



Kaleidoscope

January 2023

The Monthly Newsletter of the Unitarian Society of Santa Barbara

www.ussb.org

Sundays in January Services at 10:00 AM

Sunday, January 1

Worship Associate Ken Ralph

“This I Believe”

New Year's Day is often associated with new resolutions for the upcoming year. What if, instead, we took this moment to reexamine our personal credos, our own personal beliefs? What has changed over the past year? How have our beliefs been challenged or affirmed? How can we live more in line with our strongest beliefs?

This collaborative service will feature personal credo statements from the members of the Worship Arts Team.

Sunday, January 8

Rev. Julia Hamilton

“The Burning Bowl”

Out with the old, make space for the new! Join us for our annual Burning Bowl service, where we cast our troubles into the flames, so that we can welcome the new year with open hearts . . . and a bit of pyrotechnics!

*This is an all-ages service—even kids need to burn away their troubles sometimes! Childcare for the littlest will be available in Starr-King.

Sunday, January 15

Rev. Julia Hamilton

“Letters from the Struggle”

In the archives of the Unitarian Universalist Congregation of Atlanta, they recently discovered two letters addressed to the congregation—one from 1965 from the Rev. Dr Martin Luther King, and one from 1968, from Coretta Scott King, after her husband's death. What do these letters teach us about centering relationships in our ongoing work for justice?

Sunday, January 22

Rev. Kristen Rohm

“In the Midst of the Storm”

How do we find our center when life gets challenging? This service will explore wisdom from yoga and from time accompanying those with life threatening illness about how we might discover and rediscover our balance when we need it most.

Rev. Kristen Rohm is a Unitarian Universalist minister and has been a Spiritual Care Counselor at Hospice of Santa Barbara since 2019, providing spiritual support to those who are at the end of life or who have a life-threatening illness. She holds a Masters of Divinity (MDiv) from Meadville Lombard Theological School in Chicago and a B.A. in psychology from DePauw University in Indiana, and is a trained Spiritual Director from Shalem Institute in Washington, DC. Having served UU congregations in Ohio and Santa Paula, she is happy to be back home in Santa Barbara.

Sunday, January 29

Rev. Julia Hamilton

“The Perpetual Flame of Brigid”

February 1st is Imbolc, the Feast of Brigid, the celebration of the coming of spring on the pagan calendar. Brigid is both a goddess figure in the pre-Christian Celtic tradition as well as a Catholic saint. Reflecting on the stories of Brigid (and her multifaceted presence which includes tending a perpetual fire) inspires me to wonder: what makes something persist through the changes of time and tradition?

Circles of Peace, Connection and Trust

It's time to slow down, put your busy schedule to one side for an hour and a half, and be present for the other five-to-ten people in your group. You have a facilitator and a session plan. Just listen, and when you are ready, say what is true for you. No skills, experience, or preparation are needed. It's your Connection Circle.

If you have been a member for many years, or for not so long, or even if you are considering joining the Unitarian Society of Santa Barbara, you are most welcome.



The themes for the upcoming session are Finding Our Center, Love, Vulnerability, Resistance, Creativity, and Delight.

Connection Circles meet twice a week for five months. The next session starts in February, and runs through June. Sign-ups close on Sunday, January 22.

Sign up at <https://tinyurl.com/ussbcc>



Thinking About Becoming a Member?

On Thursday, January 8 and Thursday, January 26, Rev. Julia Hamilton will be leading our quarterly Path to Membership class. This educational, informational, and communal time is an enjoyable way to meet others and discover more about the history and theology of Unitarian Universalism and about the programs and services of the USSB. Explore questions such as what does membership involve? Why join? What does it mean to live a UU life?

Even if you're not sure about joining (or if you've joined already!), these are no-pressure classes that will answer all your questions about the Unitarian Society, including some you didn't even know you had.

Both classes will run from 5:30 to 7:00 PM and will be held in Blake Lounge on the USSB campus. To RSVP, email eden@ussb.org. Snacks will be provided!

Alliance in January Meet Charla Bregante

On Friday, January 6 at 2:00 PM in Parish Hall, the Alliance will present our very own energetic, creative **Charla Bregante**, who will launch her new Adult Religious Exploration (ARE) series at Alliance for January. Please come to Parish Hall 2:00 PM Friday January 6 to find out what she has in store for us. Bring your friends and neighbors! The Alliance program series is open to all members of USSB and the public.

SYLVIA ABUALY, ALLIANCE PROGRAM CHAIR



Adult Religious Education News

“The path of spiritual growth is a path of lifelong learning.” — *M. Scott Peck*

Thank you to everyone who completed our Adult RE survey! We will be using it to guide our planning for 2023. To kick off the new year, we're excited to launch a new speaker series and a support group on aging. Connection Circles are open for sign-ups now and Beloved Conversations will be open for registration on February 1. New to USSB? We are offering our Path to Membership class in two parts, on January 12 and 26. Read on for information about all of these opportunities and more. Watch your Friday email for more Adult RE offerings as they unfold.

Good Things Growing:

A New USSB Speaker Series Sprouts in January

Mark your calendar for Tuesday, January 17 from 7:00 to 9:00 PM in Parish Hall, that's when USSB will kick off a new speaker series called Good Things Growing. Building on the success of the Contemporary Issues Forum, USSB member **Chuck Flacks** had the idea to feature speakers who can highlight the good work being done in the Santa Barbara community, across many sectors and on a variety of topics.

The January 17 kickoff event features a conversation and wine tasting with winemaker **Iris Duplantier Rideau**. Her memoir, *From White to Black*, tells the story of going from a poor New Orleans upbringing, where her grandmother taught her to “pass as white,” to claiming her Black identity and becoming the first female Black winery owner in the United States. She established Rideau Vineyards in the Santa Ynez Valley in 1997 and ran it for 19 years before selling it in 2016. Representatives from Rideau Vineyards and La Lieff winery will be on hand to pour wine for tasting at the event. Copies of Rideau's memoir will also be available for sale. Watch your Friday emails for details about this and future Good Things Growing events!

Courageous Aging with Others

Aging is not like other stages of our lives: it is pinned to death and experienced in myriad ways, making it harder to deal with and talk about. There are difficult decisions, but we can choose how we approach them. USSB member **Sue Fisher** believes small group conversations where we share how we feel, what we need, and how to help each other cope with aging can be a valuable support and resource. Those who attended the December 4 meeting will receive start-up information in the coming weeks. If you would like to know more about Courageous Aging with Others, email charla@ussb.org.

Journaling Group is Back

After a holiday hiatus, the USSB online journaling group returns on Tuesday nights at 7:00 PM. Spend an hour writing and reflecting with a supportive group of journalers. Sharing your writing is optional. All are welcome, whether you are a long time journal keeper or just beginning. Contact Chuck Flacks at chuck.flacks@gmail.com for more information.

Beloved Conversations Spring Term 2023

Registration opens February 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.

Spring Term “Within” Registration: February 1 to 28, 2023 at www.meadville.edu/beloved

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 us at belovedconversations@meadville.edu to request a scholarship. Because collectively, we have everything we need to take care of one another, 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 Alums discount of 20% off! When registering, use this special coupon code: **BCVALUM23** at check out.

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

Children & Youth RE

Children's Religious Exploration classes will begin again on Sunday, January 15. They will be exploring the January *Soul Matters* theme, "Finding Our Center," through stories and activities with our wonderful RE teams, Kasey and Sydney, and Christina and Janey.

Youth Group will kick off their social justice work with a trip to the La Cobina migrant shelter in Mexicali in January. They will provide an afternoon of games and activities for the children currently living in the shelter as well as making breakfast for the residents the following morning. Youth Group will also begin planning and fundraising for their service trip to Hopi later in the spring.

Pizza Church!

Dinner and worship service for families with children and youth

Friday, January 13

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!



Bios Wanted!

Calling All Members of USSB! Please consider submitting your biographical information to a data bank that will only be seen by members. It will enable us to know each other better and find people with similar interests. The form asks you to identify your interests and talents and small group participation. This will enable easy contacts when events are upcoming that you might like to attend or help organize.

You may go online RIGHT NOW and find the form on our website home page, just click on the yellow-and-pink box that says "Member Biographies." Or you may fill out a form in the courtyard after the service until the end of January.

SALLY HAMILTON AND JULIE LOPP: THE BIO TEAM

January Outreach Offering: Sumi Nungwa

“Sumi nungwa” is a Hopi phrase meaning “to come together to help and benefit one another with no expectation of reward.” Sumi Nungwa’s core mission is to provide food, clothing, medical supplies and firewood to Navajo and Hopi elders seeking to maintain their traditional lifestyle 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.”

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





Good Things Growing

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



**JANUARY 17, 7:00-9:00 PM,
PARISH HALL**



a conversation with
winemaker Iris Rideau

a program of the Unitarian Society of Santa Barbara

The Unitarian Society of Santa Barbara

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

Deadline for the February issue: Monday, January 23
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.