

the Mountain Chalice



Unitarian Universalist Community of the Mountains

September 2024

UPCOMING SERVICES

Our Sunday Services are at 10:30 AM in person and via Zoom.

If you've been exposed to Covid, RSV, the flu, or are just not feeling well, please attend online.

TO JOIN THE ZOOM SERVICE AT 10:30 AM ON SUNDAYS:

Online via Zoom: <https://zoom.us/j/746107217>

Meeting ID: 746 107 217 # • Passcode: 688010

Audio by phone: Dial in: 1 669 900 6833 or 1 408 638 0968

Meeting ID: 746 107 217 # • Passcode: 688010

... See Page 13 for Kid-Centered Activities ...

Monthly Theme: The Practice of Invitation

Sept. 1 **What's Calling You?**
Rev. Kevin Tarsa and All,
Cheryl Morris, Worship Associate

In the midst of Labor Day weekend vacations, we'll turn our attention to vocations, and the ways that life has called to us, or is even now calling to us. As Parker J. Palmer puts it:

"Vocation at its deepest level is, 'This is something I can't not do, for reasons I'm unable to explain to anyone else and don't fully understand myself but that are nonetheless compelling.'"

Sept. 8 **Home is Where the Heart Is**
Rev. Kevin Tarsa and you

Bring your Grandchildren to Church Day!

With this month's theme of invitation, the voices of the UUCM choir, and the magic of guest Mei Lin Heirendt's amazing musical artistry, we consider our own sense of "home" and our willingness to extend that sense of home, belonging, and welcome to others.

Sept. 15 **The Art of Gathering**
Rev. Kevin Tarsa and All

Kids' Connection Open House after the service!

Please invite families with young children to come and check out the possibilities available in this community.

Why come together on a Sunday morning (whether on site or on Zoom) when so many other possibilities abound? And what should we do once we do gather? Though we can get a little set in our ways sometimes, this is a perpetual and unfolding question

for members of a community such as this. What is your response these days to such invitations?

Sept. 22 **Invitation to Deep Listening**
Randy McKean and Carol Nimick, Worship Associates, with guest speaker Amy Reed

How might we soften to listen more deeply in a culture that devalues contemplation? How might we explore different levels of consciousness and dissolve limiting boundaries? Deep Listening, as developed by Pauline Oliveros, explores the difference between the involuntary nature of hearing and the conscious nature of listening. This practice involves going below the surface of what is heard, expanding to the whole field of sound while finding focus. Guest speaker Amy Reed, a certified Deep Listening practitioner, will talk about her work with the Center for Deep Listening and...

...Description continued on page 4

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Rev. Kevin Tarsa
UUCM Minister

From the Minister

The Practice of Invitation is the theme that opens the UUCM year this month. In October, the theme moves to *The Practice of Deep Listening*, then *The Practice of Repair* in November, followed by *The Practice of Presence*, in December.

For me, it is a wise and moving series of practices, one leading naturally to the next, through the election season, through Indigenous People's Day, the Jewish High Holy Days, the anniversary of the attacks on Israel and the counter attacks on Gaza, and through Thanksgiving and the winter holidays. Of course, by then, the "election season" may or may not be resolved!

I name the themes together here to invite us to recognize them up front as interwoven and mutually strengthening practices, even as one builds upon the next.

We begin with "invitation," and we start close in, asking right away on September 1 what is inviting or calling to you in your heart of hearts at this moment in your life, maybe without your knowing it yet.

September 8 is Bring your Grandkids to Church Day and offers reflection on the nature of what invites, makes, and offers "Home," moving us outward a bit. (Invite your grandkids! And invite your friends to bring their grandkids!)

September 15 brings a Kids' Connection Open House and an engaging service on the nature of "community." (We'll ask "Why be here?") This draws our focus wider still. See the related invitation to share with people you know who have children and are looking for a community that shares and nurtures their values.

September 22 anticipates our Deep Listening theme, with chances to learn and practice, and September 29 invites us to an even wider vantage point, to not only to care for the earth and climate that is our home, but also to understand how our

UU tradition's sense of "home" in this world serves as the deep grounding for many of our UU values and core theologies.

In October and November, be ready for extra invitations to practice and build skills in deep listening, to risk recognizing the need for repair in your own life, and our shared life, and to explore the possibility of reaching for the fragments of healing that may be available.

Out of all these practices, it will be natural to turn in December toward the Practice of Presence. In fact, all of this year's practices are invitations to be more fully present – present to the reality of "what is," present to who and how we are, present to each other, and present to all that reaches far beyond our selves, to the transcendent or spiritual aspects of our lives.

May these months ahead lead us together on a journey not just week to week or even month to month, but a journey into and through what matters most: the heart of who we are, each and together.

With care,

– Rev. Kevin



MINISTER'S OFFICE HOURS



Rev. Kevin's office hours
are usually held
Tuesday through Thursday afternoons.

Email Admin@uugrassvalley.org
or call the office at (530) 274-1675
to schedule an appointment

Board of Trustees



Taylor Carey, President,
UUCM Board of Trustees
President@uugrassvalley.org

It is always a pleasure to address our spiritual community. I am happy to report that UUCM is in excellent shape. We are fiscally sound, and every week our ministry both inspires and reminds us why we have chosen to be UUs, and we know that our beliefs bring harmony to our chaotic worlds. Yet - there has to be a "yet," - we have issues. Our place of peace, like so many of us, betrays evidence of our years of experience and, dare I say it, wear. Although we remain emotionally and intellectually resilient, let's face it, there are times when a full head of steam feels more ambitious than it once did.



The above finger-painting was a group exercise done by your board members at the UUCM Board Retreat in August

At our recent retreat, the Board of Trustees considered the implications of this time in our lives and this period in the life of our beloved community. We recognized that the desire and willingness to jump into action at the first expression of need falls a bit short of our former enthusiasms. That is the way the world goes 'round. One day we can't wait to get our hands on a new project, the next we're wondering, "is it my turn already?"

I don't know to what extent the current state of our nation and the world plays into the emotional and spiritual lethargy plaguing religious communities everywhere. Nor do I have a full grasp of the phenomenon of despair that permeates our young people. One hears more than a few stories of couples choosing to delay or even give up entirely on the idea of bringing children into a world that is so fraught with doubt and devoid of promise. In the immortal words of somebody, "this ain't right."

And it ain't. UUs are notorious for running toward the cry for help. From the founding of our nation on, UUs have answered the call for service with courage and enthusiasm. This is who we are and who we have always been. We recognize that service feeds one's soul. Now, perhaps more than at any time in memory, we need the nourishment of service. We need to get into things. We need to get together for the pure joy of it.

The Board of Trustees is grappling with ways to engage the UU spirit, to tap into the well of idealism and grace that is the hallmark of our loving traditions. There are signs that, regardless of the dark clouds troubling the horizon, the sun may well shine brightly again, and soon. Don't let today get you down when there is so much to look forward to tomorrow.

See you on the other side,
-Taylor

UUCM BOARD OF TRUSTEES

JULY 2024 - JUNE 2025

| | |
|---------------|-----------------------|
| Taylor Carey | <i>President</i> |
| Pam Kisor | <i>Vice President</i> |
| Gail Schulz | <i>Treasurer</i> |
| Open Position | <i>Secretary</i> |

Members at Large:

Chuck Champlin, Jeff Gold & Charlene Dugan

UUCM Committees:

Finance • Governance • Endowment
Nominating

Board meetings are open to all members and friends starting at 1:30 PM on the third Wednesday of each month. An email announcing the meeting and a Zoom link will be sent to the community each month, one week prior to the meeting.

If you wish to address the Board, please give at least two days notice so the agenda timing can be adjusted.



Words from the Worship Team

Cheryl Morris and Carol Nimick
Worship Team Co-Leaders
Worship@uugrassvalley.org



Last month I told you about the Worship for Transformation course that the Worship Team is using to expand our thinking and skills for planning meaningful services. It's a series of videos put out by the UUA that provides a framework for building a service, starting with finding an idea. To use their language, find something that "shimmers" for you.

In other words, if something intrigues you or engages you, might it be the basis for a service? Or, as Randy mentioned in his imaginative service on the topic of Artificial Intelligence, does it repel you or frighten you, but still intrigue you? Our team has taken to calling this "negative shimmer," and we are finding such topics every bit as fruitful as something that beckons in a positive manner.

Once we find a "shimmer," we ask some questions. Does it engage the "big questions" that we humans wrestle with? Does it apply in some way to relationships? Does it have any connection to our UU history, traditions, or values? How does it embody hope? Does it contain an invitation for transformation?

There's a lot of pondering and percolating that goes on before we ever put words on paper, and we hope that what shimmers for us serves to enlighten and enliven what we come up with for Sunday mornings. If you have a shimmer that you'd like to share, we'd love to hear from you.

- Cheryl & Carol



Soul Matters Themes for 2024-25

The Practices of...

| | |
|------------|----------------|
| September: | Invitation |
| October: | Deep Listening |
| November: | Repair |
| December: | Presence |
| January: | Story |
| February: | Inclusion |
| March: | Trust |
| April: | Joy |
| May: | Imagination |
| June: | Freedom |

Monthly Evening Service



Join Us for an
Evening
Joys and Sorrows
Candlelight
Service

Mark your calendar for this month's service on Thursday, September 12, from 7:00 to 8:00 PM.

We'll sing hymns, join in meditation, and participate in a Joys and Sorrows ritual where all are welcome to share aloud with the group the joys and/or sorrows in their hearts that night. It's a simple but moving service held on the second Thursday of each month from 7:00 PM to 8:00 PM.

Upcoming Services

Description continued from page 1...

...lead us through actions and meditations to help us discover the sounds of daily life, nature, one's own thoughts, imagination, and dreams.

Sept. 29 **This Sweet Earth**
Rev. Kevin Tarsa and all

Unitarian Universalist congregations from across the nation are joining in a two-day Climate Justice Revival this weekend. In solidarity, we too turn our attention to climate justice and to finding our way in an age of climate change, through the beauty and the hope of the struggle.

Today is "TALKING TRASH SUNDAY" -
Paul Elias will lead the Adopt-a-Road litter pick-up *before* the service and give a presentation about "The State of Trash in Nevada County" *after* the service.



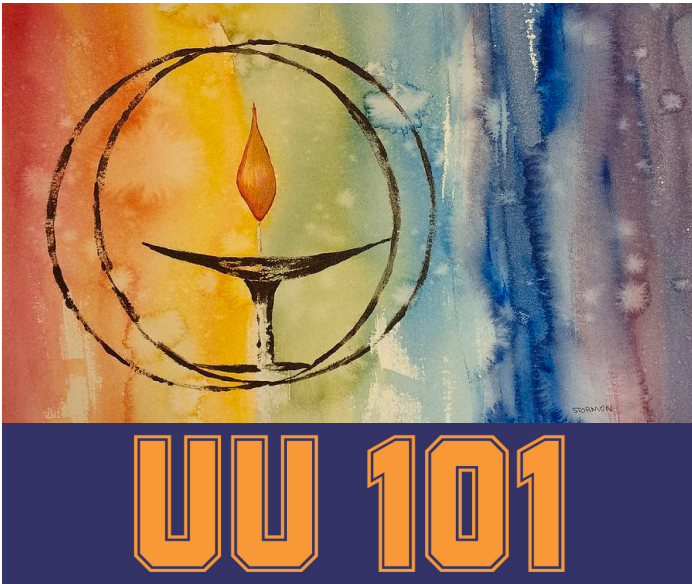
Laura Harter
Leader, Membership Team
membership@uugrassvalley.org

Membership

Lots of Fun Pics from the UUCM Family Campout in August

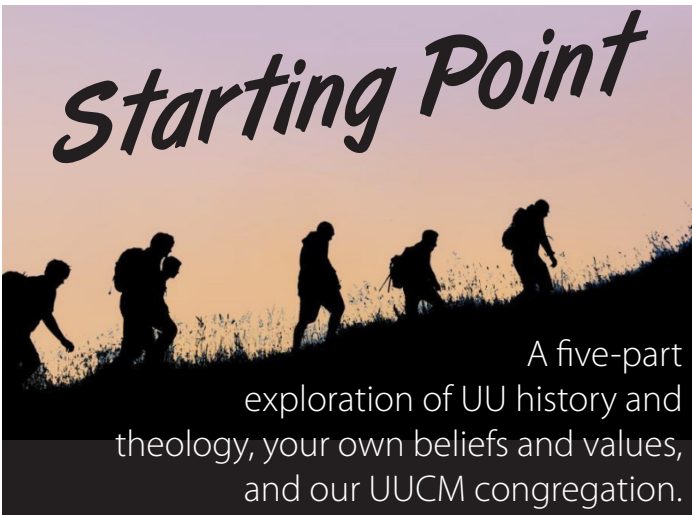
UU101

UU 101 happens the first Sunday of every month at noon in the library. Current members and newcomers are all welcome. We'll discuss UU Principles as well as UU history and UUCM's mission. Grab your refreshments and come on in!



STARTING POINT

Our next Starting Point series will begin in September. They will be on Fridays, September 13 & 20, and October 4 & 11, and possibly a 5th session, time of day TBD. If you are interested, please let Ruth Edwards know and get on the list. Email Ruth at startingpoint@uugrassvalley.org.





A & A Team

Linda Siska, Leader,
Art & Aesthetics Team
art@uugrassvalley.org



Endowment

Kathryn Young
Endowment Committee
Endowment@uugrassvalley.org

Our Current Art Exhibit ...



Sondra Schwartz MULTI-MEDIA EXHIBIT

IN THE LIBRARY
MID AUGUST
ARTIST'S RECEPTION:
SUNDAY,
SEPTEMBER 22

UUCM is honored to feature the work of another new member of our congregation, Sondra Schwartz, a creative UU artist.

Sondra taught high school Spanish in Oakland for 40 years, from 1972 until her retirement in 2010. During her time as a teacher, she drew on her creativity to maintain her sanity and augment her skills in a very challenging inner-city school. When she retired, she went to Tuscany in Italy for two weeks to take an oil painting class. In addition to painting, Sondra has been quilting for 40 years and is looking forward to sharing her work with our community.

Sondra is 79 years young. She teaches Qi Gong, a Chinese martial arts design for healing, flexibility, and youth. She practices and teaches online on Tuesday mornings and has done so for 25 years.

Sondra is looking forward to meeting all of you and sharing her oil paintings, acrylics, watercolors, and quilts. She would be happy for anyone who would like to own any of her art pieces to make the best offer possible. She would love to put her art in your home!

Join us after service on Sunday, September 22 for Sondra's reception.

Simple Gifts Thank You

Thank you to Gail Johnson Vaughan, Joel and Theresa Houtman, and Gene Gilligan for giving generous "birthday gifts" to our UUCM Endowment Fund!



Simple Gifts are always a great way to honor special events in your life, or the passing of friends, family, and fellow UUCM-ers, or anything you feel like acknowledging with a special contribution. We would love to talk with you about other kinds of Endowment Gifts, too.

Please contact us at:
Endowment@uugrassvalley.org with your questions!

Currently our UUCM Endowment Fund has over \$70,000 in it!

...Let's keep it growing with Simple Gifts and Legacy Gifts.

Ways to Give to UUCM

- You can give through [UUCM's Online Giving](#) page. (Choose Share the Plate, General Donation, or Pledge.)
- You can mail in a check for your current pledge or plate offering to: UUCM, 246 South Church St, Grass Valley, CA 95945. (Please designate in the memo line whether your check is for your pledge, including the pledge year, general donation, or Share the Plate.)
- You can give through PayPal at: paypal.me/uucm (Please leave a note as to whether your offering is for general donation, or Share the Plate.)
- For a general offering donation, you may text your amount to (833) 579-0483. 50% will automatically go to our Share the Plate partner.



Parish Care

Gwen Eymann
Leader, UUCM Parish Care Team
Caring@uugrassvalley.org

We all need extra care sometimes on our journey through life.

The UUCM Parish Care Team is here to help organize practical support for members and friends through times of need, offering support such as home or hospital visits, transportation to local appointments, a ride to UUCM on Sunday, preparing or delivering a meal, shopping, and essential errands. The Parish Care Team also sends cards of caring and celebration, makes friendly phone calls and visits, and assists with hosting and refreshments at memorial services.

As Unitarian Universalists we believe that we all share in the responsibility for one another's care, and we invite all members and friends of UUCM to become actively involved in this wonderfully important opportunity for service. If supporting this work interests you, please fill out this brief [Parish Care Team Volunteer Survey](#) to identify tasks you would be willing to do on occasion. The Parish Caring Team will contact you as needs arise.

For more information, to request care, or to share word of someone in need of care, please contact us at: Caring@uugrassvalley.org



PARISH CARE TEAM MEMBERS:

Gwen Eymann, *chair*,
Jenny Dewey, Robin Hart,
Anne Lyon, Cheryl Morris



Lay Pastoral Care Team

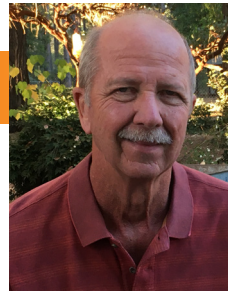
Are You Facing a Life Challenge?

UUCM's Lay Pastoral Care Team (LPCT) offers a confidential, caring presence to congregants undergoing stressful life challenges. With the support and guidance of the minister, team members commit to be available for weekly caring conversations of up to one hour, and for the duration of a congregant's current challenge or until a time of closure arises naturally.

Please contact a member of the Lay Pastoral Care Team when you are facing difficult and stressful portions of your journey and if you feel that a companioning presence from one of our team members might be helpful to you.

LAY PASTORAL CARE TEAM MEMBERS:

George Dunstan, Sue Gregory, Carol Richey, Corrie Silva, and Tom Wernigg, or you can email the whole team: LayPastoralCare@uugrassvalley.org



B & G Team

Wally Holtan, Leader,
Building & Grounds Team
B-G@uugrassvalley.org

Getting Stuff Done While Having Fun!

The Building & Grounds Team manages our day-to-day facility needs and goals for improvements for our church's physical environment. We seek volunteers that are willing to help us meet those needs through work parties and project development. These are individuals who like doing projects, repairs, cleaning, or working outside in gardens and yards. There are no requirements for joining, other than enjoying hands-on tasks and working with others.

Whether you are new to UUCM or have been a part of it for a while, if you would like to meet people while doing some fun and interesting things, the UUCM Building & Grounds Team is a good place to start.

-Wally

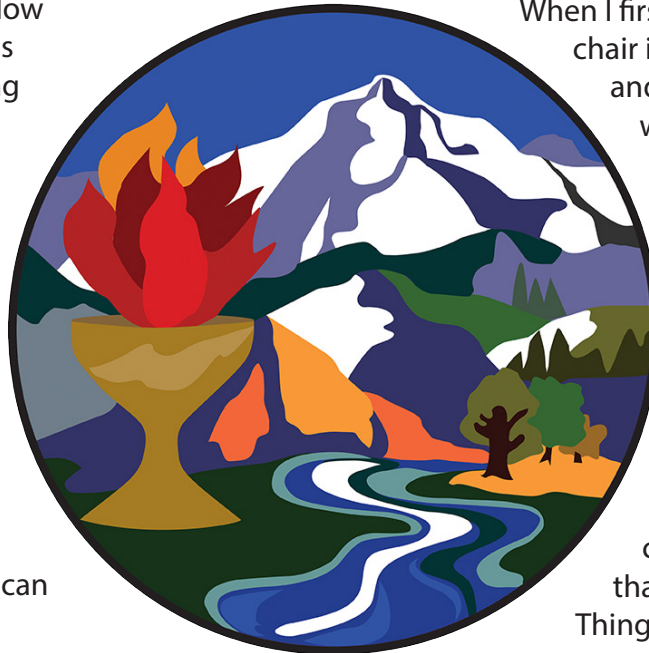
Heroes and Heroines

by Jenny Dewey

As an ongoing organization, UUCM runs as smoothly as a “greased wheel” right?

Opinions are mixed about this. There are always mixed opinions when more than one opinion is asked for.

Greased wheel aside, UUCM does run smoothly and efficiently. We count on the audio-visual team for sound and visuals. Sunday morning greeters are always there, wearing yellow ribbons and smiling. Delicious treats magically appear during the social hour. The Worship Committee meets regularly to make sure Sunday services are compelling and meaningful. The altar is reliably lovely and always in keeping with the seasons. Those volunteering for the Kids’ Connection wait patiently and expectantly for children to arrive. UUCM is blessed with volunteers we know we can count on.



I was also struck that while the same people soldiered on, few newcomers, very few, joined their ranks. Clearly some go out of their way to volunteer because it is in their nature, in their bones. Others, for their own reasons, hold back. As well as rewarding, volunteering can sometimes be tiresome, repetitive, and even boring. This is especially true when the tasks are forever the same, without fresh air blowing in.

When I first attended UUCM I found a chair in the back of the sanctuary, and I fled the instant the service was over. Shyness overcame me. I had no idea how to step forward and make my presence known. It took a while before I felt comfortable. As time passed, I knew I wanted to contribute – how I did not know. More time passed.

Gradually opportunities came for volunteering in ways that felt appropriate for me. Things have worked out beautifully.

Recently, Ruth Edwards asked me to interview “long-timers,” members of the community who’d been around for many years.

I was fascinated by the conversations I had. What made each interview unique was hearing the diverse ways the long-timers had focused their energy over the years. Each played a significant role they carved out for themselves, depending on their interests and skills. They never expected recognition for what they did. Most of these people are still at it, volunteering as they’ve always done.

It takes time to figure out the best way to participate in a group of any sort. To step in and then find it necessary to step back feels awkward and embarrassing. The value of the volunteers at work at UUCM is impossible to measure. Like the “long-timers,” they are there to be counted on.

UUCM will never be the cliché wheel. There will always be gaps. And I am sure there will be people like me who need time to figure out how best to contribute.

News from the Nisenan Tribe

AND HOMELAND RETURN CAMPAIGN



The UUCM Nisenan Team reports the following exciting updates as of August 13 on the Homeland Return Campaign, and news of other events and activities of CHIRP and the Nisenan Tribe:

- They have achieved (surpassed!) the Phase 2 fundraising goal of \$2.4 million! Escrow continues to inch closer to closing, and they're hoping (huge fingers crossed) to close before the end of August.
- Architects, and more architects, have reached out wanting to be on the team helping design elder housing. This is a part of the project the tribe is very excited about!
- They invite us all to come celebrate with them at an exciting upcoming event: CHIRP Presents: Dirtwire. More info and tickets at <https://tinyurl.com/chirp-presents>
- "The Story of Land, Water, and People," is the current exhibit at 'Uba Seo, exploring passing on tradition, relationship to land, Nisenan tribal history, the Missing and Murdered Indigenous Women's (MMIW) movement, revitalizing Nisenan Language, and intergenerational trauma. For more details and a virtual tour of the earlier exhibit, ERASED, go to <https://ubaseo.org>.

They say, "Huge applause all around to our community far and wide in standing with us, to be successful in this monumental effort! Stay tuned for continued updates!" Many of us have been cheering them on and contributing in many ways, so YAY!

Talking Trash Sunday -

THE STATE OF WASTE IN NEVADA COUNTY -
SEPTEMBER 29, 12:30 -2:00PM

The UUCM Justice Team invites you to "Talking Trash," Sunday, September 29, from 12:30 to 2:00 PM with our very own, self-proclaimed Nevada County Trash Laureate, Paul Elias.

Paul has lived in Nevada County for 37 years and worked as Recycling Manager for Grass Valley Disposal and later Waste Management of Grass Valley and Sacramento in the mid-90s into the early 2000s. Paul notes, "I'm probably one of a select few who has read the 2012 Nevada County 20 Year contract with Waste Management of Nevada County . . . and how do you spell boondoggle?"

And how are we doing with the "afterlife" of waste generated in Nevada County? And what's up with how, under SB1383, we are going to keep methane-producing food waste out of our garbage? Plus, hear how even though Nevada City has decided to take a pass on SB1383 – because they're allowed to – you in Nevada City can still do your civic duty, and participate with your meat, fish, pasta, breads, etc., to reduce food waste

methane generation.

If you have a nose for, or an interest in trash, join Paul and other passionate waste generators, to learn about the interesting and fascinating world of our waste. Bonus: learn about raising food-waste-eating black soldier flies – harmless and 40% protein!

As a kick-off to "Talking Trash Sunday," start your day with Paul at 8:00 AM for UUCM's Adopt-A-Road sometimes-monthly litter pickup, along Ridge Road. Meet up at Nevada Union High School's upper parking lot. Donuts will be served. Following pickup, it's off to UUCM's 10:30 AM church service.



Join the UUCM SYRCL Yuba River Clean-Up Team

**SATURDAY, SEPTEMBER 28,
9:00 AM TO NOON**

Calling on all UUCM members and friends to be a part of the SYRCL Yuba River Clean-up on Saturday, September 28, 9:00 AM to noon. We have previously worked on the Wolf Creek trail and hope to be assigned there again. It's fun, and we are helping our local watershed. We need volunteers!

Contact Shannon if you are interested in volunteering or have questions: shannondooleymiller@uugrassvalley.org.

Bending the Arc Task Force

By Gail Johnson Vaughan, BTATF Member

FIGHTING VOTER SUPPRESSION IN GEORGIA WITH POSTCARDS

I am so proud of how UUCM has stepped up to defend democracy in such tangible ways. As I write this on August 21 there are only 30 Georgia packets in the single packet box waiting to be claimed. That means that you are already writing to 7,060 registered Black Georgian voters. I have no doubt that those 30 packets will be claimed by the end of month. And we have one more month to write more! Our team had better get busy assembling more packets for September!

Because we all are feeling excitement and joy about the turn of political events it might seem tempting for us to slow down our efforts. I assure you that those who are not happy will not slow down theirs. Please let that excitement fuel a new wave of your postcarding energy to help Black voters in Georgia

Justice News and Activities

exercise their right to vote despite rampant voter suppression laws.

A new law went into effect last month that makes it easier for people to try to kick their neighbors off the rolls through voter challenges. Georgia already made voter challenges far too easy. Now, voters in the state face increased risk of losing their right to vote or being forced to defend it at public hearings, and election deniers have wide latitude to spread disinformation and waste election officials' time.

These challenges can be intimidating. Voters may become afraid when they learn their name is on a list sent to the government or they get a notice that their right to vote is in jeopardy. It's just not right.

HOW OUR POSTCARDS HELP

As part of the Center for Common Ground's Reclaim Our Vote postcard campaign we're writing with the Team Unity GA coalition to registered Black voters in Georgia to help them to navigate around the many suppression laws. We urge Early Voting to avoid overly long lines and other Election Day hazards Black voters have experienced due to targeted voter suppression. To help voters understand a complex ballot, we endorse ActiVote, a secure platform from a small team devoted to democracy and voter privacy. ActiVote provides ballot and polling info, ranks candidates in relation to a voter's surveyed views, verifies registration, Voter ID, etc.

Every postcard helps and every voter that goes to the polls matters. Please help in any way you can: writing postcards, recruiting friends to write, having postcard parties, donating money for stamps, helping to assemble postcard packets, supporting the writers with back rubs and snacks. We're in this together and we will see it through to the end! Thank you all.



September is Hunger Action Month

IFM's focus this month will be on addressing food insecurity in our area. You can support those in need, as well as farms that work for IFM. Your opportunities to help are:

- Donate your money or your time. As holidays approach, and cool weather sets in, more and more people feel the need for food supplies.
- Volunteer! Help is needed in sorting, packaging, and delivering food to clients.
- Give us your reusable grocery bags, paper or plastic, which are vitally needed.

Share the Plate

UUCM's July *Share the Plate* recipient, [Bright Futures for Youth](#) will receive \$867, thanks to generous UUCM members, friends, and visitors. These weekly donations add up. Thank you all!

As of this writing, we are currently finishing up collections for our August *Share the Plate* recipient, [Sierra Streams Institute](#).



Our September *Share the Plate* recipient is [Nevada County Habitat for Humanity](#).

A Habitat for Humanity house is a hand up for families who — many of them for the very first time — are achieving a decent, affordable place to live. When you help us build, you help a family take important first steps toward fully realizing their potential — and their highest hopes. A stable, affordable home is crucial for a family forging a path to a better life.

Thank you, each of you, for your continual compassion and justice-centered generosity.

Hospitality House Donations

UUCM is supporting Hospitality House by collecting donations of needed items for their guests. The project is on-going every month of the year, and requests are updated monthly based on the current need. Please bring your donations on the **last Sunday of the month** when a collection box will be in the foyer of the church.

HOSPITALITY HOUSE NEEDS THESE ITEMS ONLY:

- Towels
- Unopened, non-expired, over-the-counter medications (i.e.: Tylenol/Motrin)
- Shampoo
- Conditioner
- Twin-size sheets and blankets
- Women's bras and underwear - S, M, & L
- Men's and Women's sneakers, any size
- Men's Clothing, any size

Community Connections – Online & In Person

WEEKLY @ UUCM

[Subscribe to the weekly e-Chalice](#) for Zoom links and phone numbers. If you need links, please contact our administrative assistant at Admin@uugrassvalley.org.

SUNDAY SERVICES - 10:30 AM VIA ZOOM OR IN PERSON

Make Connections at UUCM

Please contact the organizers if you are interested in joining!



WALKING GROUP

8:00 AM, TUESDAYS AND THURSDAYS,
OFFSITE
Email Walking@uugrassvalley.org

We meet on **Tuesdays** at the Wolf Creek Trail/Northstar Mining Museum parking area, and on **Thursdays** at 418 Chapel, Grass Valley.

Be sure to ask our Administrative Assistant, Siobhan (Admin@uugrassvalley.org) to include you on our walking group mailing list so you can hear about last minute changes.

MEN'S GROUP

WEDNESDAYS FROM 8:30 - 10:30 AM AT UUCM

Men gather to enjoy each other's company.

Contact for the group: Men@uugrassvalley.org

SINGING MEDITATION CIRCLE

FIRST THURSDAYS, 7:00 PM, ONSITE AND VIA ZOOM

Contact SingingMeditation@uugrassvalley.org



WOMEN'S GROUP

MONTHLY POTLUCK –

SECOND MONDAYS, 6:00 PM
AT UUCM

All UUCM women (and friends!) are invited to any Women's Group gathering. Come make connections with UU women!

Our next meeting is **Monday, September 9 at 6:00 PM at UUCM**. We will be having a potluck and then special guest, Tara Kelly, will talk about Brain Body Balance Fitness. From the field hockey and LaCross fields of her youth, Tara Kelly is a personal trainer who has incorporated her knowledge of the human body to help train everyone from young athletes to those with Parkinson's Disease. Last May, Tara opened Brain

Body Balance Fitness in Nevada City, where she helps people gain strength, improve balance, and increase brain function all through physical exercises which incorporate mental agility practices. - Elizabeth Rose is coordinating. Friends welcome.

For reminders and RSVPs, join the Women's Group email list by sending an email to our Administrative Assistant, Siobhan Boylan, at: Admin@uugrassvalley.org.



HUMANISM DISCUSSION GROUP

FIRST WEDNESDAY OF EACH MONTH AT 10:45 AM

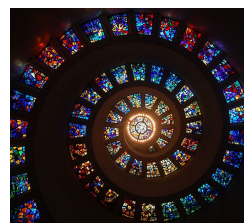
Our UUCM Humanism Discussion Group is a gathering for both those who identify as humanists and those who are interested in learning about this philosophy.

Our group's purpose is to connect and intellectually explore the issues that touch our daily lives through Humanism's values and principles. Humanism emphasizes ethical living, critical thinking, and social justice while aiming to inspire compassionate action and mutual understanding.

Topics for group discussion are chosen by participants, and optional readings on the topics are made available prior to the meeting. When health precautions allow, we meet in person at UUCM. If you would like to take part via Zoom, request the link by emailing Humanism@uugrassvalley.org

Our discussions in September and October will focus on the upcoming election. The topic for our next meeting on Wednesday, September 4, at 10:45 AM at UUCM will be how to cope with the political stress during this election season and what do we think the perceived nature of the state of democracy will be after the election, applying humanistic values to the recent Supreme Court rulings.

Please view the UUCM Website Calendar for the most up to date meeting information.



SPIRITUALITY SHARING CIRCLE

FOURTH SATURDAYS, 2:00 - 3:30 PM,

ONSITE AND VIA ZOOM

Questions? Contact:

Spirituality@uugrassvalley.org

Community Connections – Online & In Person

Back by Popular Demand...

BEAT AND JAM CAFES ARE BACK...

Yes, dust off your guitar case, blow the cobwebs from your harmonica, and select your new and old writings, as in poems, essays, short stories, to share and participate at one or both events. You are welcome to bring non-members and friends, and contributions of snacks and beverages are, of course, always enjoyed and encouraged.



Beat Cafe, Tuesday, September 24, (last Tuesday of each month), doors open at 6:00, mic is 'hot' at 6:30. Contact BeatCafe@uugrassvalley.org with questions.

Jam Cafe, Thursday, September 26, (last Thursday of each month), doors open at 6:00, Jamming @ 6:30. (Playlists include familiar tunes and a mix of classic rock, folk, and some country.) Contact JamCafe@uugrassvalley.org for complete playlist.)



UUCM ADOPT A ROAD SUNDAY, SEPT. 29 AT 8:00 AM

Meet up at Nevada Union High School's upper parking lot. Donuts, no doubt will be served.

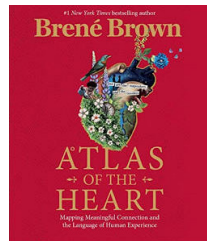
Collection bags, safety vests and litter picker-upper-sticks provided. Please wear appropriate footwear and clothing, and bring water.

We plan to be finished in time for UUCM's 10:30 AM church service. Thanks for joining in.

2nd Sunday Book Group

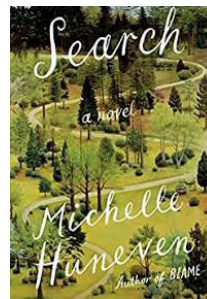
USUALLY THE SECOND SUNDAY OF THE MONTH AT 12:15 PM
IN THE CHANNING ROOM AT UUCM

CONTACT: Theresa at BookGroupInfo@uugrassvalley.org



September 8, 2024:
Atlas of the Heart by Brene Brown
Presenter: Claire Leve

In *Atlas of the Heart*, we explore eighty-seven of the emotions and experiences that define what it means to be human and walk through a new framework for cultivating meaningful connection.



October 13, 2024:
Search by Michelle Huneven
Presenter: Susan Merrill

A sharp and funny novel of a congregational search committee, told as a fictionalized memoir by Dana Potowski. Dana is a restaurant critic and food writer and a longtime member of a progressive Unitarian Universalist congregation in Southern California. Under pressure to find her next book idea, she's asked to join the church search committee for a new minister and agrees, resolving to secretly pen a memoir, with recipes, about the experience. The memoir, *Search*, follows the travails of the committee and their candidates—and becomes its own media sensation.

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Sunday Book Group Zoom

Meeting ID: 927 1111 8322

Passcode: 472984

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Find a list of the next several months of book selections in the July 2024 Issue of the Mt Chalice at our [UUCM Website](http://uugrassvalley.org).

Offering many ways to serve the life of the community.

FamilyMinistry@uugrassvalley.org

Kids' Connection Open House!

By Cheryl Spaulding, Family Ministry Team Member

We are gearing up for a new year of Kids' Connection. Last year, the Family Ministry Team focused on issues related to program development and implementation. We re-conceptualized our Kids' Connection program, experimenting with alternative versions of it, making changes based upon how our children responded to our offerings, and exploring new ways of using the available space upstairs. Today, we are very proud of what we have to offer the children of UUCM. Now our priorities are shifting to a new focus on increasing the number of children who attend our Kids' Connection Sunday morning program, as well as the frequency of attendance for those who are already a part of our Kids' Connection family.

For those of you who would like to know more about our Kids' Connection program— including the philosophy inherent in it, as well as the specific rituals, routines, and developmental opportunities for the children that are the heart of the program on any given Sunday—I encourage you to watch the video of the August 11, 2024 service entitled, "Upstairs/ Downstairs: Living and Learning Together." (You can find it at [HERE](#).) In my presentation during that service, I shared with the congregation a rather extended description of the Kids' Connection program that we spent the last year developing and implementing. Our process over the last year was very exploratory and experimental. We are proud of this program in its current iteration, AND we are committed to continuing to let it evolve in order to better meet the needs of our UUCM children and the UUCM community as a whole.

In September, we are showcasing this new version of Kids' Connection with two special Sunday events:

Sunday, September 8, 10:30 AM Bring Your Grandkids to Church Day (on Grandparents' Day)!

Kids will meet upstairs in Kids' Connection rooms to hear stories about grandparents and create some special pieces of "art" for their grandparents.

Sunday, September 15, Noon – 1:00 PM Kids' Connection Open House

After the downstairs service, grown-ups will reconnect with their children upstairs for the Open House. Grown-ups and their children will learn about our Kids' Connection program, take part in some UU-inspired rituals and routines, and most importantly, meet other families who participate in the Kids' Connection program. Lunch will be served.

Please, bring your children to these two special services! We are looking forward to building this little community of amazing children and their grown-ups.



Soul Matters Circles

New Soul Matters Circles are Starting Soon!

By Gene Gilligan

Each month, UUCM Sunday services revolve around a theme. Sermons, guest readings, and music are all based on the month's theme. The themes change monthly so we explore deeper questions for ourselves and as a community. Sundays are also a time to be with our community of friends to share what's been happening in our lives.

Soul Matters Circles, small groups of 8 or fewer members, are similarly focused on our monthly theme. Meeting for two hours in small groups, once a month, allows us to get more personal in our exploration of the theme and to get to know other members that much better. It also can help you delve into yourself a little deeper by listening to how the themes resonate for others.

You are invited to spend two hours a month and learn more about yourself and others in a safe, caring environment. If you are already a Soul Matters Circle member, you might want to consider being an SMC Facilitator. You will have lots of support while helping others to benefit from the SMC experience.

If you are interested in joining a Soul Matters Circle, reach out to Gene Gilligan at: soulmatters@uugrassvalley.org.



Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945

Telephone: (530) 274-1675

Website: uugrassvalley.org



MOST UPDATED VERSION OF THE UUCM CALENDAR:

<https://www.uugrassvalley.org/calendar/>



Sunday Services are held at 10:30 AM by Zoom or on-site

Office Hours: Monday through Friday, 8:30 AM - 12:00 PM

Monday, Wednesday and Friday from 1:00 TO 5:00 PM

(Our Administrative Assistant is available remotely on Tuesday and Thursday afternoons.)

Rev. Kevin Tarsa Office Hours:

Rev. Kevin's office hours are currently held by appointment.

Contact Rev. Kevin at (231) 883-1058 or minister@uugrassvalley.org

UUCM STAFF MEMBERS

Reverend Kevin Tarsa, *Minister*

Siobhan Boylan,
Administrative Assistant

Toby Thomas-Rose, *Music Director*

E-MAIL ADDRESSES

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Mountain Chalice Newsletter submissions are due by the 20th of the month prior to publishing.

Submit by filling out the online announcement form on our website, or here:

[Article Submission Form](#)

VOLUNTEER TEAM MEMBERS: *Kathryn Young, Design/Layout; Lesley Champlin, Editing/Proofreading*