October 2019
The Monthly Newsletter of the Unitarian Society of Santa Barbara
www.ussb.org

Living with Integrity, Nurturing Wonder, Inspiring Action

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

This month's worship theme is BELONGING.

Sunday, October 6
Rev. Julia Hamilton
“The Heartbeat of Racism is Denial”
“The heartbeat of racism is denial. The heartbeat of anti-racism is confession.” —Ibram X. Kendi, historian and author
This is the week between Rosh Hashanah and Yom Kippur, when we are asked to take an honest look at the sins of the past so that we may prepare for a better future. What role does confession and atonement play in our work to become an anti-racist community?

Chancel Choir will sing.

Sunday, October 13
Rev. Julia Hamilton
“Longing for Belonging”
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 21st century, why join a congregation? Why commit to a community? Is it possible to get free together?

Sunday, October 20
Student Minister Nic Filzen
“Both USSB and Unitarian Universalism”
What does it mean to belong to an intimate local faith community like the Unitarian Society of Santa Barbara and to the larger Unitarian Universalist tradition? Do you feel a sense of belonging to both? Do you consider both to be a part of your identity in this world?

Chancel Choir will sing.

Sunday, October 27
Rev. Julia Hamilton
“I Am From…”
“We want to be heard, not herded; we want to speak, not be spoken at or for; we want to break through stereotypes, profiling, and dismissal to be listened to in our full humanity.” —George Ella Lyon
Lyon’s poem “I Am From...” started a national movement of expression and connection. Come and explore your deep roots with us!

Treble Choir will sing.

Tuesday, October 15
“Taize: A Service of Song and Silence”
7:00 to 8:00 PM
For anyone who needs a break, a breath, a chance to go deep into the quiet within: give yourself the gift of a Taizé-style service. This is a candle-lit evening of meditative singing, a few reflective words, and deep, nourishing silence. The songs are easy for everyone to learn and no singing talent is needed, and the Sanctuary is transformed with a warm and welcoming glow as the darkness settles around us and peace settles within us. All are welcome.
On Saturday, September 7, the Unitarian Society hosted a capacity crowd for Singing for Asylum, a benefit to raise money for the Immigrant Legal Defense Center (ILDC) and the Flexible Local Dollars Fund (FLDF), two Santa Barbara County-based organizations that provide assistance to refugees fleeing the “mouth of the shark.” ILDC is dedicated to recruiting and training attorneys to represent immigrants in removal/deportation hearings, while FLDF provides immediate financial assistance to asylum seekers to help pay for basic needs such as clothing, food, shelter, and basic hygiene. The insert in the concert program, The Cost of Human Dignity: How Your Dollars Make a Difference, briefly laid out how funds are used. Both organizations depend on the support of the community to continue their vital work.

And the community came out in force on Saturday evening to hear Santa Barbara’s own Kate Wallace and Doug Clegg drive home the message of compassion and humanity through their beautiful and heartfelt songs! Beginning with their own song, Estamos Unidos, and ending the evening by inviting all the singers in the audience on stage for a rousing version of Imagine, Kate and Doug moved the crowd with their extraordinary talent and their passion for justice. Joined on stage for several songs by virtuoso guitarist John O’Connor, and opening up the microphone to actor and improv teacher Dan Gunther for a powerful reading of the Warsan Shire poem excerpted above, the performers made crystal clear why we were all there and what was at stake for our refugee neighbors.

Julissa Pena, Executive Director of the Immigrant Legal Defense Center, provided one of the real highlights of the evening when she spoke about the critical work her organization performs and the critical need for attorneys trained in immigration law. Julissa was accompanied to the podium by Richy, a young asylum seeker, who spoke movingly of his hopes and dreams for a better, safer life in the United States, and the challenges he endured to make that dream a reality. Richy’s story, told softly but firmly in Spanish, put a human face on the degradations of our broken immigration and asylum system.

The concert would not have been possible without the extraordinary efforts on the part of many USSB members and friends. We all owe a particular debt of gratitude to the team leaders who rallied many USSB volunteers to make sure that tickets were sold, refreshments plated and served, and people seated. Nancy Edmundson and Deborah Wolf took charge of set-up and ticket sales; Gun Dukes, Judy Fontana, and Anna Di Stefano were responsible for organizing the preparation and sale of wonderful desserts; Linda Beers reached out to numerous faith-based and community organizations to offer them the opportunity to have information tables before the event and
during intermission; and Bonnie Lassen who, along with her team of ushers, made sure that people were comfortably seated in the Sanctuary and in overflow seating in Parish Hall.

Director of Congregational Life Maureen Foley Claffey brought her special talents to bear on the design of a beautiful flyer, and the creation and distribution development of a press release, in addition to serving as the staff liaison to the planning committee.

A special thank you to Jon Diaz for facilities support, streaming the concert from the Sanctuary to Parish Hall, and for working closely with the performers (who were delighted with the experience of working with him). We hope that everyone in attendance noticed the gorgeous flowers generously donated by Anthony Vollering and arranged by Judy Fontana. They made our beautiful space even lovelier.

In addition to members of our own congregation, volunteers from Live Oak Unitarian and Trinity Episcopal went above and beyond to provide support. Jan Ross from Live Oak attended our planning meetings, helped us get the word out to the Live Oak community, and encouraged members of her congregation to contribute baked goods. Kristi Wallace was instrumental in rallying support from the Trinity Episcopal congregation, including organizing the “Trinity Bakers” to provide trays of delicious desserts for intermission.

This report would not be complete without mention of money, both funds raised and money expended. We were so blessed that Kate Wallace and Doug Clegg

Cont’d. next page
Library Corner

Hopefully all of you found something interesting to read during the summer. Suzanne Fairly did a great job of reviewing Michael Pollan’s *The Omnivore's Dilemma*. This book is full of interesting facts about what is happening to our food, and I highly recommend it for everyone. If you have a book that you would like to review in our *Kaleidoscope*, please let a library committee member know. The library is open on the first and third Sunday of every month between services.

**The Omnivore's Dilemma: A Natural History of Four Meals, by Michael Pollan**

The Omnivore's Dilemma is a ground-breaking book in which one of America's original and fascinating writers poses the question of what should we have for dinner. Simple enough, yes, but not to this author.

Michael Pollan is a journalist, and an omnivore, curious about where the food he eats comes from. In the book he follows four meals from the very beginning of the food chain to his dinner plate. What he shares with us in his book is that the food we put in our mouths turns out to be a moral, political, and environmental issue. He feels that our eating choices—not only our own but our children's—affect the health of the environment that sustains life on earth.

By all reports, *Singing for Asylum* was a great success. The Sanctuary was filled to overflowing and 75 people enjoyed the livestream in Parish Hall.

Before the concert and at intermission, people had the opportunity to visit information tables, review the insert in the program that provided a list of organizations in need of volunteers and donations and, of course, feast on cookies, brownies, banana bread, and other treats donated by the wonderful bakers. All of this was available for a modest $10.00 donation at the door and $1.00 for dessert.

In spite of the low costs, the benefit netted, after expenses, a bit more than $9,000. We are all touched by the generosity of the folks who joined us on September 7 for a meaningful, important, heartening, and hope-filled evening to sustain us in these challenging and heart-wrenching times.

Thank you all!

Joan Ariel and Ellen Broidy
From the DRE

Within each of us there is an intense need to feel that we belong. This feeling of unity and togetherness comes through the warmth of a smile, a handshake, or a hug, through laughter and unspoken demonstrations of love. It comes in the quiet, reverent moments of soft conversation and in listening. —William R. Bradford

Belonging is a basic human need. Psychologists Roy Baumeister and Mark Leary argue that the need to belong is a fundamental human need to form and maintain at least a minimum amount of lasting, positive, and significant interpersonal relationships. Satisfying this need requires (a) frequent, positive interactions with the same individuals, and (b) engaging in these interactions within a framework of long-term, stable care and concern.

I am reminded of the story of a little girl of about eight years old who had been adopted twice and was having a hard time fitting in. Her first family, for whatever reason, took their biological children every time they went on a trip, but wouldn't take their adopted daughter. A few of these trips had been to Disney World. She had seen many pictures of Disney World and she had heard about the rides and the characters and the parades. But when it came to passing through the gates of the Magic Kingdom, she had always been left on the outside.

Once her new father found out about this history, he made plans to take her to Disney World.

What he didn't expect was that the prospect of visiting this dreamworld would produce a stream of downright devilish behavior in his newest daughter, which included stealing, lying, and picking on her sister. As the days on the calendar moved closer to the trip, her mutinies multiplied.

A couple of days before the family headed to Florida, Dad pulled the little girl into his lap. “I know. You're not going to take me to Disney World, are you?” she said quietly.

The thought hadn't actually crossed his mind, but then he realized something: she knew she couldn't earn her way into the Magic Kingdom—she had tried and failed that test several times before—so she was living in a way that placed her as far as possible from the most magical place on earth.

So he asked her, “Is this trip something we're doing as a family?”

She nodded, eyes wide and tear-rimmed.

“Are you part of this family?”

She nodded again.

“Then you're going with us. Sure, there may be some consequences to help you remember what's right and what's wrong—but you're part of our family, and we're not leaving you behind.”

Back in the hotel room after their first day at the park, the father held the little girl again and asked, “So how was your first day at Disney World?”

She closed her eyes and snuggled down into her stuffed unicorn. After a few moments, she opened her eyes ever so slightly. “Daddy,” she said, “I finally got to go to Disney World. But it wasn't because I was good; it's because I’m yours.”

It wasn't because I was good; it's because I'm yours. That is a child who has a sense of belonging!

I also had a conversation with a man who was raised Catholic and who married a lifelong UU. They are members of a UU church. “I remain committed to being Catholic, but we have found that this community provides space for us to maintain our own unique identities while celebrating our shared values and especially cultivating those values in our children.”

Yes, coming together as we do each week as a faith community is an expression of our desire to be together; to belong to something bigger than any of us. Our Unitarian Universalist faith allows each of us to hold our own views about religion and religious ideas. Here, we do not need to think alike to belong. We are free to follow our search for truth and meaning in the company of others who provide encouragement and support. Belonging is not the same thing as fitting in.

When you fit in, you change who you are. When you belong, you embrace who you are and share it with others.

This is why I am here. I want our children to have what I did not have growing up. I want our kids to belong. For each child that walks through the doors of the Unitarian Society of Santa Barbara, I want them to be able to make lifelong connections. I want them to feel heard, supported—loved. And I want the adults in the congregation to know that they can come together, even with different beliefs about the big religious questions of life and still find common ground and understanding.

We belong together and we belong to each other. We are kindred spirits interacting together with love and compassion. As a practice, we admit that we have not yet perfected all of what we promise. We are, however, always engaged in doing our best. And we know that there will be times when we could be better. When that happens, we stop and make amends and make necessary adjustments. Then, we begin again, in love. Belonging isn't about being perfect. It's about being authentic and being engaged with others in love and service for justice and peace. And this practice is what we promise each other when we come together. It is what we offer to those who seek a place of spiritual exploration and belonging.

Come, come, whoever you are.

Kathleen Hogue
Director of Lifespan Religious Education
kathleen@ussb.org
Volunteer Opportunities

First Year Folks:

Part of our work as UUs is to show up! Have you found a volunteer role here yet? If not, there are many jobs in the Membership Department open now! See below. I manage all of these and would be happy to talk to you about them. All of them will allow you to meet many other members.

Volunteer Job Openings: Are you looking for a way to contribute to USSB? Here are some low-stress opportunities to help out.

We need Greeters for the First Service on the second, third, fourth and fifth Sundays of the month.

For Coffee Servers, we need help for the first Sunday of each month.

And for Ushers, we need First Service for the fourth and fifth Sundays and second service for the first and second Sundays.

Email maureen@ussb.org if you can help, even as a long-term sub! (These all require minimal training and a one-hour, per month, commitment.)

Hope some of you can help!

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

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Women's Empowerment Project
Speaker Series Kick-Off
Join Us For This Important Event

Sunday, October 6 at 5-7 pm
Parish Hall, Unitarian Society
1535 Santa Barbara St. Santa Barbara

Christian Roots of Feminism
Guest Lecturer:
Dr. Helen Rhee

We will kick off our Women's Empowerment Speaker Series with a Lecture and Q &A with Dr. Helen Rhee.

Dr. Rhee is a Professor of Religious Studies at Westmont College and the author of numerous articles published in journals and in books.

Following the lecture, we will engage with a panel of local religious leaders as they describe the efforts their congregations are making to benefit women and girls.

Donations appreciated at the door for refreshments and speaker honorarium.

Bring your friends!
Board Reflection

Each month we will bring you a reflection from a Board Member related to the monthly theme. This month’s theme is Belonging. Please enjoy the following reflection from Keith Strohmaier, board president.

October 2019—Belonging

When I think about Beloved Community, a term we hear often at the Society, belonging must be at its core. If we don’t belong, then what are we? Who are we? When I think about some of the terrible events that happen in this world, I wonder if they would have come to pass if we all had that sense of belonging that brings out the best in us. I believe that comes from belonging to the community of All.

One of the things I love about Unitarian Universalism is our principles. I believe they reflect values that are a part of all world views in that they have the potential to bring out the highest good in an individual and a community. When I read principles three and four, “Acceptance of one another and encouragement to spiritual growth within our congregations” and “A free and responsible search for truth and meaning,” to me these principles reflect a sense of belonging to the Beloved Community. Many truths fit within our principles. There are many ways to live the same values. We accept you as you are. We all belong.

This past month we started the Society’s year with Ingathering, which includes our Water Ceremony. Being a spiritual home that can hold so many truths, I feel grateful for these rituals that instill a sense of belonging. Some years I remember to bring water, some I don’t. Doesn’t matter. I am still included in the ceremony and feel like I belong to this community. That matters to me a lot. Everyone brings what they can. Some can bring more than others. Others have nothing to bring aside from their heart, mind, and spirit. Whatever you bring will be enough. You Belong.

Whatever life brings you, I hope you always have that sense of belonging to this community and to the community of All.

Keith Strohmaier, President, Unitarian Society Board of Trustees

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A Call for Stories

This past spring, our first “Live from the Heart” evening of stories was a big hit. So we’re doing it again! “Live From The Heart: Winter Tales” will be presented Sunday evening December 1, and we need you and your personal stories of love, loss, learning, and foolishness to make it happen. Format: 12 speakers share their stories. We’ll have music too. Stories should be seven to eight minutes long and can range from the tragic to the ridiculous; all subjects encompassing the human experience are welcome. The only criterion is that they are real and they happened to you. If you can think of something apropos to our theme, Winter Tales, all the better. If you would like to participate, please write a two paragraph synopsis of your story and email it to: Peter Hale, contactonsite@gmail.com. This event will be offered at our upcoming auction. PS: Last spring we had 70+ people attend at $20 each. It was a great fundraiser for our Society and this time around it will be even better!

USSB Drumming Corps 2019

USSB announces the beginning of our own drumming group. Meeting on the third Thursday of each month from 6:00 to 7:00 PM through July 2020, this group will work with professional percussionists to learn drumming that will prepare us to work with the choirs during worship services.

Bring your own drum if you have one. USSB has been given some fun drums, so if you don’t have one yet, you can use one of ours. There are cowbells, shakers, and lots of different noise-making instruments to enjoy as well.

Our first meeting is Thursday, October 17 in the Sanctuary. Bring the family and drum up some real family fun!

Please contact me with any questions!

Ken Rylas, Choral Director
ken@ussb.org; (805) 965-4583 x226

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Ken Rylas, Choral Director
ken@ussb.org; (805) 965-4583 x226
Welcome to Our Newest Members!

AMBER MILLS ASHER
I grew up in a small mountain town in Northern California called Blairsden, with my mom, dad, younger sister, and brother. We’re part of a large extended (mostly Chinese and English) family, based almost entirely in the Bay Area. I moved to Santa Barbara in 1997 to attend UCSB. I graduated in 2001 with a degree in Sociology and a Black Studies minor. While there I studied multi-racial identity, interethnic relations, and anti-bias education.

My career has largely focused on event management. I’ve worked for the last 15 years in high-tech marketing and corporate events, and prior to that, for the Girl Scouts and UCSB. In my free time I love: roller derby and roller skating (I’m on the local Brawlin’ Betties team), eating while traveling, art of all kinds, reading about and doing self-improvement, backpacking, camping, and hiking to inspiring places. My daughter is my very favorite person. She’s six years old and currently wants to be called Olivia.

JASMINE ANDERSON

SYDNEY BARNETT

WHITNEY DETAR

SCOTT FOREMAN-ORR

CHRISTIAN HALI
Originally from the Hudson River Valley of New York, I moved to California in 2001 and I love it here. Everything’s better here—except for pizza and bagels—and I’m better here, too. I moved to Santa Barbara to be with my twin daughters, Thaïs and Josephine. Thaïs is a ballerina, Josephine is a hip-hop dancer. I enjoy running on the Elwood Bluffs, Elings Park, and on the beach. I’m an artist and designer. I have taught art and worked as an art director at Nickelodeon and MTV Animation, and at the Disney Channel in Burbank. Currently I’m building my network in Santa Barbara, working as a school bus driver, and getting back to creating art. I will have work in a show in Baltimore in mid-October. My art website: cjhali.net. My Instagram: @xtian_hali.

BOB & LOIS HERRICK
As a child, Bob read Attorney for the Damned and Clarence Darrow, for the Defense and wanted to be an attorney. He attended Morristown High and won the National Forensic League New Jersey state championship in debate. He went to the University of Pennsylvania, Wharton, earned a BS in economics, and then graduated from Fordham Law and worked for a criminal law firm in New York City where they represented major drug dealers, the Hell’s Angels, and others of questionable repute. Lois took art history at Drew University and graduated Brooklyn College with a degree in primary education. She was always artistic, from crayons to acrylics, to hand-building clay sculptures. Together they moved to upstate New York to raise their two children. Bob started his own law practice, primarily in criminal law and real estate litigation. Lois, in addition to yoga, art, and two toddlers, was a patient advocate at the local hospital. A few decades later, Bob semi-retired and they joined Bob’s siblings and mom in Florida. Bob worked pro-bono as an attorney; Lois worked as a cook for a nonprofit and began selling her clay sculptures. And then they visited their daughter’s family in Santa Barbara. They have no lived here for five years. Lois now devotes her time to helping with their grandson, painting with watercolors, and devoting every morning to her passion, yoga. Bob’s passion, other than tennis and pickle ball, has always been to prevent people from being jailed or trying to free people who have been jailed for barbaric periods of time. Bob just helped a California prisoner with a commutation application who has served 26 years in prison for a life sentence for stealing a bicycle.

MILLA HERRICK

CHRISTOPHER LOPEZ
I am currently a postdoctoral fellow in the mathematics department at the University of California, Santa Barbara. I was born in 1989 in Queens, New York, and grew up in the Bronx. I did my undergraduate work at Columbia University and in 2017 obtained my Ph.D. in mathematics from the University of California, Irvine. I was raised as an evangelical Christian and have since become a humanist. In my free time I enjoy reading and experiencing nature.

DENISE NEHMER
I moved to Santa Barbara in May 2017 with my husband and two Boston terriers. Before moving to California, we lived in Chicago and Washington, DC. I am originally from Sioux Falls, South Dakota. I enjoy being active—mostly bike riding, yoga, hiking, rollerblading, running—exploring Santa Barbara’s vegetarian food options—going to art galleries, movies, and lectures—and traveling. I am inspired by art, design, and fashion. I am passionate
about caring for animals and living sustainably, in harmony with nature. I would be excited to work on community projects like recycling plastic and neighborhood cleanup and beautification. I also have special interests in physics and nutrition.

BOBBY ORR-FOREMAN

VICKI PALMER

JOHN PETERSEN

GERI RIEHL
I was raised here in Santa Barbara. I have two adult sons, a beautiful two-year-old grandson, a four-legged grand-dog, Bella, and my own four-legged fur baby, Poppy. My husband, Sean, and I have been married for 22 years. I have had a varied work history, being a Montessori teacher, massage instructor and therapist, and owner of Real Bodywork, where we produced and distributed massage and yoga training DVDs, an online classes and instructional anatomy apps. Our second business is WabiMoss: we make wall art with preserved moss and ferns for commercial and home design. I love traveling with Sean and Poppy in our Sprinter van. Japan has captured my heart. I am creative, curious, shy, and devoted to my family.

SEAN RIEHL
I like to take short dips into the ocean about once a week with my dog, Poppy. My wife, Geri, and I like to travel in our van and camp. I used to be a massage therapist, then I taught massage, then I made a bunch of massage and yoga training DVDs. I have also made iPhone apps on anatomy. Now we produce artwork made from moss. I love woodworking and making the frames for our artwork. Thai food is my favorite.

JOSEPH SCHULZ
My son, Tucker, and I reside just over the hill in the Santa Ynez Valley. During the week, Tucker enjoys spending his days discovering the wonders of nature in the area’s mountains, meadows, ravines, and riverbeds with his outdoor forest preschool friends. On the weekends, he enjoys all manner of adventures with his papa, including harvesting wildflowers, zooming along on anything with wheels, and coming to play with his new Sunday friends in the Starr King Playground. I work as a community liaison and spend most of the rest of my time focusing on my role as Tucker’s father. I enjoy crafting and creating artful gifts for loved ones, and I especially like discovering (and sometimes inventing) new creative ways to repurpose objects into beautiful and functional “new” items. I am a lover of words, and enjoy wordsmithing and publishing a monthly community newsletter, as well as poetry and children’s stories.

CANDICE TURNER
My name is Candice but friends call me Candy, I was born in La Jolla and grew up in Palm Desert. I graduated from College of the Desert and earned a BA in Sociology from UCSB in 1978. My first professional job was working as a counselor for abused children in a residential program. I then traveled to Ecuador and Peru, and my boyfriend and I bike-toured throughout Mexico and worked with Guatemalan refugees in Chiapas. I returned to Santa Barbara and worked at the Devereaux Foundation with developmentally disabled youth and adults, and later worked at the Rehabilitation Institute, and spent 11 years with Santa Barbara County Department of Alcohol, Drugs and Mental Health. As the owner of Urban Nomad, I imported Egyptian belly dance costumes and accessories, which I sold at belly dance festivals and other local events. I have also traveled to Kenya, Uganda, Tanzania, and the Congo. Now I am a caregiver in Santa Barbara, Carpinteria, and Ojai. I enjoy swimming; volunteering at the county animal shelter; my buddy, Mr. Ruby, the spoiled cat; and my wonderful friends.

MARK WOFFORD

NICK WONG

DANA ZURZOLO
I am an artist and creator at large. My passions are textiles, laughing, gardening, teaching, swimming, road trips, and sharing stories. As an artist, I began creating patterns for embroidery as a kid, moving on to large graphic posters and pictorial quilts in college, and eventually designing commercial banners and flags. I trained professionally in digital imaging in the 1990s and then practiced and taught digital art at UCLA. I was a professor of art and design at Pepperdine University in Malibu for sixteen years, overseeing a multimedia program. I have an MFA from Plymouth University, an MA from Pepperdine, and a BA in social thought and political economy from UMass Amherst.
Focus: Ending Homelessness in Santa Barbara

Path Santa Barbara helps homeless people find permanent housing. It provides case management, medical and mental health care, employment training, benefits advocacy and other services. It also helps those who obtain homes to maintain them stably.

Path envisions a world where every person has a home. In 2018, Path helped 967 people and made 75 housing placements in Santa Barbara. It launched an innovative recuperative care program in partnership with Cottage Health, serving high-need homeless patients discharged from the hospital. Path also awarded Homeless Emergency Aid Program (HEAP) funds to operate LeaseUp Santa Barbara, a countywide landlord engagement program.

Please give generously in October to support our homeless neighbors via Path.

For more information, visit www.epath.org

Great Decisions Fall Series: Focus on the 2020 Election

Our Great Decisions foreign policy discussion series has expanded to include lectures that examine important issues in the 2020 election. UCSB Professor John S.W. Park, an expert in the history and substance of U.S. immigration law, will return to Parish Hall. Come and share your insights! What are the elements of an immigration policy that you would support? Professor Park is an outstanding speaker and always leads a very provocative Q&A session. Join us on Wednesday, October 2 at 6:30 PM in Parish Hall.

On Sunday, October 27 at 3:00 PM in Parish Hall, state senator Hannah Beth Jackson will discuss her career as a leader in the legislature and what lies ahead with the U.S. administration. Coming to the end of her final term in the senate, she has a wealth of experience and knowledge of the progressive positions being enacted this term in Sacramento. Bring your questions and join in the discussion!

These lectures are always interesting and provide an opportunity to invite family and friends who might be interested in the topics and learning more about what goes on at USSB! A contribution of $10 is requested. For any questions, please contact John Warnock, johnwwarnock@gmail.com.

Vegan Film Night in October

The next Vegan Film Night will be on Friday evening, October 11 at 7:00 PM in Blake Lounge. The film to be screened is PlantPure Nation. This acclaimed documentary tells the story of three people on a quest to share one of the most important health breakthroughs of our time. After renowned nutritional scientist and bestselling author T. Colin Campbell successfully addressed the challenges of getting plant-based nutrition included in the political process.

Kentucky House of Representatives, his son Nelson and Kentucky State Representative Tom Riner proposed a pilot legislative program to document the health benefits of a plant-based diet. Once the legislation went to committee, however, agribusiness lobbyists killed it. Undeterred, Nelson Campbell decided to try his own pilot project in his hometown of Mebane, North Carolina. The effort was wildly successful. Filmed across the U.S., PlantPure Nation explores the topical issues of the small family farmer, food deserts, modern medicine, and the challenges of getting plant-based nutrition included in the political process.

Cathy Albanese
Ongoing Events at USSB

Alliance in October and November

FRIDAY, OCTOBER 6 AT 2:00 PM IN JEFFERSON HALL

With a job history that includes everything AND the kitchen sink, Maureen Foley Claffey’s career trajectory includes journalism, teaching, art, and writing. She has also worked as an usher for the Cirque du Soleil, assisted a beekeeper, and made hundreds of jars of jam as the owner of her own fruit preserve business. Now, she is juggling her time between mothering two kids, fostering her own writing and art, and helping (and growing) the 400-member strong USSB congregation as the Director of Congregational Life at USSB. During this month’s talk, Claffey will discuss her background growing up on farm in Carpinteria (where her family has grown food since the 1890s), working in various jobs, and what she hopes to achieve in terms of membership at USSB.

FRIDAY, NOVEMBER 1 AT 2:00 PM IN PARISH 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.

Quantum Field Theory & Consciousness

MONDAY, OCTOBER 21 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, OCTOBER 22 AT 7:00 PM IN LA PAZ LOUNGE.

Contact Al Melkonian for more information.

Vegan Potluck

SUNDAY, OCTOBER 27 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

No meeting in October.

WEDS., NOVEMBER 13 AT 7:00 PM IN THE SANCTUARY

Radhule Wieninger and Michael Kearney will be hosting together with Barbara Finch from Santa Barbara’s Social Service Agency, presenting a World Café Solidarity & Compassion evening with the theme “Care for our Children.” 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.

Weekly Meditation

EVERY WEDNESDAY AT 5:30 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.
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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 November issue: Monday, October 21
Email: Kaleidoscope@ussb.org