



Living with Integrity, Nurturing Wonder, Inspiring Action

Kaleidoscope

May 2018

The Monthly Newsletter of the Unitarian Society of Santa Barbara

www.ussb.org

SUNDAYS IN MAY

This month's worship theme is "HEALING"

Services are at 9:15 and 11:15 AM

When you don't give people the chance to say
"I hurt," they end up saying "I hate."

~ Rev. Don Wheat

Sunday, May 6

Rev. Julia Hamilton, with special guest Jim Scott

"Plant More Than You Harvest"

In this season of springtime and renewal, let us refresh our spirits for the work we have before us. Our charge is nothing less than the job of healing, for the earth and for ourselves.

Composer, guitarist, and singer Jim Scott is our guest this morning. His songs are in our UU hymnbooks, including "Gather the Spirit," and he's toured the country for nearly three decades playing at over 600 UU churches. As co-chair of the UU Ministry for the Earth, Jim helped create the Green Sanctuary program and assemble the "Earth and Spirit Songbook."

All choirs will sing.

Sunday, May 20

Rev. Julia Hamilton

"The Other Side of Broken"

What is the difference between "healing" and "curing"? Join us as we learn to live in the tides of love and loss and renewal. With special music from the Santa Barbara Threshold Choir.

Congregational Town Hall Meeting during Middle Hour.

Sunday, May 13

Rev. Julia Hamilton

"Proclaiming Peace"

What does Mother's Day have to do with the peace movement? How do we heal from the wounds of war? Join us (and a special surprise guest!) for this rousing service as we cry out for peace in the midst of a world at war.

Join us from 10:15 to 11:15 AM for a "Brunch Break" during Middle Hour.

Women's Chorale will sing.

Sunday, May 27

Rev. Caitlin Cotter Coillberg

"Welcoming Transience"

In 1841, Rev. Theodore Parker preached about "the permanent and the transient," holding up and celebrating the things he viewed as permanent—ideas and values that ring throughout the ages. On this Sunday, Caitlin begins to say goodbye to us with a service exploring the theme of transience and impermanence—what we can find to celebrate in the connections that don't last forever.

Announcing the 2018 WEF Grant Winner

The Women's Empowerment Fund selection committee chose **Catherine Callahan's** project *Better Health Care for Women* as the 2018 grant recipient. This health-care manual will help women successfully access a range of medical services including routine appointments, surgeries, and emergency visits. It details information that female patients should be ready to provide to their doctors, as well as provide strategies for being seen and heard as unique persons by busy medical practitioners. The underlying goal



Catherine Callahan

is to make women active and informed partners in their own health care. It will cover topics such as: "What to Say and What Not to Say," your one-page medical history, a format for creating a post-surgery recovery support plan, and a wealth of other information garnered in Catherine's long experience of the medical world. This project aligns well with Unitarian principles and the congregation's commitment to fairness for all. The selection committee was impressed by the quality of submissions this year and with the generosity of spirit that underlies all the projects designed to help and empower women. We are grateful to all the members of the congregation who submitted such heartfelt and inspiring projects.

RACHEL AARONS, CHAIR
WOMEN'S EMPOWERMENT FUND

An AED, or Automatic External Defibrillator, is a medical device that analyzes the heart's rhythm. If necessary, it delivers an electrical shock, known as defibrillation, which helps the heart re-establish an effective rhythm.



What is the USSB Alliance?

Have you noticed the AED defibrillator in the hallway between the Sanctuary and Parish Hall? Did you know it was purchased for USSB by the Alliance?

The Alliance got its start in 1888, when the population of Santa Barbara was less than six thousand, the streets were mostly unpaved, and the railroad had just arrived the year before. The Unitarian Society had been incorporated three years earlier and had not yet built its first home. That was the year the Women's Alliance was created to benefit the Unitarian Society and the larger community. Since that time 130 years ago, the Alliance has continued to build community, to educate, and to donate to the Unitarian Society and beyond.

Once a month, on the first Friday of the month at 2:00 PM, the Alliance offers a speaker on a topic of interest, followed by coffee, tea, and refreshments. Speakers this year have included **Sharon Rippner**, climate activist with Citizens Climate Lobby; **Marty Blum**, USSB member and former mayor of Santa Barbara; **Dr. Ken Kozik**, UCSB researcher in Alzheimer's disease; member **Ken Ralph**, presenting a program about the homeless and the Showers of Blessing program; **Simone Baker**, local activist and leader in Black Lives Matter; and **Rick Wayman**, Director of Programs at the Nuclear Age Peace Foundation. Alliance programs are free and open to the public.

In the past 12 years the Alliance has donated over \$44,000. Donations are made to the Unitarian Society, to programs and organizations within the Unitarian Society, such as YRUU and the choir, and to groups in the wider community, such as the Environmental Defense Fund, The Nuclear Age Peace Foundation, and Syrian refugee relief. Last month the Alliance made a \$1,600 contribution toward the purchase of a grand piano for Jefferson Hall. In

recent years it gave \$6,000 for the hearing loops and \$5,000 for the new sound system in the sanctuary. The Unitarian Society was given \$20,000 for its capital campaign of 2008. These gifts of Alliance Funds are possible because of the generosity of those who have made bequests and other donations to the Alliance over the years.

Consider becoming a part of this 130-year-old tradition. Membership is \$35 a year, and all are now welcome, regardless of gender identity. Join us for a meeting, learn something, and make friends!

CAROL SCHWYZER,
ALLIANCE PRESIDENT, 2017-2018

Join the Caravan to Quail Springs Permaculture Farm

Join us on the USSB caravan to Quail Springs Permaculture Farm and Learning Center on Saturday, May 19. We'll have a fun day on the farm which will include a tour of their permaculture gardens, animal systems, natural buildings, crafts display, and alternative technologies, followed by a farm-to-table lunch.

Carpools leave USSB at 7:30 AM and leave Quail Springs at 3:00 PM to return. Driving time is two to two-and-a-half hours. Cost including lunch is \$35. A few need-based stipends are available; to request, please see Cheryl Snell or Rev. Julia between services.

For more information, visit www.quailsprings.com/programs/permaculture/farm-tour/.

DIRECTIONS TO QUAIL SPRINGS FROM SANTA BARBARA

- Take Highway 101 south to the Highway 150 exit (toward Ojai) in Carpinteria.
- Follow Highway 150 toward Ojai (17 miles).
- Turn left (north) on Highway 33 before you reach downtown Ojai (Von's shopping center will be on your left).
- Follow Highway 33 into the Cuyama Valley. You will pass the Lockwood Valley Rd. turnoff and the Ozena fire station (37 miles).
- Continue North on Highway 33 (about 10 miles more) until you see the white "Jungto Meditation Center" sign, and the Santa Barbara County line, and a mile marker that reads 57:51.

- Continue driving for 50-100 more yards until you see two mailboxes, the first of which is a large white box (35070), where you will see someone waiting for you!



QUAIL SPRINGS
FARM TOUR
Including:
FARM TO TABLE LUNCH

Join us for a fun day on the farm which will include a tour of our permaculture gardens, animal systems, natural buildings, crafts display, and alternative technologies followed by a farm to table lunch. To register please email andrew@quailsprings.org or call us at 805-886-7239. \$35/person

SATURDAY, MAY 19th • 10AM - 3PM

May Outreach Offering: Santa Barbara Channelkeeper

Founded in 1999, Santa Barbara Channelkeeper is a grassroots non-profit organization dedicated to protecting and restoring the Santa Barbara Channel and its watersheds. Through science-based advocacy, education, monitoring, and enforcement, Channelkeeper defends our community's right to clean water and empowers people to speak and act for our waterways.

Channelkeeper was on the scene in the aftermath of the recent fire and flood devastation in our community. They



fielded calls from local citizens and reporters about water quality, the nature of the mud deposited on beaches and the safety of entering the water in the Channel. They initiated daily sampling of fecal bacteria levels at Rincon and Cam-

pus Point beaches and tested the mud deposited on Goleta and Carpinteria beaches for harmful chemicals and toxic effects to wildlife. Throughout the crisis, Channelkeeper provided regular updates to news outlets, generated helpful fact sheets, and used social media to keep the public informed.

Channelkeeper is a member of Waterkeeper Alliance, a global network of more than 300 Waterkeepers on six continents collectively patrolling and protecting 2.3 million square miles of watersheds. This small but mighty watchdog group uses a unique and strategic set of tools to keep watch for clean water on the South Coast.

TO LEARN MORE ABOUT SANTA BARBARA CHANNELKEEPER
VISIT WWW.SBCK.ORG.



Here Are Your Candidates for the 2018-19 Nominating Committee and Board of Trustees

NOMINATING COMMITTEE CANDIDATES

GAIL STICHLER

I have been a member of USSB for over 25 years and have had the opportunity to serve on the Committee of Shared Ministry, Nominating Committee, annual campaign, and the Budget Task Force. My two daughters, Kendra and Hana, grew up in the religious education community at USSB. They attended classes from pre-school through YRUU, and I was a volunteer teacher for the program for eight of those years. I also served on the Religious Education Committee under the supervision of three of our MREs. I am retired from UCSB, with my last position as business



Gail Stichler

officer at the National Center for Ecological Analysis and Synthesis (NCEAS). Each year we had approximately 800 scientists visit our center to collaborate on ecological research. Now that I'm retired, I travel to visit young grandchildren, give tours to adults and students at the Santa Barbara Museum of Art, and take classes at adult education and the Y. It would be an honor to serve on the Nominating Committee again.

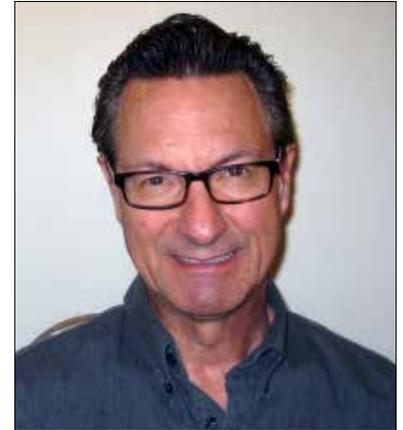
BOARD OF TRUSTEES CANDIDATES

MIKE RISTOW

I think my service experience began with being an altar boy and a Boy Scout in Miles City, Montana, and through many affiliations with diverse communities such as the Airline Pilots Association board of directors, the board of directors of Northwest Airlines, the finance committee of Lake Country Montessori School in Minneapolis, and at least two homeowner's associations. In addition, I have been serving on the board of directors of The Foundation for Affordable Housing for 15 years, and am involved in asset management work for them. Over the last seven years since moving to Santa Barbara and joining USSB, I have enjoyed many opportunities to volunteer here by being an usher, a greeter, a part of the membership committee, a facilitator and participant in the wonderful Connection Circles, and a facilitator for the Newcomers Series. I am flattered at being asked to be considered for our board of trustees. It has been

BART WOOLERY

I joined the Society somewhere around the turn of the century, emboldened by the many friends from other paths that I found here and the excellent music, community, social justice activities, and donuts healthy snacks between services. I served on the board for six years as we transitioned from a somewhat leaden agency to the more invigorating policy-style of governance we now enjoy. I have also served on the finance committee for several years after terming out from the board. I feel it would be a pleasure to help encourage and shepherd the future leadership of the Society and would serve with pleasure on the Nominating Committee.



Bart Woolery

my experience that in most organizations, a small percentage of the members do a majority of the necessary work, but I have been very impressed that in our congregation that view does not hold. It seems nearly everyone finds a way to volunteer, participate, and inspire others to join them. I have been inspired. Thank you for your consideration.



Mike Ristow

BOARD OF TRUSTEES CANDIDATES, *cont'd.*

KEITH STROHMAIER

I grew up in Fremont, California, just north of San Jose. I went to college at UCLA and came to Santa Barbara just over 20 years ago for graduate school and have been here ever since.

Currently, I am the fiscal services controller at the Santa Barbara County Education Office.



Keith Strohmaier

Growing up without religion, I am happy to have found a spiritual home and a community that shares my values. I have learned that I can “do church.” I look forward to service each Sunday.

I have been a member of the Society since 2014. During that time, I have served on the Membership Ministry, the Stewardship Visionary Team, the search committee for our assistant minister, and am just finishing my first term on the board of trustees. I am honored to have served as treasurer for two years and am now president.

Youth News

Sunday May 13, Middle Hour, USSB Courtyard: Come join the USSB youth group for brunch. The youth group will be raising money for their service trip.

YRUU Service Trip, August 10-15: YRUU will be participating in the Faithful Fools street retreat in the Tenderloin, in San Francisco. The Faithful Fools host a street retreat where participants explore the neighborhood and get to know the community. In the days following the retreat the youth will engage in direct service to the Tenderloin community. We are working with the Faithful Fools to find the best fit for the needs of their partner organizations. After three days of service, we will travel to the Mount Madonna Center (August 16-18) and meet Mount Madonna fellow and USSB YRUU alum **Anne Major**. Students who cannot make the Mount Madonna part of the trip will be driven to the train station and the church can help cover train tickets.

Social Justice Career Talk: May 6 at 12:15 PM in Blake Lounge: **Gold Okafor** is a neuroscience lab research assistant at UCSB. Next fall she will be a Ph.D. candidate in UC Berkeley's psychology department. Her research focuses

KIR ZECHER

Hello my name is Kir Zecher and I am honored to be nominated to serve on the Board of USSB. I joined USSB eighteen years ago, when my children were young, not knowing then that participating in this community would be the place I would be most profoundly inspired and encouraged to learn, experiment, grow, and develop as a more compassionate, humble, and powerful human being. Volunteering as a Coming of Age facilitator, religious education director search committee member, and ministerial search committee member, and currently as a Worship Arts Team member, have all shaped my heart and life in expansively amazing ways, providing new opportunities to engage with others and strive to put more love into the world. I see serving on the Board as another invitation to help in tending to this beautiful place of faith that gives so much to helping each person and the community see their potential, from the inside out. Thank you!



Kir Zecher

on analyzing the behavioral, neural, and psychophysiological mechanisms of racial prejudice, stereotype threat, and stress within the school-to-prison pipeline.

AP/IB Scholarships: We will meet May 20 in Blake Lounge to develop a plan to distribute the scholarships.

YRUU Meeting time: The YRUU weekly meeting time is at 12:15 PM. We meet most weeks in Blake Lounge, when we do not have events or service activities. We engage in fun activities that are loosely themed around the Soul Matters curriculum followed by the adult and children's RE programs. Last month we did an escape room and attended UCSB Indus' Holi, the Hindu festival of colors. This month we plan to visit Cat Therapy, either just before or just after finals.



Gold Okafor

Library Corner

Your library committee is aware that ever since we began opening only on the first and third Sunday of each month, there has been some confusion. To find out if the library is open on Sunday, check the notice in your order of service under the heading "Middle Hour This Week."

You may have noticed that we are not pursuing late fees, also known as fines. You have been so generous, donating fine books and movies, that we have very few expenses. We appreciate the occasional dollar tucked inside a book, and as long as we get our material back, we are happy. We realize that everyone has time constraints, and we want to minimize any anxiety related to the library.

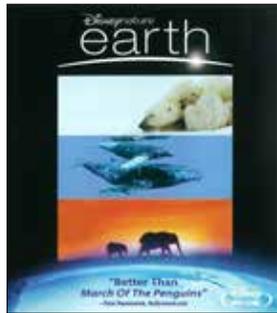
Here are our reviews:

The Movie: Disney Nature Earth

This is an epic story of adventure starring some of the most magnificent and courageous creatures alive. A global journey reveals how animal mothers struggle to raise their young in an increasingly dangerous environment.

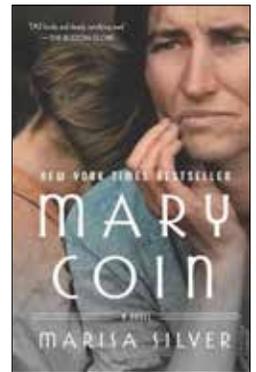
In the Arctic we meet a polar bear mother and her two newborn cubs, who must find food across the quickly melting ice. In Africa we encounter a herd of elephants in the desert we cheer for an elephant mother and her little one who fall behind but eventually rejoin the group and make it to the watering hole. A humpback whale must keep her newborn calf safe over thousands of miles as they migrate from the equator to Antarctica.

The stories are heartwarming and captivating, but may not be suitable for little ones because the circle of life and death is clearly evident. Narrated by James Earl Jones, this is a visually stunning masterpiece.



The Book: Mary Coin: A Novel By Marisa Silver

When I picked up this book from our own fiction section I was immediately struck by the cover picture. It is that famous "Migrant Mother" by Dorothea Lange. Once I started reading I could not put it down. The author used the famous photograph for a breathtaking reinvention, a story of two women: one, Vera Dare, a photographer who became famous; the other, Mary Coin, a migrant farm laborer, forgotten by all but her family.



One day they have a chance encounter in the fields of Nipomo, as Mary is setting up a tent for her seven children. Vera, a photographer working for the government assigned to document the lives of migrant workers in California, spots Mary and her children, and they exchange a little bit of personal information. Neither woman has any way of knowing that they have produced what will become one of the most iconic images of the Great Depression.

The third major player in this tale is Walker Dodge, a social historian and professor, who traces their stories in order to unravel a personal family secret.

Mary Coin was chosen as one of National Public Radio's Best Books of 2013.

REVIEWS BY ELLIE TUAZON

Ongoing Events at USSB

Alliance

• FRIDAY, MAY 4 AT 2:00 PM IN PARISH HALL

The Alliance invites you to the program “**Power Against Fraud**,” a presentation by the District Attorney’s office to discuss financial abuse of seniors. The program will cover current scams in our community, including identity theft, internet fraud, telemarketing/sweepstakes scams, and annuity and insurance fraud. We will learn how seniors can better protect themselves, and what to do if you or someone you know is the target or victim of elder financial abuse. All are welcome.

• FRIDAY, JUNE 1 AT 2:00 PM IN PARISH HALL

For our last meeting before the summer break Alliance welcomes the **Assistance Dogs Program**, which rescues dogs from animal shelters and Humane Societies for people who are deaf or hard of hearing, or to be service dogs for combat veterans with post-traumatic stress. Their motto is “Saving the lives of dogs to enrich the lives of people.” Bring your neighbors and friends, and a snack to share for the tea and discussion that follows this presentation.

Vegan Potluck

SATURDAY, MAY 5 AT 4:15 PM IN BLAKE LOUNGE

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.

USSB Women's Group

MAY 14 AND MAY 28 AT 1:30 PM IN LA PAZ LOUNGE

USSB Women’s Group, which meets the second and fourth Mondays of each month, focuses on general interest subjects and activities of interest to women. We have a variable format, including topical discussions, speakers, group book readings, and open topic meetings. Healthy snacks will be provided. Newcomers welcomed! Contact **Karen Bradstreet** for more information.

Quantum Field Theory & Consciousness

Affinity Group

MONDAY, MAY 21 AT 7:15 PM IN BLAKE LOUNGE

Gatherings open with an understandable video describing quantum mechanics and consciousness by leading physicists and metaphysicists, followed by intellectual discussion. We normally meet the third Monday of each month.

Tables During Middle Hour

This year we have been experimenting with a new schedule for tables during social hour. To give our library folks more opportunities to attend worship, for example, we made first and third Sundays “Library Sundays.” Our youth group’s Brunch Breaks became a regular feature of the second Sunday of the month, and fourth Sundays became “Justice Sundays,” where we highlight groups like Seventh Principle Action Network. We’ve also tried moving the tables to new locations, with a map of each table’s spot for that week posted at Eden’s desk in the front office.

We’ve been doing this for several months now and would love to hear: how is this working for you? Do you have a suggestion for a different rotation, or an idea of better table placement? If you have feedback about the social hour tables please reach out to **Rev. Caitlin** at caitlin@ussb.org.

Rev. Caitlin is also the person to reach out to if you have an upcoming event or project and want a table during middle hour, so she can make sure you are part of the table plan! Just send her an email about what the table is for and when you need it.

Book Discussion Group

TUESDAY, MAY 22 AT 7:00 PM IN LA PAZ LOUNGE.

Contact **Al Melkonian** for more information.

Science Night

TUESDAY, MAY 22 AT 7:30 PM IN BLAKE LOUNGE

Science Night will continue with the next in the beautiful Discovery Life series, *Reptiles and Amphibians*, to be followed up later with *Mammals*. Do join us for the visual and audio presentations, followed by an open discussion. It is scientific but not above the level we can all comprehend. We look forward to seeing our regulars, and newcomers are always welcome.

—Colin Taylor, Max and Susan Neufeldt

Potluck Game Night

FRIDAY, MAY 25, 6:00 TO 9:00 PM IN PARISH HALL

What could be more UU than board games and a potluck dinner? Bring a dish to share and your own tableware. All are welcome!

The Unitarian Society of Santa Barbara

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Jon Diaz, Sexton, jon@ussb.org
Heather Levin, Accompanist
Mahlon Balderston, Organist Emeritus
Rev. Kenneth Collier, Minister Emeritus

Sunday Worship Services at 9:15 and 11:15 AM
Nursery & Children's Care: Sunday 9:00 AM to 12:30 PM in Starr King
Office is open Sunday mornings and Monday to Thursday from 10:00 AM to 5:00 PM

Deadline for the June issue: *Monday, May 21*
Email: Kaleidoscope@ussb.org

Town Hall Meeting on the Proposed Budget

May 20, 2018, 10:15-11:00 AM

Want to learn more about the budget process and how our annual budget is constructed and maintained? Would you like to get an overview of the proposed budget for next fiscal year before voting on it at the June 4 Annual Meeting? This Town Hall meeting is a great place to find out more about our fiscal plans for the upcoming year.

Annual Meeting of the Membership

June 3, 2018, 12:30-1:30 PM

We will gather in Parish Hall for our annual meeting. This is your opportunity to participate in the democratic process that governs our congregational life. We will be celebrating the past year and looking ahead to next year, and honoring the people who make this congregation what it is. Members of the congregation will be asked to elect two new Board members, and adopt the annual budget. Childcare will be available during the Annual Meeting! For more information on the Annual Meeting agenda, measures up for vote, and voting information please visit www.ussb.org/annual-meeting-2018/.