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

This month’s worship theme is ATTENTION.

Sunday, November 3
Rev. Julia Hamilton
“All Souls Sunday: The Crow’s Gift”
Join us for our annual All Souls service, where we celebrate the intersection of love and death and memory. Bring a photo or memento of a loved one who has died to add to our All Souls altar. Tie a ribbon on the gate for remembrance. Let us attend to our ancestors and celebrate the gifts they have given to our lives.

Chancel Choir will sing.

Sunday, November 10
Ministerial Intern Nic Filzen
“Attention in a Digital Age”
There are contradictory longings inside all of us. We yearn to belong, to have a purpose bigger than our singular life, to be part of something important. And at the same time, we yearn to be free, “to cast behind all conformity” as Ralph Waldo Emerson said. In the twenty-first century, why join a congregation? Why commit to a community? Is it possible to get free together?

Special music.

Sunday, November 17
Rev. Julia Hamilton
“The World is a Richer Place Because You Are In It”
When we celebrate birthdays on the first Sunday of every month, we end with the blessing, “The world is a richer place because you are in it.” What does that mean? How are we richer because of *you*? Creating a culture of generosity and gratitude begins with paying attention to the riches that are right here among us, and acknowledging that each and every one of us is a gift.

Special music.

Sunday, November 24
Rev. Julia Hamilton
“Why I Love Thanksgiving Even Though It’s a Mess”
Thanksgiving is complicated. Personally and politically, Thanksgiving can be a minefield: tricky family dynamics, national politics, our cultural love/hate relationship with food, and a bit of colonialism thrown in just to keep things interesting. But buried underneath all of this mess is a holiday about gratitude for family, friends, and the bounty of the earth. Join us as we break bread together and celebrate the gifts of this messy, glorious world.

All choirs will sing.
What is the Alliance of the Unitarian Society of Santa Barbara?

The Alliance got its start 143 years ago, in 1876, as a sewing circle and discussion group with an intention to promote Unitarian values. Its members would meet to socialize, learn, and raise funds to support the Unitarian congregation and other worthy causes. Though the Alliance was originally a women's group, membership was later opened to people of any gender.

The Alliance members over the years have made gifts and bequests. The Benevolence Fund allows the Alliance to make gifts to support nonprofits as well as projects and improvements of the Unitarian Society. In recent years these have included donations for the last USSB capital campaign, a donation to support the remodel of the kitchen and bathrooms, numerous honoraria for speakers representing non-profits, support for the congregation's Hopi and Navajo service project, a donation to the UU service committee for Syrian refugees, a gift for the hearing loops in the Sanctuary and Parish Hall, support for the purchase of a grand piano for Jefferson Hall, purchase of the defibrillator that can be found in our front hallway, funds for repairs to and painting of the Blake patio, and most recently a project suggested by Maureen, Eden, and Erin to beautify the front office and make it more functional. Go in and take a look!

On the first Friday of each month October through June, the Alliance presents a program open to the public. The 2019-2020 program year began with a delightful presentation by Maureen Claffey, Director of Congregational Life, who shared stories of her background and experiences. Upcoming programs include USSB member Catherine Callahan, author of You Can Do It!: Tools to Better Manage Your Health Care; a program on United Way Education; and a talk about sex education in third world countries by Margaret Lazarus, filmmaker with Cambridge Documentary Films.

Membership is open to all and is $25 per year, which supports Alliance gifts and the program series. Join us! All are welcome to the programs, which are followed by refreshments and social time. Watch for notices in the Kaleidoscope and the weekly bulletins and orders of service. Come and bring a friend!

Carol Schwyzer, Alliance President

Alliance in December

Meets at 2:00 PM, Friday, December 6, in Parish Hall

Sojourner Kincaid Rolle: poet, playwright, environmental educator, peace activist, award-winning poet, and Poet Laureate of Santa Barbara (2015-2017) will bring us into the holiday season with her poetry and stories. We will learn about the experiences of the Heart 2 Heart group discussions about race and culture, created by Sojourner with Cheri Gurse. Sojourner will also share the artifacts used in the African-American Kwanzaa celebration—the year-end harvest festivals that have taken place throughout Africa for thousands of years. Kwanzaa comes from the Swahili phrase “matunda ya kwanza,” or “first fruits of the harvest.” Just as UUs have seven core principals, so does the December 26-January 1 Kwanzaa celebration.

These principles, or Nguzo Saba, are:

1. **Umoja**: Unity—To strive for and maintain unity in the family, community, nation, and race.
2. **Kujichagulia**: Self-Determination—To define ourselves, name ourselves, create for ourselves, and speak for ourselves.
3. **Ujima**: Collective Work and Responsibility—To build and maintain our community together and make our brothers’ and sisters’ problems our problems and solve them together.
4. **Ujamaa**: Cooperative Economics—To build and maintain our own stores, shops, and other businesses, and to profit from them together.
5. **Nia**: Purpose—To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
6. **Kuumba**: Creativity—To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.
7. **Imani**: Faith—To believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.
Membership News

Inspiring Wonder: USSB Launches New Art Gallery for Members

Does something feel different in the front office? Lighter? Brighter? More airy? It should! Thanks to the amazing support of the Alliance, the front office has been going through a refresh. In addition to the new sitting chairs, lamp and plants, USSB has been working to create a fresh, new welcoming office, including a space for an art gallery.

While it may seem extravagant to touch up the front office and add art, we realized that the space was the first entry point for members of the public. By giving it a face-lift and adding member art, we hope that we will showcase the creativity, beauty, and contemporary spirit of our staff and congregation.

The idea for a members-only art gallery emerged organically during discussions of how to improve the front office. Once the Alliance committed funds to improve the space, the next step was to recruit folks to help find members to show work and decide how to run the gallery itself.

First, Rob Brown, USSB Building Manager, touched up the paint and added a picture hanging system. Then, Sally Hamilton, Aileen Meehan, Dana Zurzolo, Sarah Carr, Christian Hali, Suzanne Fairly, and others formed an informal art gallery committee and began brainstorming all aspects of the gallery.

The name, for now, is the USSB Art Gallery. The group decided that the gallery should invite approximately four artists a year to show their work in the gallery, and that all art would be for sale, with 20% of sales benefitting USSB. (Installation and details of the show itself will be up to the member artists.) Every October, the gallery will be reserved to showcase the art going up for bid in the annual auction.

Sally Hamilton volunteered to curate the gallery, and chose new member Dana Zurzolo for the first exhibition in November. Zurzolo is a working artist and teacher, and has years of art exhibition experience.

“You'll be surprised,” said Dana of her new body of work.

If you are a USSB member with art to exhibit, or if you'd like to be involved with the informal Art Gallery Committee, contact Sally Hamilton (sallyshamilton@gmail.com). Artists must be members and must have 12-20 images that you are willing to show and sell. Artists will be chosen on a rotating basis, so there is no deadline for submitting work.

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

Over the summer we heard that many members of USSB do not read the Kaleidoscope, which is available online as well as in print copy. This was disappointing to learn, as this monthly publication gives us news of activities about our church family. We are hoping that those of you who do read it will encourage others to do likewise.

A friend of the church has donated a good book on the history of Christianity. It’s quite a tome, and you can find it in our section of religious material.

The Last Report on the Miracles at Little No Horse, by Louise Erdrich

The author takes us to the fictional North Dakota reservation of Little No Horse where the Ojibwe natives live. There we find Father Damien Modeste, who has served his beloved people for more than half a century. He is being interviewed by Father Jude, who was sent by the Vatican, to find out about the miracles performed by Sister Leopolda, a nun in a nearby mission, who is a possible candidate for sainthood. Leopolda was born Pauline Puyat, and Father Jude discovers that she was a very complicated person.

The story then takes us back to Father Damien’s early life when he was Agnes DeWitt, and we learn what circumstances caused Agnes to take on the identity of the priest. It traces his path to the reservation, convinced that he could convert the Ojibwe tribe to Catholicism. As he grows to love his people he learns the complexities of existence in general, and Native American life in particular. We meet Nana-push, Fleur, Kashpaw and Quill, and Mary Kashpaw, the keeper of Father Damien’s secret.

Father Damien ultimately becomes the one who is converted to the Ojibwe way of life. He writes numerous letters to the Vatican, trying to get help for his people. In one of them he states, “The Ojibwe spiritual system is sound, even compatible with the teachings of Christ.” His letters are never answered.

Erdrich mixes the real and the surreal. Her book contains many amazing stories of the survival of the human spirit. This is a wonderful love story between a priest and his people, and Father Jude comes to his conclusion about who the real saint might be.

First published in 2001, Little No Horse was a finalist for the National Book Award for fiction.

Ellie Tuazon

November Outreach Offering: Hillside

Hillside is an independent nonprofit serving adults with intellectual and developmental disabilities. Currently 59 people are part of this communal living environment, located in Veronica Canyon, Santa Barbara (off of Las Positas). Hillside strives to advance the potential of each resident and promote equality by fostering abilities and creating community.

Recognizing the value of a mixed-ability neighborhood, Hillside is in the planning stages of creating an exciting state-of-the-art, adaptive “community” neighborhood on their property—the first of its kind in the Santa Barbara area. The project will open the path for greater community integration, increased independence for residents and greater financial stability for Hillside.

Please give generously during the Outreach Offerings in November to support Hillside residents. If you chose to do so, please make your check payable to Hillside House. It’s a perfect time to give as Hillside continues to move forward with its community neighborhood initiative.

For more information about Hillside, please visit www.hillsidesb.org or call (805) 687-0788.
Is Your Spiritual “Check Engine” Light On?

Attention (noun): Notice taken of someone or something; the regarding of someone or something as interesting or important.

In October my car literally died on the way to Los Angeles. It was a terrible experience where I was stranded in the middle of nowhere (Camarillo) and unable for hours to get back home. Now I do not have a car and am struggling to get one. It was all my fault. You see, I did not pay attention. Of course, my car was very important to me, as physical limitations prevent me from walking or traveling by bus to most of the places I need to go. I heard my trusty Nissan Versa telling me something was wrong but I did not really listen. I had problems with an oil leak in the past and the company that changes the oil told me I could just keep adding oil to it when it got low. I also had a “check engine” light that came on when the gas cap was not clicked just the right amount of times after fueling. So, check engine light comes on, and I think gas cap. It was easier to think that because I did not want it to be the engine.

Do we really pay attention to our souls when our “check engine” lights come on? We are all so caught up in work, extracurricular activities, and the increasingly alarming events of the world that I believe we are neglecting our spiritual needs. When we are sad, angry, having trouble sleeping, gaining or losing weight, or feel out of control, we often tell ourselves things like, “I just need to drink more water, I need a day off, I am just having a bad day, I need to exercise more, . . . .” All of these things may be true, but unless we are truly mindful of ourselves on a spiritual level, they are temporary fixes, just like repeatedly adding oil to an engine that needs to be repaired.

John Kabat-Zinn speaks about the importance of paying attention in his book Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. “Mindfulness has to do with waking up and living in harmony with oneself and with the world. It is examining who we are, constantly questioning our views of the world and our place in it, while cultivating appreciation for the fullness of each moment we are alive. It is the direct opposite of taking life for granted. It is empowering as well, because paying attention in this way opens channels to deep reservoirs of creativity, intelligence, imagination, clarity, determination, choice, and wisdom within us.”

So who are we? Are we just people who are caught up in life, ignoring our engines which are constantly reminding us that in order to run properly we need to cultivate our spirits? How do we do that you may wonder? Here are some suggestions:

- **Prayer:** For Unitarians, this is a way to connect with that which is larger than us. This can be to god, a higher power, our ancestors, mother earth, or whatever we choose. Our prayer is a tool by which we learn to quiet the noise and listen.

- **Meditation:** Reduces stress related conditions such as anxiety and depression. It helps us to be in the moment, lowers blood pressure, and helps us sleep.

- **Sing, dance, paint, hike:** Doing the things that bring us joy is also a spiritual practice. When we do things we love, time slows down; we live in the moment.

- **Nurture healthy friendships:** In friendships we learn and cultivate forgiveness, empathy, compassion, and gratitude. All of these are signs of a healthy soul!

- **Go to church:** This is the perfect place to come together with others to pray, meditate, sing, dance, hike, and be with our friends. Here at the Unitarian Society, everyone is invited to cultivate their spiritual practices and nurture their souls in a loving, welcoming, and non-judging environment. Join a class on religions. Join the next Courage to Search workshop. Join a meditation group, the choir, or a drumming circle. The opportunities are there.

Spiritual practices are different for everyone. There is no right way, wrong way, or secret combination that fits everyone. Listen to your soul.

“There is guidance for each of us, and by lowly listening, we shall hear the right word. Certainly, there is a right for you that needs no choice on your part. Place yourself in the middle of the stream of power and wisdom which flows into your life. Then, without effort, you are impelled to truth and to perfect contentment.” — Ralph Waldo Emerson

But the time to do it is now. One last word of advice: Do not wait for the “check engine” light to come on!

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

Alliance
Friday, November 1 at 2:00 PM in Jefferson Hall
"You Need a Healthcare Advocate!" We are pleased to present our very own Catherine Callahan, who is a member of national Alliance of Professional Health Advocates (APHA). Find out through skits and discussion why you need an advocate, what an advocate does, and simple steps you can take to get better healthcare. She has been quoted in Psychology Today, The Huffington Post, and Costco Monthly Magazine, and she also received the 2018 Women's Empowerment Fund Grant to write her book, You Can Do It! Tools to Better Manage Your Healthcare. Catherine speaks to health and medical support groups on a regular basis, and has started her own health advocacy business. Bring a friend. Read about our December Alliance meeting on page 2.

Is Politics Our New Religion?
Ann Taves
Professor of Religious Studies

Instead of arguing over what counts as religious or political, we can view both as attempting to answer the big questions that structure our worldviews. Who are we? What is the situation in which we find ourselves? What goals should we strive for? If we think of the current polarization in American society in terms of conflicting worldviews, we can use these questions not only to deepen our understanding of how and why we view our current situation the way we do, but also to help us reach out to others to overcome the polarization.

Tuesday, November 5, 4 PM
UCSB Library, Pacific View Room
8th Floor, Ocean Side
Free Event. Reception to follow.

Quantum Field Theory & Consciousness
Monday, November 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, November 19 at 7:00 PM in La Paz Lounge.
Contact Al Melkonian for more information.

Thanksgiving Vegan Potluck
Thursday, November 28 at 3:00 PM in Blake Lounge
Join us for a Thanksgiving potluck! 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

PACIFIC VIEWS: LIBRARY SPEAKER SERIES

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UC SANTA BARBARA Library
**Women's Empowerment Project:**

**Film Series**

**Sunday, November 17th**

5:00 pm to 7:00 pm

Jefferson Hall

Unitarian Society of Santa Barbara
1535 Santa Barbara Street, Santa Barbara

The Women’s Empowerment Project will be sponsoring a FREE showing of the film *"Dolores: Rebel. Activist. Feminist. Mother."* Everyone is welcome to watch, discuss, and enjoy light refreshments!

We offer a special welcome to Latina women in our community. We would love to have you join us at this event. **Subtítulos en Español Disponibles**

**Why this Film?** Dolores Huerta is an activist who fought side by side with Caesar Chavez for the rights of farm workers during the years prior to and following the formation of the Farm Workers Union. Yet Caesar Chavez is widely recognized and honored for his efforts while his partner, Dolores Huerta, is barely known. This film is one step we can take towards recognizing the importance of this amazing woman.

Donations to cover the cost of showing & refreshments will be gratefully accepted at the door.

PLEASE RSVP: Rachel Aarons at rbaarons@yahoo.com
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 December issue: Monday, November 18
Email: Kaleidoscope@ussb.org