Sundays in January

The theme for January is Intention

“Keep fresh before me the moments of my High Resolve, that in fair weather or in foul, in good times or in tempests, in the days when the darkness and the foe are nameless or familiar, I may not forget that to which my life is committed.”

—Howard Thurman

Sunday, January 2
Diana Platt & Justine Sutton
“New Year's Burning Bowl”

Sunday, January 9
Rev. Julia Hamilton & DRE Charla Bregante
“The Congregation is the Curriculum”

Sunday, January 16
Rev. Julia Hamilton
“Martin Luther King, Jr. Sunday”

Sunday, January 23
Rev. Julia Hamilton
“New Member Sunday”

Sunday, January 30
Rev. Julia Hamilton
2022 Pacific Western Regional Assembly
Reflect, Rejoice, Renew
Friday, February 4 to Sunday, February 6, 2022

Get connected to the issues and ideas other congregations in our region are tackling.

As the adage “strength in numbers” implies, the UUA Pacific Southwest Region is holding this year’s assembly from February 4 to 6 in San Diego, both in-person and virtually. The program starts with a service project centering on immigrant needs.

• Discuss strategies for addressing justice and equity concerns.
• Learn of other congregation’s approach to creating a welcoming message to newcomers.

Once you register you may import what is on your mind and wish to talk with others. Seriously consider how engagement with other congregations can enrich your faith and add to USSB’s success in our community.

To see the program and register go to www.uua.org/pacific-western/blog/pwr-assembly-2022-schedule.

The USSB board of trustees would love to have you as delegate to this assembly. To find out how to be a delegate and get info about ride sharing, contact Kathleen Boehm at (805) 687-6218; kathleenboehm@gmail.com.

We are fortunate that national General Assembly (GA), the annual meeting of our Unitarian Universalist Association (UUA), is going to be on the west coast this June, and it also will be multi-platform. Participants worship, witness, learn, connect, and make policy for the UUA through democratic process. Anyone can attend. Plan to join the assembly June 22 to 26, 2022 online or in-person in Portland, Oregon. Visit www.uua.org/ga for more details.

Amidst the larger community we can do and learn so much more. Acting and worshipping in congress with the larger UUA universe is a life-affirming and moving experience.

Board Corner
Ends . . . and Beginnings

However you have commemorated the ending of last year and the beginning of 2022, at USSB we are but in the middle of our congregational year. To that end (ha!), your board of trustees begins (ha ha!) to assemble data on how things are going. The data will then be summarized at the annual meeting in June.

An important element is to hear what you think, and the formal vehicle for that is the annual survey. The survey takes a snapshot of where we are now, and by charting the results it allows us to see trends over time. The survey will be distributed in early March, but in the meantime, please be thinking about your experience this year with regard to our six Ends (which derive from the three aspirations of our mission statement):

LIVING WITH INTEGRITY, WE:
1. Support each other in life and life’s transitions with loving care, joy, celebration and gratitude.
2. Care for the earth and its rich web of life for current and future generations.

NURTURING WONDER, WE:
3. Experience the transcendent that opens us to deep connection and life’s mystery.
4. Cultivate spiritual practices and engage in lifelong learning, utilizing our hearts and minds.

INSPIRING ACTION, WE:
5. Shift the larger culture toward justice and compassion through bold individual and congregational endeavors.
6. Welcome and connect with people across differences of ethnicity, class, sexual identity, religion, politics and education

And if you like to make New Year’s resolutions, please consider adding this one: “In 2022, I resolve to participate in the USSB annual survey!”

— Judy Farris and your USSB board of trustees
“One is not born into the world to do everything but to do something.”
—Henry David Thoreau

At the December Why Were We (U)Us?, young adult zoom group, we considered the idea of a living a life of purpose. As in so many things, these twentiesomething adults were wise beyond their years on this topic. A couple of them had a clear vision of their purpose, but most felt overwhelmed by the idea of finding a single PURPOSE. They responded by turning that capital “P” in Purpose into a lower-case “p”—a more prosaic and achievable purpose, one that could be lived every day.

One 26-year-old said his purpose was to figure out what kind of person he wanted to be and treat other people accordingly. Another said he didn’t know what his Purpose was, but he strived to do whatever he was doing with purpose. Like I said, these folks are wise beyond their years. Perhaps their UU upbringing has something to do with that.

In January we will be exploring what it means to live with intention. What would our days look like if we truly lived into our values? What would you prioritize if your calendar and To-Do list were blank? What stands in the way of prioritizing what’s most important to you? And how can we model for our children what a life lived with intention looks like? What is your purpose today?

Fifth & Sixth Grade OWL
Parent information meeting on January 9 at 11:15 AM in Jefferson Courtyard
Registration deadline: January 16, 2022
Program runs Sunday mornings from January 23 to March 13, 10:00 to 11:00 AM

Our Whole Lives (OWL) is fact based, age-appropriate sexuality education designed to give children accurate information for healthy sexual development and decision making skills. Mark your calendars for the January 9 parent information meeting. This program is open to the public so invite your friends to the parent meeting.

Coming of Age (COA) 2022
For Eighth and Ninth graders
Registration deadline: January 9, 2022
Program runs Sunday mornings from January 23 to May 22 (times vary)

Coming of Age is a Unitarian Universalist program designed to help 13- and 14-year-olds discern their values and beliefs as they begin to leave childhood behind. In short, they will be guided to discover what it is they love and value most and, how they will begin to live into those values and beliefs.

COA includes immersive nature experiences, social justice action, and working with a one-on-one mentor to create a personal credo. The program culminates in May with a Sunday morning service planned and conducted by the COA participants. Contact Charla for more information about the program and registration information.

Stay tuned for more Lifespan RE opportunities! Watch your Friday USSB email for updates and new offerings in religious education for all ages. Do you have an idea for an Adult RE class or small group? Contact me at charla@ussb.org. I’d love to hear about it!

In Faith,
Charla Bregante
Director of Religious Education
charla@ussb.org
Flower Committee
Bloom With Us—It's a New Year!

If you have some greenery at your home or near the complex where you live, we want to know about it. Your UU Flower Committee is interested in it, and in you!

The Flower Committee provides the fresh floral expression on the altar on Sundays, and since we are more and more back home in the sanctuary, we seek inspiration from more people in the congregation. We look to expand what that chancel area near the chalice looks like, and that could mean fruit, or greenery, or special seeds that you notice around town. Or flowers that you grow, buy at the farmer’s market, or find in the wild. We incorporate interesting natural elements. And sometimes we also inherit interesting vases or other objets d’art from congregants downsizing—we use these for arranging floral centerpieces.

Yes, we often glean, rather than buy, flowers, since we are inspired by Mother Nature, like floral artists we have met at professional floral shows . . . such as the annual Bouquets Art at the de Young Museum in San Francisco. (By the way, that’s a field trip we offer to Flower Committee members. Quite the treat!) Perhaps a branch or a log or whatever you find inspirational can become part of the display on the altar table.

We look forward to more people inspired to bloom in some way. We would love to have more men, elders, youngsters . . . anyone game to try this contribution to our UU community. We offer to help with your flora to bloom it into an interesting arrangement up there. Or you can do your own thing.

Another way of participating is to honor a marriage, create an anniversary memory of a spouse or friend, celebrate a friendship, or answer a desire to fulfill a friend's request to honoring you. We can dedicate a floral arrangement on the altar, you can make this request via the office or the Flower Committee directly by selecting a specific Sunday you wish the flowers arranged, along with a UU donation earmarked “Flower Committee Request.” We are happy to use colors or specific flowers for the arrangement. Please call, text, or email to join us!

Donnis Galvan, (805) 453-6374
donnisgalvan@gmail.com

Dept. of Gratitude
A Huge Thank You to Our Holiday Volunteers

This year’s holiday season would not have been nearly as bright without the USSB members and friends who came in to do the sometimes un glamourous work that had to be done before, during, and after Christmas.

Rev. Julia and Jon Diaz would like to thank the Flower Committee and all the people who decorated the sanctuary for the holidays: Diana Platt, Arianna Jansma, Georgina, Gun Dukes, Kathleen Boehm, Donnis Galvan, and Nancy Murdock. They would also like to thank Ken Ralph and Randall Cothren for helping set up the chancel risers for Christmas Eve.

Eden Kennedy wants to thank all of our ushers, and especially our Christmas ushers: Ed Bookin, Chris & Tammy & Benji Shorb, Ariel Stoneking, Florence Michel, Joe Fior, John Altman, and Gary Welterlen.

Erin Wilson wants to thank Mike Gorodezky for being the Freedom Warming Center hospitality team volunteer coordinator, and for all his work during this cold and wet season. She would like to thank all the FWC hospitality team volunteers, as well.

Charla Bregante would like to thank the following people for volunteering their time and creativity for the Holiday Craft Fair: Donnis Galvan, Judy Eisenhauer, Terri Stelzer, Laraine Gray, Tammy Shorb, Michelle Bednash, Chrissie Cable, Mindy Nelson, Justine Sutton, and Joan Ariel.

We look forward to doing it all again next year!
Whether USSB can participate in a service trip or not this year, we can still support our Hopi and Navajo neighbors through Sumi Nungwa. Sumi Nungwa’s core mission is to provide food, clothing, medical supplies and firewood to Navajo and Hopi elders seeking to maintain their traditional life-style on their reservations in Northern Arizona. The organization also encourages Hopi and Navajo artists to continue to produce their traditional arts and crafts, as well as hosting service projects like the ones USSB has been part of in past years and hopes to return to this spring.

Service projects have involved roofing hogans and homes, cleaning up and recycling trash, building traditional stone bread ovens, and taking on other projects for the elders and their families. More importantly, Sumi Nungwa observes, “[Visitors] have learned about the Hopi and Navajo cultures and spent time with the people. Interacting with the Native people is as important as learning to fix a roof.”

“Sumi nungwa” is a Hopi phrase meaning “to come together to help and benefit one another with no expectation of reward.”

Let’s come together in generosity to support our elder Hopi and Navajo neighbors. For more information about Sumi Nungwa, please visit www.suminungwa.org.

WHAT IS OWL?
Our Whole Lives (OWL) Sexuality Education

Parent Information meeting for
5th-6th grade OWL
January 9 at 11:15 AM

contact charla@ussb.org for more info
Sunday services in-person and online at 10:00 AM

To RSVP for in-person service, visit https://rsvp.church/r/RRpEfokV

We also livestream on Zoom and Facebook!
Watch online 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 0363 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.