



Universalist Unitarian Church of Santa Paula

740 E. Main Street, Santa Paula, CA 93060 (805) 525-4647

uucspoffice@gmail.com website: uucsp.org

Thanksgiving Food Collection

Throughout the month of November, we will be collecting food for our neighbors to be distributed at Poder Popular. There will be a basket at the back of the church where you can drop off your food. Please see the flyer later in this newsletter for the most requested items.

NOVEMBER SERVICES, SUNDAYS AT 10:30 AM



November 2 Dia de Los Muertos Constanica Leshin, Ellen Deeb

We will honor those who have departed their earthly lives and celebrate the Days of the Dead. We will set up an "ofrenda"/altar and are inviting you to bring a **small framed photo of a dear one** who you would like to remember. There will not be room for large unframed photos.

As it is Stone Soup Sunday, we request that you bring a **Mexican inspired** appetizer, casserole, salad, or dessert.

Finally, if you would like to come in costume including face-make up, do it as several of us plan to do the same!

What a great time to celebrate **LIFE!**

1st Sunday Plate to: Interface Children & Family Services

November 9 The Practice of Grateful Living

Gratitude is not a feeling we wait for; it's a practice we return to. This Sunday we explore how everyday blessings, morning light, shared meals, and the kindness of friends can become a spiritual discipline. Drawing from Jewish and Buddhist traditions, as well as the insights of contemporary teachers like Rabbi Shefa Gold and Brené Brown, we'll reflect on how practicing gratitude can help us stay grounded and joyful, even in uncertain times.

November 16 Otherwise: Remembering What Might Not Have Been Our All-Generations service

Inspired by Jane Kenyon's poem *Otherwise* and recent reflections from psychologist Ozan Varol, this service turns gratitude on its side: what if we gave thanks not only for what we have, but for all that might never have been? What if gratitude included the roads we didn't take, the sorrows that shaped us, and the resilience that carried us here? Together we'll explore how this deeper gratitude, tender, honest, and hard-won can open us to compassion for ourselves and the world.

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is to practice inclusiveness, seek justice and foster spirituality.



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November 23

Gratitude, Grief, and the Circle of Remembrance

As Thanksgiving approaches and we prepare to honor Transgender Day of Remembrance, we gather to hold gratitude and grief together. We'll remember those who came before us, ancestors, saints, and everyday companions whose courage and love sustain our lives today. In the spirit of Francis David's enduring faith that "we need not think alike to love alike," we'll consider how gratitude becomes an act of solidarity, a way of belonging to one another and to the great circle of life.

November 30

Guest Speaker, Keegan Fish

Over my time in college, I've been fortunate to lead volunteer restoration projects, conduct ecological research, and even co-author a scientific publication.

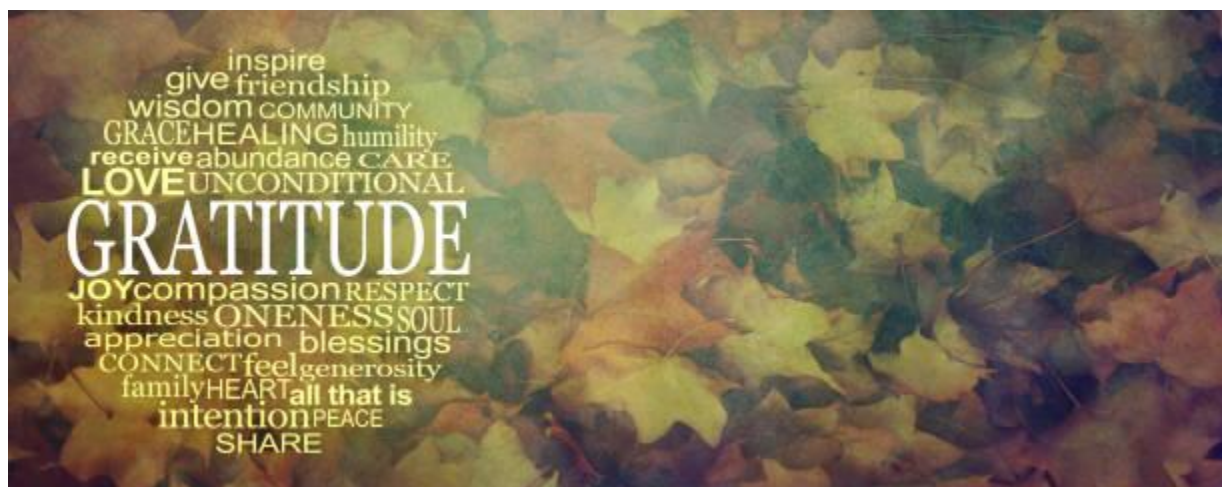
In this talk, I'll share how pursuing meaningful work has shaped my outlook on life. I will be focusing on the importance of purpose, optimism, and connection to the natural world.

I'll walk through some of the experiences that have challenged and inspired me, and how following my passions in restoration, conservation, and environmental leadership has helped me find direction both personally and professionally.

Biography:

My name is Keegan Fish and I'm a junior at Cal Poly San Luis Obispo studying Forest and Fire Science with a concentration in Wildlife Biology and a minor in Geospatial Information Systems (GIS). Over the past two years, I've had the opportunity to work across several areas of environmental science within Cal Poly's Natural Resources Department and through extracurricular research programs.

Last summer I worked with the John Muir Trail Wilderness Conservancy, where I spent two months in the backcountry collecting ecological data for ongoing restoration and monitoring projects. Our team surveyed trail reroutes, campsite conditions and wildlife habitats across Kings Canyon National Park and the Sierra National Forest. The same data is now being used to guide watershed protection and restoration efforts throughout the Sierra Nevada.



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Message from the Minister

Dear Friends,

November is the month when gratitude rises to the surface. Gratitude reminds us that our lives are woven together, that we belong to one another and to this good earth.

In October, we welcomed the youth into the sanctuary for an All-Generations Sunday. Their energy filled the room in the best possible way. Gratitude was easy to feel that morning: gratitude for the families who show up and for the many hands that make worship come alive for all ages. We'll gather again for another all-generations service in November. These shared moments are reminders that the heart of church is connection, across generations, across differences, across all that might keep us apart.

As we move through this month, I invite you to take gratitude beyond a feeling and make it a practice. Melody Beattie writes,

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

How You Might Practice Gratitude This Month

Here are a few ways you might live into gratitude this November:

- **Keep a gratitude journal.** Each day, jot down one thing, large or small, for which you're thankful. Over time, you may find your attention shifting toward abundance.
- **Send a gratitude note.** Write, text, or email someone who has made a difference in your life. Tell them what you appreciate. These small words can change someone's day.

When we practice gratitude, we strengthen the threads that bind us, to each other, to our values, and to the Spirit of Life that moves through us all.

Gratitude also takes form in how we sustain this community. If you haven't yet returned your **canvass pledge card**, please take a moment to do so. Every pledge, no matter the size, helps us plan for the year ahead with care and integrity. Your gift is an act of gratitude for all that this congregation has meant to you, and a gesture of hope for what we will continue to build together.

As we move toward Thanksgiving, may we each pause often, breathe deeply, and remember the abundance already among us.

With gratitude and warmth,
Carolyn

Message from Board of Trustees

Annual Notice of Membership Requirements for the Universalist Unitarian Church of Santa Paula

From our Bylaws, Article III – Membership:

- A. Any person who is in sympathy with the purpose and program of this church may become a member by signing the membership book, subject to acceptance by a majority vote of the Board of Trustees or the members present at any legal meeting of the congregation.
- B. Membership in this church shall be open to all persons 13 years of age or older without regard to race, color, gender, national origin, marital status, physical or mental challenges, sexual orientation, or gender identification.
- C. Once a person has been accepted as a member, membership rights shall continue as long as they indicate, when asked, the intention to continue as a member, and make identifiable financial or service contributions.



Acquisition and Removal of Church In-Kind Assets Policy Adopted September 18, 2025

Background

Given the historical value of the Church property and contents, and the importance of retaining its cultural significance, the Board of Trustees has determined that there shall be a protocol for the acquisition of in-kind donations and removal of items from the building and grounds. The policy is as follows:

In-kind donations

No item, regardless of size or value, shall be brought into the church or its grounds with the intent of permanently leaving it in the building without prior approval by the Building and Grounds Committee. The donor will provide a written supported estimate of the financial and/or historic value of the item. If the Building and Grounds Committee decides against accepting the item, the donor can appeal in writing to the Board of Trustees. If an item is found to be in the church without prior approval, the donor shall remove it.

Removal of items

Decisions about asset removal (tables, chairs, bookcases, etc.) shall be made by the Archives Committee, in consultation with the Board Treasurer. If agreement cannot be reached, a request for a decision shall be taken to the Board. If any items are found to be removed without approval by the Archives Committee and/or the Board, the person(s) who removed them will be asked to return them or to make a donation to the church of compensatory value.

People and Doings

2024 4th QUARTER 1st SUNDAY OFFERING

November 2, December 7



Established in 1973, Interface Children & Family Services is the region's most comprehensive nonprofit social services agency providing direct, responsive, wrap-around services to address the complex needs of clients and our local community.

As a critical safety net for children and families, Interface provides 30 distinct programs across seven core program areas including [mental health & trauma treatment](#), [domestic violence & child abuse prevention](#), [youth crisis & homelessness](#), [human trafficking prevention & intervention](#), [justice services](#), and [211 information & assistance](#) in 31 California counties.

Today, Interface serves tens of thousands of local individuals annually, assists 250,000+ callers through the 211 call center across the state, and continues to earn the respect of individuals, businesses, and foundations, which provide grants, donations, and in-kind services to ensure that the work of Interface is sustained.

Interface works collaboratively with many other service providers. We are the only agency with a presence in all existing, formalized "under one roof" facilities across Ventura County. With collaboration, Interface best provides family support, domestic violence intervention, outreach, and youth activities, as well as prevention and counseling within economically challenged communities. To establish a foundation of violence prevention and mental health, Interface embeds five family-strengthening objectives into its programs:

- Help parents develop resiliency
- Help families develop a support system
- Help families secure practical help when they need it
- Teach parents how to raise healthy children
- Help children to develop socially and emotionally

People and Doings



SOARING HEARTS YOGA

Soaring Hearts Yoga meets in the Parish Hall.
Join them on Tuesdays and Thursdays at 9:30 AM.

Bring your own mats and props.

Please contact Lisa Hammond at 831-801-2276 or soaringheartsyoga@gmail.com
for more information.

SIP AND CHECK IN TUESDAY NOVEMBER 11 AT 4 PM ON ZOOM

Each month, on the second Tuesday, Sharon Kufeldt graciously offers members of the congregation an opportunity to connect with one another on Zoom. This unstructured segment of time (between 4 and 5 p.m.) gives those who do check in, whether regularly or occasionally, a chance to share. Oftentimes one doesn't wish to express anything directly, yet it is another avenue for fellowship with one another.



Join Zoom Meeting <https://us04web.zoom.us/j/7312177775>
Meeting ID: 731 217 7775 Password: uucsp93060

SANTA PAULA CINEMA SOCIETY

to be determined

Social Concerns Action Committee

Wednesday, November 19 at 3:00 pm on Zoom

The SCAC is in high gear these days in response to a number of escalating issues that our undocumented friends and neighbors are experiencing. Many of us volunteer at "Poder Popular" for the weekly food giveaways while others participate in weekly meetings of "Hearts Without Borders".

Mary A. Livermore Society

Thursday, November 20 at 11:00 am

It has become traditional for the Mary A's to have a tea party on the last meeting of the year. This year we will again hold our traditional tea. Jerry Gray, a grand "cookie master" will be at our tea sharing his history making dozens of delicious cookies for the holidays. (And he might even bring a few!) RSVP's are a must for this meeting as space is limited. (Please note that this meeting is being held the 3rd Thursday rather than the 4th Thursday due to Thanksgiving.) Contact Constancia at constancia47@gmail.com and let her know what you plan to bring. (scones, finger sandwiches, chocolates, tea pot, tea, etc)

Caring Committee will meet Thursday, November 20 at 4:00 pm in the parish hall.

Board of Trustees will meet Thursday, November 20 at 6:30 pm on Zoom.

Worship Team will meet Tuesday, November 18 at 3:00 pm in the parish hall.

Urgent Donations for Ventura County Fieldworkers



- DIAPERS SZ: 3-6
- BABY WIPES
- MILK
- EGGS
- MASECA
- TUNA
- BEANS
- SUGAR
- WATER GALLONS
- RICE
- COOKING OIL
- FROZEN FRUIT
- FROZEN VEGGIES
- TORTILLAS
- POULTRY
- TOILET PAPER
- PAPER TOWELS
- CANNED VEGETABLES
- TOMATO SAUCE
- KETCHUP
- DISH SOUP
- DETERGENT
- COSTCO GIFT CARDS

DROP OFF AT 113 N MILL ST, SANTA PAULA

Drop-off days and times are:

Mon & Weds 9:00 – 3:00 | Fridays 9:00 – 3:00

Sundays 9:00 AM– 2:00 PM



LUCHA ... por el Pueblo

People and Doings

JUST FOR FUN

The flowers November



Chrysanthemum

Chrysanthemums symbolize loyalty, friendship, and joy, but each color conveys a specific meaning. For example, red represents true love, white signifies innocence and honesty, and yellow symbolizes a wounded heart or neglected love.



Peony

Peonies are the secondary birth flower for November, symbolizing good fortune, compassion, and a happy marriage. .

Beyond romance and prosperity, peonies carry a wide range of symbolic meanings across different cultures and eras. This rich history connects the flower to concepts of healing, honor, and even bashfulness

Riddle Me This

1. If we feel scared on Halloween, and jolly on Christmas, then what do we feel on Thanksgiving?
2. What is a scarecrow's favorite fruit?
3. What do you get if you divide the circumference of a pumpkin by its diameter?
4. What is the best dance to do on Thanksgiving?
5. Why did they let the turkey join the band?
6. Who helps pumpkins cross the road?
7. What happens when Winter comes?
8. How do you fix a broken pumpkin?
9. What did the scarecrow say to the DJ?
10. Why should you not tell secrets in the garden?

Answers at the bottom of the next page.

People and Doings

DAY	DATE	TIME	EVENT/MEETING	Zoom/In-person
Sunday	2-Nov	10:30 AM	Worship service	both
Tuesday	4-Nov	9:30 AM	Yoga with Lisa	In-person
Thursday	6-Nov	9:30 AM	Yoga with Lisa	In-person
Friday	7-Nov	7am - 1pm	Church Cleaning	
Sunday	9-Nov	10:30 AM	Worship service	both
Tuesday	11-Nov	9:30 AM	Yoga with Lisa	In-person
Tuesday	11-Nov	4:00 PM	Sip & Check In	zoom
Thursday	13-Nov	9:30 AM	Yoga with Lisa	In-person
Friday	14-Nov	7am - 1pm	Church Cleaning	
Friday	14-Nov	7:00 PM	Santa Paula Cinema Society	In-person
Sunday	16-Nov	10:30 AM	Worship service	both
Tuesday	18-Nov	9:30 AM	Yoga with Lisa	In-person
Friday	15-Nov	all day	December Newsletter deadline	
Tuesday	18-Nov	3:00 PM	Worship Team Meeting	In-person
Wednesday	19-Nov	3:00 PM	Social Concerns Action Committee meeting	zoom
Thursday	20-Nov	9:30 AM	Yoga with Lisa	In-person
Thursday	20-Nov	11:00 AM	Mary A's meeting	In-person
Thursday	20-Nov	4:00 PM	Caring Committee meeting	In-person
Thursday	20-Nov	6:30 PM	Board of Trustees meeting	zoom
Friday	21-Nov	7am - 1pm	Church Cleaning	
Sunday	23-Nov	10:30 AM	Worship service	In-person
Tuesday	25-Nov	9:30 AM	Yoga with Lisa	In-person
Friday	28-Nov	7am - 1pm	Church Cleaning	
Sunday	30-Nov	10:30 AM	Worship service	In-person

1. Stuffed
2. Straw-berries
3. Pumpkin Pi
4. Turkey trot
5. Because he had drumsticks
6. Crossing gourds
7. Autumn leaves
8. A pumpkin patch
9. Turnip the beet
10. The corn has ears

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CHURCH OF SANTA PAULA

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Sunday Worship Services at 10:30 am

Carolyn Bjerke, Minister

Board of Trustees:

Mitch Stone, President,

Ken Stock, Vice-President

Ann Hewitt, Secretary,

Jerry Gray, Treasurer

Margaret Wilaon, Member at Large

Krystal Johnson, Office Administrator

Vincent Sorisio, Church Musician

Tech Support Team:

Monika Murillo Giselle Larios

Rev. Maddie Sifantus, Minister Emerita

HOW TO CONNECT WITH UUCSP

JOIN US SUNDAYS AT 10:30 AM IN PERSON,
ON ZOOM

Read our newsletter which you can find at

<https://uucsp.org/newsletter/>

Contact our office if you want to be added to our
Friday email and our monthly newsletter email or
want to have a nametag for in person events.

office@uucsp.org

Visit our website to see more about UUCSP and see
what's new at www.uucsp.org

Join our Facebook page at

www.facebook.com/uucsp

Dated Material
Time Value

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