you feel seen?
2. Do you feel heard?
3. Do you feel valued?
4. Can you give and receive without judgment?
5. Do you derive sustenance and strength from relationships at USSB?

Drop me a line, give me a call, or just stop in to talk!

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

**Alliance**
**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 time-out. 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, MARCH 8 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, MARCH 11 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, MARCH 16 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. Discussion will focus on, "If a tree falls and no one is around to hear it, does it make a sound?" and a summary of quantum spirituality.

**Yoga Classes with Monica**
**MONDAYS FROM 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.
There is Talent, with a capital “t,” and talent, with a little “t.” Big-T Talent is the stuff of awards, sold-out audiences and bankrolls. Little-t talent is reserved for a different fate: living rooms, late-night parties and long car rides. Little-t talent is the focus of my current thinking, as we plan for our First Annual Family Variety Show and Congregational Chili Cook-Off this spring.

Notice the very word “talent,” with either a small or large “t,” is absent from our Variety Show gathering. Why? Not because we don’t believe that that families and individuals who show up lack a genuine skill, but that’s not the point. The point is having an entertaining gathering that delights and brings us closer together as a congregation through a shared evening of laughter, amazement, and absurdity.

Ready to dust off your bag of tricks? Here are some possible acts: poetry reading, dance, lip synching, storytelling, singing, magic, and more! There will be a strict time-cap on the acts, and Ken Ralph has offered to be our emcee. Rather than a talent show, this will be more of a family showcase, a chance to learn a skit with your kids or finally play the guitar solo you’ve been practicing in your garage. (We hear Ken Ryals is working on something, and hopefully some other USSB staff will make guest appearances, too!)

And if being on stage is really not your thing, there’s always the Great Congregational Chili Cook-Off! Vegan, veggie, full-meat, Cuban-style, Cincinnati-style, and more! Everyone’s got a chili recipe and we’re ready to show them off (or bring a side: grated cheese, chopped onions, green salad, cornbread, biscuits, bread, cookies!). Will there be judging and awards? Probably not. But there will definitely be lots of food and some silliness to watch.

Keep an eye out for a Variety Show signup sheet in March, with the event date TBA in April. More details soon! To guarantee a signup, email maureen@ussb.org.

Solo Connection Group is Moving Forward

This group exists to serve members in the congregation who are currently without partners, living on their own, or who don't have family members close by. The group as a whole has met twice to date and another meeting is planned for April. Stay tuned for date and time!

We are rich with ideas for small groups that can meet on their own to share interests and activities. Have a look at our initial list of options. When you find some that interest you, please reply on Realm or email rbaarons@yahoo.com or sbkeiths@gmail.com to be directed to the contact person for the group. We encourage you to reach out and get connected!

1. Movie group
2. Performing arts (theater and concerts)
3. Support group for life issues
4. Games
5. Cooking together
6. Walking and hiking
7. Buddy system
8. Food sharing
9. In-depth film discussions
10. Birthday greetings
11. Day trips in our area
12. Discussion group on various topics [starting topic is attitudes of health professionals]
13. Computer help [need a computer person to help the rest]
14. Garden visits
15. Birdwatching
16. Sharing plants [flowers and edibles]

You are welcome to get involved in Solo Connection and you need never be bored again.

Maureen Claffey,
Director of Congregational Life
maureen@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
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, March 16
Email: Kaleidoscope@ussb.org