



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

February Theme: Love

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

February 5

"Love Languages"

Rev. Elaine Gehrmann and W.A. Ann Jacobson

Love is one of the most important and powerful human experiences. How do we communicate our love? What are some of the many ways we can give, and receive love? We sometimes struggle with interpretation, translation, and misunderstandings. How can we make sure that our love is expressed in ways that are truly understood and felt?

February 12

"When Love Is a Verb"

Rev. Axel Gehrmann and W.A. Lauren Keenan

While love is certainly an important idea in human affairs, there is no universal consensus as to the meaning of love. Some say God is love, others that it is a quality of kindness associated with the Buddha, and others still think it's akin to the Spirit of Life. Is love something you fall into, or does it sweep you away? Or is love another word for justice? The possibilities are almost endless . . . This morning we will explore love in action.

This is our Stewardship Kick Off Sunday, and during the service we will also be affirming our Congregational Covenant.

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.

February 19

"What's Love Got to Do With It?"

Rev. Elaine Gehrmann and W.A. Ray Krise

One of our central Unitarian Universalist values is love. The recent report by the UUA's Article II Study Commission reaffirms this, putting love literally in the center of our shared values, and saying, "We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love." This morning we will explore the spiritual discipline of love.

February 26

"Unconditional Love"

Corey Brunson, Shannon Morrison, and Sue Ellen Stringer

We are called to love one another unconditionally but that seems like an awfully high bar. What does unconditional love even look like? How can we stop our own inner critic in order to love the people in our lives without conditions? In a culture that values efficiency, rationality, productivity and the mirage of perfection, is 'unconditional love' even possible?

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See the calendar at
www.uucmp.org



Ministers' Message

Rev. Axel
Gehrmann

All We Need Is Love – is the motto of this year's Stewardship Campaign, and I think it's a good one!

It's reminiscent of the 1967 Beatles hit that topped the charts and became an anthem for the countercultural flower power movement, *All You Need Is Love*. And it reminds me of the Bill Withers song from 1972, with the refrain "we all need someone to lean on," which is now included in our UU teal hymnal.

This year's Stewardship motto also reminds me of the countless acts of love and kindness that I witness among members and friends of UUCMP, whenever we gather in small groups or large, and share our life stories and struggles in quiet conversations and over dinners, and in worship celebrations.

I see love amidst the activities of our Caring Network and Pastoral Associates, all of whom were on high alert during the remarkable rainstorms in early January, and the disruptions and dangers that followed, offering support and solace. (If you would like to learn more about these important programs of the church – whether you need or would like to provide help - please let me know!)

I was reminded of the meaning of love at UUCMP, when the Social Justice Committee met in December to choose recipients for our Shared Offerings in the year to come, and when we carried our "Side with Love" banner at last month's MLK, Jr. march in Seaside.

"Love and Justice" are the most prominent words on the UUCMP t-shirts and sweat shirts



we had printed a few years ago, that I see some of you occasionally wear. And love is mentioned twice in the Congregational Covenant we have collectively been developing. (I encourage you to check out, or re-read the draft covenant on page 9. We are planning to formally affirm the covenant during our February 12 worship service.)

In the weeks ahead, I hope you will be thinking about the love we all need – the love we give, and the love we receive – as our Stewardship volunteers reach out to you by letter, email, or phone call. Please let them know how you are doing, share your thoughts about the church, and how you hope to support it. (You are also welcome to make a financial pledge or contribution by clicking the "donate" button on the church website.)

There is no doubt in my mind that our church is filled with an abundance of love. May we each be good stewards of this caring community and do our part to ensure that it continues to thrive. May we find ever new ways to share our love.

See you in church!

Axel



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, February 11, at 8:30 a.m.



The men's monthly breakfast is continuing as hybrid. Our next meeting is Saturday, February 11, 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.

Board of Trustees meets Wednesday, February 15, at 5:45 p.m. via Zoom.

Book Discussion *Braiding Sweetgrass* Tuesdays February 7 and 21 via Zoom. See page 12.

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.

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

Environmental Justice meets Tuesday, February 14, 3:30 p.m. via Zoom.

Family Ministry Virtual Meeting Wednesday, February 8, 7 p.m. via Zoom. See page 5.

First Friday Game Night is Friday, February 3. 7 p.m. in the Fireplace Room.

I-HELP for Men is Sunday, February 12, 5 p.m. Sign up on the bulletin board if you can help.

I-HELP for Women is Sunday, February 26. Contact Lee Hulquist if you can help.

Membership Committee meets Wednesday, February 22, 5:30 p.m. via Zoom.

Men's Breakfast Group meets Saturday, February 11, 8:30 a.m. in person and 9 a.m. via Zoom. See article at left.

Music Committee meets Wednesday, February 8, at 6 p.m. via Zoom.

NUUsletter deadline for the March issue is Thursday, February 16.

People of Color (POC) group will meet Saturdays, February 4 and 18 at noon, and Mondays, February 6 and 20 at 7 p.m. See article to the left for meeting details.

Program Council meets Tuesday, February 7, 12:30 p.m. via Zoom. For questions contact Mibs McCarthy programcouncil@uucmp.org

Social Justice will meet on Sunday, February 5, at noon in the Sanctuary and via Zoom.

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

T'ai Chi Chih meets Tuesdays at 4 p.m. in the sanc-

President's Corner — Carol Greenstreet



Working Together

On February 12, the Congregational Covenant will be affirmed, and the Stewardship Committee will be kicking off the annual Pledge Drive. This year the campaign theme is “All We Need Is Love.” I hope to see you there to share in the Small Bites, an array of catered tasty treats provided by the Stewardship Committee.



Last year, one of my book clubs read *Braiding Sweetgrass, Indigenous Wisdom, Scientific Knowledge, and the Teaching of Plants* By Robin Wall Kimmerer. I really thought that this book was thought-provoking and enlightening. Kimmerer brought forth concepts and ideas that were totally new to me, raising my awareness of the depth and breadth of indigenous knowledge and practices.

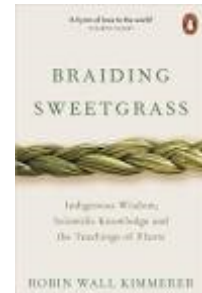
One of my favorite chapters was on The Three Sisters, named by Native Americans for their understanding of these plants as women, as sisters. Kimmerer calls them “the genius of Indigenous agriculture.”* The three plants, corn, beans and squash, “feed the people, the land, and feed our imagination, telling us how we might live.”



The Native Americans knew well before the arrival of the colonists that these three plants worked in a symbiotic relationship when planted together. The corn germinates first and grows tall. The bean seeds swell and develop a deep root system, then start climbing upwards, using the tall corn stalks, which can bear their weight. Pumpkins and squash emerge last and extend themselves over the ground, sheltering the soil with their broad leaves, which retain moisture.

Modern science knows that legumes are nitrogen fixers, acting as a critical fertilizer for other plants, but the Native Americans learned this based on their interdependent relationship with, and respect for the land. The message that Kimmerer derives from the Three Sisters is that we should respect one another, support one another, and bring our gifts to the world.

Last year's brief book club session didn't allow an in-depth discussion of the many topics in the book. I was very pleased to see that Rev. Elaine and the Environmental Justice Group will be offering a 6-session discussion on this insightful book beginning in February. (See page 12,) I plan to attend, and I hope you will investigate this book to see if you would like to read it and participate in the discussion.



*Kimmerer, Robin Wall, *Braiding Sweetgrass*, Minneapolis, MN, Milkweed Editions, Copyright 2013.

Carol

RELIGIOUS EXPLORATION



Hello Everyone,

January was a month of transitioning for the RE program. As you've probably heard by now, DRE Elizabeth Granado had her baby on January 11, and I transitioned into the Acting DRE role. We also prepared for the departure of our teens' RE teacher Altaira Hatton at the end of January. While we miss them both greatly, we wish them well on their new adventures and look forward to welcoming Elizabeth (and baby Paix) back in a few months.

Our Committee on Family Ministry has been busy at work brainstorming ideas for supporting our current RE families and reaching out to new families. We have put together a quick, multiple-choice survey for UUCMP families to let us know what kinds of events and activities they are most interested in attending, including Our Whole Lives (OWL) classes. Please click here to take the survey:

<https://forms.gle/LMvuWYwVutMLks3R7>

For those not familiar with the OWL program, it is based on the Guidelines for Comprehensive Sexuality Education produced by the National Guidelines Task Force. The OWL program provides accurate, age appropriate information while helping people clarify their

values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. For more information, click here: [Our Whole](#)

[Lives: Lifespan Sexuality Education | UUA.org](#)



The Committee for Family Ministry is also forming a sub-committee to plan a week-long summer day camp at UUCMP. If you're interested in helping us plan, please email me as soon as possible at dre.sharyn@uccmp.org. We'll be reaching out later this spring for volunteers and donations to help with camp, so please keep an eye out for that in the coming months.



Please watch the UUCMP weekly newsletters and the RE newsletter for upcoming RE events, including the:

- *Committee on Family Ministry Virtual Meeting on February 8th at 7 p.m. – all are welcome!

- *Family luncheon and parent group on the 2nd Sunday of February (2/12) after the service (childcare provided)

Thank you to everyone at UUCMP who has warmly welcomed me into this new temporary role. And a big THANK YOU to all of the volunteers who continue to help make our RE programs fun and enriching for our UUCMP children and youth.

Sharyn Routh
Acting Director of Religious Exploration

Musical Offerings



I am honored and beyond excited to join you as your Music Director. A little about me, I grew up in Salinas where I attended Salinas High School. After graduating, I studied

Choral Directing and Vocal Performance under Cheryl Anderson at Cabrillo College. I recently graduated from University of the Pacific Conservatory of Music (on Zoom!) with a Bachelor of Music in Vocal Performance where I specialized in Baroque and Classical performance. I'm currently the director of choral activities at both Soquel High School and Santa Cruz High School where I direct the Jazz Singers, Mixed Chorus, and Concert Choirs. Prior to joining the UUCMP family, I was the Music Associate for UUFC of Stanislaus County (Modesto).

This month come join the music department in creating incredible music together.

The Adult Community Choir meets every Thursday from 7-9 p.m. in the sanctuary. This choir is open to everyone, members and nonmembers alike, to explore singing together. We are currently preparing for two services per month.

If you want to have fun with folk songs and popular tunes, come check out our Jam Session with Rodney Smith. This group is open to anyone with any instrument to play or sing along. You can bring music or use the music other people bring. This group does not perform in services. Keep your eye out on the weekly e-news to find out when we'll meet this month.

Our children's music program continues to sing and play together every Sunday from 10:00-10:20 a.m. in the Conference Room. Students grade 1-8 are encouraged to come out and sing and explore hand chimes. Please ask me if you have any questions about this fun opportunity for our children.

If you have any other ways your wish to contribute to the music department, please feel free to contact me! We would love your involvement in this fun program.

Jorge Torrez, Music Director



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 February. Some will meet via Zoom.

Book Discussion *Braiding Sweetgrass* Feb 7 and 21 via Zoom. See page 12.

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 February. Contact: John Freeman for any questions.

Dances of Universal Peace will not meet in February. 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.

Who are we?
Answering the clarion call of the Black Lives Matter movement, BLAAC facilitates connection, dialogue, and co-operation



among Black leaders, anti-racist allies, change-making organizations, and concerned individuals in Monterey County and beyond in order to build collaborative relationships that make a difference and deepen the impacts of anti-racist initiatives.



Our mission is helping leaders and change-makers achieve racial equity through dialogue, unity and shared values.

Our vision is to create and promote healing, growth and change that advances social equity and makes progress toward the eradication of racism.



Our values include:

- ◆ Being mindful of the environment so that when choosing vendors, products and methods we consider the environmental impact. Are they divesting from fossil fuels? Are they earth friendly (organic, sustainable)?
- ◆ Demanding equity so that in all business dealings and interpersonal interactions equity is a top priority. Do they recruit, develop, retain, support, honor, respect and center Black and other People of Color, not just in word but also in deed?
- ◆ Transparency. Our interactions with others are based on transparency, integrity and the edification of all people and agencies involved.



We offer racially themed movies monthly. The movies are free and provide an opportunity to discuss these themes and to connect with people who share similar interests.

Please give generously to help this organization do their work.

Congregational Covenant Progress



The Congregational Covenant is based on statements generated by those from UUCMP who participated in a Covenant Workshop with UUA Pacific Western Region staff person Annie Scott in October. Our co-ministers held two open meetings on the content of the covenant following worship services in January. The draft is below; we will be affirming the covenant during the February 12 service.

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).



All We Need Is Love!

February is traditionally the month of love, and also the month for the kickoff for the current operating fund campaign, *All We Need Is Love*. This theme was chosen to highlight the idea that this is a congregation that cares – about each other, about the community, about the environment, about the world. The last few years (and the last few weeks!) have given all of us quite a few challenges, but we still rally together and give each other support, being there for each other in times of need and in times of celebration as well. It is important to realize how much we show and share love!

Early this month you will receive an envelope with pledge materials in the US mail. This mailing contains the brochure with details of the current campaign and a pledge card for you to fill out, covering the fiscal year that begins July 1, 2023, and ends June 30, 2024. Your donation, no matter the size, is very important to the functioning of UUCMP. We have periodic fundraisers such as the Service Auction and Super Flea to generate income, and do get some donations for room rentals, but as was stated before, 75% of our budget depends on pledges. And as members it is expected that we will give financial support as we are able.

Sunday, February 12, at 10:30 a.m. will be the kickoff Sunday. There will be a service about how love is an action, and we will formally affirm the new congregational covenant. After the service we will share a catered lunch of delectable small bites while chatting with each other. If you have not already done so by that time, we hope you will turn in



your completed pledge card in the big brass pot that will be in the sanctuary that day.

The Finance Committee needs all of our pledges as soon as possible in order to create the budget for this next fiscal year. Every little bit helps make a difference. 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 also want to find out how you're doing and what you are thinking about UUCMP. We want and need your comments and suggestions!

The financial donations congregants make to UUCMP are important, but another thing that keeps us going, keeps us open, is the amount of time people put into the workings of the church. People volunteer in work parties, drive others to services, meetings, and appointments, check up on those who need it, and help each other in a myriad of ways. We team together to make this place work, living the motto, *All We Need Is Love*.

This idea mirrors our actions within our own congregation and in the world, working for the love and justice we

envision. When we work together, we make it all fit, and can accomplish nearly anything. We thank you for being an active part of it.



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

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



Painting along the San Mateo coast

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.

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

The Village Project, Inc.

Boa Me Na Me Mmoa Wo | "Help Me and Let Me Help You"

The Village Project, Inc. needs UUCMP Volunteers!

The Village Project, Inc. (TVPI) was founded to help meet the needs of the underserved African American Community. TVPI is a 501c3 organization based in Seaside, initially sponsored by the Action Council of Monterey. TVPI has engaged partners throughout the Monterey County area such as The Housing Resource Center, NAACP, Community Foundation of Monterey County, CSUMB, Dorothy's Place, The Salvation Army, and many more.

UUCMP is a supporter and donates \$5,000 annually to TVPI. UUCMP would like to increase its support of TVPI with volunteers who can help TVPI meet its mission of helping our underserved community. TVPI has many exciting projects which seek to improve the lives of others, engaging talented people like you! There are volunteer opportunities in the following areas:

Tutoring for K-12 students to help with completing homework, motivating students to achieve their goals, and sharing personal skills and talents with students

Marketing and community outreach to advocate for TVPI Mental Health Resources, assisting with surveys for grant opportunities

Driving a cargo van or truck to therapeutic sessions
Assisting with periodic special events

A presentation with more information on the volunteer activities and the desired skills for each can be found at *Outreach/Vol Presentation.pptx*. A Volunteer Application, LiveScan background check, and TB test are required for most in-person activities.

Please read the presentation and consider which skills, from short-term to longer-term, that you could contribute to this important organization. We have a wealth of talent that could assist, from Art to Math and Music, and all the way to . . . Zumba?

New book discussion beginning— Braiding Sweetgrass

Rev. Elaine and the UUCMP Environmental Justice Group invite you to participate in an upcoming six session book discussion of *Braiding Sweetgrass* by Robin Wall Kimmerer. "Drawing on her life as an indigenous scientist, a mother, and a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world."



We will meet on zoom first and third Tuesday evenings, 7 p.m. - 8:30 p.m. – Feb. 7 & 21, March 7 & 21, April 4 & 18

<https://uuma.zoom.us/j/98610801883>

For the first session please read Part 1 "Planting Sweetgrass."

Questions? Speak with Rev. Elaine minister@uucmp.org

Environmental Justice

Steps you can take to protect our environment:

* This year strive for the goal of buying nothing. Sign up for your local Buy Nothing or Free Cycle website. You can also go to <https://buynothingproject.org>

This is also about giving and receiving skills and time, 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. This leads to less consumerism, saves money, and keeps things out of the waste stream.



*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.

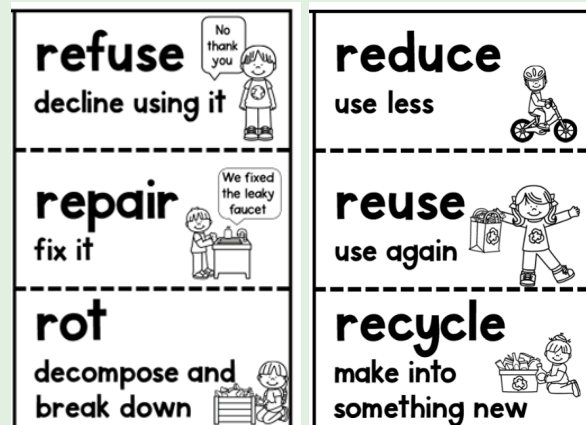
*Some of us have been collecting recyclable household items to give to a Monterey school, Monte Vista, for use in their Maker Space. The



Maker Space is an area filled with a great variety of materials, such as paints, paper, pens and markers, and also household items such as egg cartons, calendars, strawberry baskets, plastic gelato containers, paper towel and toilet paper tubes, and other items. Each class is given one period per week to be in the Space,

making whatever they want from the available supplies. Anyone who wishes to donate household items to them can bring things to church and give them to Carol Collin.

In addition to finding a good way to recycle materials, the school is now involved in an Ocean Guardian club. They state, "An Ocean Guardian makes a commitment to the protection and conservation of its local watersheds, the world's ocean, and special ocean areas. Our club has made this commitment by implementing school and community-based conservation project." The students work to pick up trash, recycle whenever possible, and to learn how we can be better stewards of our planet. They have teams in the school lunchrooms that sort leftover items into bins for recycling, composting, or landfill. They are working on zero waste lunches and snacks, reducing the use of plastics, and replacing the use of single use items such as water bottles with reusable counterparts instead. They are very interested in pairing with UUCMP's Environmental Justice group in furthering their program of bettering our planet. They are being taught and are learning to practice these ideas.



-- continued on page 14

Environmental Justice

* 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; whatever makes it appealing to you and results in a more earth-friendly meatless meal is the important goal.

This soup is fabulous—I just made it again this past week, using our very own broccoli!

<https://cookieandkate.com/broccoli-cheese-soup-recipe/>

Broccoli Cheese Soup

Author: Cookie and Kate

Prep Time: 15 minutes

Cook Time: 50 minutes

Total Time: 1 hour 5 minutes

Yield: 10 cups



INGREDIENTS

- 3 tablespoons unsalted butter
- 2 medium yellow onions, coarsely chopped
- 6 garlic cloves, smashed and peeled
- ½ teaspoon red pepper flakes (reduce or omit if sensitive to spice)
- 1 ¼ teaspoon fine sea salt, divided, to taste
- Freshly ground black pepper, to taste
- 2 pounds broccoli with stalks (3 large or 4 medium)
- 1 large (about 12 ounces) russet potato, peeled and cut into 1 to 2-inch chunks
- 6 cups water
- 4 to 8 ounces grated sharp cheddar cheese, depending on your mood
- Thinly sliced chives or green onions, for garnish (optional)

INSTRUCTIONS

Melt the butter in a large Dutch oven or soup pot over medium-low heat. Add the onion, garlic, red pepper flakes, ¼ teaspoon of the salt, and about 10 twists of black pepper.

Stir to combine, then cover the pot and cook, stirring

occasionally, until the onions have softened and are just starting to turn golden, about 8 to 10 minutes.

Slice off and discard the rough bottom ends of broccoli stalks, peel off the tough outer skin on the stalks and discard. Slice the stalks off and cut them into pieces about 1 to 2-inches. Set aside.

Working with the broccoli tops now, cut as closely to the base of the florets as you can. Slice any remaining stalks into chunks to match to the rest. Reserve the broccoli florets—we'll use them in a bit.

Add the chunks of broccoli stalk and potato to the pot and stir. Pour in 6 cups water and the remaining 1 teaspoon salt. Raise the heat to high and bring the mixture to a boil, then reduce the heat to medium-low and cover the pot.

Simmer until the broccoli stalks and potatoes are tender throughout and easily split apart when pierced with a fork, about 20-25 minutes. Meanwhile, chop the reserved florets into small pieces. Once the potato and stalks are tender, add half of the florets to pot, stir, cover, and cook until they're bright green, about 3 to 5 minutes. Remove the pot from the heat. Working in a couple of batches carefully transfer several cups of the mixture—both the liquid and solids—to your stand blender. Blend each batch until completely smooth. Return the purée to the pot.

Return the pot to medium heat and add the remaining florets. Cover and cook until they're bright green and easily pierced through by a fork, another 4 to 7 minutes. Add almost all 4 ounces of the grated cheddar cheese (reserve a small handful for garnish) and stir until smooth. Stir in more cheese if you'd like more indulgent flavor/creamy texture, more salt for more overall flavor, and/or more black pepper for kick.

Divide the soup into bowls and top with a sprinkle of cheese, plus some thinly sliced chives and/or red pepper flakes, if desired. Leftover soup keeps well in the refrigerator for up to 4 days. Please enjoy!

Submitted by Lauren Keenan

SOCIAL JUSTICE



UUCMP to Co-Sponsor a Housing Civic Academy
Please mark your calendars for Saturday, March 11



COPA leaders from around the Peninsula have been working to co-sponsor a Housing Civic Academy with two other COPA institutions, Unity of Monterey Bay and St. Mary's by the Sea Episcopal Church in Pacific Grove. We are also working to involve COPA member institutions St. Francis Xavier and San Pablo in Seaside.

This event was originally proposed by a UUCMP member. The date has been set for Saturday, March 11th, although the time is not yet set. The civic academy will be a Zoom meeting and is well-timed, as jurisdictions are now having to complete housing plans and goals for their areas. The Civic Academy was announced January 21 at the COPA Leaders' Retreat. Please let me know if you would be interested in working on the planning team for this event which will be meeting regularly on Monday evenings.

Laura Nagel
COPA Core Team

A Land Acknowledgement Conversation With special guest, Louise Miranda Ramirez, Tribal Chairwoman, Ohlone Costanoan Esselen Nation

Saturday, February 25 9 a.m. - 3 p.m.
Live at UUCMP
Everyone is Invited!



Maybe you've read or heard about *An Indigenous History of the US* by Roxanne Dunbar Ortiz. Maybe you've heard about national Indigenous issues. Find out more about how that history and those current events are connected to our local history, our land, and how you can get connected too. In this gathering we'll learn more about slavery at local missions, as well as what happened in the post-mission and termination eras. We'll discuss the land acknowledgement: process, local research, resources, current issues, and possible local/personal actions. A light cold lunch (potluck invited, but not required) and short walk around the church are included. Recommended reading: *Bad Indians* by Deborah Miranda, a creative combination of memoir, poetry, and information) and *Braided Sweetgrass* (traditional inspiration and education toward reciprocity with the land) by Robin Wall Kimmerer. Shared copies are available through libraries and the coordinator (see below). A donation will be requested.

Contact coordinator Karen Brown (UUCMP/WRE) to register or to ask questions:
karenb1115@yahoo.com 831-917-2042

Sponsoring Organizations: Unitarian Universalist Church of the Monterey Peninsula, Social Justice Committee, Whites for Racial Equity

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

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