Living with Integrity, Nurturing Wonder, Inspiring Action

Kaleidoscope

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

Expectation...

“We don’t see things as they are; we see them as we are.”
Anais Nin, quoting the Talmud

Sunday, September 1 (10:00 AM)
Rev. Julia Hamilton

“The Protestant Work Ethic”

“Unitarian Universalism has Protestant roots. Have we inherited a particular viewpoint about work and labor from the Calvinist side of our family tree? Is it time to re-evaluate the relationship between work, virtue, and what it means to live a productive life.

Sunday, September 15
Nic Filzen, Student Minister

Students and teachers have returned to school, so it’s time for our Blessing of the Backpacks! All bags are welcome: whether you carry a backpack, satchel, briefcase or purse, let us send you out into the world with the love and support of this community. We celebrate lifelong learning at USSB.

Special Event: Religious Exploration Kickoff Carnival

Sunday, September 22
Rev. Julia Hamilton

“Dynamic Balance”

On this Sunday, we rest between the day and the night on the balance point of the seasons: The Fall Equinox. Are you feeling off-balance, thrown for a loop, or unsteady? Perhaps it’s time to shift our expectations about what a “balanced life” really means.

Sunday, September 29
Worship Associate Ken Ralph

“Great Expectations”

In Charles Dickens’s coming-of-age novel, Great Expectations, the protagonist, Pip is the recipient of an unexpected fortune. He also falls in love. Then he loses his love. Then he loses his fortune. Then he is reunited with his love (or so it seems). The tale describes a universal human struggle to find redemption despite the failure of our best laid plans.

Join us as we share our own tales of plans dashed with unexpected results.

Sunday, September 8 (9:15 & 11:15 AM)
Rev. Julia Hamilton

“Balancing the Scales”

Join us for our annual “Ingathering” Sunday—the start of a new season here at USSB. The troubles of the world can seem impossibly large. The rainforest is burning, the climate is warming—what can we do? Together, we can be a port in the storm, a life raft, a rescue operation, a choir that sings above the thunder of it all. Let us renew our spirits for the urgent work of today and refresh our vision for the long-term future of the planet.

Special Event: Bring some water for our annual water ceremony!
What’s better than great music? Great music for a great cause!

Join fellow USSB congregants and friends on Saturday evening, September 7 at Singing for Asylum: A Concert for Immigrant Justice, a benefit to raise funds for and awareness of refugees and immigrants seeking asylum in our community.

The concert will start at 7:00 PM in the Sanctuary (with overflow seating available in Parish Hall). The Arrellaga gate will open at 6:00 PM for tickets, coffee & refreshments and the opportunity to visit information tables from co-sponsoring organizations. Tickets at the door only, with a suggested minimum $10 donation, but no one will be turned away for inability to pay (and, of course, larger donations would be most welcome).

We are honored to have on stage the supremely talented Kate Wallace and Doug Clegg who, for over two decades, have shared their music and their vision for a better, more humane world, with the Santa Barbara community and beyond. Through their live performances, recordings and hosting of the popular Trinity Backstage series, Kate and Doug have brought the healing power of acoustic music to a wide audience. We are honored that they will be donating their talent, time and commitment to the cause of immigrant justice.

Singing for Asylum is a collaboration with many stakeholders. The event is co-sponsored by various faith-based and community partners, including the Live Oak Unitarian and Trinity Episcopal as well as CAUSE, Immigrant Hope, Pacific Pride, PFLAG, SB TAN, Mission Wealth Management, and the Fund for Santa Barbara, among others. All funds raised will benefit two nonprofit partners and projects: the Santa Barbara County Immigrant Legal Defense Center (ILDC) and SB ACT’s Asylum Seeker Flexible Local Dollars Fund.

The ILDC is dedicated to 1) recruiting and training volunteer attorneys to represent immigrants in removal proceedings and 2) providing community education to help immigrants understand their basic civil rights and to assist those facing deportation proceedings.

Funds will also be used to support the SB ACT’s Asylum...
What You Want to Know about USSB but Didn’t Know to Ask

A New-Member Handbook

The idea of a handbook for new members is hardly new. Some congregations have them; others do not. The UUA bookshelf is replete with information about UU history, practice and theory. What is called for, however, is a practical guide offering a brief and inviting introduction to the Society.

An intrepid working group has emerged as the New Member’s Handbook Subcommittee of the Membership Ministry. These writers/editors include Catherine Callahan, Hod Gray and Nancy van Antwerp, in consultation with Linda Beers, Laraine Gray and Maureen Claffey.

The Handbook will be a compact 40 pages, give or take, spiral bound for easy reading and featuring contributions from our community.

Highlights:
- Welcoming essays by Rev. Julia, Nic Filzen and Ken Ryals;
- Foundational UU principles, including our Covenant of Good Relations;
- Say What? A very short elevator pitch
- UU and USSB History in 90 Seconds
- What’s Going On?
- Who’s Who?
- FAQs

…and more—including a map! (Do you know where the labyrinth is?) Each new member will receive a copy, and the Handbook will be posted on the USSB website as well.

The Society belongs to us. But do we make the most of the life of our community? How do we do things here? This can be particularly confusing “on arrival,” but such questions arise even for members of long standing (the familiar “I never knew that...”)—and for members coming from other congregations.

We say proudly that each UU congregation is its own creature, reflecting its one locality and the individuality of its members. The Handbook will reflect the warmth and vigorous life of our USSB community.

Hod Gray, Handbook Team Member

Concert Cont’d

Project, which sponsors LGBTQ+, and other vulnerable asylum seekers, from the southern border.

SB ACT has established a Flexible Local Dollars Fund (FLDF) to provide immediate financial assistance and to address a range of basic needs of asylum-seekers such as clothing, food, shelter, basic hygiene products, medical care, and transportation to and from appointments. FLDF may also be used to cover the cost of immigration and legal services, dental care, job training and educational advancement, and cosmetic and reconstructive surgery to heal/correct the effects of physical trauma and abuse.

Singing for Asylum will also feature a speaker from the immigrant and refugee community who will provide a first-hand account of the plight of refugees and asylum seekers in our community.

This night will be an inspiring musical celebration of unity and commitment for a critical cause and promises to help sustain us all in these challenging and heart-wrenching times.

Please join us on September 7! If perchance you cannot attend, we encourage you to join us in spirit by making a direct donation to the Immigrant Legal Defense Center @ https://www.sbimmigrantdefense.org/donate or the Asylum FLDF @ www.tinyurl.com/sbasylum.
As we enter the USSB Courtyard through the garden gates we pass a fountain that's been in place for over 70 years. It is in memory of Charlotte Bowditch, an early Santa Barbara Unitarian who died 100 years ago this month in 1919.

Charlotte was the fifth of eight children born in 1846 to Jonathon Ingersoll Bowditch and Lucy Orne Nichols in Boston. Charlotte's grandfather, Nathaniel Bowditch is credited as the founder of modern ocean maritime navigation: his book *The New American Practical Navigator*, first published in 1802, is to this day carried on board every commissioned U.S. Naval vessel. A mathematical genius, he became America's first insurance actuary as president of the Essex Fire and Marine Insurance Company in Salem and under his direction, the company—and the town—prospered. Charlotte's father followed in her grandfather's footsteps as a Boston/Salem merchant, serving as an overseer at Harvard as well as serving on the MIT Board of Directors.

The Bowditches were one of the original Unitarians in the early days of our nation. Along with her activist brothers, Jonathon and Henry, Charlotte grew up as a Unitarian. With the financial resources from a wealthy family, and having an independent spirit uncommon in women of that age, she headed out west. Over the years, she traveled among the Native American Nations, developing a deep appreciation for their culture and for the natural wonders of the area.

By 1900 Charlotte had settled in Santa Barbara—her spiritual home—where she became known for her philanthropy in Native American Art and Ornithology. Funded by her family's fortune, Charlotte was known as a "philanthropic capitalist," her inheritance funding the development of the Santa Barbara Museum of Comparative Oology (the study of bird eggs,) which eventually became the Natural History Museum in 1916.

Charlotte was a contemporary of civic leaders Pearl Chase and Julia Morgan. She never married, living with her partner Sophie Baylor and sister Margaret in a home on Upper Garden Street. They joined the Unitarian Society in 1905. During the next 14 years Charlotte continued her philanthropic work contributing to civic projects in Santa Barbara, among them the Sloyd School (precursor to UCSB), the Neighborhood House, the Recreation Center and the restoration of the Arrellanes Adobe.

After a number of years of declining health Charlotte passed away at age 71 on September 3, 1919. Her passing was noted in the Santa Barbara Morning Press:

> "Miss Charlotte Bowditch, a resident of Santa Barbara for many years, died early last night at her home, 2227 Garden street, after a lingering illness. Miss Bowditch's death was not unexpected as she had been gradually sinking for some time. The funeral will be held some time Friday, although the hour had not been set last night … Miss Sophie Baylor, a close friend and companion for many years, and Miss Margaret Baylor were with Miss Bowditch when the end came. Before her death, which came easily and without pain, Miss Bowditch expressed her love for Santa Barbara and Santa Barbara people … She was originally from Boston, Mass., being a member of one of the most prominent families in that city."

Charlotte's Fountain was installed in 1930 in the courtyard of our newly built Church (1927). (The former church on State Street was destroyed in the 1925 Earthquake.) The fountain connects us to the earliest days of Unitarianism in Santa Barbara and is an important link to our rich, storied past.
Maureen Foley Claffey, Director of Congregational Life

Our first Alliance meeting of the year will feature our own Maureen Foley Claffey, Director of Congregational Life

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 a 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.

Connection Circles
Building Connection by Sharing and Listening
Please join us! Group Meetings begin mid-September!

Connection Circles will begin meeting in mid-September and early October 2019, and run through May 2020. Groups meet twice a month for that period of about eight months.

Each Circle usually has between six and ten members and a facilitator. At the Connection Circle sessions, each member of the group shares from their own experience on the monthly theme (themes last year included Vision, Mystery, Trust, Wholeness, and Beauty) while the others in the group listen. The practice of sharing and listening is very simple but powerful, with effects that go beyond the Circle meetings. As one member said last year, “My heart opens in the Connection Circle and it stays open throughout the week.”

Connection Circles are not about being an expert or a skilled speaker. They are about reflecting on our experience in our own way and doing others the kindness of listening to them. Through the lenses of the themes, we look at our lives with a different focus, giving us new ways of seeing. The choice of what to share belongs to each person. There is, of course, no expectation that we share anything we do not want to share. Members make an agreement that what is shared in the circle is held in confidence.

Connection Circles are a way for new members to get to know us better and are an opportunity for all of us to build trust and community in a small group of USSB members. Each new circle allows you to get to know a new group of friends.

Signups continue through Sunday, September 8 in the garden. For questions, please contact Carol or Becky.

CAROLSCHWYZER@GMAIL.COM, (805) 687-0890;
BUCKYBLACK@AOL.COM, (805) 886-0132
Most USSB Members are not aware of all the tips about congregational life that they’ve picked up over the years. But there are tons! From which auction items to bid on in October to what is the best potluck item for group gatherings to how to volunteer to a ministry team to how to reach out to someone who is having a hard time, there are so many details of congregational life that new people have to explore, try and learn!

So, how do we make it easier for new folks to jump in to our world? How do we give them the information they need to drive? Where do they begin to figure out what questions to ask? After all, we don’t know what we don’t know. So…where should a new member or visitor start to learn about what it means to join our congregation and what it means to belong here? Besides just asking lots of questions to our friendly staff and members, here are two resources soon to be available: **Membership 101** and the **New Member Handbook**.

**Membership 101**: This is a quarterly class, taught by Rev. Julia Hamilton, that takes people on a deep-dive into Unitarian Universalist history and gives participants an introduction to Unitarian Universalist culture, practices and background. People are also given an opportunity to begin an exploration of their own creeds, beliefs and religious background, a process that is ongoing as a member of USSB.

**NEXT MEMBERSHIP 101**: Saturday, September 14 from 9:00 am to noon. RSVP to maureen@ussb.org to sign up.

**New Member Handbook**: This is a book in production by a team of volunteers who have been meeting regularly throughout the summer to develop an essential guide to all aspects of USSB life. It will be a gift to all new members, and serve as a one-stop-shop for all their questions. (And for a small fee, it will also be for sale to members of the congregation.) See page three for more information about the launch of this great resource.

Between **Membership 101** and the **New Member Handbook**, I hope to provide visitors and new members the tools, resources and information they need to thrive as they begin that journey from USSB dabbler to full-blown leader. Please let me know if you have any questions or suggestions.

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Maureen Foley Claffey,  
**Director of Congregational Life**

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**Volunteer Opportunities with OUTREACH OFFERINGS!**

Each month, we give 25% of our plate offering to organizations, local and national, whose missions align with our Unitarian Universalist principles. It feels good to share our bounty, and affirm and encourage others in their work.

This program is currently run by two volunteers who work closely with Reverend Julia to identify and research candidate organizations, request congregational involvement in selecting new Outreach Offering recipients and arrange for guest speakers to speak to the congregation.

Heretofore, this work has been done by Deb Hartman and Marisa Pasquini. We are now ready to pass the baton to two or three new people to take over these duties.

Following is a list of responsibilities of this role:

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- Annually, invite the congregation to submit nominations for new Outreach Offering recipients.  
- Compile nominations and work with staff to create an online poll that is sent to the congregation to determine the next Outreach Offering recipients.  
- Monthly, write a brief article for the *Kaleidoscope* about each month’s recipient  
- Monthly, invite a representative of the recipient organization to speak during the first Sunday service.  
- Occasionally, meet with Reverend Julia to review the program.

If you are interested in volunteering for this vital and interesting work, please contact Rev. Julia.
Preparations for this year’s annual auction are well under-way. This year’s theme, *The Black and White Costume Ball*, is so broad the sky’s the limit! Find a costume at the thrift store or come as you are!

This event is an essential fundraiser that brings us together as a community so we can continue to do the work we believe in.

**BUT!!! What can YOU contribute?**

- **Donate Auction events**
  September 1 through September 22. You can donate at the Auction table in the garden on Sundays or online at www.ussb.org. Email Tammy Shorb at tammyshorb@gmail.com if you need any help at all!

- **Volunteer to help.** There is a job for everyone and everyone is needed. Volunteer in the garden on Sundays or contact Tammy Shorb.

- **Most importantly, SAVE THE DATE & JOIN THE PARTY ON OCTOBER 26!**

Please contact Tammy Shorb at tammyshorb@gmail.com or (805) 617-9474 for any Auction questions.
Library Corner

Your library committee is eager to hear about your summer reading. Let us know if you found a great book.

We’ve placed several new-to-us movies into our rotation. Here they are:

Book review by Lynn Dow

Where the Crawdads Sing by Delia Owens

Imagine yourself in a thick swamp in North Carolina. You are in a small boat. You watch where the blackbirds fly to see what direction you should go. You hear the rustle of frogs, snakes and other critters in the bushes. Everything around you is dank and humid.

You are six years old, you have only one set of clothing, no food, and your only remaining relative is your father, who is a violent drunk.

This is the premise of Where the Crawdads Sing, a novel described as a coming of age story, an ode to the natural world, and possibly, a murder mystery. It is the #1 bestseller on the New York Times list.

Writer Delia Owens is co-author of three best-selling nonfiction books as a wildlife scientist in Africa with her husband Mark. She holds a BS in Zoology from the University of Georgia, so her southern experience is genuine. She also holds a PhD in Animal Behavior from UC Davis. Maybe if we’re lucky, her next novel (this is her first) will be set in California. Owens now lives in Idaho.

This book will put your psyche in a totally different landscape. It’s a good summer read and hard to put down. And yes, the movie is in the development stages.

Thanks

...for all you do!

Thanks exceedingly much to Sarah Davis and Kyle Stewart for preparing and serving the Healthy Snacks on Sunday, August 18. Through a mishap, their names did not appear in that Sunday’s Order of Service.
**Upcoming Events at USSB**

**Solidarity and Compassion Project**  
**Wednesday, Sept 11 at 7:00 pm in the Sanctuary**  
Join us every second Wednesday of the month when we come together to discuss ways of community healing during traumatic times and to spend time in meditation and reflection. We take on a different topic each month, with diverse guests for the panel discussion 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, Sept 16 at 7:00 pm in Blake Lounge**  
Beginners QFT&C meets the third Monday of the month in Blake Lounge. Videos and discussion will focus on how the laws of physics imply we are all one. After an intro for newbies, topics discussed will include: time as an illusion; how consciousness creates reality; the meaning of the Higgs boson; and the Universe as a conscious mind.

**Book Discussion Group**  
**Tuesday, Sept 17 at 7:00 pm in La Paz Lounge.** Contact Al Melkonian (805) 966-2908 for more information.

**Weekly Meditation**  
**Every Wednesday at 5:30 pm in the Sanctuary**  
Find more mindfulness, or just a brief midweek timeout. 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. Ken Collier, Maureen Claffey and Nic Filzen.

**Yoga Classes with Monica**  
**Mondays & Wednesdays from 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 per session.

**Board of Trustees Meeting**  
**Tuesday, Sept 24 at 7:00, Jefferson Hall**

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**Women's Empowerment Project**  
**Announces the First Event In Our Speaker Series**  
**A Lecture on Christian Roots of Feminism**

**Sunday, October 6 from 5:00 to 7:00 PM, Parish Hall**

We will kick off our Women’s Empowerment Speaker Series with a lecture by Dr. Helen Rhee on *Christian Roots of Feminism*. Dr. Rhee is a Professor of Religious Studies at Westmont College and the author of numerous articles published in journals and in books. She has this to say about her topic:

“This lecture examines largely unexplored and hidden roots of (American) feminism in the 19th and 20th centuries. With new understandings and interpretations of biblical passages that had been used to justify female submission and emerging social and cultural changes in that time period, Christian women increasingly demanded similar or the same opportunities and equality with their male counterparts in preaching and ministries. Furthermore, their involvement in the abolitionist movement and women’s education contributed to the suffrage movement and temperance movement at the turn of the twentieth century."

We will be reaching out to religious leaders in our community to encourage them to attend the lecture and to spread the word to members of their congregations. After the lecture, there will be a panel of leaders invited to briefly describe the efforts their congregations are making to benefit women.

There will also be a Q & A with the speaker.

This promises to be an exciting evening. All are invited. Please mark your calendars and plan to attend!

**Rachel for the Women’s Empowerment Project**
In the tradition of indigenous cultures, an elder woman respected in the community who cares about the next seven generations is considered a Grandmother, whether or not she has grandchildren. The Society of Fearless Grandmothers is composed of grandmother-age women, a group of calm, peaceful, loving, courageous elder women who understand that we must act NOW to protect future generations from the existential threat of the global climate crisis.

The Society of Fearless Grandmothers was created by women in the Bay Area to provide trainings for older women to keep the peace during nonviolent direct action events requiring street closures. These women have a history of safe, successful street closures and law enforcement liaison experience.

Older women have a certain type of authority, wisdom, compassion, strength and love based on our life experiences that is required at this time. We are committed to nonviolence. We are committed to keeping the younger generations safe. This includes keeping them safe during nonviolent direct action events, taking a risk in being on the front line between law enforcement and those standing behind us to de-escalate tension and speak calmly to law enforcement. Please see the Facebook page of the Society of Fearless Grandmothers for details.

A sister chapter is being organized in Santa Barbara County and a training is scheduled for October 19, 2019. If you are interested in joining, please call Irene Cooke at (970) 531-0831, or email: fearlessgrandmothersSB@protonmail.com.

In case you forgot...
1. **Show up!**

Kids like to be with their friends. This becomes more important as they grow older and develop their beliefs and values. By the time they're in middle school, values and beliefs are becoming a part of them and they want to put them into action with others who share the same values. This means people of all ages! So, if you're a parent, bring your kids to church! If you are an adult without children in the RE program, show up to be with our kids and be a model of what it is like to live your beliefs.

2. **Come to the RE Kickoff Beach Party!**

This is going to be fun! It'll be between the services and after the second service on September 15. Come to the RE Courtyard and playground for our beach-themed party complete with bouncey castle, hot dogs, popcorn, snow cones, activities, games, and prizes. Come have your picture taken at our photo booth. Come find out more about the RE program for the coming year! We are also looking for help in running some of the concessions, games, and activities. Let me know! Contact me.

3. **Sign up to be an RE Assistant!**

Our Religious Education Program is a cooperative program that relies on adults in the congregation to assist in our RE classes. This allows us all to join together in a ministry that helps guide our children in their spiritual journey as Unitarian Universalists by the teaching of our UU Principles and beliefs, world religions, leadership, and social justice issues.

When you are involved with the RE program, you'll engage in a soul-enriching spiritual practice that makes up an important part of our religious community. Many have found this to be a mutually rewarding experience in which teachers and children explore Unitarian Universalism as well as their own beliefs and understandings together. "Teaching" enables adults to join children on a communal path to spiritual growth. And—it is fun!

Your involvement shows our children the value of cooperation and commitment. They will recognize the importance of what members of our community contribute to the spiritual development and learning of all the children in our congregation.

All of our assistants and teachers are supported with training, curricula, and materials by the RE Director. Assistants are typically in the classroom once or twice per month. Assistants do not create or plan curriculum. They just help out in the classroom.

I am so impressed with the history of support that many of you have already demonstrated to our Religious Education program. (I have heard stories!) I understand the commitment that it has taken and appreciate the precious time, effort, and resources that you have given. Thank you to all, and I look forward to working with you!

**See? Wasn't that easy? 1! 2! 3!** Contact me to sign up for anything mentioned here.

KATHLEEN@USSB.ORG

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Rev. Julia Hamilton, Lead Minister, julia@ussb.org
Erin Wilson, Director of Administration, erin@ussb.org
Ken Ryals, Choral Director, ken@ussb.org
Kathleen Hogue, Director of Lifespan Religious Education, kathleen@ussb.org
Maureen Foley Claffey, Director of Congregational Life, maureen@ussb.org
Nic Filzen, Ministerial Intern, nic@ussb.org
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Jon Diaz, Sexton, jon@ussb.org
Heather Levin, Accompanist
Rev. Kenneth Collier, Minister Emeritus
Heather Levin, Accompanist
Rev. Kenneth Collier, Minister Emeritus

Sunday Worship Services: 9:15 AM & 11:15 AM
Sunday Nursery & Children's Care: 9:00 AM to 12:30 PM in Starr King
Office Hours: Sunday to Thursday from 9:00 AM to 4:00 PM

Deadline for the October 2019 issue: Monday, Sept. 16
Email: Kaleidoscope@ussb.org