



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

January Theme: Finding Our Center

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

January 1

“Ring Out the Old, Ring In the New”

Revs. Axel and Elaine Gehrmann

Join us for a participatory, multi-generational service this New Year's Day, as we look back on the year that has just ended and turn our thoughts to the year to come. What are you ready to leave behind? And what do you hope to carry with you into the future?

January 8

“Striving for Balance”

Rev. Elaine Gehrmann and W.A. Kathleen Craig

All our lives we are trying to find our equilibrium, that balance point of not too little and not too much. We search for a balance between: absence and excess, work and play, planning and spontaneity, self-care and care for others, to name a few. This morning we will consider the worthwhile effort and reward involved in striving for a balanced life.

January 15

“White Antiracist Spirituality: Lessons from the Lives of MLK's Friends and Comrades”

Lynn Burnett and Rev. Elaine Gehrmann

For Martin Luther King Day, Lynn Burnett will offer a sermon that lifts up key lessons from the history of White antiracist spirituality, from figures who were an important part of King's life. This sermon will be meditation for all people – and especially White people – who are seeking to strengthen the bonds between their spiritual lives, and their social justice commitments.

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.

January 22

“Body and Soul”

Rev. Axel Gehrmann and W.A. Ann Jacobson

Many religious traditions imagine the realm of the spirit as otherworldly, intangible, and mysterious – an ethereal, heavenly realm removed from our mundane earthly existence. However ignoring the material aspects of our existence would be a grave mistake. How can we understand the intersection of the physical and spiritual aspects of our lives? How can we best embrace both body and soul?

January 29

“Finding Your Center”

Music Director Camille Hatton, and W.A.s Lauren Keenan and Shannon Morrison

Many of us lead fast-paced lives, constantly rushing between work, appointments, social activities, and other commitments. Midwinter offers an opportunity to slow down and go inward. When we let ourselves rest and slow down, we can get in touch with our inner selves - our gut. How can you ‘trust your gut’ if you don't take time to tune in to your inner light and voice? We explore different meanings of *finding your center*, and benefits of slowing down and accepting this midwinter period as a gift of time and quiet reflection.

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See the calendar at
www.uucmp.org



Ministers' Message

Rev. Elaine Gehrmann



“New year — a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.” – Alex Morritt

In a recent, fascinating article in the New Yorker magazine, Joshua Rothman asks “Are you the same person you used to be?” He describes two kinds of people—the “continuers” and the “dividers.” “Continuers” tend to be people who have a strong sense of continuity throughout their many life experiences, while “dividers” tend to think about their life as different chapters, or many even different books altogether! Or using the metaphor of a human as a house, he says, “Continuers tell the story of an august property that will remain itself

regardless of what gets built. Dividers tell the story of how they’ve renovated their houses, becoming architects along the way.”

I imagine that most of us might have some understanding of both of these perspectives... though each of us perhaps lean more toward one than the other.

A new year always seems to provide for us a wonderful opportunity to consider where we’ve been, and to anticipate the year to come. What do we want to continue, and what might we like to leave behind, and what do we want to start a new chapter about? What new forms might our ongoing personalities try on, and what newer habits might we want to make more permanent fixtures in our lives? What rooms might need renovation, and what foundations need to be reinforced?

What might we do to encourage both our deepest selves, and our unfolding selves? Wishing you both the tried-and-true and some new adventures in 2023!

See you in church!

Elaine



Lynn Burnett

Lynn Burnett runs a racial justice history website called CrossCulturalSolidarity.com, as well as a project that uses [White antiracist history](#) to mobilize White people for racial justice today. Writings of his that focus on King’s legacy include:

- [When Martin Luther King’s Mentors Met with Gandhi.](#)
- [An Incomparable Loss: The Mourning of Martin Luther King’s Friends and Family.](#)
- [The 1968 Memphis Strike, Part One: The Garbage Workers.](#)
- [The Montgomery Bus Boycott: The Full Story](#)

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 UU's 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, January 14, at 8:30 a.m.

The men's monthly breakfast is continuing as hybrid. Our next meeting is Saturday, January 14, 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 Mike Lovell lovellmike50@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, January 3, 7 p.m. in the Fireplace Room and via Zoom. See page 7,

Board of Trustees meets Wednesday, January 18, at 5:45 p.m. via Zoom.

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

Children's Choir meets Sunday, 10 a.m. in the Conference Room.

A Course in Miracles meets Wednesdays, 6:30 p.m. to 8:30 p.m. in the Conference Room.

Environmental Justice meets Tuesday, January 10, 3:30 p.m. via Zoom.

First Friday Game Night is Friday, January 6. 7 p.m. in the Fireplace Room.

I-HELP for Men is Sundays, January 8 and 29, 5 p.m. Sign up on the bulletin board if you can help.

I-HELP for Women is Sunday, January 22. Contact Lee Hulquist if you can help.

Membership Committee meets Wednesday, January 25, 5p.m. via Zoom.

Men's Breakfast Group meets Saturday, January 14, 8:30 a.m. in person and 9 a.m. via Zoom. See article at left.

Music Committee meets Wednesday, January 4, at 5 p.m. via Zoom.

NUUsletter deadline for the February issue is Monday, January 16.

People of Color (POC) group will meet Saturdays, January 7 and 21 at noon, and Mondays, January 2 and 16 at 7 p.m. See article to the left for meeting details.

Program Council meets Tuesday, January 3, 12:30 p.m. via Zoom. For questions contact Mibs McCarthy programcouncil@uucmp.org

Social Justice will meet on Sunday, January 1, at noon in the Sanctuary and via Zoom.

Stewardship will meet Wednesday, January 4, 1:30 p.m. via Zoom.

T'ai Chi Chih meets Tuesdays at 4 p.m. in the sanctuary. See page 7.

President's Corner — Carol Greenstreet



New Year

I have been listening to an audio book about Alexander Von Humboldt, an early 19th century scientist whose forward-thinking scientific research spanned multiple disciplines including botany, geology, geography, and meteorology. The book is *The Invention of Nature, Alexander Humboldt's New World* by Andrea Wulf. Humboldt is considered the first environmentalist, understanding the relationship between humanity's impact on the natural world. His travels through South America and beyond influenced his politics as well as his environmentalism. He witnessed the disastrous environmental impacts of colonialism, from deforestation to monocultures, focus on cash crops, precious metals mining, and the appalling working conditions of the enslaved. This turned him into an environmentalist and staunch abolitionist. As early as 1800, he was writing about the harmful effects of human-induced climate change, the first scientist to do so.

I am constantly amazed that this one man influ-

enced scientists, philosophers, politicians, and the public across nearly every continent. Henry David Thoreau and Ralph Waldo Emerson, two of our leading Unitarian thinkers, were engaged by his philosophy. In a December 23, 2015, article for *Atlantic* magazine, Wulf writes that "Humboldt helped Henry David Thoreau to find an answer to his dilemma on how to be a poet and a naturalist." While only half-way through the book, I am fascinated by Von Humboldt and his writings which revolutionized our Western concept of the natural world. He conjectured the concept of a keystone species long before the term was coined. He described the Earth as a living organism, and nature as an interconnected living web. Over 150 years after his birth, I am reminded of our Unitarian Universalist Seventh Principle: Respect for the interdependent web of all existence of which we are a part.

As we start the New Year, I ponder how I can live the Unitarian Universalist principles. Instead of the same old New Year's resolutions, maybe I should reflect periodically on how I can embody the UU Principles. I am a couple of days (and pages) away from completing my 2022 Gratitude Journal; perhaps the next journal should be reflections on the UU Principles.

The 8th Principle is planned to be proposed to the UUA Board in January 2023, so it will be included as well.



Farewell to Camille

On January 29, Camille ends her time with us as Music Director: 9 years! We'll be collecting donations for a parting monetary gift; you can mail checks to the office or drop them off at the Caring Network table on Sundays. Please make checks payable to UUCMP with "Camille gift" in the memo line.

We're also asking for written memories and/or photos for a scrapbook commemorating her time with us. We'll have paper, pens and other supplies at the Caring Network table each week, or you could email memories to Carol Collin at caringnetwork@uucmp.org

RELIGIOUS EXPLORATION



Hello Everyone,

December was a busy but fun month! We had our wonderful multigenerational service. The teens and kids did an amazing job with *The Little Drummer* pageant. I'm so happy it all came together well, and the kids and teens were such great sports playing each of the characters. We had a chicken, a horse, and a sheep! The animal interpreters and shepherds, played by three of our awesome teens, did a great job. We also had Mary, Joseph, an Innkeeper and of course our little drummer. Thank you to all our kids, teens, and parents who made this an enjoyable service for all.



I am happy to announce that Sharyn Routh will be taking over as Acting Director of Religious Exploration while I am on maternity leave. Sharyn has been our elementary classroom teacher this year and has done a wonderful job. Sharyn has great ideas and brings many resource materials to our UUCMP Religious Education program. I'm grateful for Sharyn's amazing talent and energy. I know UUCMP will welcome her in her new role as she continues the great work of our RE program. Since Sharyn will be working as acting DRE, we



will need help covering her position in the classroom. Please keep your eye open for anyone who may be willing to teach our elementary class on a consistent basis. We also are in search of a teens class teacher since our wonderful Altaira Hatton will be moving to New Zealand soon. As our program continues in person we are looking toward working on creating a middle school class; we will need another teacher for this class.



Come check out our beautiful nursery in the RE wing. Thank you to Lance and Jeanne Pratt for their very diligent work on the finishing touches on the nursery. It looks immaculate! It's bright, fresh, and airy especially with the windows overlooking the trees outside.

Don't forget our First Friday Family Game



Night January 6th. Also, our RE luncheon is on the second Sunday of the

month. January 8th, for anyone interested in participating or helping with RE.

Thank you so much for catching up with RE! Wishing you the best year ever!

Elizabeth Granado
Director of Religious Exploration

Musical Offerings



As a new year begins there are often changes, in everything from climate and weather to people moving on to a new part of their lives. It can be startling – and difficult – to deal with changes, even expected ones. I am reminded of a line from “Memories,” the

song written Adam Levine from Maroon 5, “There’s a time that I remember when I did not know no pain. When I believed in forever, and everything would stay the same.” One huge change for us is that Camille, who has been our music director through thick and thin for nine years, is leaving at the end of this month to pursue an advanced degree at the University of Auckland in New Zealand. As an ardent member of the choir, I am struck by a feeling of loss with her departure and am filled with memories of her time here.

She is one of the most musical people I have ever known, able to coax music and rhythm from everything from a traditional drum set to various jars tuned by the water in them to soda bottles, to a metal chair. And she has been able to coax rhythm and music out of those in the children’s choir and the adult community choir in ways that amazed us all. Many of us would view a complicated new piece with alarm as if we needed to learn the whole thing at once, yet Camille was able to break it down into small digestible pieces and work with us until we had something we were proud to present. Her ability to hear every individual voice when we are singing as a full group is amazing – she can always detect when we are sharp or flat or if

we are floundering and help us to correct it.

When I went to virtual General Assembly, I discovered that during the pandemic lockdown period many UU churches had no music in their Zoom services except perhaps someone playing piano to accompany congregational hymns. Yet at UUCMP, we still had virtual choir rehearsals every week, dealing with the difficulties of trying to learn pieces remotely and then to video ourselves singing and sending the videos to Camille. This was also the time when the forest fires made her home unlivable, and even while living in a variety of locales along the west coast of the continent from Washington state to Ensenada, Mexico, Camille took our taped submissions and transformed them into videos, all the while learning new technologies to enhance the quality of the finished product. Despite the difficulties of running rehearsals from a disparate range of locales, including hotel rooms where the neighbors objected to the music as an interference, she never lost the energy and enthusiasm that everyone in the congregation has witnessed over these years.

We will have a new Music Director in February, and we’ll work together to create new music and new memories. And it will be good. But I will always hold in my mind and heart the years we have spent with Camille, her remarkable musical gifts, and the gift she gave of leading the music program at UUCMP.

Carol Collin
Music Committee chair

Farewell Party for the Hattons!

Join us on Saturday, January 28, from 4 p.m. to 9 p.m. for a rollicking karaoke party for Camille and Altaira Hatton, with Bay Area karaoke jockey Dana Morri-gan. We’ll have pizza and other comestibles, beverages and adult beverages. This will be a family friendly event choosing from among the 15,000 songs in Dana’s playlists. There will be a suggested donation of \$10 for adults and \$15 for families. Don’t miss this farewell celebration as the Hattons head to New Zealand to embark on a new chapter in their lives. See page 12.



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 January. 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. in person at church and at 9:00 a.m. via Zoom. Contact: Mike Lovell. See page 3.

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 January. Contact: John Freeman for any questions.

Dances of Universal Peace will not meet in January. 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.



January Shared Plate Recipient Women's I-HELP

Who Are We? For thirty years the Interfaith Homeless Emergency Lodging Program (I-HELP) — operated by Outreach Unlimited, a nonprofit 501(c) (3) #38-3934212, has been helping the homeless to overcome poverty and rebuild their lives.

The program was originally designed only for homeless men, but now there is also a separate part of the program for homeless women. I-HELP is run by a volunteer board of directors and a part-time staff, with the indispensable collaboration of over 60 Monterey County area congregations, faith communities, and service organizations that provide, on a rotating basis, overnight accommodation, warm meals, and person-to-person support. Our participants sleep on mats in a shared space. We provide 11,214 overnight shelters a year. A group of women is welcomed and sheltered at UUCMP one night a month.



Every effort is made to help each woman to be successful. We do this by helping each participant to set goals for health care, work or income/benefits and housing. Our overnight monitors, who stay with the women, also provide help in adjusting to group living, something difficult for those who have been on their own.

During their stay in the program, the women are offered overnight lodging and a hot meal every night. They are also given advice and support tailored to their needs in finding employment and going forward in their lives. They are helped to develop and maintain a living pattern that fosters personal autonomy and growth.

Our administrative costs are only 3% of our total budget, with all the money received going directly to the program. The program needs include:

1. Transportation cost to host locations, showers, and laundry facilities:
driver reimbursement
gasoline
maintenance of aging vans
2. Part-time staff who:
stay with participants overnight
help participants plan to advance their lives
3. COVID related expenses

This organization is working on assisting women in turning their lives around. Please give generously to help them do their work.



Shelter from the Storm

- I-HELP Interfaith Homeless Emergency Lodging Program
- The only emergency shelter for men & women in the Monterey community
- Provides a safe place, hot meal, and encouragement to seek needed help
- Provides transportation, overnight supervision, guidance to resources
- Partners with 33 faith communities plus service clubs
- Offers help 365 days a year to our most vulnerable neighbors
- Totally dependent on donations and small grants

Thank you! Without your support we can't continue



www.ihelpmontereybay.org

Congregational Covenant Progress

Approximately 25 of us participated in the Covenant Workshop on October 1 with UUA Pacific Western Region staff person Annie Scott. Based on the statements generated by workshop participants, a small covenant-crafting team came up with the draft below, which was then circulated to workshop participants, who made minor suggestions which were then included. We invite you to review this draft covenant, and **after church on January 8th and 22nd** we will have a gathering (in-person and on zoom) to discuss your thoughts and responses. You can also forward your thoughts and responses to Rev. Elaine at minister@uucmp.org.

UUCMP Congregational Covenant (Draft)

We, the Members and Friends of the Unitarian Universalist Church of the Monterey Peninsula have a mission to welcome all with loving hearts and open minds. Our vision is a welcoming, respectful, and vibrant environment where we support one another, comfort and challenge one another, and inspire our work in the world. This covenant of right relations supports our mission and vision, providing a set of guidelines to help us maintain a healthy and spirited community. It encourages us to bring our best selves to our relationships with one another and to grow in spirit, deepening our connections with each other. Every member and friend of the UUCMP community is encouraged to join in these promises to ensure that this institution thrives and can accomplish its mission and vision in the world.

To Encourage Respectful Interactions

- *We will listen deeply without judgment or a rush to respond*
- *We will speak thoughtfully and respectfully, to share our truth and lived experience*
- *We will trust that others have good intentions*
- *We will be mindful of our impact, despite our good intentions*
- *We will provide honest, constructive feedback*
- *We will be willing to learn and grow, especially when it challenges us*

To Cultivate a Caring Community

- *We will practice kindness and compassion, respecting our similarities and differences*
- *We will hold ourselves accountable for our words and actions*
- *We will resolve conflicts directly, with openness and compassion, seeking reconciliation through forgiveness and making amends*
- *We will view each other with the spirit of love, expressing joy, humor, and a generous spirit*
- *We will continue to work toward true equity, inclusion, diversity and acceptance*
- *We will participate as fully as we are able, and share the ownership of the congregation*

We will support those who struggle on their path, as fellow travelers on our human journey, sharing our joys, comforting each other's sorrows, learning, growing, and responding with patience and empathy for our individual fallibility. We will forgive ourselves and others when we fall short and fail to keep these promises, calling one another back into right relations with compassion, beginning again in love.

Draft created by Covenant Crafters Steve Johnson, Mike Lovell, Page Galloway & Elaine Gehrmann, November 2, 2022 (with slight edits made by participants of Covenant workshop, updated Nov. 10, 2022).



HERE COMES . . . AWNIL

Save the date: Sunday, February 12, 10:30 am. That's AWNIL kickoff. You'll enjoy a sermon



about love followed by munching on scrumptious small bites standing around cocktail tables in the Welcome Hall.

There will be a few sit-down tables set up in the

sanctuary – but the idea is to circulate around and chat with lots of your friends and make new ones.

AWNIL is the theme of our operating fund campaign this year: ALL WE NEED IS LOVE. That's the foundation and grounding for our faith's action in the world. Love: it is the underlying principle of our seven UU principles (plus one) that you see banners for in our sanctuary. Our financial support for UUCMP is an important expression of our love. This support empowers UUCMP to work for the love and justice we want to see in the world.

You'll be receiving a packet of pledge materials in the US mail in early February. We ask that you look it over and consider what your pledge can be for the fiscal year beginning July 1, 2023, and ending June 30, 2024.

You can be among the vanguard, turning in your pledge card on February 12th at the kickoff. The "deadline" for this campaign is the end of March. The sooner you get your pledge in, the better. It gives our Finance Committee time to put together the budget. In fact, we'd greatly appreciate pledge cards being put in the brass pot on February 12 after worship! For those of you who need to take longer to decide what

your pledge will be, Stewardship will have a table in the Welcome Hall in February and March to receive your pledge cards if you are unable to turn yours in on February 12. We want to find out how you're doing and what you are thinking about UUCMP. We want and need your comments and suggestions!

The church budget relies on our faithful gifts to keep staff paid, offering a place to gather, help others and shine the light of love and respect for all in Monterey County. 75% of the budget comes from our pledges. The rest is from room rentals, special gifts, and our fundraisers like the service auction and Super Flea. This giving, along with your generous gift of time, is what makes all we do possible. We know that everyone is dealing with inflation and rising prices, but for UUCMP, every pledge matters. It all adds up! Thank you!!

As always, thanks for being part of our wonderful community and thanks for your generosity with time and treasure. Happy New Year – let's make it a prosperous one for UUCMP!

Your Stewardship Committee

Konny Murray – Chair, Carol Collin, Gretchen Hausmann, Steve Johnson, Judy Lind, Harry Nagel (UUCMP Treasurer), and Jo Ann Novoson with advice from Rev. Axel Gehrman



By the end of January 2023, please sign up for the after-worship small bites on February 12 at the Caring Network table in the Welcome Hall so we know how much food to order.

Art News



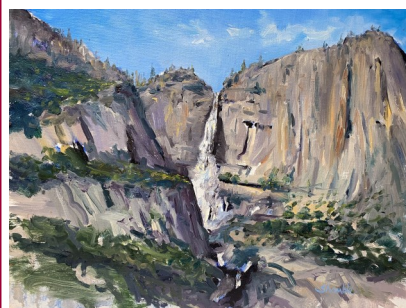
Al Shamble

Painting Outdoors and In the Studio

January 7 to February 26

Al Shamble is an award-winning contemporary California landscape and seascape painter. As an environmentalist, he hopes that his Plein Air and studio pieces convey the need to recognize and preserve our beautiful natural resources. He says --

I am honored to have the opportunity to start 2023 by exhibiting some of my paintings in the UUCMP Welcome Hall from Jan 7th to Feb 26th. I enjoy painting in both watercolors and oils. I have realized that painting where I like to be - on a mountain top in the winter, or along the ocean in wind and rain, is more practical with oils. Some say that painting outdoors is the most difficult of the painting sports. Wind, rain, snow, mosquitos, bears, and passersby are just some of the challenges.



For two centuries artists have taken their sketchbooks and paints outside to observe and learn from nature. Typically, these studies were primarily used for larger detailed studio pieces until the Impressionists in France began exhibiting their Plein Air works. Painting En Plein Air, translated as "In the Open Air," has many benefits: it allows the artist to see things the camera does not; atmospheric perspective, reflected light into shadows, color nuances and harmonies are revealed to the careful observer. Shadows move in a few hours so careful planning and execution are critical skills within that time. Most of my paintings are finished on site, but I often do a larger version in my studio in East Garrison.



Painting along the San Mateo coast

Al's paintings have been displayed in museums, galleries, exhibitions and competitions. Al is on the Exec Board of MBPAPA where he is a Signature Artist. He schedules and leads weekly Monterey Bay area Plein Air Paint Outs.

AlShambleFineArt.com

Cell : (510) 585-8394

KARAOKE WITH DANA

Karaoke Pizza Party with Bay Area karaoke jockey Dana Morigan

A farewell party for the Hattons!

Saturday, January 28, 2023, 4:00 p.m. – 9:00 p.m.

Unitarian Universalist Church of the Monterey Peninsula

490 Aguajito Road, Carmel – (831) 624-7404

A family-friendly event for all ages. Invite your friends to join us!

Suggested Donation: \$10 for adults, \$15 per family.



Try your hand (and voice) at performing musical pieces.
Pizza, refreshments, and beverages provided.

Come out and join the fun!

Environmental Justice

Your Environmental Justice Committee Recommends Steps You Can Take to Protect the Environment

The holidays are over, but these suggestions make good resolutions for the new year.

This year strive for the goal of buying nothing. Sign up for your local Buy Nothing or Free Cycle website. Buy Nothing can be accessed on Facebook, but the Buy Nothing app is free for everyone to use instantly, on iPhone and on Android, so you do not need Facebook or any other social media app to participate. You can also go to <https://buynothingproject.org> This is also about giving and receiving skills and time as well, and perhaps most importantly, getting to know your neighbors. The Freecycle Network is a grassroots and entirely nonprofit movement of people who are giving and getting stuff for free in their own towns. All of this leads to less consumerism, saves money, and keeps things out of the waste stream.



Gift giving doesn't end when the winter holidays are over. You can reduce gift-wrapping waste. First, save and reuse gift wrap. Or, be creative in giving your gifts an earth-friendly message. If you have some clean brown grocery bags or packing paper use the print-free side to write a message or draw a design. Use the comics section of the newspaper for interesting and readable! wrap. Use reusable cloth, maybe a new dish towel, napkin or pillowcase, to wrap gifts. Reuse mailing boxes: disassemble them and turn them inside out for a clean side to decorate. Use foliage from large leaved plants like bananas as wrapping paper.



Watch for a new program at UUCMP to dispose of and recycle batteries. On the first Sunday of each month, between 9 a.m. and 4 p.m., you may drop off lithium ion and standard batteries. Please separate lithium-ion batteries from the others. Lithium-ion batteries last longer and are a popular choice of rechargeable battery for use in many applications like portable electronics and automobiles.



As a result of the congregation's book discussion of *Regeneration: Ending the Climate Crisis in One Generation* by Paul Hawken, one aspiration of the group was to begin sharing vegetarian recipes. The UUCMP Environmental Justice group is now offering one simple vegetarian recipe suggested by a fellow congregant on a monthly basis. If you have a recipe you would like to share, please send it to environmental-justice@uucmp.org

Please note that all recipes are very adaptable! If you have an allergy or a dislike for a particular ingredient, or you just don't happen to have it on hand at the moment, don't despair! Leave out the onion or substitute gluten free soy sauce or add more hot peppers . . . whatever makes it appealing to you and results in a more earth-friendly meatless meal is the important goal.

-- continued on page 14

Maren Martin offers this vegetarian recipe.

LENTIL MUSHROOM STEW

Serves 4

A delicious and hearty lentil stew to serve over polenta, rice, pasta, or mashed potatoes.

1 tbsp avocado or olive oil (or water if avoiding oil)
1/2 cup chopped shallot or onion
1 clove garlic, minced
1 carrot, sliced
2 cups sliced cremini (or button) mushrooms
1-2 tbsp soy sauce or coconut aminos
1 pinch each salt and pepper
2 tbsp chopped fresh thyme (use about 2 tsp dried if fresh is unavailable)
2/3 cup dry green lentils (rinsed + drained - optional: soak overnight in cool water to improve digestibility)
2 ½ - 3 cups vegetable broth
1 tbsp tomato paste
Fresh chopped parsley

Instructions

1. Heat a large rimmed (sauté) pan over medium heat. Once hot, add oil or water and shallot, garlic and carrot; sauté for 2 minutes, stirring occasionally.
2. Add mushrooms and coconut aminos and increase heat to medium-high. Sauté for 5 minutes, stirring frequently, then add tomato paste and sauté a few minutes. Add a pinch of salt and pepper.
3. Add thyme, lentils, and 2 ½ cups vegetable broth. Bring to a low boil over medium-high heat. Once boiling, reduce heat to a simmer and cook on low for about 20 minutes or more, adding more broth as needed for your desired consistency.
4. Once lentils are tender, taste sauce and adjust flavor as needed, adding more salt or coconut aminos for saltiness, pepper for spice. Turn off heat and let the mixture rest so flavors can deepen. Mash a small amount of the lentils to thicken if desired.
5. Serve over base of your choice (see options above) and garnish with fresh parsley or more thyme, if desired.
6. Store leftovers separately, covered, up to 4 days in the refrigerator or in the freezer up to 1 month.

Notes: Feel free to adapt as desired! If you have an open bottle of red wine you might add a splash, or add additional vegetables.

Adapted from a recipe from <https://minimalistbaker.com> (a great source of plant-based recipes.)

SOCIAL JUSTICE



COPA Leaders' Retreat



Saturday, January 21, 2023

Registration: 9:30 am

Retreat: 10:00 am - 5:00 pm

Steinbeck center, 1 Main St, Salinas



Join COPA leaders from across the region to deepen relationships, receive training and strategize for the work to come as we will soon celebrate our 20th anniversary in the Spring.

Please RSVP at the following link: <https://bit.ly/COPA121> or call (831) 728-3210 or email copa.iafl@gmail.com

*Participants must RSVP in order to receive the retreat materials in advance.

Retiro de líderes de la COPA



sábado, 21 de enero de 2023

Registro: 9:30 am

Retiro: 10:00 am - 5:00 pm

Centro Steinbeck, 1 Main St, Salinas



Únase a los líderes de COPA de toda la región para profundizar las relaciones, recibir capacitación y elaborar estrategias para el trabajo por venir, ya que pronto celebraremos 20 años del aniversario de COPA en la primavera.

Confirme su asistencia en el siguiente enlace: <https://bit.ly/COPA121> o llame al (831) 728-3210 o envíe un correo electrónico a copa.iafl@gmail.com

*Los participantes deben confirmar su asistencia para recibir los materiales del retiro por adelantado.

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January 2023

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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