



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

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

July 2

“Steps on The Path: A Tour and a Call to Action”
Brian Jacobson and Worship Associate Lauren Keenan

Our service will be led by Worship Associate Lauren Keenan and UUCMP member extraordinaire Brian Jacobson. Brian, an arborist, storyteller and longtime UUCMP church member, will lead us on a virtual tour of the UUCMP woods. He will share what’s here, what changes have happened over 40 years, plus offer opportunities for you to engage in caring for our forest into the future. You will be surprised and delighted by Brian’s forest tales. Please join us!

July 9

“UUA General Assembly 2023 Worship Service”
Worship Associate Lauren Keenan and Mibs McCarthy

Ever Willing: Becoming the People Our World Needs. The pandemic has wrought change and created uncertainty for institutions, like our Unitarian Universalist congregations, and our wider world. Who and what are we becoming, individually and collectively? Our GA Sunday service explores these themes as we gather in community to celebrate the best of who we UUs are. Rev. Manish Mishra-Marzetti; Stella Anderson; Janice Marie Johnson; Rev. Danielle DiBona; Rev. Nancy McDonald Ladd

July 16

"The Future of Religion and Unitarian Universalism"
Worship Associates Micah Forstein and Ray Krise

What role will religion play in the future? Does Unitarian Universalism have a place in that future? None of us has a crystal ball, of course. Our final birthing of cognitive, sentient artificial intelligence may be right around the corner or our contact with similar intelligences not of this earth may shift our human paradigms in almost unimaginable new ways. But won't we homo sapiens always have a native religious impulse? Will the future

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.

require a "religion that's not a religion?" How does UU-ism relate to this idea?

July 23

“Hope and Trust: In Conflict or in Accord?”
Jon Czarnecki, Robin Jensen and Worship Associate Corey Brunson

We can be discouraged and uplifted by both trust and hope. Is one stronger than the other? Under what circumstances should we rely on one and not the other? How can we make them both major players in our lives? Jon Czarnecki, Robin Jensen, and worship associate Corey Brunson will look into the practical and spiritual aspects of both. Rev. Dennis Hamilton and Shawn Kraut will sing.

July 30

“The Stories We Tell Ourselves”
Worship Associates Shannon Morrison & Ann Jacobson, and Guest Worship Associate Maren Martin

Have you noticed how our minds love to fill in the blanks and make meaning? Do you ever pause to consider the stories you tell yourself about yourself and about others? Do these stories serve you well or do they get in the way of connection or success? In this service we will explore how we can change our lives by becoming aware of these internal stories and consciously choosing to edit, rewrite, or discard them.

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Ministers' Message

Rev. Elaine Gehrman

Summer Reading

Reading is such a joy , , and summer often gives us a little more time to do it. Whether it's a breezy beach novel, or a juicy memoir, or an insightful analysis of our current times, reading opens doors to new knowledge and understanding, broadening our perspective and deepening our compassion.

One recent effort we have made at UUCMP is to begin a Social Justice Library, located in the UUCMP foyer. The



collection will grow, and it is currently focused on four areas: Environmental Justice, Racial Justice, LGBTQIA+ Justice, and Banned Books. There is an old-fashioned checkout system, fill out the card in the back of the book and place it in the teal card box, and return it when you're done so that others can read it also. If you have relevant books to contribute, or other suggestions, please let me know.

In addition to books, I subscribe to a number of blogs and online resources that stimulate my thinking. Here are links to a few recent articles I have found particularly interesting, helpful, and well-written. I encourage you to

check them out, and I'd be glad to hear where you are finding your reading inspiration these days!

A brilliant book review on [Search](https://spirituwellness.com/2023/06/16/search-a-book-review/), at spirituwellness.com—

<https://spirituwellness.com/2023/06/16/search-a-book-review/>

A great article on congregational decision-making, at www.congregationalconsulting.org-

<https://www.congregationalconsulting.org/know-how-and-decide-what/>

An article from one of my favorite systems theory writers, about creative ways to be in contact, at [theanxiousoverachiever.substack.com](https://open.substack.com/pub/theanxiousoverachiever)—

https://open.substack.com/pub/theanxiousoverachiever/p/tired-of-superficial-connection-its?r=3olaw&utm_campaign=post&utm_medium=web

And finally, a beautiful meditation on home, at [enfleshed.com](https://enfleshed.com/blogs/home/home-month-6/) -- <https://enfleshed.com/blogs/home/home-month-6/>

[fbclid=IwAR1xhuVGoHvkNYUstGStHpSSMyN0ciHAQYUW_IGZ-1Oxtgz56d56n2JDYw](https://enfleshed.com/blogs/home/home-month-6/?fbclid=IwAR1xhuVGoHvkNYUstGStHpSSMyN0ciHAQYUW_IGZ-1Oxtgz56d56n2JDYw)

Axel and I are off on our annual vacation and study leave—we hope you have a relaxing and rejuvenating summer, and we look forward to seeing you at our annual Ingathering & Water Communion service on August 20!

See you in church,

Elaine

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 the third Monday of every month at 7 p.m. via Zoom. There is also an in-person potluck meeting at church on the 3rd Sunday of each month after the service. Feel free to drop in and join us.



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, July 8, at 8:30 a.m.



The men's monthly breakfast is continuing as hybrid. Our next meeting is Saturday, July 8, 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

PUBLICATION DEADLINES

ANNOUNCEMENTS for SUNDAYS in the Welcome and Announcements from the pulpit are due by 9 a.m. on Wednesdays. ARTICLES for THE WEDNESDAY WEEKLY NEWSLETTER email are due by noon, on Tuesdays. MONTHLY NUUWSLETTER articles are due by the 16th of each month.

SCHEDULED EVENTS

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

Adult Community Choir will not meet in July.

Board of Trustees does not meet in July.

Buddhist Sangha is every Wednesday at 7 p.m. in person in the Sanctuary. Zoom is also available. See page 7.

Environmental Justice meets Tuesday, July 11, 3:30 p.m. via Zoom.

First Friday Game Night is Friday, July 7, 6:30 p.m. in the Fireplace Room.

I-HELP for Men is Sundays, July 9 and 30, 5 p.m. Sign up on the bulletin board if you can help.

I-HELP for Women is Sunday, July 23. Contact Lee Hulquist if you can help.

Jam Session will not meet in July.

Membership Committee meets Wednesday, July 26, 5:30 p.m. via Zoom,

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

Music Committee does not meet in July.

NUU'sletter deadline for the August issue is Sunday, July 16.

People of Color (POC) group will meet Monday, July 17, 7 p.m. via Zoom and in person Sunday, July 16. after the service in the Conference Room.

Program Council does not meet in July. Contact Mibs McCarthy programcouncil@uucmp.org

Social Justice will not meet in July.

Stewardship will not meet in July.

T'ai Chi Chih meets Tuesdays at 4 p.m. in the Sanctuary, but not on July 4. See page 7.

Youth Music will not meet in July.

President's Corner



The Path of Delight

The June Soul Matters message is “Welcome to the Path of Delight.” The materials start with a poem that begins:

“Because the road
turns long and lonely sometimes,
I built this box of delight.
I picked up the lid
and into it I put...”*

The idea of a Box of Delights was very compelling for various reasons. In addition to finishing up my year as Board Chair and 3 years on the Board, Randy and I just returned from a walking trip in England. We walked for 8 days on the Cornish Coast section of the South West Coast Trail. It was a fabulous trip and had many places and adventures that I would like to put in my personal Box of Delights.

*The poet, Roy Gay, published “The Book of Delights,” daily essays on his delights; he is not listed as the author of the poem but is likely the author.

My variation on the poem would begin:

“I picked up the lid
And into it I put...”

- ◆ A stunning view of the pink Thrifts showcasing the Cornish Coast.
- ◆ Ancient ruins of churches dotting the coastline.
- ◆ Preserved structures of old mines towering over the headlands, with blue and green

effluent staining the rocks below.

- ◆ A vast array of flowers from yellow, pink, purple, blue, and white, hidden in tiny patches or arrayed in huge tufts of heath.
- ◆ Moths, butterflies, and caterpillars flitting and creeping from flowers and leaves.
- ◆ Shining beacons of lighthouses dotting the headlands and islands, warning past and future sailors of the dangerous hidden shoals below.
- ◆ Stunning sand beaches, remote and deserted or jammed with families, surfers, swimmers, kayakers enjoying the fine weather.
- ◆ Shetland and Dartmoor ponies nonchalantly foraging in the grass, oblivious to the nearby walkers.
- ◆ Cornish ice cream.
- ◆ Learning how a dedicated group of women secretly gathered funds to establish the non-profit National Trust which successfully protected the lovely Cornish headlands from development.

And for my UUCMP Box:

- ◆ Finishing three years on the UUCMP Board of Trustees with an incredibly dedicated group of members who rose to the occasion during a life-altering pandemic.
- ◆ Finding a spiritual path during this time of pandemic, serious health issues, with guidance and advice from our co-ministers and dedication from the staff.
- ◆ Seeing congregation members donate their time and skills to ensure that everyone could attend a service, either remotely or in person, as the situation required. And clearing fallen trees, repairing storm damage, beautifying the area, lifting their joyous voices, interpreting wondrous music on the piano or instrument of their choice . . .

I found myself smiling while I wrote down ideas for my Box of Delights. I hope you can take a few minutes to ponder your personal memories.

Carol

RELIGIOUS EXPLORATION



Hello Everyone,

I hope you are enjoying your summer break! We have a fun summer curriculum planned based on our church wide curriculum Soul Matters. This curriculum is called *Can Do Summer* because its aim is to instill in our children the “can do spirit” and the ability to face challenges that occur in life with an open mind and flexibility. To this end, we anchor the sessions in our UU practices of curiosity and imagination, two skills that are key to feeling empowered and excited to try and make new things. These adventures include classic as well as new projects, from blanket forts to exploring fishy things. Our teachers will be facilitating a flexible class in order to accommodate for the lower attendance and age ranges during the summer months.

Unfortunately, we had to say goodbye to our nursery assistant Ronnie this past month. We are counting on volunteers to help staff the nursery during the summer until we can find a more permanent staff. Let us know if you are interested in volunteering in the nursery during the service.

We will be having two *Our Whole Lives* (OWL) workshops for Juniors and Seniors on August 5th and 12th. We are also planning to hold OWL classes in the fall months. OWL is the UUA comprehensive sexuality education curriculum for all stages of life, from Kindergarten to

adult. Grounded in a holistic view of sexuality, OWL provides medically accurate facts about anatomy, human development, and sexual health. Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives.



Our Whole Lives helps participants make informed and responsible decisions about their relationships, sexual health and behavior. Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity and expression, sexual orientation, sexual health, and cultural influences on sexuality.

UUCMP will be participating in Pride Day on Saturday, July 15th. Look out for more information about how UUCMP takes part in Monterey Peninsula Pride Day and parade (See article on page 10.)

Don't forget our monthly First Friday Game Night on July 7th, at 6:30 p.m. Please feel free to invite friends or bring snacks! Hope to see you there.

Contact me at dre.elizabeth@uucmp.org if you'd like to be included in the RE monthly emails. There we include specific events and updates about classes. Also, swing by our RE table every Sunday in the welcome hall where you can sign up to bring snacks for the kids and teens.

Thanks for catching up with RE!
Elizabeth Granado

Musical Offerings



resume rehearsals on August 3rd!

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 service. Jam Session will be on pause in July and will resume in August.

This month, the choir will be taking the month off but come join the music department in creating incredible music together in August!!



The Adult Community Choir regularly 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. The choir will be taking July off from rehearsals and singing in worship services; We will

I would like to continue our Youth Music Program! Students are encouraged to come out and explore music by learning how to read music through the use of hand chimes!. Please ask me if you have any questions about this fun opportunity for our youth! **If you are interested, please send me an email: music@uucmp.org**

If you have any other ways you 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

UUCMP Super Flea Market is coming again!

September 1 and 2, 2023, from 9 a.m. to 1 p.m.

This is a wonderful way to raise funds for UUCMP and to clear out the extra things you've stored away for awhile.



Get ready now! Save your best treasures, price them at home, and be ready to set up at church August 30 -31.

All proceeds will benefit UUCMP, and sellers will take away their unsold items when the event ends.



Cashiers and bake sale contributors will be needed as well, and contributors can team up and share a table if needed. Mark your calendar, and get ready to join the fun! For more information, contact Mibs McCarthy at mibsmccarthy@comcast.net

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 July. Some will meet 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 in person 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 July. Contact: John Freeman for any questions.

POC (People of Color) Group meets via Zoom at 7 p.m. on the 3rd Monday of every month and in person at UUCMP on the 3rd Sunday of each month after the service. See article on page 3 for meeting link.

T'ai Chi Chih meets every Tuesday at 4 p.m. in the Sanctuary except for July 4.

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.



July Shared Plate Recipient *Community Human Services*

Community Human Services (CHS) serves low and very low-income families and individuals of all ages and ethnicities, including special needs populations such as homeless, pregnant and parenting, transition-age youth, migrant families, intravenous drug users, gay, lesbian, bisexual, transgender and questioning, and more. The ultimate benefit of CHS' programs often involves a complete change for the better in the life of a client – a profound transformation. They do this through collaborative services centered around low and no-income housing and shelter services.

Mission: Community Human Services is a non-profit agency dedicated to providing high quality mental health, substance abuse and homeless services to Monterey County residents to help them reach their full potential.



Vision: A community free of substance abuse, mental health challenges and housing instability.

Community Human Services is a 501c(3) public nonprofit and Joint Powers Authority providing high-quality mental health, substance abuse, and homeless services to middle and low-income individuals and families in Monterey County, California.

Virtually all of the work we do at CHS



addresses underlying conditions or root causes of personal, family and community problems, whether it's addiction, domestic violence, mental illness, emotional health, homelessness, child abuse, or any number of problems that people have trouble solving on their own.



We help our clients develop new skills and support networks, learn new behaviors, and learn how to utilize community resources. Ultimately, our services effect change in the community by reducing the need for social services, law enforcement, hospitals, jails and prisons, and by improving school attendance, performance and social outcomes for children.

Monterey County relies heavily on CHS to provide these services every day to the neediest people in the community. They are experts in substance abuse, mental health, and homelessness.

Please support this worthy program generously.

* **BIG SUR CAMPOUT 2023** *

Friday, August 25th – Sunday, August 27th

ALL REGISTRATION FORMS DUE BY AUGUST FIRST

Registration forms, directions, pertinent information, and a list of volunteer/helper positions can be found



on our church website
UUCMP.ORG

This is a very popular church event, well-attended every year. It's wonderful community building and a great way to get to know your UUCMP family. Come join us under the red-woods along the Big Sur river. Day visitors are welcome and need to sign-up and pay online.



Attention: This year we need to provide our own firewood. There is a big stack of seasoned firewood available for us located on the big cement church slab. If several cars could fill as many boxes as you have room for and bring it to the campout that would be super helpful.



MONTEREY PENINSULA PRIDE

**Monterey Peninsula Pride Day
Saturday, July 15**

The LGBTQIA+ community is one of the most vibrant and resilient groups of people made up of changemakers, barrier-breakers, and culture shifters. Contributions from the LGBTQIA+ community are immeasurable, and our lives deserve to be celebrated. We are calling out to all of our rainbow family and allies to show up, show out, and get their lives on July 15th at our parade, celebration, and after party!

The parade will begin at 11:00 a.m. on Polk Street and will continue on toward Pearl Street, and then down Alvarado Street. It will culminate at Custom House Plaza for the Celebration portion at 12:00 p.m. Bring the whole family to shop and eat from a variety of local vendors. Enjoy a lineup of queer entertainers, including our endlessly talented emcees Rogue Roulette and Khloe QuarterPounder.

People from UUCMP will march in the parade and we will also have a table at the event in the Custom House Plaza. We really hope to see you there! If you'd like to join us marching in the parade or helping out at the table in the Plaza, please contact Mibs McCarthy at mibsmccarthy@comcast.net

UUCMP Hiking Group

There is interest and enthusiasm for starting a group to take monthly local moderate-to-strenuous hikes. Our first hike is planned for July 1st, when we will talk about how we want to structure the group. If you're interested, please contact Maren Martin at marenmartin@gmail.com.



We hope you'll join us!



Art News



A Colorful Life

May 27 to July 28, 2023

dstonely@sbcglobal.net
408/768-2660

Monterey artist Dorothy Stonely has fond memories of her first box of crayons. “The colors were so exciting!” she says. “My young mind reasoned that if I broke them all in half there would be even more color. My mother didn’t see it that way, but my father, a graduate of Rhode Island School of Design, understood perfectly. He was my first and most influential teacher.”

Dorothy was born in Pawtucket R. I., the first of six girls. “We were all encouraged to pursue creative hobbies, and most of us still create works of art – art quilts, jewelry, weaving and painting are actively pursued.”

At eighteen she moved from a traditional New England environment to the California Coast where she found the freedom to create very non-traditional art in a supportive setting. Although she elected not to pursue a formal art education, taking frequent classes from other working artists has infused her work with the vibrancy that comes from a community of artists working together and sharing ideas. Her work has been influenced by many artists especially Georgia O’Keeffe, Richard Diebenkorn, and Mark Rothko as well as contemporary artists like Simon Bull and Bette Ridgeway.



Her painting style is abstract or non-representational and her preferred medium is acrylic with an occasional piece done in a mixed media style. She says, “My primary subject is – color! I love the interplay of colors and the effect those colors have on our emotions. My work usually begins by painting the “bones” of the piece, the basic structure, in black. Then the piece takes on a life of its own. Colors are added and sometimes subtracted as the painting tells me what it wants.”

The west windows of her studio look out over Monterey Bay where you can find her most days – either painting or working out what she will paint next. “No matter where I am, my mind is always painting,” she says. “I see the world not in objects but in colors.”

Her work can be seen at Venture Gallery in the Portola Hotel and Spa and through the adjacent walkway at 260 Alvarado St. in Monterey.

“I cannot pretend to be impartial about the colors. I rejoice with the brilliant ones and feel genuinely sorry for the poor browns.” -- Winston Churchill.

Environmental Justice

It's summertime and what's more fun than having a picnic in the park with friends and family or sharing the joy of a wedding.

Our church's Soil Mates group held a garden tour last month and in planning for it we discussed how to call people's attention to the host gardens without using balloons, because we are aware of the environmental impact of balloons, especially helium balloons. If you would like more information on that subject, there is a great article by Lara O'Brien, *University of Michigan* and Shannon Brines, *University of Michigan* online. <https://publicengagement.umich.edu/balloon-releases-have-deadly-consequences-were-helping-citizen-scientists-map-them/>

An example of the impact on marine animals has been studied here in our own Monterey Bay. As reported by the Monterey Bay Aquarium, plastic waste harms wildlife in two major ways: when animals eat it, and when they get tangled up in it. What's harder to see are all the tiny pieces of plastic, called microplastic, which pollute the entire water column from the surface to the seafloor, and are being ingested by animals like pelagic crabs and larvae that feed on particles in the water. These animals are, in turn, eaten by other animals, and that's one way plastic pollution moves through the marine food web.

Here are 12 Eco-Friendly Alternatives to balloons:

1. Crochet reusable water balloons

If you or your kids want to have a water balloon fight, fear not! You can still have a fun water balloon fight with reusable "balloons." These crochet water "balloons" can be a great alternative, as you can reuse them.

All you need to do is to dunk them into a bucket of water. The fabric that the water balloons are made of holds up more water. Then, use them the same way you would use regular water balloons.

2. Paper balloons

Another idea is to get plastic-free traditional Japanese paper balloons (Kamifusen). They are easy to inflate, and if you take good care of them, you can reuse them over and over.

3. Flying wish paper

Flying wish paper is a fantastic substitute for leaving balloons with helium to fly away.

Write your wishes on these thin pieces of paper, roll them up, light them, and watch them rise.

There is very little ash left, and they only burn for 6-8 seconds. It becomes cool to the touch almost immediately after that.

4. Bubbles

Who doesn't love bubbles? You can make a bubble mixture and use it for birthdays and parties.

To make a DIY Bubble solution, you can mix:

2 tbsp sugar

1/2 cup hot water

1 cup water

1/2 cup dish soap (best if you find it in bulk!)

5. Kites

Children love when balloons float in the air. That's why buying or making kites is an excellent alternative.

6. Lights

Lights can make any party look much more fabulous and festive! If you already have some, that's perfect and they are more sustainable than new lights.

7. Candles

Similar to the previous option, candles can create a beautiful, cozy and festive environment for any occasion.

8. Banners

Banners are versatile, reusable, plastic-free, and you can DIY them easily in many different styles, shapes, or colors.

9. Paper decorations / Origami

While they can be a bit more consuming, DIY paper decorations can make any party look so much more festive and beautiful. You can use them for table decorations or hanging from the walls/ceiling.

10. Fabric decorations

Fabric decorations are another great option, which will last you even longer than most paper decorations.

Environmental Justice

Balloon Alternatives, continued

11. Portable party light

A portable LED Party Light Projector is another fantastic decoration idea for your parties.

The great thing about this light is that it is portable and will project on almost any surface. In addition, you can hang up the lamp wherever you wish with a cord (ceiling, trees, etc.) Additionally, you can use the lamp with rechargeable batteries, making it a more eco-friendly option.

12. Plants, flowers, or other natural decoration

This option is not only better but also prettier and much more classy. Depending on the season, you can create various DIY decorations, including:

In fall: Collect beautiful leaves from the outside

In winter: DIY pine cone garland

In spring & summer: Collect wildflowers and put them in a vase

There are so many creative and wonderful alternatives to helium balloons!

Sheet-Pan Baked Feta With Broccolini, Tomatoes and Lemon: New York Times



When baked, feta gains an almost creamy texture, similar to goat cheese but with feta's characteristic tang. In this easy vegetarian sheet-pan dinner, broccolini (or broccoli), grape tomatoes and lemon slices roast alongside the feta until the broccolini crisp, the tomatoes burst and the lemon rinds soften. (Remember, broccolini has a tender, delicious stalk so only the bottom 1/2-inch needs to be trimmed.) Serve this dish over a pile of orzo or brown rice or grain of your choice for a complete meal. If you like, cut the broccolini, feta and lemon into bite-size pieces and toss with the orzo, rice or grain.

Yield 4 servings Time 25 minutes

INGREDIENTS

- ◆ 1 bunch broccolini, ends trimmed, thick stalks split lengthwise, or broccoli, stalks trimmed and cut into bite-size pieces
- ◆ 1 pint grape tomatoes, halved (about 2 cups)
- ◆ 1 small red onion, peeled, quartered and

- cut into 2-inch wedges
- ◆ 1 lemon, 1/2 cut into thin rounds and the remaining 1/2 left intact, for serving
- ◆ 3 tablespoons olive oil, plus more for serving
- ◆ 1 teaspoon ground cumin
- ◆ 1/2 teaspoon red-pepper flakes
- ◆ Kosher salt and black pepper
- ◆ 2 (6- to 8-ounce) blocks feta, cut into 1-inch slices
- ◆ Cooked orzo, rice or farro, for serving
- ◆ 1/2 cup fresh basil or cilantro leaves and fine stems, roughly chopped (optional)

PREPARATION

1. Heat the oven to 400 degrees with a rack set in the lower third. On a sheet pan, combine the broccolini, tomatoes, onion and lemon slices with the olive oil and toss. Add cumin and red-pepper flakes, season with salt and pepper, and toss again until evenly coated. Nestle the feta slices into the vegetables. (It's OK if they break apart a little.)
2. Roast 15 to 20 minutes, stirring halfway through but leaving the feta in place, until the broccolini is charred at the tips, the stems are easily pierced with a fork and the tomato skins start to blister and break down.
3. Serve over orzo or farro. Drizzle with olive oil and serve with the remaining lemon half for squeezing. Top with fresh herbs, if using.

-- submitted by Kathleen Craig



COPA News

This month we said farewell to Tim McManus, COPA’s lead organizer for the past 10 years. A party was held in honor of him and his family. He and his wife Marie had moved to California ten years ago as newlyweds and they are leaving now with three little ones in tow. They are going back to Dallas where they first met and will be close to her family. There were many testimonials to Tim’s skills as lead organizer. His interim replacement is Liz Hall a senior organizer from IAF ranks, and a native Californian. She noted that all IAF organizers are itinerant, that’s part of the job, and what they are known for, is the strength of the leaders that they leave behind. Many COPA leaders, then gave testament to how they had been challenged to grow by Tim. It was a wonderful celebration with leaders from across the Central Coast. Tim spoke at the end about grief. He said that change in one’s life brings expectations for new beginnings but also grief for the ties that are lost and the parts of your life that you leave behind. I put together a photo montage that everyone signed and then we framed it for him to take to his new job as lead organizer in Dallas.

-- Laura Nagel



2023 IAF Leaders meet with Pope Francis at the Vatican.



2017 Launch of Esperanza Health Care in Monterey County



2029 COPA initiated VIDA Health Program extended COVID testing to farmworkers.



Board of Supervisors Candidates Forum, Feb, 2020

SOCIAL JUSTICE



2017 Launch of Immigration Task Force



Marie McManus and daughter

Tim McManus



Meeting with Congressman Panetta and farmworkers in Soledad



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

Office Hours

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

Jorge Torrez
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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