



Lighting the Chalice

As Unitarian Universalists, we often light chalices to begin things. Worship services, meetings, family dinners, and more can all benefit from intentionally lighting a flame and mindfully attending to either words or silence. So too, can the beginning of a church year, and in particular the beginning of a ministry together, benefit from attention and ritual.

August will be my first month serving you all, and it will be full of firsts, beginnings, and – of course – chalice lightings. If I can, I want to treat the whole month like the lighting of a chalice. So please, join me in that spirit as we begin this relationship and journey together.

New beginnings are often both joyful and challenging. There are two energies in tension in a beginning. It takes time to get to know one another, and so there is an energy that wants us to take things slowly and intentionally. But we also want to seize the energy of a new beginning, and there are also the tasks that simply must be attended to, which creates an energy spurring us forward quickly! In the balance of this tension is a healthy and fruitful partnership, not without its imperfections. I will make mistakes. I might accidentally step on someone's toes or fail to realize the urgency of an issue. I am sure there will be moments where I feel surprised and perhaps challenged by one of you, and in those moments I will do my best to lean into curiosity, building relationship, rather than creating distance by being reactive. What I ask of each of you is to also lean into curiosity, and lean into relationship by coming to me directly if I do or say anything that gives you pause or concern. I am of the belief that any tension we discover can be molded into creative energy if we lean into it in the spirit of beloved community.

And, I have to say that the prospective challenges of this new beginning pale in comparison to the joy and excitement I feel. I am so excited to begin serving you all and working with this amazing congregation. Your commitment to caring for the earth, to nourishing the spirit through Religious Education and Worship, and to caring deeply for each other as a community inspire me already.

Come, let us light this chalice together!

--In faith,

AJ



One Service at 10 AM through September 1



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Our Office Administrator is in the office on Tue, Wed, Thurs from 10-3 during the summer
If you wish to meet with Rev. Mike, please contact him for an appointment. His day off is usually Monday.

Submissions for our publications are as follows:

**Weekly eBeacons & Order-of-Service Announcements
Due Wednesday by 5pm**

This information is usually generated through Calendar Requests made through the website. Please submit any additional information or clarifications to our Office Administrator at sfuuadmin@mysfuu.org

To submit a calendar request, please visit www.mysfuu.org, sign in on the "Members" tab, and follow the instructions for calendar requests. Contact our administrator or Amy Evans if you have forgotten the member's password.

Newsletter Items– Due by 5pm on the 20th of each month

Learn More about Unitarian Universalism



SFUU is part of the Pacific Western Region of the UUA—www.uua.org/pacific-western—and the Pacific Central District (PCD) of the UUA— www.pcd-uua.org

REflecting and Learning: Children and Youth



Parents and caregivers come to Unitarian Universalist (UU) congregations for communities that help raise children to become kind, respectful, fair-minded, caring, and strong enough to side with love and fight for justice. UU religious education and participation in worship, social justice work, and multigenerational gatherings reinforce what parents teach at home. We nurture truth seeking spirituality, and progressive moral values that will continue to shape and support our children as they grow. We have a nursery for babies and toddlers during worship and offer age-specific programs from preschool on up. Our religious education program combines story, song, art, movement, discussion, play and play engages the children with many learning styles, abilities, and activity levels.

Adult RE

Adult RE had a forum last month that drew approximately 10 attendees. We discussed and handed out information relating to how we, as a church community, can assist our older community. The information was related to the use devices for fall alerts as well as ideas and community support for calling each other to “check in” daily.

Other topics discussed related to memory impairment and community support through the Alzheimer's Association in Sacramento as well as the Veterans Affairs. Both have a support system for caregivers and family members.

We plan to have another “In Later Years” forum in the fall when more people are able to attend.

Our hope is that we will collaborate with Social Justice on future forums.

If you have questions about Adult RE, feel free to email Jan Lowry at herbaljan@gmail.com.

Our ongoing groups:

Meditation Group: 11:15am, Mondays at SFUU

Men's Group: 6:00pm, 2nd and 4th Wednesdays at SFUU

The(*)logies on Tap: Wednesday, August 21st, 7-9pm, at Moonraker's in Auburn. Topic : "My Body and Me"

Crafties: 9:00am, 1st and 3rd Fridays at SFUU

Brewed Awakenings: 10am, 1st Tuesdays, Flour Garden Bakery, Auburn

Adult R.E.

Jan Lowry

Journeys and Stories

Building & Grounds

Bob Niblack

A Road Trip with Mr. Parker

by Laurie Soper

Children/Youth RE

Randy Nemeth

Like my mother and grandmother, I was raised Universalist but considered myself UU; although UU did not officially exist then, my family attended both Universalist & Unitarian churches, and I was in the UU LRY (Liberal Religious Youth). I've been a member of SFUU since early 2004.



Communications

Joan Lacktis

Recently, I fulfilled a dream and checked some items off my bucket list by taking an amazing 7-week camping/road trip with my dog, Mr. Parker. One of the best parts of the trip was spending some quality time with two of my granddaughters: I drove my middle granddaughter, Phoenix, home after her first year at Colorado College and visited Val & John Bowman with my youngest granddaughter, Kaia. I also accompanied them to Milwaukee to Kaia's marching pipe band competition and her first snare-drum solo. Mr. Parker & I spent 3 weeks in a lovely state park near Grinnell, Iowa, visiting my younger son's family.

Finance

Marsha von Dessonneck

On the way home, Mr. Parker & I stayed in the Black Hills National Forest; visited The Badlands, Wind Cave, Grand Teton, and Yellowstone National Parks; saw a few national monuments; and drove through several national forests. I marveled at the vast open spaces and saw more awe-inspiring beauty than my brain could truly process. It gave me a greater appreciation for this incredible land and a renewed determination to ensure that it is preserved for future generations.

Membership

(vacant)

Social Justice

Allen Edwards

George Lowry

Worship

Meg Dorsey



**The Second SFUU Camping Trip is ON!
Aug 9-11 (2 nights) at Malakoff Diggins
(near Nevada City)**

Now that summer is here, it's time to go camping!! SFUU camping trips feature group meals, songs

TEAMS & TASK FORCES

around the fire, and lots of time for socializing for kids and grownups. This lovely camping area is not far from Nevada City and is a spectacular landscape, created by Placer mining practices during the Gold Rush of California. We hope you can join us.

Stewardship

Gary Koerner

To pay for your trip, write a check to SFUU for \$40 and put in the collection plate on Sunday or mail to SFUU Treasurer.

Malakoff Diggins sign-up form: <https://forms.gle/3dz16VvLH8zSgLi69>

For more info about the campground: <http://malakoffdigginsstatepark.org/>
For more info about our trip, contact Amy Evans: amyevans3951@outlook.com

Congregational Life

From the Board of Trustees

The Board of Trustees (BOT) wants to shout out our WELCOME to AJ Van Tine, who will be with us August 1, 2019, and in the pulpit for our Water Ceremony on September 8. It was so joyous for our Congregation to unanimously vote AJ to become our next minister. The BOT is very excited (as I am sure you are as well) to begin our journey with our new minister. The BOT will have a retreat with AJ in August to map out our collaborative work as we move into our church year.

AJ brings so many talents to our congregation as well as a thirst for knowledge and experience as he begins his first called ministry with us. He is a person who wants to collaborate and develop a shared ministry with SFUU leaders and members, a goal for many of us. AJ brings a commitment to social justice, a desire to be in the community, and an understanding that our geographic region stretches way beyond the Auburn city borders. Just one example of why I am excited about this young and enthusiastic minister is our conversation about reaching out to other ministers. We discussed Placer People of Faith Together – that includes ministers of like-minds as well as the more Christian oriented ministers' group in the area. AJ wants to join both the groups understanding that like mindedness is great but reaching out to others with potentially different views is also very important.

We are at an unprecedented time in this nation's history. We need our SFUU community to be available to all who need what we have to offer. We are a secret to many, and we need to change that. I know our new minister is going to help us grow in so many ways that will be good for us and the larger community. So please join me in giving AJ a big and excited welcome!! We are so glad you are here.

Blessed be!

~ *Maureen Bauman*, Vice President



Theologies on Tap: Deep Conversation Deepen Relationships

Many of you know that most months during the 'church year', we hold a gathering called Theologies on Tap. They are generally held the third Wednesday of each month from 7-9pm. Here's what to expect if you attend:

- **Interesting conversation:** Each month the event hosts provide a series of question centered on a topic. One recent example was the topic RESPECT – how is it earned, what does it mean in your life, etc.
- **Attendance:** This event is posted each month on MEET UP, which is a public tool that helps people connect with others interested in similar things. You may have heard of people joining hiking Meet Up groups for example. This is a "theologies but not in church" group. So, there will be people who do not attend SFUU in attendance, but many SFUU members will be there.
- **Locations:** The gatherings, which rotate between Rocklin/Lincoln and Auburn, are held at local brew pubs or breweries. Breweries only carry beer and soda, while some brew pubs carry other beverages. However, you can just drink water if you prefer. There is no requirement to buy anything at the host location.
- **Outcome:** You will find yourself engaged in deep conversations—conversations that we generally don't get to have. All attendees are given a chance to share; thus, we all learn about different perspectives, experiences, and viewpoints. You will leave feeling connected and fulfilled.

Join us at the next Theologies on Tap; date and location will be announced in the eBeacon and Newsletters.

Faith in Action

Simplicity Circles Update

Approximately 40 people have committed to participating in five simplicity circles, four of which have already started meeting. Each circle meets once a month and is hosted and facilitated by the circle members. During the meetings, the circles consider questions similar to those posed by Cecile Andrews, author of *The Circle of Simplicity*: “How do I really want to live? What truly makes me happy? What are my actions doing to the planet? How does my lifestyle contribute to the greater good?” Essays and TED talks inform the discussions, which are framed by a curriculum developed by Barb Munn.

Here are updates from a few of the circles:

- **The Roseville/Lincoln Simplicity Circle** is having lively discussions and is committed to making real changes. Unsubscribing from catalogs and junk emails, having a no-drive day once a week, decluttering one drawer each week, keeping the desk clear, and contacting at least one friend or family member each day are a few of the actions that have been committed to in the first two sessions. With support from one another, we can do this!
- Reporting from the far fringes of SFUU territory (**Orangevale, Citrus Heights, Folsom, Carmichael**), our group has completed the first two sessions (“Simplicity” definition and “Less is More”). The clutter of material possessions, our thoughts, and our time are important topics. Included in our discussions has been the dilemma of “precious stuff,” perhaps mementos of special occasions or family heirlooms, that are not considered important by our children or others. So, how do we part from these things, and what do we do with them?
- **The Far Uphill Circle** (Meadow Vista/Colfax area) is enjoying getting to know each other better while sharing stories, ideas, and dessert. So far, we have supported action commitments to clean out sheds, garages, closets, and cabinets, to make time for self-care through exercise, meditation, and reading, and to care for the Earth by driving slower, eating more sustainably, hanging our laundry to dry, and bringing our own take-out containers to restaurants. There certainly is power in working together as we move toward a simpler lifestyle.

Complete information about the simplicity circles, including the curriculum, is posted here: <https://www.mysfuu.org/simplicity> (if you don’t know the SFUU member password, please contact Barb).





What's Happening at SFUU

UPCOMING WORSHIP

Services at 10am



Aug 4 Journeys

led by Joan Lactis, Amy Evans,
Suzanne Borth

Aug 11 Living with Jewish Faith and Heritage

led by Marcy Ahrons and Loren
Feffer

Aug 18 All My Life's a Circle

led by Vicky Jungers

*Aug 25 The Spirituality of Inclusion: 100 Years
of Women's Suffrage*

led by Meg Dorsey and Pattiey
Leftridge

RELIGIOUS EDUCATION

Crafties: Friday, August 2 & 16, 9:00am. Contact Chris Simons at cascreates@gmail.com or 916-690-1345

Meditation Group: Mondays, 11:15am. Contact Jim Robison, jimrobison66@gmail.com

Men's Group: Wednesday, Aug 14 & 28, 6:00pm. Contact Jim Robison, jimrobison66@gmail.com

Brewed Awakenings!: Tuesday, August 8, 10:00am, at the Flour Garden Bakery in Auburn (340 Elm Ave).

The(*)logies on Tap: Wednesday, August 21st, 7-9pm, at Moonraker's in Auburn. Topic will be "My Body and Me"

CONGREGATIONAL EVENTS

SFUU Camping Trip: Aug 9-11 at Malakoff Diggins (see p. 4)

Sue Dunbar Celebration of Life: August 25, 2pm, SFUU Sanctuary

FOR MEMBERS

There will be a Membership Committee meeting on August 14 at 4pm at SFUU to discuss when we will have our first Saturday Supper and SFUU 101. The plan is that they will be in September once our new minister, AJ van Tine, has started. Any SFUU member is welcome to come to the meeting. We are looking forward to an active and exciting new year with AJ!



SFUU
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WWW.MYSFUU.ORG

Mail Return Service Requested

AN LGBTQ
WELCOMING
CONGREGATION



THE MISSION OF THE SIERRA FOOTHILLS UNITARIAN UNIVERSALISTS

Is to build beloved community that respects diversities as we nourish the spirit,
care for the Earth, and inspire faithful acts of peace and justice.

Seven Principles of Unitarian Universalism

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- ◆ The inherent worth and dignity of every person;
- ◆ Justice, equity, and compassion in human relations;
- ◆ Acceptance of one another and encouragement to spiritual growth in our congregations;
- ◆ A free and responsible search for truth and meaning;
- ◆ The right of conscience and the use of the democratic process within our congregations and in society at large;
- ◆ The goal of world community with peace, liberty, and justice for all;
- ◆ Respect for the interdependent web of all existence of which we are a part.