



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

Theme: Flourishing Together

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

June 7

“What Flowers Can Teach Us”

**Rev. Axel Gehrman and Worship Associate
Lauren Keenan**

As spring turns toward summer, gardens and hillsides in our area are increasingly filled with a colorful array of flowers. This seasonal floral display is beautiful – and it can serve as both symbol and metaphor of deeper truths and life lessons. This morning’s service will include a Flower Communion. Please remember to bring along a cut flower, to share during the service.

June 14

“Musical In-Spir-ation”

**Rev. Elaine Gehrman, Music Director Jorge Torrez,
accompanist Lucy Faridany**

This Music Sunday, we will be treated to a service by our magnificent choir as they share with us a great selection of inspiring songs of hope and peace.



In This Issue . . .

Page	
2- 3	Ministers’ Message
3	Jeanne Foster
3	Musical Offerings
4	Men’s Breakfast
4	Publication Deadlines
4	Scheduled Events
5	Religious Exploration
6	Shared Plate May
6	Grief Group
7	Join Our Church
7	Mission Statement
7	Affinity Groups
7	Worship Associates Needed
8	Art News
9	Clemente film
10	Men’s I-HELP
11	President’s Column
12	Environmental Justice
12	A Space for Community
13	Vegetarian Recipe
	See the calendar at www.uucmp.org

June 21

**"The Horse that Almost Got Away, or Following Your
Dreams"**

**The Rev. Dr. Jeanne Foster and Worship Associate
Annan Paterson**

Psychiatrist D. W. Winnicott writes that we often go about our lives with an attitude of compliance, as though the world is something to be fitted in with, demanding adaptation. The attitude of compliance tells us to put our dreams away in the back of the bottom drawer of the chest of drawers. But our dreams are part of creative living, Winnicott says, which makes life worthwhile. On this Sunday, we stand up for the world of dreams and for pulling dreams through into reality as a way of transcending a life dominated by compliance. (See biography on page 3.)

June 28

“The Ecology of Love”

Worship Associates Bjorn Nilson and Ray Krise

In the science of ecology, we learn that life survives through relationships, through the intricate exchanges of energy, shelter, nourishment, and adaptation that binds every organism into a living web. Our Unitarian Universalist faith teaches the same truth in spiritual language about the concept and lived experience of love, which is the force that keeps an interconnected web from unraveling. The ecological concept becomes a model for theology, reminding us that love is not merely an emotion but a structure, a way love organizes itself toward wholeness. What are the relationships, energies, shelters, and nourishments that bring us to a love centered life?

Religious Exploration

Children (pre K - 11) and teens (12-18) attend our worship service on Sundays at 10:30 a.m. and go to their respective Religious Exploration classes following the Story for All Ages.



Ministers' Message Rev. Axel Gehrman

June is a month of transitions. The seasonal transition from spring to summer, marked astronomically by the summer solstice, and denominationally by our General Assembly (GA) – the annual gathering of UU leaders and lay people from across the country and around the world.

Traditionally, GA takes place during the third week of June, each year in a different city. However, since 2020 when the pandemic prevented in-person gatherings, UUs have been experimenting with a variety of virtual and hybrid models, that have introduced novel methods of meeting, worshipping, and conducting business of mutual concern to our 1000-plus UU congregations.

This year will be another experiment. Neither purely virtual, hybrid or in-person, our GA planning team will be offering an “everywhere GA.” From June 14-21, we will have an opportunity to attend GA via both online and in-person options in smaller localized gatherings. So, for instance, Elaine and I will be attending GA at Mount Diablo UU Church in Walnut Creek, which is the Satellite Site closest to Monterey. We are looking forward to connecting in-person with colleagues and fellow UUs from around the region in-person, while also attending online gatherings. As GA organizers explain – “This new format will reduce travel costs and environmental impacts,



offer optional in-person connections, streamline production costs, and provide a more flexible schedule for participants... Given the strain that our congregations and individuals face in the current political climate, when travel brings increased risks and person-to-person connection

remains important to our continued thriving, we are leaning into this creative approach.”

We encourage you to learn more about this year’s GA offerings at www.uua.org/ga, and consider attending. We look forward to this new experience.

The spirit of experimentation is also alive and well at UUCMP, as we continue to explore new ways to gather in community, and in particular on Sunday mornings. As you know, last month we returned to a single 10:30 a.m. service format. Some may have noticed, we have been experimenting with new seating arrangements in the sanctuary, to better accommodate more people, and also provide additional accessible seating options. Also, we have been reimagining how to better utilize space outside the sanctuary. We have purchased new, more comfortable chairs for those seated in the Welcome Hall, and rearranged furniture to allow more space for food and fellowship following worship. Others may have noticed several round, tall tables, some of which are set up outside, to encourage indoor & outdoor conversations, and additional opportunities for connection, especially if the lively and bustling Welcome Hall feels too noisy for some of us.

Many people are involved in creating a positive Sunday morning experience, and help make UUCMP a welcoming place. A big **thank you** to our greeters and ushers, who have been working hard to review and redesign their Sunday routines to better serve us all.

June is also a time of transition for your co-ministers. After GA, Elaine and I will be away on our summer vacation and study leave. Service and Water Communion on August 16.

--Continued on page 3

Once again, we plan to spend most of our summer visiting with family – in California, Oregon, Washington, Pennsylvania and Germany. We look forward to returning in mid-August for our traditional Ingathering Service and Water Communion on August 16.

Whatever you may have planned for the summer – whether new transitions or old traditions – we hope you find ways to savor the beauty of the season.

See you in church,

Axel

The Rev. Dr. Jeanne Foster grew up in New Orleans. She is Professor Emerita Saint Mary's College of California and former minister of the Modesto Unitarian Universalist church. She has spoken in pulpits as wide-ranging as London, New Orleans, and San Francisco. She is also a writer and translator of poetry and prose. Her books of poetry are *A Blessing of Safe Travel*, which won the Quarterly Review of Literature Poetry Award; *Goodbye, Silver Sister*; and *Your Form Became My Own*. *Appetite: Food as Metaphor* is an anthology of poems by women. *A Music of Grace* is a critical work, which asks the question, Is there still sacred ground to stand on? She is co-translator with Alan Williamson of *The Living Theatre: Selected Poems of Bianca Tarozzi*, which won the Northern California Book Award for Poetry in Translation. *Ascoltando una conchiglia*, her selected poems translated into Italian with introduction was published in 2025 by Molesini Editore Venezia.



Musical Offerings



The UUCMP Community Choir will take July off from rehearsals and singing in services, and will return in August.



The UUCMP Community Choir continues to grow and meet **every Thursday from 7 p.m. – 9 p.m. in the Sanctuary**. This choir is open to everyone, members and nonmembers alike, to explore singing together. No prior experience is needed. Send me an email music@uucmp.org or just stop by. We are currently preparing for one service per month, and we are always looking to expand our choir size!

Music Sunday: The UUCMP Community Choir will be providing six choral anthems during the service on Sunday, June 14. It will surely be a highlight of the season! Please join us at 10:30 a.m. The choir will also be singing an anthem at the service on June 28.

The **Music Committee** meets every 4th Tuesday of the month, please let our Music Director know if you would like to be part of the Zoom meetings to be added to our email list! music@uucmp.org

Would you like to meet with other musicians for a jam session? No experience needed just the will and the want to create music with others! Looking for all musicians to play an egg shaker, tambourine, guitar, drums, ukulele, bass guitar, bongos, claves, and more! Email Jorge Torrez at music@uucmp.org for more information!

-- Jorge Torrez

Men's Breakfast

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

The men's monthly breakfast is continuing as hybrid. Our next meeting is Saturday, June 13, from 8:30 a.m. to 10:30 a.m. in the Fireplace Room. People will bring 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.



PUBLICATION DEADLINES

ANNOUNCEMENTS for SUNDAYS 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 NUUSLETTER articles are due by the 16th of each month.

SCHEDULED EVENTS

Adult Community Choir meets every Thursday, 7 p.m. to 9 p.m. in the Sanctuary.

Board of Trustees meets Wednesday, June 10, 5:30 p.m.

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

Clemente, documentary film, will be shown on Tuesday, June 2, 6:30 p.m., in the Sanctuary. See page 9.

Committee on Family Ministry meets Sunday, June 28, 12:45 - 1:45 p.m. via Zoom.

Communications Committee meets on Sunday, June 28, at 12:30 p.m., in the Conference Room.

Environmental Justice meets Sunday, June 14, after the service. in the Fireplace Room.

Friday Game Night is Friday, June 5, at 6:30 p.m.

I-HELP for Men is Sunday, June 14, 5 p.m. Sign up on the Meal Train (page 10) or contact Greg Simmons.

I-HELP for Women is Sunday, June 28. For more information contact Mibs McCarthy.

Membership Committee meets Wednesday, June 24, at 5:30 p.m. via Zoom.

Men's Breakfast Group meets Saturday, June 13, 8:30 a.m. in person and 9 a.m. via Zoom. See article at left.

Music Committee meets on Tuesday, June 23. at 6 p.m. via Zoom.

NUUSletter deadline for July is Tuesday, June 16.

Program Council meets on Tuesday, June 2, at 12:30 p.m. via Zoom. Contact Mibs McCarthy programcouncil@uucmp.org

Social Justice meets Sunday, June 7, at 11:45 a.m. in the Sanctuary and via Zoom.

Stewardship does not meet in June.

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

RELIGIOUS EXPLORATION



Flourishing
Together



With warmth and gratitude,

Shannon Morrison (she/her) &
Rebecca Irwin (she/her)
Outgoing & Incoming Directors of Religious Exploration



Dear UUCMP Families,

June is a unique time in congregational life. It marks the beginning of summer and often brings a slower, more spacious rhythm. Some children are already on summer break, while others are counting down the days. It's also a month rich with UU traditions and celebrations and we know that each congregation honors these in its own way. As always, our goal is to support our families and the connections here in our community. Our theme for June is Flourishing Together (even when we are apart!). Summer gives us much flexibility – some of our families may be traveling in the weeks ahead or have children away at camp. Whatever your plans, keep us in the loop - we may have one-room school house models on days with low attendance or when our own staff members are enjoying summer vacation. For June you can expect that we will reflect on how we can flourish together around the following topics:

- Topic One: Flourishing and Flower Communion
- Topic Two: Flourishing and Pride Month
- Topic Three: Flourishing and Juneteenth
- Topic Four: Flourishing and Father's Day

Additionally, we are excited to conclude *Our Whole Lives (OWL)* for Grades K-1 with a celebration on our first Sunday. Lastly, please note that the **Committee on Family Ministry** will meet virtually on the fourth Sunday of the month. Be sure to check the weekly newsletter for further details.

Calendar Connections

We returned to one service May 3 at 10:30 a.m.

June 5 - First Friday Game Night Hosted by Andrea Rivas

June 7 - K1 OWL Celebration for OWL Participants, Families and Facilitators

June 21 - Father's Day

VOLUNTEERS NEEDED

Church members *without* little ones are encouraged to lend a hand so caregivers can have a chance to connect with our wonderful community. We appreciate your help whether working indirectly offering your time, or directly with our kids in the classrooms - thanks for making our UUCMP campus a safe and fun place to be!

THANK YOU to our May Volunteers!

Lindsay Fondren, Rebecca Irwin, Karen Brown, Corey Brunson and Warren Finch - Thank you for filling in for me as the DRE for the day each Sunday in May. **Karen Brown**, thank you for your continued help in the library and the call for more volunteers on RE Sunday :). A big thanks to **Andrea Rivas** and **Warren Finch** for your time and dedication leading our K1 OWL class. Thank you **Ali Shappard** for your time volunteering with our youth and RE team. Thank you **An McDowell** for the beautiful blanket made to welcome Baby Miles, and to **Zeana, Lindsay, and Aydan** for your help with the potluck and connection. **Korah, Roxanne, Mur-taza** and **Catherine** for your time in the nursery! Always thank you to **Carol Collin** for collecting birthday wishes and sending them in the form of cards to our youth. The kids love getting their special UUCMP birthday cards!



June Shared Plate Recipient
Center for Farmworker Families

The Center for Farmworker Families commits to raising awareness about the challenging circumstances farmworker families face, while actively working to improve financial stability, physical health, and overall well-being.

We realize this purpose by engaging in the following activities:

- ◆ Educating the public about farmworkers' challenging circumstances.
- ◆ Supporting projects that promote financial and nutritional well-being and independence.
- ◆ Examining and advocating for changes to the federal and state legal structure that governs farmworkers.
- ◆ Promoting the educational advancement of farmworkers and their family members.
- ◆ Participating in research and education.



Current projects include: Farmworker Reality Tours, Oaxacan Community Shed, Rental Assistance, and CORA (Campaign for Organic & Regenerative Agriculture)



Learn more at farmworkerfamily.org, and please give generously.

June Grief and Growth Circle: June 17

Graduations, Fathers' Day, summer vacation – these and more June events may bring back memories of our lost loved ones. Please consider joining a supportive group of individuals who also know about love and loss. We will be meeting on Wednesday, June 17, from 10-11:30 a.m., in the Fireplace Room at UUCMP. We will also host a social gathering on another date. Contact Sharon Miller at 831-601-0403 for more information. Know that we will welcome you with open arms.



Join Our Church!

In these challenging 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!

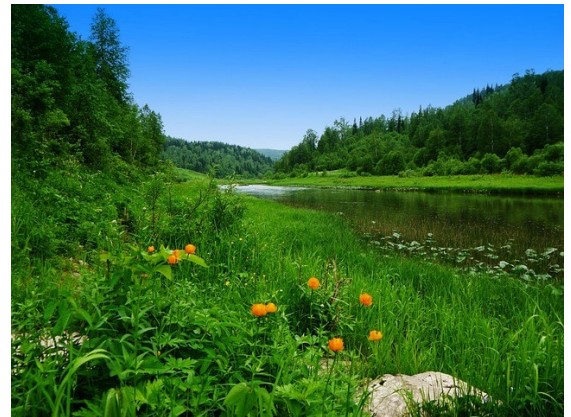
Life Enrichment Programs Affinity Groups

Some groups meet in June both face-to-face and via Zoom.

Men’s Breakfast Group meets second Saturdays 8:30 a.m. in person at church and at 9 a.m. via Zoom. Contact: Mike Lovell. See page 4.

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

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.

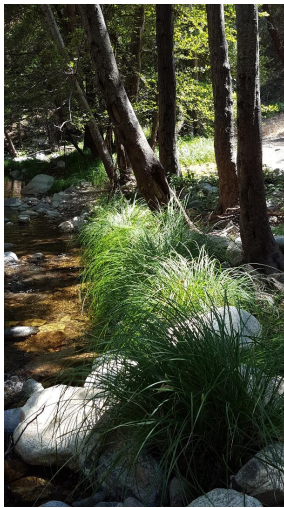
Art News

Tim Hill

A Focus on Form

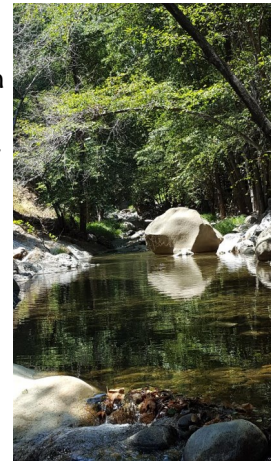
June 6 - July 31, 2026

Artist's Reception Saturday, June 13, 1 p.m. - 3 p.m.



Tim Hill found artistic expression in watercolor, sculpture and photography, having been inspired by his childhood explorations into the forests surrounding his lakeside home in Michigan. He was tutored in drawing, printing, and sculpture by his accomplished artist father, Dale Logan Hill, a painter, portrait artist and commercial illustrator.

Tim moved to Southern California with his family in the 1960s. He attended UC Santa Barbara, later moving to the Monterey Peninsula. He lived in Carmel, Del Rey Oaks, and, for a time, in Marysville, where he was a chef and landscaper for an estate there. He painted plein aire watercolors of the California landscape, and enjoyed sculpting and making ceramic ware.



While photographing his garden creations for his landscaping company, he developed a passion for photography, capturing the moods of the natural landscape. He focused on coastal images, streams and oak woodlands, and delighted in the images found in tide pools along the coast. In 2016 he became part of the efforts to highlight conservation efforts to preserve the oak woodlands of western Fort Ord, photographing this very unique landscape, and exhibiting his work in group shows. Tim was also an accomplished landscaped designer and contractor, and won many awards for his outstanding gardens.





Join Whites for Racial Equity and the Unitarian Universalist Church on Tues, **June 2 at 6:30** p.m. for a free showing of the documentary *Clemente*.

The documentary *Clemente*, directed by David Altrogge, is a deeply emotional and beautifully crafted tribute that transcends the traditional sports biography. It highlights the life of Pittsburgh Pirates legend and humanitarian Roberto Clemente, successfully framing him as a "real-life superhero."

Clemente is one of baseball's most iconic figures. As the first high-profile Latino player to play in MLB in the United States, Roberto's extraordinary career opened the door for generations of Latino baseball players to come. It is, however, Roberto's remarkable life off the field that defined his legacy. Committed to uplifting society's marginalized and under-represented he fearlessly fought for social justice and racial equality with steadfast resolve.

Proudly celebrating his Puerto Rican heritage he remained unwavering in his commitment to uphold his personal values and sense of self. His career and fame served as a platform to further amplify his life purpose dedicated to family, community, and giving back. The tragedy of his untimely death on a mission to deliver aid to the victims of the 1972 Nicaraguan earthquake shocked the world with the loss of "The Great One." This is the story of a man who showed that a life lived with passion and conviction can truly change the world.

Trailer: <https://www.facebook.com/watch/?v=1824025544876691>

Review: <https://nyunews.com/arts/film/2025/09/23/clemente-baseball-puerto-rico/>



Whites for Racial Equity

Almost Summer! The Next Men's I-Help Dinner at UUCMP June 14, 2026

Each second Sunday, UUCMP hosts Men's I-HELP (Interfaith Homeless Emergency Lodging Program), welcoming up to twenty-five men with dinner & a safe night's rest. I-HELP is the only emergency shelter open every night in the Monterey area for men & women: a hot meal, a safe place, and a caring community. There are many ways you can help: You can help by donating cooked food, joining us in the kitchen and sharing the meal, or even taking on sponsoring a meal as a group. We often hear from men how much they enjoy our meals and staying at our church, but also we hear gratitude from our volunteers; one long time committed I-HELPer told me recently that they feel so strongly that everyone deserves a place to stay and how important that we are delivering this program, and another long-term volunteer said they like helping put on the dinners and would not want to miss out on the fun by taking a night off. Come join us!



Volunteering Options

Join the kitchen team to cook nourishing meals for the men.

Cook something at home or purchase prepared food & drop off on the Sunday of the meal.

Help set up tables & stay with the men to share the meal.

Join the organizing team & lead a meal night or organize a group to sponsor a meal.

Great opportunity for a volunteering or service-learning project through school programs.

Your generosity makes a real difference. If you'd like to get involved or have questions about what is need please contact Greg Simmons. 602-361-1015, Gregs2001@gmail.com, text, email or phone call, all comm. methods are welcome.

Our next meal is June 14, 2026, and we need your help to provide donations of food for meals. Even more than food donations, we are requesting help from the congregation for the kitchen and setting up volunteers. We also really need more help to keep this program going so we are also seeking volunteers to become more involved with UUCMP I-Help Team to help plan and organize the meals.

Food contributions can include a main course, soups, stews, rotisserie chickens, casseroles, roast vegetables, potatoes and other sides, bread, drinks and desserts. We use MealTrain to help organize or you can communicate with me directly to let me know what you are contributing. To ensure we can use all the food that is provided, and that we can serve the men a healthy meal, we request no unsolicited food items be provided.

While we have great and growing support, we always welcome more volunteers to ensure we can build a sustainable service program. We especially want to highlight that helping with dinners can be a great service-learning opportunity for families with kids in school. Whether making food or monetary contributions, working the men's I-HELP program remains a meaningful way for our congregation to live its values through service. Please reach out if you wish to contribute. Thank you to all for your continued support.

For questions, ideas, or comments: gregs2001@gmail.com 602-361-1015. Text, email or phone calls are all fine.

June 14 MealTrain Link: <https://mealtrain.com/1r4vg6>

Drop off food Sunday morning or by 3:30 p.m.

Please label all food with men's I-HELP and let us know through MealTrain, text, email, or phone call what you are bringing.

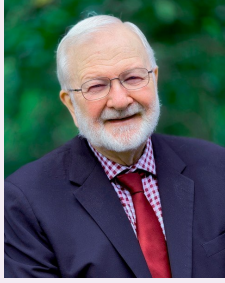
Setup and kitchen volunteers can arrive after 3:00 p.m.

If you prefer to donate money, funds are used to purchase staples and some meal items.

To donate put Men's I-HELP in the memo line of your check or use this link: <https://uucmp.org/connection-overview/donate/> & specify Men's I-HELP Meals.

Please sign up by Meal Train by Saturday before 5 p.m.

President's Corner



Dear Members and Friends of UUCMP,

As we enter the final stretch of our church year, I want to begin by expressing deep gratitude for the energy, commitment, and goodwill among our Board members and indeed amongst our congregational members and friends at large, which have carried us through this church calendar year. May and June are always pivotal months in the life of our congregation with the Annual Meeting, the preparational culmination of the new budget and its approval by the congregation and of course by the naming and approval of new officials for the coming church year. This year was no exception to all that.

And so it was that in early May we held a successful Annual Meeting at which the congregation approved the budget for the 2026–27 fiscal year, a testament to the careful stewardship and transparent financial leadership that have guided us throughout the year. We also installed a tremendous slate of new church officers who will help lead us forward with skill, compassion, and vision.

My thanks go especially to the Stewardship Committee, the Finance Committee, and our treasurer for their diligent work in preparing a responsible and mission-aligned budget. Equal appreciation is due to the Nominating Committee for identifying and inspiring capable leaders to step into essential roles. And, of course, gratitude to all our committees whose dedication keeps our programs vibrant and our community thriving. The Annual Meeting was a reminder that the strength of our congregation rests not on any single individual, but on the shared commitment of many.

Chairing the Annual Meeting this year prompted me to reflect on the importance of our Unitarian Universalist Fifth Principle: the right of conscience and the use of the democratic process within our congregations and in society at large. It is good for us to remember that this principle is not merely procedural, it is foundational. Without it, our other principles become difficult, if not impossible, to fully realize. Our democratic process is how we practice trust, accountability, and shared responsibility. It is how we embody our values in real time. And it is how we ensure that every voice can shape the life of this congregation. And truly, democracy's survival is paramount amidst the social and political turmoil of today.

As we look ahead to June 30 and the end of the church year, we do so with momentum and purpose. There are still issues to complete, but we are approaching the finish line with clarity and confidence. The work we have done together this year—through worship, governance, stewardship, and community care—positions us well for a strong beginning to 2026–27. I will continue to serve on the Board next year and look forward to the leadership of new Board President Katie Hamilton.

It has been my great honor to serve as Board President this past church year. Thank you all for your leadership, your partnership, and your unwavering commitment to the mission of this church. Onward we go toward the finish line of 2025–26 and the start of 2026-27.

Ray Krise
President, Board of Trustees
The Unitarian Universalist Church of the Monterey Peninsula

Environmental Justice

The Interdependent Web

The UU Covenant to Affirm and Support states “Respect for the interdependent web of all existence of which we are a part” -- what does this mean in practice? There has to be a balance for us to survive as long as we have. Everything depends on something else or many other things in order to exist. So hopefully we will choose to live in such a way that what we do nurtures and supports this web. Some of us have made a choice to eat a vegetarian diet. We drive carefully so as to be safe ourselves and keep others on the road safe as well. We try to stay away from plastic as much as possible because we know it is around forever, doesn't biodegrade, and causes damage to the environment. Before WW2 there was no plastic. The milkman delivered milk to our houses in glass bottles and picked up the empties each time he came. At the grocery store we used our own bags or the paper ones the store gave out.



Nowadays the problem of plastic in the ocean has reached dangerous proportions. The plastic bottle some of us use often ends up in the ocean, where it disintegrates into very small pieces that fish and other marine life can eat, mistaking it for food. When that fish end up on our dinner plates, we are ingesting plastic as well as fish. Plastic is everywhere these days, but we can choose to use as little of it as possible. We can choose to bring our own cloth bags to the grocery store. We can choose to carry a reusable water bottle instead of purchasing a pre-filled bottle of water. We can choose to show respect for that “interdependent web.”

OUR SANCTUARY OF HOPE: A SPACE FOR COMMUNITY, PURPOSE, AND ACTION

If you are feeling isolated, powerless, and angry amid the unceasing barrage of social repression at home, conflicts abroad, and political division everywhere, you are not alone. Many of us have felt the urge to withdraw from the world or a mounting need to fight back and change the story.

There is a place where you can turn. Unitarian Universalism provides a sanctuary for you, your family and loved ones—an open-minded, non-creedal religious community where everyone—theists, atheists, agnostics, religious refugees, and seekers of meaning—is truly welcome.

We offer more than just comfort: we believe in direct engagement.

We say YES to joy, love, courage, and hope, grounding our values in active resistance to injustice and a commitment to a resilient, loving future. Our Sunday service focuses on doing good through peace, the environment, LGBTQ+ rights, and immigration advocacy. We strive to improve the world every day, knowing it takes all of us together to survive and thrive.

To learn more, come to a Sunday service at 10:30 a.m., follow us on Instagram or Facebook, check out our website at

www.UUCMP.org, or call 831-624-7404.

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



Vegetarian Recipe

One-Pot Ratatouille Pasta

by Vivian Chan-Tam
New York Times

Total Time

30 minutes

Prep Time

10 minutes

Cook Time

20 minutes



This one-pot dish that's ready in 30 minutes is a weeknight dinner must make. The pasta has all the beloved flavors and vegetables of the classic summer stew, ratatouille, but made faster and fresher. Cooking the eggplant, tomatoes, zucchini and bell pepper in stages allows the flavors to be drawn out more and for the textures to vary from bite to bite. Choosing a shorter pasta shape with ridges or curves will allow even more of the summery sauce to hold on to those noodles.

Ingredients

Yield: 4 to 6 servings

- ¼ cup extra-virgin olive oil, plus more for drizzling
- 2 tablespoons tomato paste
- 1 teaspoon Italian seasoning
- 1 small globe eggplant, cut into 1-inch pieces (about 5 cups)
- 1 medium onion, coarsely chopped
- 3 medium plum tomatoes, cut into 1-inch pieces
- 3 cloves garlic, finely chopped
- Salt and black pepper
- 1 pound short pasta, such as rotini
- 2 medium zucchini, cut into 1-inch pieces
- 1 medium orange bell pepper, cored and cut into 1-inch pieces
- 2 basil sprigs
- Freshly grated Parmesan (optional)

Preparation

- Step 1** Pour ¼ cup oil into a large, wide pot or Dutch oven over medium. Add the tomato paste and gently fry, stirring occasionally, until slightly caramelized, 3 to 5 minutes. (The oil will become a bright shade of orange.) Add the Italian seasoning and stir until combined.
- Step 2** To the pot, add the eggplant, onion, half the tomatoes, all the garlic and 1 teaspoon salt. Toss until vegetables are coated with the tomato-infused oil. The eggplant will absorb most if not all the oil. Add 3 cups water, the pasta and 1 teaspoon salt. Bring to a boil, reduce heat to medium, cover and cook the pasta for half the time listed for al dente on the package directions, 4 to 6 minutes.
- Step 3** Remove the lid and stir well to combine pasta with the sauce. Add the zucchini, peppers, remaining tomatoes and a few grinds of black pepper. Fold to combine, and reduce heat to medium-low. Cover and cook until pasta is al dente and peppers are crisp-tender, 2 to 3 minutes. Remove lid, and turn off heat. Taste and season with salt and pepper as desired. Serve in shallow bowls and top with torn basil leaves. Drizzle with olive oil and sprinkle with Parmesan, if using.

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