

Living with Integrity, Nurturing Wonder, Inspiring Action



Kaleidoscope

February 2023

The Monthly Newsletter of the Unitarian Society of Santa Barbara

www.ussb.org

Sundays in February

Services at 10:00 AM

This month's worship theme is *Love*.

Sunday, February 5

Rev. Julia Hamilton

“Centering Love”

As Unitarian Universalists, we are a theologically diverse community, and we are inspired by the wisdom found in many religious paths. But what unites us? After our recent youth service trip to a migrant shelter in Mexicali, I became even more convinced that at the center of it all, you will find Love. Love is the shared value that animates not just this congregation, but Unitarian Universalism as a whole. What does it mean to put Love at the center of our faith?

Sunday, February 12

Rev. Julia Hamilton

“All Kinds of Love”

Love is so much more than just a Hallmark holiday! Join us to crack open the candy-coated image of Love and reveal the diverse treasure of offerings inside. In poetry and music, we will explore the many ways Love shows up in the world.

Sunday, February 19

Worship Associates J. T. Turner & Gary Welterlen

“Love Your Story:
A Personal Journey Home”

We all have a story about how 1535 Santa Barbara St has become “home,” but how did we really get here? In words and song, hear how members of the Worship Committee have come to call the Unitarian Society their home.

Sunday, February 26

Rev. Julia Hamilton & a Special Guest Speaker

“Connections”



Alliance in February Migrant Youth: Out from the Shadows

FRIDAY, FEBRUARY 3 AT 2:00 PM IN PARISH HALL

Julissa Pena, Executive Director of the Immigrant Legal Defense Center, will discuss immigrant children facing deportation on the Central Coast and their numerous challenges in their new communities. Ms. Pena holds a Ph.D. in Latinx literature from UCSB and is a Dept. of Justice Accredited Representative. She was named a 2022 Local Hero by the Santa Barbara *Independent*. Don't miss this program.



MIMI BRADLEY, ALLIANCE PROGRAM COMMITTEE

Beloved Conversations: “Within” Spring Term 2023 Registration Opens Feb 1

USSB would love to have you (and everyone you know!) sign up for Meadville Lombard's “Beloved Conversations” anti-racism program. This program is invaluable as we begin to embrace our UU 8th principle. USSB has scholarships available, as does Meadville Lombard. Contact charla@ussb.org or erin@ussb.org for more information. We'd also like to keep track of everyone at USSB who takes part in this wonderful program, so please let Charla know if you register.

Spring Term “Within” Registration: February 1 through 28, 2023 at www.meadville.edu/light/fahs-collaborative/beloved-conversations/within/

Spring Term Within Begins: March 13, 2023

Spring Term Within Ends: May 29, 2023

Cost: \$250 USD per person (lay folks and religious professionals). White folks and anyone with economic privileges/ample professional expenses will be encouraged to pay more. Full and partial scholarships are widely available and easily accessible. Email belovedconversations@meadville.edu to request a scholarship. Everyone is welcome, regardless of ability to pay!

BELoved CONVERSATIONS ALUMS DISCOUNT!

As a bonus, Beloved Conversations Within Alums can register for another term of Within for the Spring of 2023 with an alum discount of 20% off! When registering, use this special coupon code: BCVALUM23 at checkout.

Special Interfaith Invitation A Modern Compline Service: A Meditation in Sound and Story

SUNDAY, FEB 5 FROM 7:00 TO 8:00 PM,
AT TRINITY EPISCOPAL CHURCH

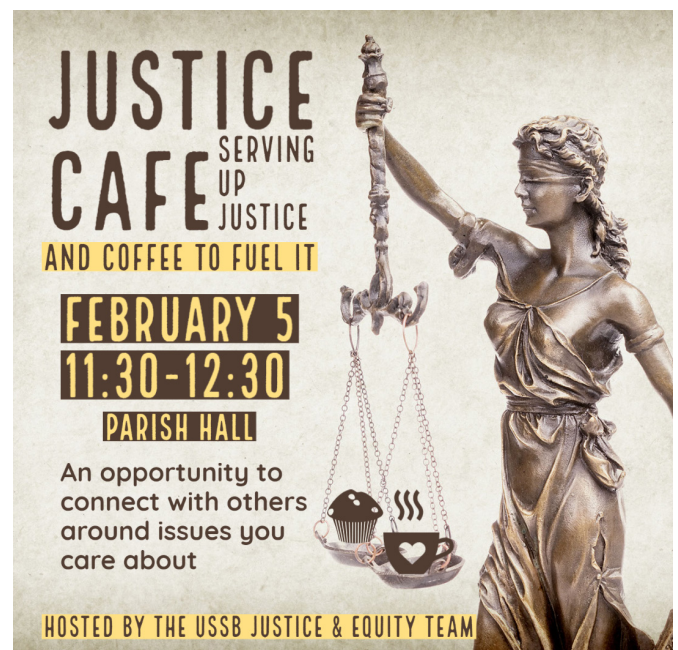
Rev. Julia Hamilton will be the special guest at Trinity's monthly “Compline with Story and Sound” service. “Compline” is a monastic tradition, the name of the last prayers of the day, but at Trinity they've created a modern approach with the DJ artist **Andrew Elia**. It starts with thirty minutes of meditation with immersive synthesized sound, then a transition with loose leaf brewed herbal tea, and concludes with the opportunity to hear a person (in this case, Rev. Julia!) share a personal story, understood as the sacred text that is our life in the world. Compline happens in the sanctuary. Incense and candlelight are used during the service.

www.trinitysb.org/compline

Justice Café

SUNDAY, FEB 5, 11:30 AM TO 12:30 PM IN PARISH HALL

The USSB Justice and Equity Team is sponsoring a meet-and-greet to provide an opportunity for people to connect around the issues they care about. Whether you have a project you're passionate about or just want to see what kind of good trouble other folks are getting into, you are welcome. The J&E team will provide coffee and light snacks. You provide your interest, ideas, and passion for positive change in the world.



Sometimes it's the Small Things: Youth Group Border Crossing Trip

Sometimes love and joy find expression in the little things: Through bottles of tempera paints, balls of yarn and Popsicle sticks, impromptu art galleries, trays of beads, card tricks, origami cranes and paper airplanes, the billowing of a colorful parachute. Laughter and smiles are a common language among people of all ages no matter what language they speak.



Love and kindness are shape shifters too: Preparing and serving a meal, attentive listening even if you don't understand everything you are being told, asking simple questions—¿Cómo te llamas? ¿Cómo estás?—and being willing to stumble in an unfamiliar language; receiving kindness—a piece of gum, a paper airplane, a life story—with humble gratitude.

Youth and adults from USSB partnered with youth and adults from Trinity Episcopal Church to travel to the La Cobina Migrant Shelter in Mexicali for a weekend at the end of January. We spent a day playing with the children and a morning preparing and serving breakfast for 300. You will be hearing more about this trip in the weeks and months to come, what we gave and what we received in return. Quinn Hartman, a USSB youth group member, said of the trip, "Sometimes small things are the things that make a big difference." Sometimes small acts can express what words cannot.

Good Things Growing is Off and Running!

On a Tuesday evening in January, 50 people gathered in Parish Hall to sip wine and listen to entrepreneur and former winery owner **Iris Duplantier Rideau** share stories from her life. This was the first of our new "Good Things Growing" speaker series at USSB, highlighting the good work going on in the Santa Barbara area in social justice, the arts, the environment, cultural diversity, and more.

We hope you'll join us for our second Good Things Growing event on Tuesday, February 7 at 7:00 PM. We have invited **Dr. Ed Bastian** back to USSB to continue the conversation he began with **Ken Ralph** last fall

about living fully and dying well. This time Ed will be in conversation with USSB's affiliated minister **Rev. Kristen Rohm**, Spiritual Care Counselor at Hospice of Santa Barbara. (See our flyer on page 5.)

If you would like more information about GTG or have a suggestion for a speaker, contact Chuck Flacks at chuck.flacks@gmail.com or email charla@ussb.org.

Pizza Church? Pajama Sunday?

Families have many demands on their time. Everything from youth sports to theater to mock trial compete for those precious weekend hours. If you find yourself with a Sunday with no demands, sometimes you just want to sleep in and have some down time. *We get it.*

We also know that family time spent exploring beliefs and values, and connecting with other families doing the same, can strengthen family and community bonds, clarify values and beliefs, create space for reflection on life's big questions, and plant the seeds of justice in children and adults. So we want to try a couple of new things this year.

Pizza Church is a monthly Friday night dinner and family worship service. We'll gather for a simple meal, spend some time in the sanctuary with a chalice lighting, a story, and music, and offer an activity for families to do together. We'll take care of the details. Just come and spend an evening with your family and other families, working together to grow children who know what they believe and care about the world they live in. February Pizza Church will be on Friday, February 24, from 6:00 to 8:00 PM. Watch your email for details.

Pizza Church!

Dinner and worship service for families with children and youth

Friday, February 24
6:00-8:00 PM
Parish Hall

Pizza dinner followed by a chalice lighting and story in the sanctuary, and a fun family activity

Stay tuned for details!

Pajama Sunday will be on Sunday, February 19. Sleep in a little later and bring the kids to church in their jammies. We've got breakfast covered: kids will have a choice of cereal and fruit toppings and a morning of stories and activities focused on the February worship theme of Love.

CHARLA BREGANTE
DIRECTOR OF LIFESPAN RELIGIOUS EXPLORATION
CHARLA@USSB.ORG



Celebration of Life for Paul Revlin

SATURDAY, FEBRUARY 4 AT 1:00 PM

All are welcome to join **Rev. Julia** and **Nancy** and **Russ Revlin** for a service in honor of the life of their son, **Paul Revlin**.



Healthy Happy Vegan Meetup Begins February 18

THIRD SATURDAY OF EACH MONTH AT 6:00 PM
IN BLAKE LOUNGE

led by former USSB member **MarQ Taylor**, this is a group of varying backgrounds, lifestyles, knowledge and commitment. “As a whole, we encourage first and foremost: compassionate tolerance. We understand the fact that everyone is on their own individual path. At the same time our goal is to keep the discussion and spread of information regarding the benefits of a plant-based diet alive and at the forefront.”

Santa Barbara Healthy Happy Vegan Meetup brings together vegans, vegetarians, and the veg-curious for fun, food, information sharing, and socializing. Occasional outings might include hikes, restaurant gatherings, and picnics. A vegan or plant-based diet excludes all animal products, including meat, fish, dairy, and eggs. A vegan diet can be highly nutritious, reduce the risk of chronic diseases, and aid weight loss. Increasing

numbers of people are moving toward vegan or plant-based diets due to health, animal-welfare, or environmental concerns.

Bring a completely plant-based dish for 10-12 (no meat, poultry, fish, eggs, cheese, dairy, butter, yogurt, honey, sugar, or products that contain any of these ingredients). Organic ingredients are strongly encouraged, and so are home-made dishes. Gluten-free and raw options are welcome. Please also bring your own plate, utensils, napkins, and a list of ingredients to place beside your dish (important to know for those with food allergies).

Monthly potlucks are scheduled for the third Saturday of each month. Come alone or bring a friend to enjoy some delicious plant-based dishes. Everyone is welcome to join. For more info and to RSVP, visit www.meetup.com/santa-barbara-healthy-happy-vegan-meetup.

February Outreach Offering Beloved Conversations

This month's Outreach Offering will support Beloved Conversations, a program for Unitarian Universalists seeking to embody racial justice as a spiritual practice. Originally commissioned by a congregation in need of resources to hold its members in covenant as they learned how race and ethnicity shape their spiritual and social lives, Beloved Conversations is offered by the Fahs Collaborative at Meadville Lombard Theological School and has served more than 250 congregations across the continent.

In 2019, the first group of board of trustees, staff, and lay leaders of the Unitarian Society participated in Beloved Conversations, which used a small group ministry format. Participation has continued through 2022,



using Beloved Conversations Virtual—a four-part, fully online program offering opportunities for individual, self-paced learning; relationship building in small groups; and large group worship and fellowship. USSB continues toward the goal of having all board members, staff, and lay leaders complete the curriculum, which is available to anyone who is interested.

The initial stage is currently named Beloved Conversations: Within. More information is available at Meadville Lombard: <http://meadville.edu/beloved> (where you will find more information about Within, and an FAQ). Additional information will appear in upcoming weekly news emails.



Good Things Growing

A speaker series honoring the good work going on
around us all the time in the Santa Barbara community




DR. ED BASTIAN & REV. KRISTEN ROHM

**FEBRUARY 7
7:00-9:00 PM
PARISH HALL**

**In conversation about
living fully and dying well**

A PROGRAM OF THE UNITARIAN SOCIETY OF SANTA BARBARA

Member Bio Project

By now you've probably heard of our Member Bio Project. We are working on creating a listing of member biographies so that we can share with one another who we are; where we're from, family, work, interests, skills, talents and congregational activities.



If you haven't completed your bio already, it just takes 10 to 15 minutes to write a short biography about some of the

things you'd like people to know about you. You can always add to it or modify, so don't worry about getting your whole story told perfectly.

To enter your bio now, go to our home page at www.ussb.org and click on the "Member Biographies" button (seen below), or go directly to www.cognitoforms.com/USSB1/ussbmemberbioskillsandinterests.

We hope to have the finished product out to members in the coming months and we'd love to hear from you!

SALLY HAMILTON & JULIE LOPP

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

Deadline for the March issue: Tuesday, February 21
Email: Kaleidoscope@ussb.org

Join us Sundays at 10:00 AM on Zoom or Facebook,
or use your phone to dial in and hear the service live

Call 1-669-900-6833, and then enter meeting ID 960 0363 8223# and you will be able to listen to the service on your phone. You may call in starting at 9:55 AM.

Zoom and Facebook links are sent out in the Friday email, in a special Sunday morning email, and are always available on our website, www.ussb.org.

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? Every Sunday we post the video of that day's service on www.ussb.org/worship/archive.