Universalist Unitarian Church of Santa Paula



740 E. Main Street Santa Paula, CA 93060 (805) 525-4647 uucspoffice@gmail.com Website: uucsp.org

NOVEMBER 2017 SERVICES, SUNDAYS AT 10:30 AM



Theme: Faith

November 5 Standing Before Us: Four women from Massachusetts who changed the world

Rev. Dr. Dorothy Emerson, Rev. Maddie Universalists Judith Sargent Murray and Mary Livermore and Unitarians Margaret Fuller and Lucy Stone lived lives of faith and action that had lasting impact on our lives. Yet they remain for the most part forgotten. Why is that? What can we do to recognize their work and continue their legacy?

First Sunday Plate to CASP

*Tuesday, November 7 at 7 PM Gathering Rev. Maddie A weeknight Gathering with Sound, Silence and Word with Rev. Maddie, guest poet Atul Ranchod and musician Donna Lynn Caskey.

November 12 Political Correctness Rev. Maddie, Jerry Gray Are you PC? Do you think that it's all a bunch of hogwash...or do you not think we are PC enough? Thoughts on ableism, white supremacy, and patriotism on this Veteran's Day weekend. Our choir sings: Blowin' in the Wind/America arr. Len Thomas

November 19 Give Thanks

Rev. Maddie, CJ Starling

A multigenerational worship service with a story of Stone Soup, song, and a combread communion with a homily by Maddie inspired by UU composer Joyce Poley's song:

Let us give thanks for the food that we share. Let us give thanks for people who care. Food feels our body and love makes us whole. Let us give thanks deep down in our soul.

November 26 Faith

Rev. Maddie, Allan Noel Michelle Richards writes, "Faith is more than merely a series of ideas about religious matters. It is a foundation from which our beliefs emerge. Faith can be felt at the core of our very being and gives meaning and direction to our lives." What is the role of faith in your life?

CASP food offering

Drop in Small Group on the theme of "Faith" after coffee hour

Message from the Minister

My thoughts turn at this time of year, along with many among us, to what I am thankful for and how to better live from a place of generosity, abundance and faith. We will be sharing thoughts about Gratitude and faith during this month but especially at our Gathering on Tuesday, November 7 at 7 PM when the theme will be "Gratitude" complete with Banjo-gal Donna Lynn Caskey and at our Sunday services on November 19 when the theme will be "Give Thanks" and on November 26 when our theme will be "Faith". You may want to share your thoughts at our next Drop-In Small Group which will be after coffee hour on the 26th.

Do you have a gratitude practice? Experiment with thinking about one thing you are grateful for when you get up in the morning and another thing when you go to bed at night. You may even keep a gratitude journal next to your bed. You may be surprised by how being focused on what you are grateful for in your life affects your mood and approach all day long and maybe even your sleep at night!

Here are some words by Chief Tecumseh of the Shawnee Nation (d. 1813).
When you arise in the morning, give thanks for the morning light.
Give thanks for your life and for your strength.
Give thanks for your food and give thanks for the joy of living.
And if you see no reason for giving thanks, rest assured that the fault is in yourself.

We have a lot to be thankful in our lives and in the life of our congregation. When we get bogged down in the everyday, let us remember the gift of our friends and our companions here on our path of faith. Let us remember the waxing and waning of the moon and the sprinklings of stars above our beautiful valley here in Santa Paula. Let us remember the food we can put on our tables and the songs of gratefulness we can sing together.

On the path of our faith,

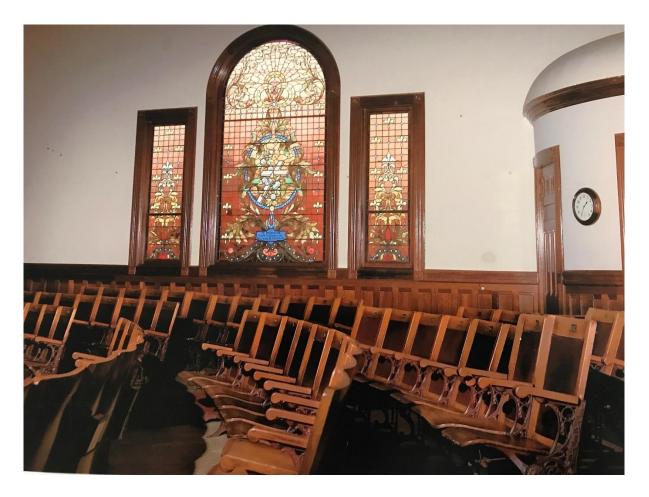
Reverend Maddie

Message from the Board of Trustees

On October 14, Patricia English, Kate English, MaryBeth East and your minister, Maddie Sifantus attended a day long board seminar with board members of other area UU churches. The day included discussion, insight and the sharing of ideas among the board members and ministers. One of the exercises included a question of how to include the congregation in the decisions of the board. So here are questions for your consideration:

- 1. What would a community ministry look like if the whole church was involved?
- 2. How do we encourage new leadership in our congregation?
- 3. How should the church think about the stewardship of our building?
 - a) Physical upkeep
 - b) Marketing/Communication
 - c) Aesthetics
- 4. What would it look like if our mission was woven into the culture of our congregation?
- 5. How shall we grow our congregation?
 - A. What are we doing to keep our congregation small?

How would you answer those questions? Talk to a board member or Maddie. We want to hear from you.



Message from the RE Coordinator

Erik Halseth, Religious Education Coordinator

Kids' Place

"Do not ask your children to strive for extraordinary lives. Such striving may seem admirable, but it is the way of foolishness. Help them instead to find the wonder and the marvel of an ordinary life. Show them the joy of tasting tomatoes, apples and pears. Show them how to cry when pets and people die. Show them the infinite pleasure in the touch of a hand. And make the ordinary come alive for them.



The extraordinary will take care of itself."

- William Martin, The Parent's Tao Te Ching: Ancient Advice for Modern Parents

Famous UUs in History

Theodore Parker was a Unitarian minister who lived in the mid-19th century. His ministry was parishbased, but also heavily weighted towards the social justice causes of the day. Parker was a leading abolitionist, whose words were adapted by both Abraham Lincoln and Martin Luther King, Jr., in some of their most renowned speeches, including the Lincoln's Gettysburg Address and King's final sermon at the National Cathedral in March, 1968.

Theodore Parker spoke the following words at the Massachusetts Anti-Slavery Convention on January 29, 1858, and you may find them somewhat familiar from a number of King's speeches:

"I do not pretend to understand the moral universe; the arc is a long one, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight, I can divine it by conscience. And from what I see I am sure it bends towards justice."

Upcoming RE Youth Classes

"It is a happy talent to know how to play." — Ralph Waldo Emerson

A mix of new stories and discussions about the story from Time for All Ages are on the agenda for this month in the youth RE program. We will be discussing how the Islamic faith was formed with a story about Muhammed, and also talking about why we have a chalice as a symbol of our faith tradition.

Spiritual Growth Center

GATHERING*



***DEFINITION OF GATHERING**

an assembly or meeting, especially a social or festive one or one held for a specific purpose.

NOVEMBER 7, 2017 at 7:00 PM

You are invited to our Gathering for sound, silence and word as the sun goes down.

Led by Maddie Sifantus and Donna Lynn Caskey.

Free will offering for the musicians.

Universalist Unitarian Church of Santa Paula, 740 E Main Street, Santa Paula

Maddie Sifantus announces an Evening Gathering with Sound, Silence and Spoken Word at the Universalist Unitarian Church of Santa Paula on Tuesday, November 7th at 7:00 PM. This is a reflective time in our busy week to hear some beautiful music, share some silence and hear spoken word on a theme, which this month is Gratitude. The music will be provided by Donna Lynn Caskey. Donna Lynn, aka "Banjo Gal", shares timeless yet topical claw-hammer banjo-based original songs that lift the spirits and touch the heart. Free, but with an optional free will offering to Gathering musicians fund; \$10-20 suggested.

Original poetry will be spoken by poet Atul Ranchod, known to many in Santa Paula as one of the owners of the Santa Paula Inn. He has just published his first book of poetry, "Top of the Water", which is available on Amazon.

Spiritual Growth Center



"Faith is a place of mystery, where we find the courage... to let go of our fear...." Brené Brown

photo by <u>m wrona</u> on <u>Unsplash</u>

DROP IN SMALL GROUP AND SERMON DISCUSSION ON FAITH

Come join Rev. Maddie for a Drop-In Small Group in her office on occasional Sundays after coffee hour in her office. The next one will be Sunday, November 26 at about 12:15 PM, for about an hour. The theme this time is "Faith", which is also the theme of her sermon that morning. What are your thoughts on faith? Join together as we hear one another's thoughts, stories and experiences, and get to know a few others better. No need to sign up, just show up!

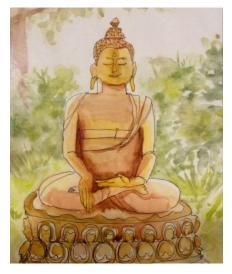
MEDITATION PRACTICE GROUP

Our Meditation Practice Group takes place in our Parish Hall and is led by Maddie Sifantus. The group meets on Wednesdays at 6 PM.

November 1 and 15 December 13 and 27

December 13 and 2/

Enter through the front gate to the left of the main entrance and come in the side door. Allow about an hour and bring your meditation cushion, if you have one, or you can sit in a chair. The group is open to everyone; there is a free will offering (\$5 suggested but all invited regardless of funds). The meeting will begin with a reading and short discussion, with a guided meditation leading us into a time of silence. There is power in meditating together. We would love to have you join us. For more information, leave a message on Reverend Maddie's private line at the church: 805-525-4620 or email msifantus@uuma.org.



LGBTQ DISCUSSION

November 12th immediately following the coffee hour Kate English will be hosting a conversation and information session about LGBTQ cultural competency. Feel free to bring your questions and open minds.

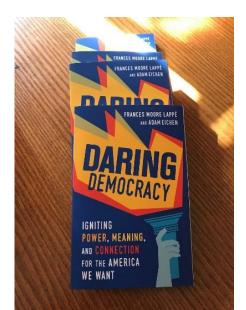


SOARING HEARTS YOGA

Members and friends of the congregation are invited to attend yoga in our Parish Hall on Tuesday's and Thursday's from 9:30 am -10:30 am. with Yoga instructor, Lisa Hammond. Class fee is \$6 - \$8 per session. Lisa keeps an email list to which you can be added after attending your first session. She has been leading yoga for us for about two years and several of our members and Rev. Maddie attend. Lisa Hammond can be reached at soaringheartsyoga@gmail.com.

T'AI CHI CHIH JOY THRU MOVEMENT

A new 8-week session will begin on Friday, November 17th with Instructor Pete Gregory. Often called a moving meditation, the movements are accessible to anybody, regardless of age weight or physical ability. No special clothing or equipment needed. Come and learn how to play with the Chi. For more information or to sign up, email Pete at psgreg24@gmail.com. Learn more at www.taichichih.org.



All Church Read 2017-18

DARING DEMOCRACY

Our first All Church Read of 2018 will be Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want. The authors are Frances Moore Lappe and Adam Eichen. "In this moment of extreme threat, we come to see that the opposite of evil is no longer goodness. It is courage. Goodness without action isn't good enough." Start reading now in preparation for our discussion on Sunday, January 28 after Coffee Hour (or about 12:15 PM) in Rev. Maddie's Office. Four copies are in circulation and can be located on top of the bookcase in the Parish Hall or you can order from Amazon or your favorite bookseller.

People and Doings

NEWS FROM AMONG US NOVEMBER 2017

- Our friend Doris Vernon has had another hospitalization. As of this writing, she been released from St. John's Regional Hospital in Oxnard to return to her Board and Care soon. Rev. Maddie and members of the Mary As have been visiting her.
- Our thoughts are with our administrator Krystal Johnson in the sudden death of her cousin, Scott Christensen who was like a brother to her. She went to Wyoming to attend his service and be with family.
- The late Lynn Morrison's niece was evacuated from the fires in Healdsburg earlier this month. We are waiting to hear that she is back home.
- If you have any News from Among Us you would like to share with our community, please let Rev. Maddie know by the newsletter deadline which is the 21st of every month.

OFFICE HOURS AND PASTORAL COVERAGE

Rev. Maddie is usually available in the office by appointment or pot luck drop in from Tuesday through Friday. Please note that she will be out of town to serve on the Ministerial Fellowship Committee of the UUA from November 27, returning on December 6. While she is gone, pastoral coverage is being provided by our Affiliate Minister, Betty Stapleford. Should an emergency arise during that time, please leave a message on the church office phone, <u>805-525-4647</u>, and Krystal will contact Rev. Betty. Should it be between our Administrator's days in the office, please call congregation president MaryBeth East at <u>805-341-8809</u>. Monday is Rev. Maddie's day off and Saturday is her study/sermon writing day. Some days she is working from home but can get to the office in five minutes, if something comes up. The best way to plan a time to meet with her is to call and leave a message on her private line at the church, <u>805-525-4620</u>, call her on her cell phone, <u>508-733-8860</u> or email her at <u>msifantus@uuma.org</u>. She is happy to meet you in her office, at your home or place of work, or at a local restaurant for a cup of tea or coffee (she will buy her own!). The minister's office is in the back of the church, near the rest rooms. If the front or back doors are locked, call her, and she will come let you in through the back gate off the alley.

MEMBERSHIP

Welcome to our new members, Nuri Ronaghy and Alan Shorb who recently signed the Membership Book. Nuri and Alan have been attending our congregation for many months and live in Ojai. Stay tuned for more information about them in a future newsletter and official recognition at a New Member Sunday. We would welcome you as well! Please make an appointment with Rev. Maddie Sifantus if you are ready to sign the Universalist Unitarian Church of Santa Paula membership book and call this community your spiritual home. Rev. Maddie will be happy to talk to you about the path to membership and get to know you better.

FIRST SUNDAY PLATE OFFERING and LAST SUNDAY OF EACH MONTH

For the 4th Quarter of 2017, our First Sunday Plate and Last Sunday of each month food collection will be the same recipient, CASP: Community Assistance Santa Paula. CASP, a non-profit organization, provides a Food Pantry to serve the disadvantaged of Santa Paula. Being a community charity, CASP's Food Pantry program is largely dependent on the generosity of its citizens.

- The First Sunday Plate offering for October, November and December will be a monetary donation.
- The Last Sunday of these months we collect canned goods, rice and beans and other non-perishable food.

CHOIR

All are welcome to join our choir, including our young singers who are able to read music. Rehearsals will be directed by Rev. Maddie and accompanied by Vincent Sorisio. All rehearsals will cover the music for that Sunday and will include learning music for future monthly Sunday mornings. Individual rehearsals with Rev. Maddie can be arranged as time allows. Please be in touch with Rev. Maddie with any questions. All invited to sing!

November 9 7:00 PM Choir Rehearsal
November 12 9:30 AM Choir Rehearsal for 10:30 AM Service
Political Correctness
Choir: Blowin' in the Wind/America Bob Dylan, arr. Len Thomas
December 14 7:00 PM Choir Rehearsal
December 17 9:30 AM Choir Rehearsal for 10:30 AM Service
Holiday Service
Choir: Holiday music TBA
December 21 7:00 PM Winter Solstice
Choir: Music and rehearsal times TBA

THE SOCIAL CONCERNS ACTION COMMITTEE NEWS AND EVENTS

- Our Dinner and a Movie will be on hiatus during November and December. See January's newsletter for news of our next scheduled documentary for January 26.
- The Ventura UU Church has invited us to join them on Friday, November the 10th at 7:00 PM for their Friday Night Film and will be showing Al Gore's "An Inconvenient Sequel" in the sanctuary. For more information, please contact Audrey Vincent.
- The Social Concerns Action Committee will not meet in November.
- In December, SCAC will meet Sunday, December 10th, at 12:15 in Rev. Maddie's office.
- In January, we will begin meeting on the 2nd Wednesday of each month, beginning January 10th at 6:30 in the Parish Hall.
- Save-The-Date Mind Expanding Group December 17, 6:30 Pm We will meet, eat snacks, watch and discuss Hasan Minhaj's recent comedy special, "Homecoming King". His insightful story of his family, growing up in America, high school homecoming dance and career should expand our minds.

PLANT BASED HOLIDAY COOKING CLASS

Delicia Niami is offering a cooking class on Monday, November 13 at 5:00 PM for a plant based, non-dairy, gluten free, soy free, refined sugar free holiday meal consisting of: Apple, Grapefruit and Pomegranate salad, Homemade nut loaf with vegan gravy, Cauliflower mashed potatoes, Cranberry Sauce, Pie for dessert.

Please RSVP to Delicia no later than Friday 11/11 so she can make sure to have enough food for everyone at delician@yahoo.com or call or text 323-829-6867. COST: Donations gladly accepted to help defray Delicia's costs.

CARING COMMITTEE

Do you want to learn how to be a better listener? This fall we have started a Lay Ministry Training to better serve our members and supplement the ministry of Rev. Maddie, our professional pastoral care provider. This training facilitated by Rev. Maddie takes place at the regular monthly meetings of the committee. Our next meeting is Thursday, November 16. Meetings are at 12:15 PM and last about an hour and a half. Let Rev. Maddie know if you are interested in joining with the Caring Committee members Barbara Beach, Karen Harris, Penny McManus, Delicia Niami, and Jan Shepherd. We have room for a couple more members; let Rev. Maddie know if you are interested.



"Zodiac Zunday" Once a month during coffee hour we will be honoring those who celebrate the astrological sign of that month. As we know, astrology is a pseudo-science often linked to superstition. We are hoping for this to be a fun time to connect with others while enjoying some delicious food.

"ZODIAC ZUNDAY": On November 19 we will be honoring Scorpios (October 23 - November 21).

The **Scorpio** is often misunderstood. These personalities are bold and are capable of executing massive enterprises with cool control and confidence. They can surmount seemingly all obstacles when they put their mind to the task, and they have unshakable focus when the situation calls for it. Regardless of their bold nature, they are often secretive, but they are always observing behind their withdrawn manner.

GUEST AT YOUR TABLE BOXES:

Each year we participate in the annual Guest at Your Table intergenerational program of the Unitarian Universalist Service Committee (UUSC) which raises support for and awareness about the work to advance human rights. This year's program theme is **Small Change is Big Change**, recognizing that each of us can make big changes in our community and the world. Each day families and individuals can put change in the boxes imagining a guest visiting their table. Checks may also be written to the UUSC. The boxes will be passed out during the service on November 19 and will be collected in early January. Extra boxes and donation envelopes will be on the table in the Parish Hall.

WINTER SOLSTICE 2017 PLANNERS AND CELEBRATORS

It's that time of year again! Rev. Maddie is beginning to plan Winter Solstice 2017 which will be on Thursday, December 21 at 7 PM in our Sanctuary. Rev. Maddie is talking with several community members and musicians about this year's version, including Xavier Montes, Vanessa Acosta, John Robles and others, hoping to do a more Spanish themed celebration this year. Please be in touch with Rev. Maddie if you have any ideas or want to help. There will be choirs, music and hilarity as we bring light to the darkest day of the year. And be sure to put the date on your busy December calendar.

THE SANTA PAULA CINEMA SOCIETY presents

740 East Main St.

7:00 PM

Free!

Enter Side Door



Don't Be Afraid of the Noir!

THE NARROW MARGIN This effective minimalist RKO Noir from 1952 features Charles McGraw, Marie Windsor and Jacqueline White. Energetic direction by B-picture master Richard Fleischer.

NOVEMBER 10 2017



DOUBLE INDEMNITY Fred MacMurray, Barbara Stanwyck and

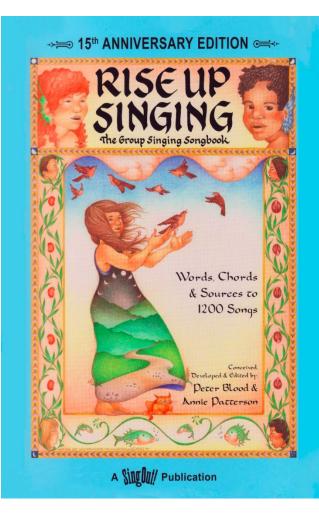
Edward G. Robinson star in this 1944 Noir gem. Billy Wilder directed a screenplay cowritten with Raymond Chandler. A new HD restoration will be screened.

DECEMBER 8 2017



PARISH HALL PIANO

In preparation for our first Rise Up Singing group in October, we had our piano technician, Dennis Ashley, bring the upright piano in our Parish Hall up to pitch. Who knows when it was last tuned and used?! (If you know more about this piano, please tell Rev. Maddie). Dennis tells us that our upright piano was built in New York City in 1890, the same year our church was being constructed. It is a Weber, a piano that is still being produced. The story is that at the age of 24, Albert Weber opened his first piano store on West Broadway in New York. The Weber piano won immediate praise and recognition after it was introduced into the market. Some of the many awards and recognitions the company received were the Philadelphia Centennial in 1876; at the American Exhibition in London, in 1887, and at the Paris Exposition in 1889. It will take some time to get our Weber to keep up to pitch and one day we will raise money to do some bigger work on it to change some strings. But for now, we have a piano for Rise Up Singing and anything else we might do musically in our Parish Hall.



JOIN US IN SINGING ~ ALL AGES UNIVERSALIST UNITARIAN CHURCH OF SANTA PAULA PARISH HALL 740 E MAIN STREET FRIDAY, NOVEMBER 17 AT 7:00 PM

BRING RISE UP SINGING AND/OR RISE AGAIN BOOKS IF YOU HAVE THEM

ALL INSTRUMENTS WELCOME! COMMUNITY SINGING!

FREE WILL OFFERING

LED BY MADDIE SIFANTUS, DONNA NELSON AND FRIENDS

RISE UP SINGING!

Our first community singing gathering, Rise Up Singing, was a great success with between 30-40 singers and players sharing songs. Our Rise Up Singing group is named from the title of the book *Rise Up Singing*. Pete Seeger once said, "The older I get, the more I am convinced that if there's a human race still here in a hundred years, one of the main reasons will be that we found ways we can sing together." Come help save the world—or just have fun—at our next meeting of Rise Up Singing in our Parish Hall on Friday, November 17 at 7 PM. Instruments and all ages invited. Bring your Rise Up Singing book if you have it; copies will be available to buy for \$15 or borrow.

Yours in song, Rev. Maddie



Send donations for the Feast of Faiths to VCIC, 3482 Barca St., Camarillo, CA 93010, or call Teri Helton at (805) 312-1631 or email teri@terihelton.com.

Calendar of Events



of Santa Paula Universalist Unitarian Church

Santa Paula, CA 93060 740 East Main Street

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Next newsletter deadline: November 21

Sunday Worship Services at 10:30 am

Rev. Maddie Sifantus, Minister, Choir Director Rev. Dr. Betty Stapleford, Affiliate Minister Erik Halseth, Religious Education Coordinator Vincent Sorisio, Church Musician Albie Alamillo, Custodian Krystal Johnson, Office Administrator Board of Trustees: MaryBeth East John Nichols Patricia English Luisa Haskell Kate English



Don't Forget to Fall Back! Savings Time Ends Sunday at 2am. 11 12 Set your clocks back one hour!

THE UNIVERSALIST UNITARIAN

CHURCH OF SANTA PAULA

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