



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

September Theme: Belonging

Sunday Service at 10:30 a.m. in person and via Zoom online meeting app

September 4

“Belonging in a Family”

Rev. Elaine Gehrmann and W.A. Lauren Keenan

Whether by birth or adoption, inheritance or choice, we all belong to a family. The family unit has both changed and remained the same throughout human history, and also changes throughout our own lives. This morning we will explore our first and last place of belonging, our family foundation.

September 11

“No Place Like Home”

Revs. Axel Gehrmann and W.A. Corey Brunson

Homes come in all shapes and sizes. Often - but not always - they involve four walls and a roof over our heads. Sometimes a mortgage or rent, inspections, insurance, perpetual improvements, maintenance and repairs. But a home is more than a physical structure or a place on a map. Home has a spiritual dimension. In the course of our life journey home is the place we come from. In some traditions home is imagined as the place where our journey ends. What does home mean to you?

September 18

**“A Constellation of Communities”
(and Connections Fair)**

**Rev. Elaine Gehrmann and W.A. Ann Jacobson and
Sue Ellen Stringer**

We do not live in isolation, but each of belongs to many different, overlapping communities-- which may be connected by shared interests, values, purposes, histories, or circumstances. We will explore some of the many communities to which we belong, and in which we thrive, the constellations in which our own star shines brightly. We will also hold our annual Connections Fair, where you can discover more ways to be involved in our UUCMP community.

September 25

**Ray Krise and Kathleen Craig
“Birds of a Feather Flock Together — the Virtues and
Challenges of Belonging”**

We all want to belong. We are social creatures, who seek a community, which will provide us with existential reassurance and personal safety, while also helping us to bring about certain values to the world. But belonging may challenge us when we hear only the opinions of those who agree with us. Belonging may lead to herd mentality when we don't think for ourselves. As Unitarian Universalists what do we mean by blessed belonging – our Blessed Community? Does its blessedness overcome the pitfalls of belonging?

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Religious Exploration

Children (pre K - 11) and teens (12-18) attend our worship service on Sundays and go to their respective Religious Exploration classes following the Story for All Ages.



Ministers' Message

Rev. Elaine
Gehrmann

Congregations have many organizing documents—articles of incorporation, bylaws, or organizational charts, mission and vision statements, committee descriptions, policies and procedures, strategic plans, and more. One document that this congregation has not had, up to this point, is a Congregational Covenant. A covenant is a set of agreements or promises, describing how we want to be with one another, the quality of relationships desired, the attitudes and behaviors and perspectives we hope to cultivate and practice together.

A number of our committees and groups, including our Board of Trustees, have created covenants for themselves, and we are now hoping to engage in the process of creating a congregational covenant for UUCMP as a whole.

Unitarian Universalism has been described as a covenantal faith, not a religious tradition grounded in a shared creed or set of fixed beliefs, but one that values the quality of our relating, the importance of living our values in community. The process of discerning and expressing our aspirations can be powerful and transformative. Like many of our foundational and organizing documents, we may want to revisit and revise our congregational covenant over time, however it will be important to start with something that fits our current congregation in this current time.

We are very fortunate that Annie Scott, a highly skilled and experienced UU professional who is a member of the UUA Pacific Western Region's Congregational Life field staff, will be leading us in a workshop to create our congregational covenant. And we need you! Please mark your calendar and plan to attend this half-day workshop, on **Saturday, October 1, from 9 a.m. to 1 p.m.** We will conduct this gathering both in-person at UUCMP and on Zoom. Please attend in whichever format is best for you, but please plan to attend and participate. See page 15.

We hope that the creation of our congregational covenant, by articulating our shared expectations around the behaviors and ways of relating we hope to cultivate, will move us closer to being the Beloved Community we aspire to be. Please join us in this important work, as we continue to work to build the world we dream of living in.

Please plan to join us on Saturday October 1, and keep an eye on the weekly e-news for more details in the coming weeks.

See you in church,

Elaine

Celebration of Life Service

In honor of
Val Gottesman

Saturday, September 17, 3 p.m.
UUCMP Sanctuary



Reception immediately following at Meals on Wheels Community Center, 700 Jewell Ave. Pacific Grove

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 until in-person meetings at the church resume. Due to recent tech issues, please contact Patty Pai singerpattypai@gmail.com to be included on an email list and receive meeting reminders and any last-minute updates to the meeting link.



Men's Breakfast

Saturday, September 10, at 8:30 a.m.



The men's monthly breakfast is resuming as hybrid. Our next meeting is Saturday, September 10, from 8:30 a.m. to 11:00 a.m., in the Fireplace Room. People will bring in food of their choice to the in-person meeting. If you prefer, you can join us via Zoom from home at 9:00 a.m.

Zoom Meeting ID is: 975 5961 1965. Passcode: 408070

On a phone (call 669-900- 9128)

Or with a computer - simply click on this link:

<https://zoom.us/j/97559611965>

The breakfast is open to all who identify as male or gender fluid. Our conversation is confidential. If you are joining us in person please RSVP to Doug McClain dmclain@hotmail.com so that we will have an idea of how much food to bring. If you have any dietary restrictions please bring your own food. Hope to see you there.

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 at 7 p.m. in person and via Zoom.

Anti-Racism Book & Film Discussion Group Tuesday, September 6, 7 p.m. in the Fireplace Room and via Zoom. See page 9.

Board of Trustees meets Wednesday, September 21, at 5:45 p.m. via Zoom.

Buddhist Sangha is every Wednesday at 7 p.m. in person in the sanctuary and via Zoom. See page 9.

Environmental Justice meets Tuesday, September 13, 3:30 p.m. via Zoom.

I-HELP for Men is Sunday, September 11, 5 p.m. Sign up on the bulletin board if you can help. See page 14.

I-HELP for Women is Sunday, September 25. Contact Lee Hulquist if you can help; see page 12.

Membership Committee meets Wednesday, September 28. 5:30 p.m. via Zoom.

Men's Breakfast Group meets Saturday, September 10, 8:30 a.m. in person and via Zoom. See article at left.

Music Committee meets Wednesday, September 7, at 5 p.m. via Zoom.

NUUsletter deadline for the October issue is Friday, September 16.

People of Color (POC) group will meet Saturdays, September 3 and 17 at noon, and Mondays, September 5 and 19 at 7 p.m. See article to the left for meeting details.

Program Council meets Tuesday, September 6, 12:30 p.m. via Zoom. For questions contact Mibs McCarthy programcouncil@uucmp.org

Sing Along will meet on Wednesday, September 14, at 5:30 p.m. See weekly e-news for more details.

Social Justice will meet on Sunday, September 4. at noon in the Sanctuary and via Zoom.

Stewardship will meet Wednesday, September 7, 1:30 p.m. via Zoom.

T'ai Chi Chih meets Tuesdays at 4 p.m. in the sanctuary. See page 9.

President's Corner — Carol Greenstreet



I have been attending in-person services for many weeks, and I am so pleased to be back at UUCMP and to see so many friendly faces in person. It has been wonderful to catch up with people and experience the camaraderie of the in-person services. While I frequently Zoomed in on Sundays, the experience was never quite the same. For me, the music is an important part of the service. I have been really impressed with Camille Hatton, Lucy Faridany, the choir, and the superb guest musicians who have honored us with their skills. Having the Bach Festival nearby has certainly brought additional musical talent into our sanctuary.

I do want to do a shout-out to our outstanding technical team as well. This talented team has been keeping the multiplatform services running efficiently, so those who wish to can call in via Zoom and participate in the service and enjoy the music.

You probably have seen the notices that the mask requirements, which were reinstated a few weeks ago, are now off again. It reminds me of being in a Groundhog Day-like movie with masks off, masks on, masks off. The board voted by email and quickly and unanimously agreed to remove the mask mandates



for upcoming memorials and in-person services. Hopefully that will be appreciated by most of the congregation. While conditions in Monterey County are still problematic, many congregants have expressed opinions on the requirement for and against masks, and hopefully we will have struck a reasonable balance.

I recently had a meeting with Reverend Axel and some of the leaders of the Chalice Circle groups. If you haven't already considered participating in a Chalice Circle, this might be a way to connect with others to discuss topics related to our lives. The Chalice Circle is a form of small group ministry which provides a structured framework to discuss topics relevant to our community. The Chalice Circles meet approximately once per month for about 2 hours, and discuss various topics, often using the UUA Soul Matters suggestions. Upcoming topics may include Belonging, Courage, and Change. Past discussions in the group in which I participate include Silence, Resilience, Nurturing Beauty, Possibilities, and Awakening. All of the topics and discussions were very engaging for me, and hopefully to the other participants. Each group decides on their own topics and processes, but all focus on exploring meaningful topics together. There are currently four Chalice Circles at UUCMP, and three are accepting new members. Some meet in person, some via Zoom, and one is hybrid. Please check the church website and calendar and see if one fits with your interests and schedule. The church office can connect you to the Circle coordinators.

I hope to see you in the sanctuary soon, or at another event!

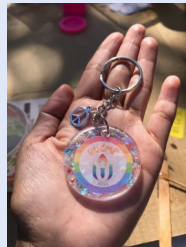
Carol

RELIGIOUS EXPLORATION



Hello Friends,

I'm happy to be with you again. I'm excited to share about how RE has been doing and what we've been working on. As the church started its new season so did RE. We had our RE kick-off and had a wonderful multigenerational service. We had five kids participate in the service. We had Lucille Routh, Sam Pai-Grimmer, Izzy Samotis, and Robin Weinstein each read one of the four directions for the water communion. Each student did a great job speaking in front of the congregation. We also had Gideon Samotis light the chalice for the first time, and he helped Sam and Izzy pass out keychains during the service too.



We worked hard as a team to handmade 80 keychain tokens to pass out during the service. Thanks to our music director Camille Hatton, our teens RE teacher Altaira Hatton, our OWL teacher Andrea Rivas, and chair of the Caring Network Carol Collin for their hours of work helping to make our backpack lanyards for this service. They made a great team! Without them we could not have had our beautiful key-



chain tokens. Thank you to those who came to help August 6th with the prep work for the nursery, Warren Finch, Sharyn Routh, Lucille Routh, and Christina Zaro. We have our nursery prepped and ready for paint. Awesome job!



Our first parents group meeting was August 21st! We began with a discussion about what would benefit parents the most and how they can find community amongst other parents at UUCMP. I'm looking forward to more meetings and seeing UUCMP as an encouraging circle for families.

Our Soul Matters theme of the month is Belonging. Our children and youth will be discussing this topic during classes. The children will hear the story of Rev. Ethelred Brown, the first Black Unitarian minister. The teens class discussion will include questions such as: What feelings come up when you hear the word belonging? When was the first time you thought to yourself, "Now I belong?" What food reminds you of belonging? There will be fun activities for the kids and interesting discussions for the teens. If this sounds fun or interesting to you, talk to me about how to volunteer to help with classes.

Thank you for catching up on RE with me!

Elizabeth Granado
Director of Religious Exploration

Musical Offerings

My summer reading list included Brené Brown's *Atlas of the Heart*. She defines and contextualizes eighty-seven emotions and experiences into thirteen categories. Brown's work is the culmination of decades of work and research spiraling from the nugget of shame-based research through this compendium text.

Regarding *belonging*, Brown reminds readers of her previous observation: "In the absence of love and belonging, there is always suffering." She differentiates belonging from fitting in as:

"Belonging is a practice that requires us to be vulnerable, get uncomfortable, and learn how to be present with people without sacrificing who we are. When we sacrifice who we are, we are not only separate from others, but we even feel disconnected from ourselves."

I believe that music inherently holds this balance of belonging and fitting-in quite delicately. When we are making music happen in the form of a hymn, we are trying to both absorb and express the words, the feeling,

the clarity of message, and the experience of that



hymn in a matter of moments. Hymn participation asks a large group of people with varying levels of familiarity (both interpersonally and familiarity with the music) to be one collective body. There is an aspect of "fitting in" in order for the music to function as a single entity. Yet, no one is turned away from participation. In fact, the production of the music requires everyone to be their truest, fullest self in order to make the joyful noise uniquely authentic. Expression and participation may include everything from dancing, beat keeping with our bodies (not limited to clapping or stomping), singing, playing an instrument, breathing in time, or even just allowing the music to pass through and let

your heart beat pulse in parallel with the music.

I remember our Music Director Emeritus, Gene Bullock-Wilson, describing the congregation as inherently being the choir. Participants in the formal choir just added points of stability, support, encouragement, and confidence in order that the entire congregation could engage fully. This sounds like community building and belonging to me. It is my sincerest hope that our current music department continues this practice inclusively.



If you would like to join us in belonging to the process of music exploration, we have many ways for you to take part. These in-

clude the long-standing Adult Community Choir, the Children's Choir (for anyone 1st-12th grade aged students), and the Sing Along with Shawn via Zoom. In addition, the music department will be starting an instrumental jam session with Shawn and an Ukulele Hootenanny with DRE Elizabeth Granado and me soon. Please see the weekly news for more information.



Finally, if you have other ways you would like to share in music making at UUCMP, please do not hesitate to reach out.

Warmly,
Camille



Val Gottesman

Valerie A. Gottesman passed away on August 2, 2022, at Forest Hill Retirement community in Pacific Grove.

Val was born in Medford, Massachusetts, on March 2, 1934. During her early years she attended the Boston Conservatory of Music and became an accomplished pianist, a skill she used well into her 80's by volunteering at local retirement centers.

She loved to travel and explore and took a year off from college to spend time in Brazil with her father and stepmother. It was during this time she developed a real sense of connection with people from different backgrounds that fueled a lifelong passion to help, serve and connect with others.

After graduating from the University of Massachusetts she married her college sweetheart, and as the wife of a college professor, and as a grade school teacher herself she lived in Indiana, Yugoslavia, New Jersey, Wisconsin and finally California while raising their two children, Lann and Grant.

With a strong connection to the ocean, she spent the last 40 years in Pacific Grove, which reminded her so much of her childhood in New England. Despite all of her travels she never lost her love of the Red Sox, fried clams or her Boston accent!

Val lived a full and impactful life as a mother, grandmother, great grandmother, teacher, student, friend, volunteer and mentor. Her positive outlook was contagious, and her spirit lives on through so many that she crossed paths with. She was active in events at UUCMP for more than 20 years, serving as an usher and a member of the Caring Network and lending a hand where ever she could. She is remembered by all for her caring heart and her gentle, joyous nature.

Celebration of life services for Val will be held at UUCMP on Saturday, September 17, at 3:00 p.m. Val's family welcomes your attendance so we can all celebrate her life with music, humor and fond memories.

A reception at the Pacific Grove Meals on Wheels community center at 700 Jewell Avenue, Pacific Grove, will be held immediately following the service.

Grapevine is one project of the Caring Network, a group whose mission is to increase and strengthen the sense of community at UUCMP. If you or someone you know is in need of assistance or has something to share, please contact the steering committee at caringnetwork@uucmp.org

NEW UPDATED COVID-19 POLICY - MASK MANDATE EASED

In light of current COVID trends, as well as state and county guidelines, the board has relaxed our recent mask mandate policy. We continue to recommend wearing masks indoors, and once again allow food and beverages in the building. We appreciate your sensitivity and concern for the safety of the most vulnerable among us throughout these complicated times.



Calling UUCMP Committees and Interest Groups!

It is that time of year, and the UUCMP Program Council is planning a hybrid Connections Fair on Sunday, September 18, right after the (shortened) church service that morning. We will give each committee no more than 2 minutes (about 100-150 words), either in person or by video to share whatever it is you would like people to know about your committee.



Some suggestions include:

- a) a synopsis of your committee's activities, including your members, when you meet, and anything exciting that is happening
- b) a statement by a couple of your committee members sharing why they enjoy being part of your committee
- c) a statement of the role your committee plays in carrying out the mission and strategic plan of the congregation
- d) a poster or vision board about your committee
- e) a song and dance routine or skit capturing the essence of your committee
- f) anything else creative you can come up with in your two-minute limit to instill excitement and interest in your committee

For committees in person at the church, you may request a table in the Welcome Hall to showcase your activities and mission.

If you want to review what your committee presentation from 2021 consisted of (or that of any other committee) you can find the full recording on our UUCMP website under ABOUT US, Board & Committees, Connections Fair.

The deadline to indicate your plan to participate or request for a table is due to Program Council moderator Mibs McCarthy programcouncil@uucmp.org by Sunday, September 4, and your completed video or a transcript of your in-person presentation is due to minister@uucmp.org by Sunday, September 11. A transcript of spoken words is helpful for closed captioning. Please discuss this opportunity with your committee members and plan to participate. We hope this will again be a successful and fun way to let our congregation (including new members and visitors) know about the many opportunities for involvement that exist at UUCMP! We plan to give people ways to indicate their interest, and also, ways for you to follow up with them afterward.

United Nations International Day of Peace

Sunday, Sept. 18th, from 2-4, at Whispering Pines Park in Monterey, UUCMP along with the Peace Coalition of Monterey County will be celebrating the 41st anniversary of the United Nations International Day of Peace. This year's theme is "End Racism: Build Peace." The UN has a different theme each year. We would love a large turn out for this event!

Our main speaker will be Daniel Summerhill, Monterey County's Poet Laureate. He is a teacher of creative writing at CSUMB and the author of 2 books of poetry. We are very excited to have him share some of his amazing poetry with us, and he may also come up with some kind of spontaneous poetry writing exercise for the audience members, on the theme of the day. We are also pleased to feature Juan Sanchez of Palenke Arts. He may be bringing a couple of young dancers with him to perform, but he will definitely sing us a song or two. Dave Holodiloff and friends will be playing wonderful steel-drum Middle Eastern, Indian, and Eastern European music. Lisa Wartinger, former president of United Nations Association (Monterey Bay Chapter), will begin by giving a brief history of International Day of Peace.

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 ministers. (minister@uucmp.org)

Please join us!

Life Enrichment Programs Affinity Groups

Some groups will not meet face-to-face in September. Some will meet via Zoom.

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

Men's Breakfast Group meets second Saturdays 8:30 a.m. via Zoom and in person at church. Contact: Doug McLain See page 3.

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

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

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

POC (People of Color) Group meets via Zoom 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. See article on page 3 for meeting link.

T'ai Chi Chih meets every Tuesday at 4 p.m. in the sanctuary.

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 Know You Have Stories to Tell!

The Worship Associates at UUCMP bring a variety of experiences and perspectives to our weekly services!

If you think it might be fun to help plan and participate in worship services, please talk to one of our ministers about joining our team. Enthusiasm is required, experience is not.

Abraham Lincoln said, “The best way to predict your future is to create it.” Since 1997, LandWatch has inspired residents to create Monterey County’s future.

LandWatch’s mission is to enhance Monterey County’s health and environment through science, law, and grassroots advocacy. Our work spans land and water use, climate change, groundwater sustainability, community health, and social inequities in housing and infrastructure. We strive to balance sustainable development, conservation, and the needs of current and future residents with a view toward the next generation. By fostering public participation in planning,



we connect people to government, address human needs, and conserve precious natural resources.

Over the past 25 years LandWatch has led efforts to:

- ◆ Support housing that is affordable to local working families;
- ◆ Preserve productive farmlands and agricultural jobs;

- ◆ Ensure that water, roads, and other infrastructure are sufficient for new growth;
- ◆ Establish urban growth boundaries to prevent sprawl, reduce greenhouse gas emissions and spur infill development; and
- ◆ Make local government more effective, efficient, and accountable.

As a microcosm of the state, Monterey County is an ideal laboratory for LandWatch’s work, serving as a model for other California communities and our state.

Over the next two years as local governments update their Housing Elements and General Plans, LandWatch will advocate for city-centered housing that meets the needs of Monterey County’s working families and individuals. LandWatch’s “Housing for All” initiative is a countywide coalition of business, social justice, and other interests that supports more housing in urban areas, especially in Peninsula communities where the workforce commutes from distant locations to support the hospitality industry. LandWatch’s planning principles, if adopted by local governments, will make housing in Monterey County more affordable to workers and more climate-friendly.



To learn more about LandWatch, please subscribe to our free e-newsletter at <https://landwatch.org/about/e-newsletter/>

Please donate generously to this worthy organization.

Art News



Quilt Art

by Mary Kay Hamilton

August 14 –September 30, 2022

I only started quilting in my retirement. I've never considered myself an artist, but rather an amateur dilettante, who just plays with fabrics, colors, designs and random quirky ideas and inspirations. I have a lot fun and it keeps me out of trouble. (Or maybe in trouble!)

Many quilters follow patterns and have a good idea of how their piece will look when they are finished, with stunning results. I occasionally use patterns, especially for some lap and bed quilts, but mostly my art quilts are either inspired by photographs, or more likely just improvised. Which is to say I make them up as I go along. My art quilts evolve over time from a vague idea to a finished product. Once I begin, I frequently reconsider my choices, change fabrics, reassess colors, rearrange

placement, and basically change my mind about what might look right or good. Oftentimes the finished product has little resemblance to where it started. (I am a master with the seam ripper!)



Eye See You

For example, one improvised quilt is "Eye See You" which evolved from a Monterey Peninsula Quilters' Guild challenge. We were challenged to create the 18x18" quilt that included a circle. I started by just sewing fabric together into a circle, then said, "Hey, that looks like an iris." Then I developed the eye around it. Most other MPQG challenge quilts of mine evolved the same way, improvised.

A few art quilts were inspired by photographs. "Asilomar After A Rain" is inspired by a Susan Lambert photo. The "Sailboats For Sid" is a quilt I made for my son Sid who sails. It morphed over time as I started taking photographs of sailboats around the bay and reproducing them in fabric.



Asilomar After a Rain



Sailboats for Sid

IT'S UUCMP SERVICES AUCTION TIME AGAIN!

Each year UUCMP members offer delicious meals, experiences in nature, musical opportunities, garden advice, cooking lessons, original craft items and so much more as a different way to connect with our church community. By joining in the fun, you are also contributing to a major church fund-raising event.

What creative new idea do you have for this year's virtual on-line Silent Auction? Or maybe you have a tried-and-true offering that folks eagerly await each year? I'm thinking of Mary Beard's legendary toffee . . .

Do you have something homemade you want to donate? Or a painting, a unique photograph, an interesting item collected while traveling, a piece of jewelry you don't wear any longer?

What did you purchase last year that pleasantly surprised you and now inspires you to offer something similar?

Our on-line SILENT AUCTION will begin on Saturday, October 15, and will run for the entire week, culminating in a LIVE AUCTION on Saturday, October 22.

The theme and other specifics will be shared with the congregation soon. And if you would like to join the Auction team, please contact Lauren Keenan at bill.lauren.keenan@gmail.com or Steve Johnson at jhnso@att.net as soon as possible.



Seeking Volunteers for the I-HELP Women Program Once a Month

Please join UUCMP members and friends to welcome women in the Interfaith Homeless Emergency Lodging Program (I-HELP). We provide a warm meal donated by the volunteers, and a safe place to spend the night once a month on the fourth Sunday.

Volunteers arrive at the church at 4:45 p.m., set up for the evening meal, and greet the women when they arrive at 5:30. The meal is served buffet-style and we join the women for dining and conversation. We are usually done by 6:30 p.m.

Currently, we are planning the meal for 6 - 8 people. Examples of meal items include main dish, salad, dessert, fruit, breakfast, or beverages.

Volunteers who are not able to join the women in the evening may bring an item for the meal and leave it in the church kitchen after the Sunday service.

Please contact Lee Hulquist (she, her) if you would like to volunteer to greet the women, provide food/dishes for the meal, and/or join us for dinner on the fourth Sunday of the month. 831-917-3179, lmhulquist@gmail.com, hulquist@redshift.com

Environmental Justice News

Blue Zones Project in Monterey County

First, a little history of what Blue Zones means and why it's a focus for all of us. It began as a demographic study identifying areas in the world with the highest concentrations of centenarians. Their first region was Sardinia, Italy. Continued research identified other regions: the islands of Okinawa, Japan; Nicoya Peninsula in Costa Rica; Icaria, Greece and Loma Linda, CA. Not only did these regions have high concentrations of individuals over 100 years old, but they had grown old without health problems like heart disease, obesity, cancer or diabetes.

So, what do these Blue Zones have in common? The largest common denominator is their **diet** plan. Ninety five percent of their diet is plant-based foods. They avoid red meat as much as possible, consuming only white meat, mostly fish. Their diet is heavy in whole grains, nuts, fruits and vegetables. They also consume fewer calories, **eating mindfully** and stopping when they are 80% full.



Other commonalities include incorporating **exercise** into their daily routines, such as walking,

gardening, farming and other physical chores. People living in the discovered Blue Zones **sleep** an average of 8 to 10 hours nightly, and in some areas, like Sardinia and Icaria, daytime naps are common. Other traits associated with longevity include **maintaining a social network** (recommended as face-to-face, rather than online), **being committed to religious or spiritual beliefs** and **having purpose** in life. They also recommend some form of **stress relief**, be that meditation or other activities, and making **time for family**. The bold-type elements described above are referred to as the Power 9.



Monterey County has embarked on becoming a Blue Zone Community. Blue Zones Project Monterey County is a community-wide, well-being initiative that focuses on making our community a healthier, happier place to live, work and play. Blue Zones Project encourages individuals and businesses to adopt healthy best practices based on the lifestyles of the world's longest living people. The website provides links to joining various groups (or "moai" as they are called) for Purpose, Walking and Potluck. There are links to a Purpose Workshop, community events, well-being resources and volunteer opportunities.

For more information visit www.bluezonesproject.montereycounty.com

Peggy Olsen Art



Peggy Olsen's legacy lives on through the generosity of our congregants. Jon Czarnecki recently donated two of Peggy Olsen's paintings to UUCMP. They look wonderful, hanging side by side, in the Fireplace Room. They are perfect companion pieces to the other painting donated by Peggy herself that is also in the

Fireplace Room. All three paintings were expertly hung by Skip Kadish. Thank you, Jon, and thank you, Skip for your generous support of UUCMP and for helping us to showcase our very own Peggy Olsen's art. These gifts will enhance the beauty of our church for years to come.

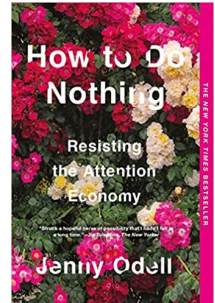


— Lauren Keenan

New Book Discussion for Our Times: “How to Do Nothing”

Second and Fourth Tuesdays, beginning September 27th at 7:00 p.m.

Join Rev. Axel for a **six-session** discussion of *How to Do Nothing: Resisting the Attention Economy* by Jenny Odell, an artist and writer who teaches at Stanford and lives in Oakland, CA. This 2019 New York Times Bestseller (now available in paperback and as an eBook) grew from a lecture Odell gave on “how to do nothing,” which examined the impact of modern life’s ceaseless demands on our time and attention. She explores how we might learn to assume a different perspective, one that allows us to see familiar things in a new way, and in the process find momentary relief.



Informed by the sensibilities of both a contemporary artist and a political activist, Odell offers a compelling and timely case for mindfulness and engagement. Her ideas are particularly relevant during our current period of re-orientation and re-connection and provide worthwhile food for thought and conversation.

Our discussion will take place in-person, via Zoom, or both (multi-platform), depending on the preference of participants. If you have questions or would like to join, please contact Rev. Axel (minister@uucmp.org) and indicate your preference for meeting format (in-person, Zoom, or either). Please purchase a copy of the book, and read Introduction and chapter one for our first session on September 27.

Men’s I-HELP Dinner Program Update

I became involved in the Men’s I-HELP (Interfaith Homeless Emergency Lodging Program) dinner program sponsored by the UUCMP Social Justice Committee in 2014. The I-HELP program promotes support for homeless men and women to find jobs and housing while becoming valuable independent members of our community. While they are in the program, they cannot be using drugs or drinking alcohol. The program has been successful. One of my ex-I-HELP friends has started a successful business. With that introduction I hope you realize the dinner program is important to the men’s transition to a fruitful, productive, and independent life.

During the pandemic our dinner program provided dinners from restaurants. This was expensive for the church to support. Thanks to the generous contributions from members of the congregation to the program we were able to continue to support this interim program. With the more relaxed COVID restrictions, I am returning to some of the original program procedures.

I will be soliciting food contributions from the congregation instead of ordering food from restaurants. I will be posting a food contribution sheet on the News and Activities board a week before each Men’s I-HELP dinner. The dinners are scheduled on the 2nd Sunday and on the 5th Sunday when there is one. You can sign up to contribute specific items, i.e., rotisserie chicken, vegetable, salad, desserts, drinks, etc. I plan to start the new plan in October. The first dinner will be October 9th.

— Steve Smaby

For further information, contact Steve Smaby at pilot.smaby@gmail.com or 831.233.1014.

SOCIAL JUSTICE



COPA's Monterey County Housing Task Force by Laura Nagel

Our COPA Monterey County Housing Task Force, active pre-COVID, has started to reassemble. Following is an update on some of the issues on the agenda and an update on an affordable housing development which our church members helped to gain approval. If you would like to participate in the Housing Task Force, please email the COPA Core Team at jj@uucmp.org

There are several housing policies currently under consideration at the County and/or jurisdictional level including a rental registry currently being implemented in Salinas; taxing vacant vacation homes now under discussion; and new state policies that will provide services and housing to the small percentage of the homeless population who suffer from both mental illness and drug addiction.

Rental Registry. This concept was first discussed by the COPA Housing Task Force in work with the City of Salinas, which is now implementing the program. It has benefits both for landlords and renters in providing one unified list of available units instead of the current hodge-podge assortment of directories and ads. The rental registry as proposed would be paid for by landlords upon registering units for rent. In addition to helping those searching for units and those with units to let, it would also be a service for the localities in giving an accurate account of rental units

available and their size and cost. This would help in assessing how we are doing in providing affordable housing, a pressing need.

Tax On Vacant Vacation Homes. Several jurisdictions in California including San Francisco and Santa Cruz County are considering a tax on vacant vacation homes. San Francisco's proposed ordinance is focused on multi-unit developments with a high vacancy rate, whereas Santa Cruz County is focusing on single family homes that are vacant for more than eight months of the year. Jurisdictions on the Peninsula, a vacation paradise, are also exploring such a tax. Mayoral candidate Tyler Williamson in Monterey is interested in exploring this alternative because he says housing is "a moral issue" ([MC Weekly](#)). In these cases, tax proceeds would go into an affordable housing fund.

Homelessness. Both the California Assembly and Senate have passed legislation for a CARE Court, which stands for Community Assistance, Recovery and Empowerment, and which will provide for mental health services and substance use disorder services for the homeless. After completing a year of such services, they will be eligible for permanent housing. Temporary housing is also under discussion for the year of treatment. Monterey County recently had a one-day conference on homeless services after a recent census which recorded a declining homeless population for the Peninsula.

Update on 2200 North Fremont, Monterey. Three years ago, a group of us from UUCMP were successful in obtaining City Planning Commission approval of a 40-unit housing development at 2200 North Fremont that will have eight units set aside for low-income households. This is now on the city's 2022-23 Action

Congregational Covenant Workshop Coming Up Don't Miss It!

Please mark your calendar, and plan to join us on **Saturday, October 1, from 9:00 a.m. to 1:00 p.m.** in the sanctuary or via Zoom, for an all-church workshop led by our UU regional Congregational Life staff, to participate in the creation of a congregational covenant. This will be an engaging process and a great opportunity to connect with other members and friends, all while helping strengthen our church community. (See the Ministers' Message, page 2, for more information.)

Hope to see you there!



**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
minister@uucmp.org

**Director of Religious Exploration
Elizabeth Granado**

dre.elizabeth@uucmp.org

Church Administrator

Ray Krise
831- 624-7404 x 2105
admin@uucmp.org

Office Assistant

Karina Briseno
831- 624-7404 x 2104
office@uucmp.org

Music Director

Camille Hatton
624-7404 x 2101
music@uucmp.org

Pianist

Lucy Faridany

Caring Network

caringnetwork@uucmp.org

NUUsletter Editor

Carol Collin
newsletter@uucmp.org

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September 2022

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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