

Universalist Unitarian Church of Santa Paula

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

MARCH 2018 SERVICES, SUNDAYS AT 10:30 AM



Theme: Humility

March 4 Spirit Rest

Rev. Maddie, Kate English

Albert Camus once said, "In order to understand the world, one has to turn away from it on occasion. How can we rest our spirits?

First Sunday Plate to Wheeler Canyon farmworkers through LULAC & Latino Town Hall

March 11 Humble Pie

Rev. Maddie, CJ Starling

It is said that true humility is a sign of spiritual maturity. False humility is the height of deception. How does humility relate to our first principle, the inherent worth and dignity of every person? Our choir sings.

*Tuesday, March13 Gathering

Rev. Maddie

Rev. Maddie leads a reflective time in our busy week to hear some beautiful music, share some silence and hear spoken word on a theme. The music will be provided by pianist and our church musician, Vincent Sorisio.

March 18 "Living From Abundance"

Betty Stapleford, Ruth Ricards

As Americans we are often encouraged to see our worth in terms of what we have and how much more we can accumulate. But this attitude may encourage a feeling of scarcity that can cripple us. What if we believed that we had all we needed? Our lives might just be changed in amazing ways. And we might just have more to share with others.

March 25 Dragons Are Real

Erik Halseth, Pat English

"Mysteries abound where most we seek for answers," wrote Ray Bradbury. Come explore the intersection of imagination, science, and the infinite nature of the universe, journeying into the spiritual and the scientific in equal measure.

CASP food offering



Message from the Minister

About once a year I like to remind you of when you might call your minister, and that it doesn't need to be an emergency! These occasions are from a list adapted from an essay by the Rev. Dr. Peter Lee Scott, circa 1957 but still hold true today.

- When you haven't met me yet but would like to.
- When you have problems you'd like to discuss, concerning your children, your job, your marriage, or anything else where a sympathetic ear might be of help.
- When you're going in the hospital or know someone else in the congregation who is.
- When someone close to you has died or is critically ill.
- When you're planning to be married or wish you could be.
- When you have a child to be dedicated.
- When you're pregnant but wish you weren't.
- When you, or a friend or neighbor would like more information about the Unitarian Universalist faith.
- When you're considering joining the congregation.
- When you'd like to show me what a good cook you are!
- When you have suggestions to make about programs for our congregation.
- When you have suggestions for a sermon.
- When you'd like help with committee work or with other congregational activities.
- When there are community issues you'd like to discuss or would like me to be involved with.
- When you're mad at me.
- When you appreciate something I've said or done.
- When you'd like to talk religion with me.
- When you'd like to talk parenting with me as a parent, or as a child.
- When you've had good news and want to share it.
- When you've had bad news.
- When you're feeling overwhelmed.
- When you want to tell me your history with the congregation.
- When you want to spend more time with the children and youth.
- When you've heard a great joke and want to share it.

Please give me a call at the church, at the private line at my church office (805-525-4620), on my cell phone (508-733-8860 or email me at

msifantus@uuma.org. I would love to hear from you!

On our path of faith,

Maddie



Message from the Board of Trustees



It's that time of year to announce the new officers of the Board of Directors for our church. The members are elected at the annual meeting of the congregation in January, but the board elects its own officers at the first meeting after the annual meeting.

Moving from Vice President to President is John Nichols. Pat English is the Treasurer, Jerry Gray the Secretary, Kate English is the Vice President and Luisa Haskell is Member at Large. In addition to their regular duties each board member will also be responsible for acting as a Liaison to one or more of the numerous church committees. We want to make sure there is good communication between church committees and the board. Communication will flow both ways.

Board meetings are held once a month on a Thursday evening at 6:30. All are welcome to attend. All are welcome to submit topics for discussion on the agenda. Some of the board members are exploring sharing documents in the Cloud. That way digital documents can be accessed from a home computer, a work computer, a tablet or a smart phone from anywhere on the planet. A few of us like a service called Dropbox. It's all part of our "Welcome To The 90s" digital awareness program. Click like and share to show your support.

Message from the RE Coordinator

Kids' Place

Let parents bequeath to their children not riches, but the spirit of reverence. — Ellen Key



Famous UUs in History

Frances Harper was an African-American poet, writer, journalist, and activist who lived from 1825 until 1911. She was very active in both the abolition and suffrage movements and was involved with the Unitarian church because of its role in the social justice movements of the day.



MRS. F. E. W. HARPER

"Songs for the People"

Let me make the songs for the people, Songs for the old and young; Songs to stir like a battle-cry Wherever they are sung.

Not for the clashing of sabres,
For carnage nor for strife;
But songs to thrill the hearts of men
With more abundant life.

Let me make the songs for the weary, Amid life's fever and fret, Till hearts shall relax their tension, And careworn brows forget.

Let me sing for little children, Before their footsteps stray, Sweet anthems of love and duty, To float o'er life's highway. I would sing for the poor and aged, When shadows dim their sight; Of the bright and restful mansions, Where there shall be no night.

Our world, so worn and weary, Needs music, pure and strong, To hush the jangle and discords Of sorrow, pain, and wrong.

Music to soothe all its sorrow,

Till war and crime shall cease;

And the hearts of men grown tender

Girdle the world with peace.

<u>Upcoming RE Youth Classes</u>

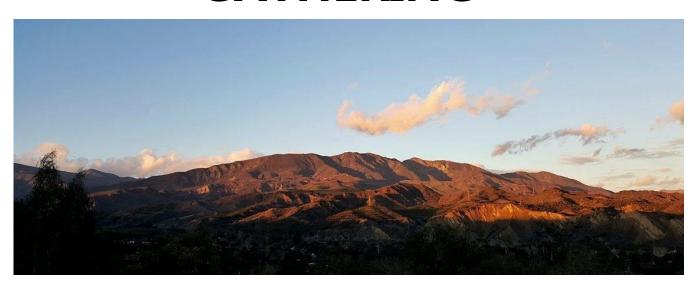
"Change is the end result of all true learning."

— Leo Buscaglia

March's theme is Humility, and we will be talking about the stories from Time For All Ages during class. As always, the children will be creating wonderful works of art and playing in the Rainbow Room.

Spiritual Growth Center

GATHERING*



*DEFINITION OF GATHERING

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

MARCH 13, 2018 at 7:00 PM

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

Led by Rev. Maddie Sifantus with poems by Atul Ranchod and others
with musician Vincent Sorisio, piano and Maddie Sifantus, soprano

Songs and instrumental music from Beethoven

Free will offering for the musician

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



Spiritual Growth Center

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. In March we will be meeting on the 7th and the 28th. 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. See elsewhere in this newsletter for another Meditation offering by Gurdeep Singh and Shilpa Pandey

RISE UP SINGING

The community is invited to come to a "Rise Up Singing" evening on Friday night, March 16th, at 7:00 pm. We will meet in the Parish Hall of the Universalist Unitarian Church of Santa Paula which is located at 740 E Main Street in Santa Paula. Singers and instrumentalists of all ages are welcome to this informal and spirited evening of shared music making. Bring a copy of Rise Up Singing or Rise Again, if you have one. Some copies will be available. This month will be led by Donna Nelson, Ruth Ricards and others. Do you have a ukulele, mandolin or fiddle in your closet? Join us and invite your friends who love to sing! All ages are welcome. Rise Up Singing is held the third Fridays of the month, with the next one scheduled for April 20 at 7:00 PM. For more information, call Maddie at 805-525-4620 or email her at msifantus@uuma.org.

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

On Friday mornings we continue to offer T'ai Chi Chih, - Joy thru Movement, 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.



NEWS FROM AMONG US March 2018

- We are glad that Mary Nelson is back home after a short hospital and rehab stay.
- We were happy to see Lottie Patten in church, honoring her mother Shirley Adams' birthday in her memory.
- Margaret Broughton is in a failing period of health. If you would like to visit, please first contact Maddie at 805-525-4620 (office) or 508-733-8860 (cell) to coordinate your visit.
- Doris Vernon has improved recently, although she is still in Hospice. Judith Beay continues to coordinate her visits.
- We are happy that Jan Shepherd's health has improved and was able to be in church recently.
- Please let our administrator Krystal or Rev. Maddie know if you want to be added to our Birthday List. Now
 that we are having Zodiac Zundays once month at coffee hour, it is one more reason to join the fun.
- 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 21 st 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 March 16th through the 27th. 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, 805-525-4647, and Krystal will contact Rev. Betty. 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, 805-525-4620, call her on her cell phone, 508-733-8860 or email her at msifantus@uuma.org. 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.

1ST QUARTER FIRST SUNDAY PLATE OFFERING

The Social Concerns Action Committee has chosen the 11 Limoneira farmworker families who lost their homes in Wheeler Canyon during the Thomas Fire. We are partnering with LULAC (League of United Latino American Citizens) and Santa Paula Latino Town Hall, to help collect furniture and cash for these families.

LAST SUNDAY OF EACH MONTH

The Last Sunday of each month we collect canned goods, rice and beans and other non-perishable food for 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.

COMMITTEE ON CONGREGATIONAL LIFE

According to the Bylaws of the Universalist Unitarian Church of Santa Paula, the Committee on Congregational Life's primary mission to evaluate the overall effectiveness of the congregation's ministry (ordained, staff and laity). The COCL is not a committee of the Board, but a committee of the congregation in special relationship to the Board. It consists of three members serving staggered terms of two years each. Current members are Judy Triem, Audrey Vincent and new member, Ken Stock. COCL meetings are held in the context of confidentiality and mutual honesty. Members are encouraged to let Rev. Maddie or one of the members of the committee know if there are any issues of the ministry of the congregation of which they should be aware. The next meeting of the COCL will be Tuesday, April 3 at 6:00 PM at Rev. Maddie's home.

CHOIR

All are welcome to join our choir, including our young singers who are able to read music. We will be singing once a month in 2018, taking a break in July and August. Rehearsals will be directed by Rev. Maddie and accompanied by Vincent Sorisio. All choir rehearsals will cover the music for that Sunday and will include learning music for future monthly Sunday mornings. Individual or small group rehearsals with Rev. Maddie can be arranged. Please be in touch with Rev. Maddie with any questions. All invited to sing!

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March 8	7:00 PM	Choir Rehearsal				
March 11	9:30 AM	Choir Rehearsal for 10:30 AM Service				
	We a	re the Music Carl Strommen				
April 22	9:30 AM	Choir Rehearsal for 10:30 AM Service				
(NO THURSDAY REHEARSAL)						

CARING COMMITTEE

Do you want to learn how to be a better listener? The Caring Committee is currently involved in Lay Ministry Training at their monthly meetings 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, March 15. 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, Sharon Kufeldt, and Jan Shepherd. We have room for a couple more members; let Rev. Maddie know if you are interested.

THE SOCIAL CONCERNS ACTION COMMITTEE NEWS AND EVENTS

MEETING will be Wednesday, March 14th at 6:30 PM in the Parish Hall.

DINNER AND A MOVIE - Tuesday March 27 Pot luck: 5:30 Film: 6:30. The Social Concerns Action Committee presents the award winning and beautifully done food documentary, Sustainable. It investigates the economic and environmental instability of America's food system. The narrative of the film focuses on Marty Travis, a seventh-generation farmer in central Illinois who transforms his profitless farm and pioneers with his neighbors the sustainable food movement in Chicago. The film interviews internationally known forward thinking farmers around the country who challenge the ethical decisions behind industrial agriculture. Q.&A discussion afterwards.

SCAC GIFT At the end of March (TBA), the Social Concerns Action Committee will be gifting the film, *Visions of Aztlan*, to the Blanchard Community Library, to commemorate the birthdate of Cesar Chavez and celebrating the birth of the Chicano/Latino art movement which emerged out of the anti-war protests and street demonstrations of the 1960's. This art film explores how a group of artists discover their ethnic identity through their work in the medium of their choice. This event is particularly timely given the Annual Art Show held at the library at this time.

EXPAND YOUR MIND DISCUSSION Save-the-date, Sunday, April 22, 6:30 PM. The book and film small group, Expand Your Mind, plans to meet at Margaret Wilson's to watch and discuss Fences, starring Denzel Washington.

THE MARY A. LIVERMORE SOCIETY

The Mary A. Livermore Society will meet Thursday, March 22, 11:30 am at Flight 126 Café at the historic Santa Paula airport. Leslie Nichols will speak on her recent trip to the Middle East. She says, "A trip to the Arab Emirates (including Dubai and Abu Dhabi) is an eye-opening cultural experience."



"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.

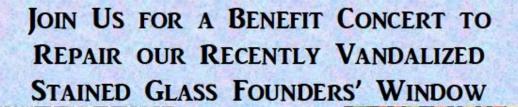
"ZODIAC ZUNDAY": On March 4 we will be honoring *Pisces*

(February 19 - March 20).

Sign Characteristics: Pisces are very friendly, so they often find themselves in a company of very different people. Pisces are selfless; they are always willing to help others, without hoping to get anything back. They are generous, compassionate and extremely faithful and caring. People born under the Pisces sign have an intuitive understanding of the life cycle and thus achieve the best emotional relationship with other beings. Pisces-born are known by their wisdom, but under the influence of Uranus, Pisces sometimes can take the role of a martyr, in order to catch the attention. Pisces are

never judgmental and always forgiving. They are also known to be most tolerant of all the zodiac signs.







COME AND ENJOY THE EXCITING FOLK MUSIC OF VERACRUZ, MEXICO PERFORMED BY SANTA PAULA NATIVE JOHN ROBLES AND CHUCUMITE!

Sunday, March 11th at 4:00 p.m.

Universalist Unitarian Church of Santa Paula 740 E. Main Street, Santa Paula, CA 93060 805-525-4647 – www.uucsp.org

Minimum Donation \$10.00 Children 12 & Under \$5.00

All Proceeds Benefit the Repair of the Vandalized Founders' Window.

UUCSP is a Registered Ventura County Historical Landmark

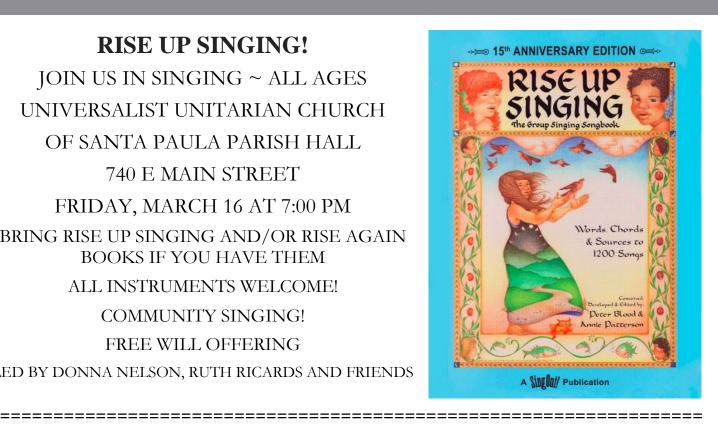


VOLUNTEERS NEEDED

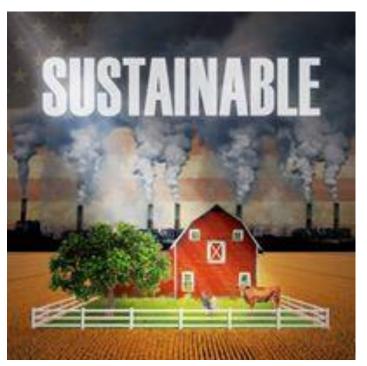
Chucumite has graciously offered to perform a benefit concert to help defray the cost of our vandalized historic stained-glass window. We are in need of volunteers for setup and cleanup. Also, there are flyers available for you to pass along

RISE UP SINGING!

JOIN US IN SINGING ~ ALL AGES UNIVERSALIST UNITARIAN CHURCH OF SANTA PAULA PARISH HALL 740 E MAIN STREET FRIDAY, MARCH 16 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 DONNA NELSON, RUTH RICARDS AND FRIENDS



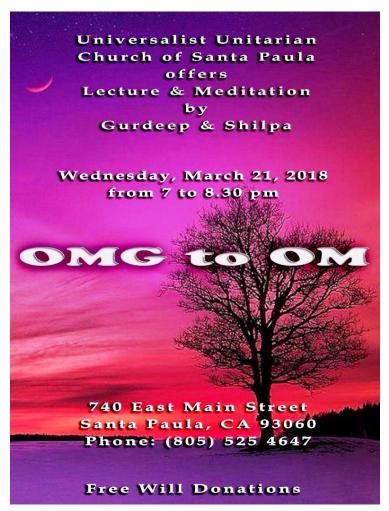
Social Concerns Action Committee



The Social Concerns Action Committee presents the award winning and beautifully done food documentary, Sustainable. It investigates the economic and environmental instability of America's food system. The narrative of the film focuses on Marty Travis, a seventh-generation farmer in central Illinois who transforms his profitless farm and pioneers with his neighbors the sustainable food movement in Chicago. The film interviews internationally known forward thinking farmers around the country who challenge the ethical decisions behind industrial agriculture. Q.&A discussion afterwards.

Tuesday March 27 Pot luck: 5:30 Film: 6:30

Universalist Unitarian Church of Santa Paula 740 East Main St, Santa Paula



OMG TO OM

Do you know that you are the biggest mystery in the universe! Perhaps you are yet to discover it. You are born with insurmountable intrinsic force of consciousness, the potential of which needs redirection, and it is possible to transform from the worldly noise of OMG to the eternal bliss of OM.

Atharva Veda, Muṇ ḍ aka Upanishad 2.1.4. eh, 159-160 says:

"Fire is His head, the Sun and the Moon his eyes, space His ears, the Vedas His speech, the wind His breath, the universe His heart. From His feet the Earth has originated. In truth, He is the inner-self of all beings."

GURDEEP SINGH

Himalayan Master Gurdeep Singh is a gifted spiritual scientist who considers himself a universal citizen of East Indian origin. For last 35 years he is sharing his gifts of transcendental wisdom blended with fun and laughter. Previously Gurdeep served in Texas as the Founder Director of Outreach Ministry at the Center for Spiritual Living. He has travelled more than half the globe lecturing and assisting people on inner-journey to self-discovery. He promotes the philosophy of "be a light unto yourself". His programs are a treat for the yearning soul.

SHILPA PANDEY

Shilpa Pandey was born in India in a family of professionals, some of whom worked relentlessly during India's peaceful freedom movement under Mahatma Gandhi's leadership. No wonder she turned to social activism! She serves on the US National Board of The Women's International League for Peace & Freedom, the world's oldest peace organization by Women. This apart, she is a yoga ideologue, an experienced program designer and a seminar leader. She has conducted several trainings in many countries on varied subjects. She also worked as the training head for fortune 500 companies.

SCHEDULE OF PROGRAMS

Shilpa and Gurdeep are teaming up to present their inaugural session at the Unitarian Universalist Church, 740 East Main St, Santa Paula, CA 93060 Phone: (805) 525-4647:

OMG to OM: Wednesday, March 21, 2018 Time: 7 to 8.30 pm

Dress Code: Comfortable Casuals

(Please look out for further details on regular "Monday Evening Lectures & Meditation" beginning Monday, April 9, 2018. The time would remain 7 to 8.30 pm)

Free will Donations

SANTA PAULA CONCERT SERIES PRESENTS

THE ROWAN BROTHERS



Join Us for an Evening of Acoustic Roots Music with a Dash of Americana & Bluegrass, as We Welcome Chris and Lorin Rowan back to the Santa Paula Concert Series! Come enjoy their Trademark Tight Harmonies and Haunting Melodies!

Saturday, May 19th at 7:00 p.m.

Universalist Unitarian Church of Santa Paula 740 E. Main Street, Santa Paula, CA 93060 805-525-4647 — www.uucsp.org

Donation \$20.00 Children 12 & Under \$10.00 Free for Children 5 and Under

Proceeds benefit the Universalist Unitarian Church of Santa Paula Building and Historical Fund. UUCSP is a Registered Ventura County Historical Landmark

OLIVE OIL

Fair trade, extra virgin olive oil from the Holy Land is available at \$16 per 500 ml bottle. A portion of the sale proceeds goes to support the Social Concerns Action Committee of the local UU Church. Purchase of this oil supports the work of farmers in the Ramallah area who are prohibited from selling their oil in neighboring Israel or Jordan. This olive oil is "characterized by its distinct personality, robust aroma, and a flavor evocative of fresh fruit. It has a peppery bite and a hint of bitterness [a desirable trait] that disappears as the oil ages over time. Once you have tried olive oil from Palestine, most other olive oils appear bland by comparison." Contact Donna Hamer at 805-746-6587 or ddhamer@gmail.com



FINAL REST OPPORTUNITY
FOR A UNIVERSALIST UNITARIAN CHURCH MEMBER
Pierce Brothers Santa Paula Cemetery
in Section R, Lot 121

Donated by Melissa Malm, this plot is located in the older area on the Southwest side of the Cemetery, not far from the Main Office, in Section R. Plots adjoining this one include Davis, McDaniels, Lang, Ramirez, Malm and Bartlett family names. Access to the plot is an easy walk, and the views in all directions are restful. Current value is \$4,095 with a 5% discount if purchased by a church member.

Your purchase of this plot will benefit the Marjorie Newlin Leaming Capital Fund, an endowment that provides distributions to the Church for its Operating Fund.

For more information, please contact Donna Hamer at 805-746-6587 or Mary Beth East at 805-341-8809

Calendar of Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 930 Yoga	2 10:00am& 11:15am T'aiChiChih	3 Parish Hall floors
4 1030am Worship ZodiacZunday 1stSundayPlate	5	6 930 Yoga 11AM RECommittee Mtg	7 6pm Meditation	8 930 Yoga 7pm ChoirReh	9 10:00am& 11:15am T'aiChiChih 1130amSP Ministerial 7pmClassic MovieNight	10
11 DAYLIGHT SAVINGS TIME BEGINS 930amChoirReh 1030amWorship 1215pmWorship CommMtg 4pmChucumite Concert	12	13 930 Yoga 7PM Gathering	14 630pmSocial ConcernsMtg	15 930 Yoga 1215pmCaring CommMtg 630pmBoard Mtg	16 10:00am& 11:15am T'aiChiChih 7pmRiseUp Singing	17
18 1030amWorship	19	20 930 Yoga	21 Newsletter Deadline 7pmOMG Meditation	930 Yoga 1130am MaryA's	23 10:00am& 11:15am T'aiChiChih	24
25 1030amWorship CASP	26	27 930 Yoga 530pm& 630pm SCAC Dinner& aMovie	28	29 930 Yoga	30 10:00am& 11:15am T'aiChiChih	31

THE UNIVERSALIST UNITARIAN CHURCH OF SANTA PAULA

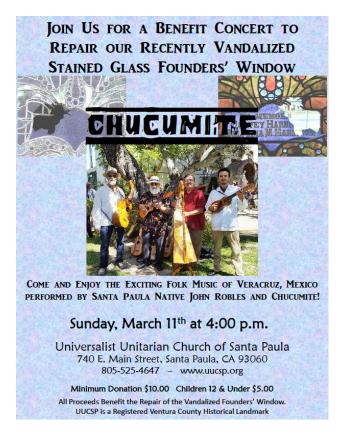
740 East Main Street Santa Paula, CA 93060 Office: 805-525-4647 uucspoffice@gmail.co



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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

Sunday Worship Services at 10:30 am



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> 740 East Main Street Santa Paula, CA 93060

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