



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

November Theme: Holding History

Sunday Service begins at 10:30 a.m. via Zoom online meeting app

November 7

"Healing through Indigenous Storytelling and Ceremony"

The Indigenous Caucus of the Diverse & Revolutionary UU Multicultural Ministries (DRUUMM) and Susan Panttaja.

During General Assembly of the Unitarian Universalist Association in June 2021, the Indigenous Caucus offered a powerful worship experience that wove together stories, poetry, and songs from many indigenous cultures. This rich presentation will be the central element of today's worship service. Come celebrate indigenous voices!

November 14

"A UU History of Welcome for LGBTQ+"
Ashley G., Susan Panttaja, and W.A. Karen Brown

Since 1970, when the General Assembly passed a resolution to end discrimination against homosexuals and bisexuals, UU welcoming congregations like UUCMP have committed themselves to be inclusive of all sexualities and genders. Knowing that the work of welcoming is never done, today we consider what it really means to embrace all people. During this Transgender Awareness Week, speaker Ashley G. will share her personal lifelong journey to live in a manner that held true meaning for her - a goal that all of us share!

Religious Exploration

is available via Zoom each Sunday for children (pre K – 11) at 10 a.m., for teens (12 – 18) at 12 p.m. and young adults (18-35) 1 p.m.

November 21

"Origin Stories"

Susan Panttaja & W.A. Micah Forstein

No one knows how the world and life came to be, but that doesn't stop humans from seeking answers. The six sources of Unitarian Universalism offer many different stories about the origins of it all. Today we will explore some of those stories and what it means to be part of the "Great Big Thing."

November 28

"Holding History, Releasing History, History That Changed My Life"

Ray Krise & W.A. Natalie Fryberger

As we close this month of reflection on the theme of "Holding History," we think today about the idea: "history that changed my life." None of us lives the life we intend. History provides the challenges of experiences that happen and don't happen beyond our control; we strive and succeed at our endeavors, but sometimes we fail. The examined life does well to take into consideration the past that has influenced our life experience and to learn from that past. We need to take care, however, that the past does not weigh us down with regret. And, history marches on. We likewise need to avoid worry about the future to come. How do we free ourselves from history to live authentically in the presence of each moment? The answer, on this Thanksgiving weekend, lies in our celebration of gratitude.

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See the calendar at
www.uucmp.org



Sabbatical Minister's Message Susan Panttaja

I have been thinking lately about liminal spaces. You know – the spaces between one place and another, like a hallway between rooms, the time between ending one job and starting the next, or the pause between the familiar and the unknown, our history and our future. Liminal spaces are where transformation occurs in preparation for the next thing.

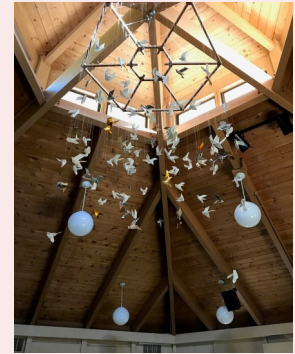
During the pandemic, it seems the world has been stuck in a liminal space that feels quite confining and exhausting, with no clear vision of what comes next. Like a cocoon in which the caterpillar dissolves on its way to becoming a butterfly, the transformation is a mystery that can't be deciphered until we emerge on the other side.

This COVID-driven liminal space has kept us in post-caterpillar goo for so long that it's easy to lose sight of the destination, of who we were and who we are becoming. It is easy to be impatient. It is easy to stop trusting the process.

I hope you can hold out a little longer, as the transformation process continues at UUCMP. Here in the "goo" of the UUCMP cocoon, so much is happening! This newsletter offers many opportunities to take an active role in the transformation process, by attending worship or helping to create it as a worship associate. By participating in a chalice circle or other gather-

ing. By taking part in social justice activities or the Caring Network.

There are some things we just can't do yet, as the global impacts of the pandemic have their way with us. For example, the ventilation system upgrades have been postponed because our contractor hasn't been able to obtain the necessary parts. With luck, the work will be completed in mid-to-late November. Nonetheless, we can gather in small groups, like **Mid-week Contemplative Worship** (see page 6 for details).



Let us continue to use this liminal space for growth and transformation. Let us continue to trust the process and care for each other, with kindness and commitment, so that what emerges will be better than ever.

Yours in faith,
Susan

OFFICE HOURS

During the COVID-19 pandemic, the UUCMP office is open for limited hours: 10 a.m. to 1 p.m. on Wednesdays and Fridays. However, you can email the office or leave a telephone voicemail message at any time and we will get back to you as quickly as we can. Thank you for your patience. — Ray Krise

Life Enrichment

The Life Enrichment catalog is currently on hiatus. If you have questions, please get in touch with Carol Greenstreet, LE committee chair.

People of Color Group

Do you identify as a person of color? Join us for conversation and camaraderie! The UUCMP POC (People of Color) Group provides a framework of support and acknowledgment for members and friends of UUCMP who have lived experience as people of color. At our meetings, we will gather as an intentional, accepting fellowship of POC UUs to explore and reflect on our individual experiences, intersectionality, and UUism.



The UUCMP POC Group meets at 7 p.m. on the 1st and 3rd Monday of every month, and at noon on the 1st and 3rd Saturday of every month. Feel free to drop in and join us at any of these times! Meetings will be virtual at <https://tinyurl.com/uwf8rdjf> until in-person meetings at the church resume.

Men's Breakfast Group

Saturday, November 13, at 8:30 a.m.



All men are invited to the monthly Men's Breakfast Group via Zoom. We encourage you to settle in at your computer or phone with a cup of coffee and/or breakfast food and join our conversation.

If you have questions, please contact Douglas McLain dmclain@hotmail.com

To attend the breakfast, click [here](#).

PUBLICATION DEADLINES

ANNOUNCEMENTS for SUNDAYS in the Order of Service or Welcome and Announcements from the pulpit are due by 9 a.m. on Wednesdays. ARTICLES for THE WEEKLY NEWS email are due by noon, Tuesdays. Newsletter articles are due the 16th of each month.

SCHEDULED EVENTS

Adult Community Choir meets Thursdays, 7 - 9 p.m. via Zoom.

Anti-Racism Book & Film Discussion Group Tuesday, November 2, 7 p.m. via Zoom. See page 9.

Board of Trustees meets Wednesday, November 17, 5:30 p.m. via Zoom.

Buddhist Sangha is every Wednesday at 7 p.m. via Zoom. See page 9.

I-HELP is supported by financial donations to UUCMP, providing monthly meals. Please consider sending a check to the church or clicking the DONATE button on the UUCMP website and indicating that the donation is for I-HELP.

Membership Committee is not meeting in November.

Memorial service for Marlys Maher is Sunday, December 5, 3 p.m. in the UUCMP sanctuary.

Men's Breakfast Group meets Saturday, November 13, 8:30 a.m. via Zoom. See article at left.

Midweek Contemplative Worship Services are Tuesday, November 9, 6 - 6:45 p.m. and Friday, November 12, 1 - 1:45 p.m. See page 6.

Music Committee meets Wednesday, November 3, 5 p.m. via Zoom.

NUUslatter deadline for the December issue is Tuesday, November 16.

People of Color (POC) group meets Saturdays November 6 and 20 at noon, and Mondays November 1 and 15 at 7 p.m. at <https://tinyurl.com/uwf8rdjf> See article to the left.

Program Council meets Tuesday, November 2, 12:30 p.m. via Zoom. For questions contact Lauren Keenan programcouncil@uucmp.org

Sing Along will meet on Wednesday, November 10, 5:30 p.m. via Zoom.

Social Justice meets Sunday, November 7, 12 p.m. via Zoom.

Stewardship meets at 1:30 p.m. Wednesday, November 3, via Zoom.

Women's Discussion Group meets Thursday, November 11, 2 p.m. via Zoom. See page 7.

Zumba meets Tuesdays at 6:45 p.m. via Zoom.

President's Corner — Bud Smith



Delight

By now many of you have been able to attend one of the Open Houses at the church hosted by Susan Panttaja. What a delight it has been to be back in the building and to see each other "three-dimensionally." Which is a smooth segue for me to tell you about a book I have just finished reading: *The Book of Delights* by the poet Ross Gay. I think I first heard about it from Elaine Gehrmann.

The book is a series of short essays, usually focused on one particular experience or observation that delights the author. The theory, of course, is that if you go looking for delights, you're more likely to find them. It's nothing new . . . think of "Count your blessings," or "Stop and smell the roses," or the song "On the Sunny Side of the Street." But in these Times of Covid and all the daily news of climate change, political dysfunction, income inequality, racism, and (insert your anxiety here), it's especially important to seek for some balance. We don't ignore our personal or social or political problems, and we put energy into solving them, but we keep ourselves sane by, at the same time, putting energy into searching for, and focusing on, little daily delights.

Some of the author's delights include hearing a song on an oldies station and suddenly feeling as young as you were when you were first listening to it, the laughing snort ("among the

most emphatic evidences of delight"), sitting on a park bench in the sunlight, eyes closed, "bathing in vitamin D," and what he calls our "default mode of caretaking for others: offering elbows at crosswalks, letting someone else go first, holding open doors, reaching for what's too high or what's been dropped . . ."

My role model for this enterprise of noticing and appreciating is our own Lauren Keenan. No one takes a back seat to her when it comes to Good Works, but she still finds time regularly to post photos of her garden flowers and other delights. She keeps the balance.

I've been trying to end each day by writing down three experiences during the day that I enjoyed or appreciated and three that I anticipate for the next day. They often involve

granddaughters, like the page in my 7 year old's journal: "My grandparents tuck me." Others include listening to an old Kate Wolf

record, the fact that my schedule allows me time to exercise, my first attempts to learn how to play my new harmonica, and watching track and field on TV during the Olympics. Little stuff, but worth noticing.

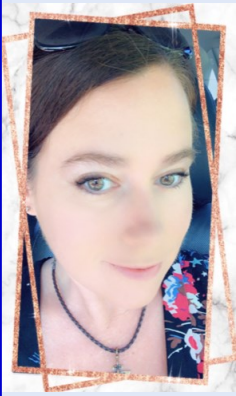
So, like a good UUer, keep fighting the good fight, but remember to put energy into your own daily list of delights. You'll be glad you did.

And stay well.

Bud



RELIGIOUS EXPLORATION



Preparations for the Solstice!

I have been dreaming of twinkle lights and balconies draped with greenery, beautiful tall trees glittering with stars and decorated with homemade ornaments, soft crooning songs about snow and sleigh bells, and the enticing aroma of sweet spiced deliciousness baking in the oven.

Is it too early to plan for the holidays?

Is it ever too early? I know that there are jokes about winter holiday decorations up in shops even before Halloween, but it is so important to plan! Holiday planning can take a huge amount of time, especially if you want to do it “right!” Really though, what exactly is “right?” What is right for me might be completely different than what is right for you. I suppose it is just a matter of preference. Hanukkah does start early this year and will begin the Sunday right after Thanksgiving! So, I do believe that it is indeed the right time to start the preparations!

Now, my definition of “doing the holidays right” is simple: The 2020 Holiday MultiGen Service! That was “right.” It was beautiful! A true work of art! The simplicity of the Christmas Story was taken to another level entirely by the magic of the camera, layering technics, video editing by our awesome ministers, and you! Yes, you! Our families stepped up to make last years MultiGen Holiday service the magical event that it was! Every child who wanted to participate had a speaking part. They could also, at the same time, be animals in the manger, and twinkling stars in the sky as the Kids Choir and UUCMP Choir sang *Silent Night* in several different languages. This service still stands out and apart as my favorite.

I am curious though, can we top this? I have no clue, but I want to try!! Yes, I know that we are weary of Zoom, and anxious to be back together. Just being in the sanctuary together is a magical experience! My hope is that our 2022 Holiday MultiGen service will indeed be back in person once again! However, since we are still worshipping from our homes, why not make the most of our coming service? It will be edited together into a beautifully wrapped present that can be accessed from our UUCMP website (look under “Past Services”) and you can view it again and again!

This year’s Holiday MultiGen service will be about the Winter Solstice. We will incorporate some of the different symbols of this very special

holiday, like the Yule Log and wreath, the Tree, the Spiral, and more. We will sing songs, tell a story of the darkest day of the year and a legend of what brought back the light. We will present a service of Hope, as light prepares to fill the darkness once again. We will present a service of togetherness and oneness as we prepare to come together once more. We all need a little bit of hope and the comfort of coming back together.



If you would like to be a part of the 2021 Holiday MultiGen Service, please contact me at dre.erin@uucmp.org. I can give you more information about this service, and ways that you can help us to celebrate and present the Winter Solstice!

— Erin Forstein
Director of Religious Exploration

Midweek Contemplative Worship

While we are not quite ready for in-person Sunday worship services, we can meet during the week for more intimate contemplative time in the sanctuary.

Please join Sabbatical Minister Susan Panttaja for one or both of the following services:

Tuesday, November 9, 6:00 to 6:45 p.m.

Friday, November 12, 1:00 to 1:45 p.m.

What to expect: These services will start with some music outside, weather permitting, and will process into the sanctuary for some readings and guided reflection.

Safety protocols: We will maintain a minimum 3-foot distance indoors and remain masked throughout. Everyone will sign in. Hand sanitizer and wipes will be available.

Maximum participants: 40.



Children's Library at UUCMP Open for Business!



Karen Brown

Looking for a way to share Unitarian Universalist ideas with the children in your life? Come borrow some books from the UUCMP library!! Our children's librarian, Karen Brown, curates this extensive collection of hundreds of books for

children and teens. Many of these books have been featured as the story for all ages during worship. These books are just waiting for you to check them out!



The books are arranged by the eight principles and six sources of Unitarian Universalism. You can find out what's available by searching the catalog online, at

<https://www.librarycat.org/lib/uucmp/>.

Search by principle ("P1" through "P8") or source ("S1" through "S6") or key words like "nature" and "friends". You can also schedule a time to browse the shelves by contacting Karen Brown karenb1115@yahoo.com directly.





November Shared Plate Recipient *Dorothy's Place*

I've heard so much about the good work being done at Dorothy's Place in Salinas that I was moved to nominate this organization for UUCMP's shared plate program. The organization began in 1982 when a small group of Catholic Worker volunteers distributed 65 egg salad sandwiches from the trunk of their car on Soledad Street in Salinas, an area known for abandoned buildings and abandoned lives.

Thirty-nine years of service later, the organization they started is still serving sandwiches and much more. It is now *Franciscan Workers of Junipero Serra*, a 501(c)3 public benefit corporation. The organization now includes a free health clinic for the poor, a walk-in emergency shelter for street women, and a successful community of formerly broken and abandoned lives now living together in mutual support in the House of Peace. Dorothy's Place serves about 600 people a day. The Chinatown Health Services Center is a place of networking with many agencies to offer medical, mental health and social welfare aid to the poor and homeless. Homeless people are not only getting help and compassion; they're getting homes! This organization exists to serve marginalized neighbors throughout the Monterey County area and has a special affinity with people who have

been long-time homeless. They compassionately offer hospitality, safety, guidance toward a life of greater health and happiness, and a bridge to services people might feel are unavailable to them elsewhere. Their goal is to compassionately assist everyone with a desire for a healthy and sustainable life into permanent housing.

The people they serve need friends who understand that they have been traumatized. They also need health and housing experts that can inspire and motivate, yet move at the pace they feel safe with. Everyone has a human right to safety, dignity, and purpose.

Several people in our church also have volunteered or been employed there. You could offer your time as well as money. Please donate generously to this worthy organization.

— Karen Brown

You can even nominate your favorite charitable organization to be a Shared Plate Recipient in 2022. To learn more, attend the Social Justice Committee meeting on November 7 at noon, and stay tuned for details on how to submit nominations.

WOMEN'S DISCUSSION GROUP Unitarian Universalist Church of the Monterey Peninsula

We welcome all women to our meetings, the next of which will be held via Zoom on the second Thursday of November from 2-3:30 p.m. Here are the details:

On November 11th, Nancy Baker Jacobs will lead our discussion of "Is There a Future for the Women's Discussion Group? If So, How and When Should It Continue?"

If you can't attend, please email your thoughts on this topic to the facilitator at pgauthor@comcast.net and we'll include them in the discussion.

This will be the final meeting of WDG for the 2021 calendar year.

Watch for the emailed notice for this event. It will contain the Zoom link and password.

—Nancy Baker Jacobs, Facilitator

Musical Offerings

What does your voice say about you? Did you know that it reflects your status even better than a social media platform? When we speak and when we sing, our voices resonate both the content of which we are expressing and the status of our bodies. It amplifies whatever our bodies are holding onto. The three features I hear in people's voices are their hydration level, their level of fatigue, and any muscular tension they are holding in their bodies.



Hydration is an interesting feature to hear in a person. Part of this is because it takes time for water a person drinks to influence lubrication in the throat. Various articles indicate this time may be anywhere from about 20 minutes to 4 hours. In addition, because water plays such a vital role in how the rest of our body functions, a lack of hydration influences our resonating cavities and muscle tension and sometimes even levels of physical fatigue.



When we hold tension in our body, that muscle grip can be expressed in the voice. For example, when we hold our solar plexus tight, we limit our upper range and close off part of our throats. When we furrow our eyebrows, we close off part of our resonating cavities and

pull tension across our face. When we hold tension in our tongue, we risk pushing our esophagus

down and putting strain on our voices while also working far too hard to express ideas.

Singers combat these issues by teaching our bodies to relax where appropriate and to reinforce strength for vocal support. Additionally, when we actively honor our voices, we gravitate toward wanting to drink a healthier

Sing Along with Shawn

2nd Wednesdays
5:30-7 PM



All Meetings via Zoom

ID: 828-761-1715

Password: music

All Are Welcome :-)



amount of water, we check in with our voices and recognize signs of stress and rest more, and we support our physical bodies more naturally to be in healthier postures, and overall better health. If you are interested in learning more about this, come check out any of our vocal ensembles. In the meantime, I would invite you to listen to what your voice is saying about you.

— Camille Hatton

Join Our Church!

Even in these pandemic times - *especially*, in these times - our church seeks to be a caring community and a welcoming place. We strive to deepen our religious lives and support the spiritual growth of all who join together here, working to build a better world beginning with ourselves.

If you find you resonate with our principles and you are at least 16 years of age, then we invite you to sign our membership book.



Joining the church entitles you to vote at congregational meetings, at which we adopt budgets, elect officers, and direct the course of church programming. Above and beyond that, membership is a personal and public expression of your support of this religious community, the ideals it stands for, and the work it does.

If you are interested in becoming an “official” member of UUCMP, contact the Membership Committee chair Maren Martin (membership@uucmp.org).

Please join us!

Life Enrichment Programs Affinity Groups

No groups will meet face-to-face in November. Some will meet via Zoom.

Anti-Racism Book and Film Discussion First Tuesdays, 7-9 p.m. via Zoom

Men’s Breakfast Group meets second Saturdays 8:30 a.m. via Zoom Contact: Doug McLain See page 3.

Women’s Discussion Group Second Thursdays, 2 – 3:30 p.m. via Zoom Contact: Nancy Baker Jacobs. See page 7.

Buddhist Sangha will continue via Zoom on Wednesday evenings, 7 to 8:30 p.m. Contact: Rev. Dennis Hamilton

Friday Night at the Movies will not meet in November. Contact: John Freeman for any questions.

Dances of Universal Peace will not meet in November. Contact: Barbara Bullock-Wilson if you have any questions.

POC (People of Color) Group meets at 7 p.m. on the 1st and 3rd Monday of every month, and at noon on the 1st and 3rd Saturday of every month at <https://tinyurl.com/uwf8rdjf> See page 3.

THE MISSION STATEMENT OF THE UNITARIAN UNIVERSALIST CHURCH OF THE MONTEREY PENINSULA

Welcoming all, we worship together with loving
hearts and open minds,
promoting peace, equality, and respect for the Earth.

Questioning, reflecting,
learning, leading . . . we change
ourselves
as we change the world.

WE’RE LOOKING FOR A FEW GOOD WORSHIP ASSOCIATES

We need talented, dedicated UUs who want to contribute to the quality of our worship services. Worship Associates support all Sunday services and sometimes provide leadership at those services as well. If you think you’d like to try your hand at this vital part of church life, please contact the Sabbatical minister.

We Care, We Share –

That is the theme for UUCMP's upcoming Operating Fund Campaign for the fiscal year beginning July 1, 2022. Your Stewardship Committee chose this theme as a reflection of you! Your generosity during COVID has been remarkable. You are fulfilling your pledges, reaching out to fellow congregants in need, doing committee work . . . you are generously giving of your time and your treasure to keep our community vital! Thank you.

By the way, those members who needed special care or service during COVID gave us the gift of being able to do something in support of them. I did an errand for a couple of folks, and it felt good! Those who need support – please don't be shy. You are doing us a favor by asking for help!

The second Sunday of February will be the of-

ficial kick-off of the campaign, and as our custom, everyone will receive a letter reminding them of the campaign beforehand and urging all of us once again to turn in pledge cards so that the Finance Committee will know the funds available for budget. (What we pledge determines what the budget can be.) We expect that this time, more of us will be able to meet face to face (perhaps out of doors, if nothing else) to talk about our wonderful community and discuss pledging.

The Stewardship Committee will help throw a celebration once we all are able to be in the sanctuary together safely. We are looking forward to that eventuality!

Blessings to all. And, again, thank you for following the spiritual path of generosity. **We Care, We Share!**

Konny Murray (for the Stewardship Committee)



There will be a Celebration of Life Service in honor of
Marlys Maher



Sunday, December 5, 3 p.m., in the UUCMP sanctuary

Soliciting Ideas for Worship

Got a worship service idea?

What do you need or want to attend to in worship? What message do you think the church community would like? What would draw more people to our church? What would be fun, or adventurous, thought-provoking, or meaningful?

Is there a guest speaker or an activity you have in mind?

The Worship Committee is meeting in early November to plan services for the next 4-6 months. So share your ideas or wishes now.



Please send your ideas to Susan Panttaja, sabbaticalminister@uucmp.org. Be sure to indicate how you might like to help. We welcome your participation, in the service or behind the scenes!



COPA Goals and Activities 2021

Six new member institutions added in 2021. In 2021 COPA added six new members: 1) St. John the Baptist Catholic in King City, 2) Our Lady of Refuge Catholic in

Castroville. They are negotiating membership covenants with the remaining four new member institutions: 3) Mujeres in Action, a county-wide nonprofit; 4) St. Paul's Episcopal in Salinas; 5) Star of the Sea Catholic in Santa Cruz; and 6) St. Mark's Episcopal in King City.

Fundraising campaigns grow financial base. In its *Sustaining Investor Campaign*, COPA collected pledges from 51 community members, a 10% increase over the previous year; and the investment campaign raised \$38,559, a 25% increase over last year.

Impact of COVID-19 on COPA's operations. COPA developed the Breaking the Chain of Infection model which was adopted by Monterey County to fight COVID, and which has become a very successful program called VIDA. Since its inception in 2021 the program has served 39,000 individuals across the county, received \$4.9 million in funding from the county, and matching funds of \$4 million from the Health Services Administration. In total 8,000 persons have received vaccinations through the program. The basis of the program is to employ community health workers who have community ties and language skills to serve the poorest and hardest hit populations in places not traditionally served by health organizations. Many of the community health workers have come from Mujeres in Action, a COPA member. Having these front-line workers as leaders in our organization has kept the organization involved at a grassroots level.

Work to strengthen the organization's ability to foster leadership and/or support economic and political opportunities for low-income people.

COPA has worked to strengthen Core Teams at new member congregations and approximately 350 leaders received training at five sessions, each with attendance of over 70 leaders.

COPA organized enrollment sessions for the Rental Assistance Program at six member congregations. In total, individuals completed 374 applications at these events. COPA partnered with the city of Salinas and Hartnell College to process the applications. This project helped build leadership teams at each of the host institutions and strengthened relationships between institutions. The two Seaside congregations worked together on their enrollment events, as did the congregations in King City. Leaders from Castroville drove to Seaside and to King City to help with their events. Community health workers from the VIDA Program also helped in this initiative.

COPA's Regional Strategy Team has been meeting over the course of 2021 to do strategic planning for the organization and to evaluate the organization's performance in achieving its stated goals. This effort made clear the challenges we face to serve a large area covering three counties; to work on a broad range of issues such as health care, affordable housing and economic recovery; and to build relations among and train grassroots leaders to take action and exercise their power. As a result of strategic planning, we believe our organization is better integrated from the ground level up through the Regional Strategy Team, within the issues we are seeking to address, and across the geographic areas we serve.

At the end of this month religious leaders from member institutions will meet to formulate an Economic Recovery Strategy for the region.

-- Laura Nagel

**Unitarian Universalist Church
of the Monterey Peninsula
490 Aguajito Road
Carmel, CA 93923**

Office Hours

During the COVID-19 pandemic,
the office is open for limited hours: 10 a.m.
to 1 p.m. on Wednesdays and Fridays.
Email to office@uucmp.org

Co-Ministers

the Revs. Elaine and Axel Gehrman
On sabbatical leave through January 31

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Return Service Requested



November 2021

About UUCMP Publications

Please send NUUsletter submissions as an email attachment by the 16th to newsletter@uucmp.org, and indicate UUCMP NUUSLETTER in the subject line.

Please send submissions for WEEKLY NEWS, the weekly announcements, to office@uucmp.org by Tuesday noon.

Check the WEEKLY NEWS and website for news throughout the month.

If you have any questions, call the office, 624-7404, or e-mail us at office@uucmp.org