Sundays in August
Weekly services happen in-person and online every Sunday at 10:00 AM.

Sunday, August 7
Peter Hale, worship host
with Charla Bregante, Chuck Flacks & Keir Zecher
“The Power of Vulnerability”
Does that sound like an oxymoron, power and vulnerability being used in the same statement? But being vulnerable does not imply weakness, it means being unguarded, open, flexible, and ultimately... the freedom to grow and change.

Sunday, August 14, 21 & 28
Rev. Julia Hamilton returns to the pulpit.

Watch our Sunday service live on Zoom and Facebook or use your phone to dial in and hear the service live.

To listen to the service on your phone, call 1-669-900-6833 and then enter the Sunday services meeting ID: 960 036 8223#

You may call in starting five minutes before the service begins.
Zoom and Facebook links are sent out in the Friday email, in a special Sunday morning email, and are always available on our website, at www.ussb.org/worship/zoom.

Contact our office at ussb@ussb.org if you'd like to be added to our email list.
Can't be with us when we're live Sunday morning? We archive every service video on our YouTube channel and on our website at www.ussb.org/worship/archive.
Why Connection Circles?

In September we begin our thirteenth year of Connection Circles. In these small groups, we use a structure for creating compassion and trust, a focused practice of sharing and listening that creates a space for mutual understanding and appreciation. As we develop compassion and trust with the members of the circle, we build listening and sharing skills that we can use at home, at work, and wherever we are with people. In the 12 years of our Connection Circle program at USSB, many of our members have practiced this spiritual discipline. This shared experience has the power to transform the community as well as the individual.

Why Connection Circles? For the joy of it! Get to know people, make friends, share at your comfort level, learn to be a good listener.

The themes for this session are:
- September - Belonging
- October - Courage
- November - Change
- December - Wonder
- January - Finding Our Center

This year we are offering some groups on Zoom and some groups in-person. We hope we can find a group that works for you! Each meeting lasts an hour and a half, and groups meet twice a month from September through January. You can sign up August 5-24 at http://tinyurl.com/FallCC22.

Questions? Call Carol at (805) 886-0943.

Carol Schwyzer and Becky Blake, Connection Circles Coordinators

“A good motivation is what is needed: compassion without dogmatism, without complicated philosophy; just understanding that others are human brothers and sisters and respecting their human rights and dignities. That we humans can help each other is one of our unique human capacities.”

— The Dalai Lama

“The cultural and religious diversity of our communities calls for a way of listening that transcends words and belief systems. Learning to truly listen to one another is the beginning of new understanding and compassion, which deepens and broadens our sense of community.”

— Kay Lindahl, Founder of the Listening Center

Fashion Fling Success

A big thank you to all who participated in the Fashion Fling. There were so many donations of clothing, shoes, bags and hangers. And so many people who helped. We had callers, publicity, set up, take down, straighteners, cashiers, even some husbands lent a hand. And thanks to Sally Hamilton for handing me such good notes.

We made just over $1,500 for only about 5 ½ hours of being open. We are looking at another sale next spring, and maybe being open Saturday morning to catch garage sale hunters.

Enjoy your new outfits, ladies. I’ve seen many at church already.

Laraine Gray

The Fashion Fling in Jefferson Hall.
Religious Exploration Corner

Children’s RE begins in the sanctuary on Sundays at 10:00 AM. Following the Time For All Ages, children join RE staff and volunteers for activities in Jefferson Courtyard.

Sun, Aug 7  Greeting Card Creations with Sally Hamilton
Fri, Aug 12  RE Family Summer Picnic: Pool Party at Charla’s!
Sun, Aug 14  Janmashtami, a Hindu celebration of Krishna’s Birthday with Janey
Sun, Aug 21  Cardboard Arcade Makerspace
Sun, Aug 28  Cardboard Arcade Makerspace
Sun, Sept 4  Cardboard Arcade Makerspace
Sept 9–11  RE Youth & Family Camping Trip at Lopez Lake
Sun, Sept 18  Multigenerational Ingathering Service and RE Family Carnival & Arcade

Our USSB Youth Group is open to teens entering 8th-12th grade this summer. Dates, times, and locations vary. Contact Charla for information about joining. Here’s what we’re up to this summer:

Fri, Aug 5  7:00–10:00 pm Teen Movie Night at USSB
Sun, Aug 7  11:30 AM to 1:00 PM Croquet at Julie Lopp’s house
Fri, Aug 12  5:30–8:00 PM RE Family Summer Picnic & Pool Party!
Sun, Aug 14  11:30 AM to 3:00 PM Ventura thrift store shopping
Sun, Aug 21  10:00–11:15 AM Cardboard Arcade–building with CRE kids
Sat, Aug 27  Pacific Pride Festival
Sun, Aug 28  10:00–11:15 AM Cardboard Arcade–building with CRE kids
Sun, Sept 4  10:00–11:15 AM Cardboard Arcade–building with CRE kids
Sept 9–11  Youth and Family Campout at Lopez Lake
Sun, Sept 18  10:00 AM to 12:30 PM Ingathering & RE Registration Carnival

RE Family Pool Party

Families with children and youth watch your RE texts and emails for an invitation to a pool party at Charla’s place on August 12. We’re looking for RSVPs from a minimum of three families so we can spark up the grill for burgers and hot dogs, and splash in the pool together.

Cardboard Arcade 2022

Kids and teens, please join us for three Sundays, beginning August 21st, to imagine and create our 2022 Cardboard Arcade! We had so much fun building our arcade last summer, but COVID prevented us from sharing it with the whole congregation. Bring your imagination and help build games for all to play at our Ingathering & RE Carnival in September.

RE Family Campout

Extend your summer with a weekend campout to Lopez Lake in Arroyo Grande September 9th-11th. The weather should be great for lake swimming, evening hikes and games. Come for one or both nights, or just for the day. This is a wonderful opportunity for RE kids, youth, and parents to really get to know each other in a relaxed environment. We’ll close out the weekend with a worship service by the lake. What could be better than that? Please let us know if you’re able to come by RSVPing at the link below by Sunday, August 28.
https://forms.gle/Go8Wfg8EqgLHvmcR7

In Faith,
Charla Bregante
Director of Religious Education
charla@ussb.org
August Outreach Offering
Our Local LGBTQ+ Partners

The August Outreach Offering supports our local LGBTQ partners, including Pacific Pride Foundation (PPF), Parents and Friends of Lesbians and Gays (PFLAG), and Santa Barbara Transgender Advocacy Network (SBTAN). These organizations provide services and advocacy for the gay and transgender community.

Pacific Pride Foundation (PPF)
www.pacificpridefoundation.org

The Unitarian Society of Santa Barbara has had a longstanding relationship with the Pacific Pride Foundation. We turn to PPF for resources and education as we seek to develop our understanding of the current needs of the LGBTQ community. Our own spiritual journey is enriched by our work with Pacific Pride, and we have stood with PPF in the public square to advocate for justice and celebrate our progress!

PFLAG describes itself as “the extended family of the LGBTQ community.” Its membership consists of LGBTQ individuals and their family members, friends, and allies. PFLAG provides peer-to-peer support, publications, tool kits, and other resources to support LGBTQ family members. This allows families to further support, affirm, and advocate on behalf of their LGBTQ loved ones.

Santa Barbara Transgender Advocacy Network (SBTAN)
www.sbtan.org

SBTAN educates individuals and organizations on best practices for transgender and gender-expansive clients, patients, students, congregants, and families. SBTAN creates and develops spaces, actions, and policies that advance the welfare of transgender and diverse gender non-conforming individuals, their families, and allies in California’s Central Coast communities. SBTAN has provided training to workplaces, schools, medical providers, and social service agencies, including Cottage Health Emergency, UCSB Faculty and staff, and Santa Barbara public and private high schools.

Personal Blessing

In appreciation of: Julie Lopp
“Thank you to Julie, who not only worked hard on the Fashion Fling but also let me stay overnight in her beautiful home, then sent me off with a hearty breakfast.”
From: Laraine Gray
Visit www.ussb.org/personalblessing to make your own Personal Blessing.
My Beloved Community

I’m glad to be part of a community that is about creating what the Rev. Martin Luther King, Jr. called The Beloved Community.

Black educator Rev. Shirley Strong explains Beloved Community this way:

“I understand the term Beloved Community to mean an inclusive, interrelated society based on love, justice, compassion, responsibility, shared power and a respect for all people, places, and things—a society that radically transforms individuals and restructures institutions.”

My mother grew up in Texas and Georgia. She told me that in church she was taught that each person is precious and God loves each of us equally. But she didn’t see that reflected in the society around her. She saw Black people disrespected and ill-treated. She didn’t know how to change it so she determined to move live in a place where everyone was treated equally. After the Second World War, she and my father settled in California.

So I grew up in California, where racism was not as pervasive or harsh, or at least was not evident to me. To me, the problem of inequality was a concern but appeared to be mainly long ago and far away. These years of my childhood were the years of civil rights achievements. Brown vs The Board of Education of Topeka Kansas, Martin Luther King’s “I have a Dream” speech, and the Civil Rights act of 1964. It seemed to me then that my country was making progress in righting the wrongs of the past, and that our story was to be one of a series of corrections until racial oppression was no longer.

Fast forward more than 50 years, and how are we doing today?

We see continued racial segregation, high rates of imprisonment, repeated police brutality, blatant voter suppression, and elected leaders who make no secret of their white supremacy, a mob in the capitol, and more. At the same time and in response, we see a renewed alarm and sense of determination in our country to correct the injustices that are the legacy of slavery.

Unitarian Universalists are responding. UU congregations are adopting the 8th principle, which puts a spotlight on racial work, and Beloved Community in our congregations, in our UUA organization, and in ourselves. The UUA as a whole will vote on its adoption at general assembly in 2023.

Here in our own congregation, our board and minister introduced Beloved Conversations, a program for people “seeking to embody racial justice as a spiritual practice.” Beloved Conversations is about “healing the impact of racism on our lives, in order to get free together.”

A Racial Justice Commission was formed.

A racial justice book group got started.

An active and inspiring Justice & Equity committee has been launched.

And our minister, Julia Hamilton, is actively involved in community religious leadership in justice issues.

I joined a Beloved Conversations group, and the racial justice book group led by Maureen Claffey, and then by Jody Thomas.

Through reading and discussions in this trusted community with fellow UUs, my understanding of my society and my place in it has broadened and deepened and set me on a path of learning more. This is not something I would or could have done in isolation. My journey is based in the forward movement in this spiritual community, and my trust in its members, and beyond that, in my belief in the people of my country.

From Isabel Wilkerson’s The Warmth of Other Suns I learned of America’s great black migration. Reading Ibram Kendi’s How to be an Antiracist I learned that the

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only way to undo racism is to consistently identify and describe it, and then dismantle it. Kendi says that racism and capitalism are conjoined twins. Which I want to learn more about.

The book *White Fragility*, by Robin DiAngelo, helped me see that my determination to hang onto my self-image as a good person was blocking my ability to see that I am part of an oppressive system. The system can’t be changed until we are aware of it. Richard Rothstein’s *The Color of Law* shows how racial segregation in America is not just de facto, but is also de jure, supported and made possible by laws across the country and at all levels of government. In her book, *Caste, The Origins of Our Discontent*, Isabel Wilkerson looks at our society as a caste system and shows how that hidden system impoverishes our whole society.

All of this can be overwhelming, making me ashamed, sad, angry, and despairing. But more than that, for me understanding offers the hope of change, if we work together. And I think: who am I, a person of white privilege, to give in to despair about my country when Frederick Douglas, Thurgood Marshall, Marin Luther King, Jr. and Jim Clyburn have invested their lives in it?

I would like to share a simile that helps me find balance. It’s from Isabel Wilkerson’s book, *Caste* —

“We in the developed world are like homeowners who inherited a house on a piece of land that is beautiful on the outside, but whose soil is unstable loam and rock, heaving and contracting over generations, cracks patched but the deeper ruptures waved away for decades, centuries even. Many people may rightly say, “I had nothing to do with how this all started. I have nothing to do with the sins of the past. My ancestors never attacked indigenous people, never owned slaves.” And, yes. Not one of us was here when this house was built. Our immediate ancestors may have had nothing to do with it, but here we are, the current occupants of a property with stress cracks and bowed walls and fissures built into the foundation. We are the heirs to whatever is right or wrong with it. We did not erect the uneven pillars or joists, but they are ours to deal with now.”

Isabel Wilkerson says this old house is ours to deal with now.

I want to be part of the work party.

I want to build the Beloved Community alongside you.

Carol Schwyzer

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**Beloved Conversations Virtual Fall 2022**

Registration is open now until August 26 for Beloved Conversations Virtual, a program for those who are seeking to embody racial justice as a spiritual practice. Beloved Conversations lays the groundwork for our move to adopt and embrace the 8th Principle. Join the growing number of USSB members and friends who have taken part in this transformational program. Fifty percent tuition scholarships are available to those who need them. Contact Charla or Erin for more information. Register online here: www.meadville.edu/light/fahs-collaborative/beloved-conversations/
Rev. Julia Hamilton, Lead Minister, julia@ussb.org
Erin Wilson, Director of Administration, erin@ussb.org
Matthew Griset, Music Director, matthew@ussb.org
Charla Bregante, Director of Lifespan Religious Education, charla@ussb.org
Christina Boardman, Children's RE Coordinator, christina@ussb.org
Janey Madlani, Children's RE Coordinator, janey@ussb.org
Joanie Bear, Facility & Events Coordinator, joanie@ussb.org
Eden Kennedy, Office Manager, eden@ussb.org
Rob Brown, Building Manager, rob@ussb.org
Jon Diaz, Sexton, jon@ussb.org
Heather Levin, Accompanist
Rev. Kenneth Collier, Minister Emeritus

The office is open on Sunday mornings and is available by phone and email from Monday to Thursday, 9:00 AM to 4:00 PM. Email ussb@ussb.org, or call (805) 965-4583.

Deadline for the September issue is Monday, August 29.
Email: Kaleidoscope@ussb.org

How will you promote democracy?

UU the VOTE

uuthevote.org

We'd love to hear your ideas
charla@ussb.org