

THE UNITARIAN UNIVERSALIST COMMUNITY CHURCH

of Santa Monica



February 2, 2020

One Service at 10 am

Our church is supported through the generosity of those who believe in liberal religion. Membership is open to all who wish to call this church their home. More info at: (310) 829-5436, <u>office@uusm.org</u>.

If you are visiting, you are welcome. We invite you to remain after the service for fellowship in the courtyard. Parents of infants are welcome to keep their children with them during the service, or to drop them off in our warm & loving nursery, located in the cottage.

Visitor meetup every Sunday, from 11:30am to 12:30pm at the Cottage NE. First time visitors are encouraged to attend this informal get-together held on each Sunday of the month. Looking forward to meeting you. Norm Richey & Sarah Robson, Co-Chairs, Membership Committee.

Free parking: 1311-16th St. (between Arizona Ave. & Santa Monica Blvd.) Enter 8:30am - 12:30pm. Parking passes are available in the church lobby, at the garage entrance, or at <u>www.uusm.org</u>

Please turn cell phones & other electronic devices to SILENT or OFF during services. Large print orders of service & assistive listening devices available via ushers.

SUNDAY, FEBRUARY 2, 2020

The church offices will be closed on Monday, February 17, 2020, for Presidents' Day.

Visitor Meetup, **11:30 am**, **Cottage NE**. Visitors and prospective members are encouraged to attend this informal get-together held on each Sunday of the month.

Art Wall Opening Reception, 11:00 am - 12:30 pm, Forbes Hall. Join us to celebrate *So. Cal Cityscapes* Art Wall opening reception with artist Bonnie Lambert. The exhibit will be open every Sunday from 9:00 am until noon and on weekdays by appointment. It will run through Sunday, February 23rd. For questions or suggestions, please contact Beverly Alison at (323) 295-2306.

Healthy Congregation Council - Microaggressions: A Dialogue Facilitated By Jeremy Arnold, Sunday, February 2, 2020, 11:45 am - 2:00 pm, Warren Mathews Conference Room. Jeremy Arnold, son of Board member Abby Arnold, will facilitate a workshop on the topic of Microaggressions. Jeremy will share tools for navigating fraught conversations, around marginalization, and maintaining positive relationships with fellow community members.

FIA/PSJ - "How to be an Anti-Racist" - Part Two, 12:00 pm - 1:30 pm, Forbes Classroom 4. To Commemorate MLK Day 2020, the Peace & Social Justice Committee offers a study and discussion of the timely and important new book from Dr. Ibram X. Kendi. Join us for part one of the discussions which will cover chapter 10 of the book.

Green Committee Meeting, Sunday, February 2, 2020, 12:30pm - 2:00pm, Cottage SE. To inform others of the simple changes that can be made to decrease their carbon footprint, and to implement social action to green our community.

AAHS Event - Rabbi Adam Chalom, Sunday, February 2, 2020, 2:00 pm - 4:00 pm, Forbes Hall. Rabbi Adam Chalom will talk about his work as Rabbi of Kol Hadash Humanistic Congregation and share his wisdom on humanistic approaches to historic religious traditions in today's changing landscape of faith and practice.

JOYS AND SORROWS

The Milestone Book is on the greeter table near the front door each Sunday. If you have a joy or sorrow that you would like to have mentioned during the meditation time please write it in the Milestone book prior to entering the sanctuary. You may also send it to **pastoralcare@uusm.org** and indicate you would like to have it mentioned on Sunday. If you prefer to share your joys or sorrows without having them mentioned from the pulpit please send the information to **pastoralcare@uusm.org** and indicate for privacy.

UPCOMING EVENTS

Adult Programs - An Enjoyable Dive into Who and What We Are, Monday, February 3, 2020, 7:30 pm - 9:00 pm, Forbes Classroom, 3. Bill Blake helps participants master specific meditation skills. This class will include meditations that explore participants' spiritual goals.

UU Men's Group, Thursday, February 6, 2020, 7:30 pm - 9:00 pm, Cottage NE. The Men's Group offers a special opportunity to the men of the congregation and other like-minded men to join our welcoming group in provocative and stimulating discussion and to get to know others with UU perspectives in a more meaningful way. This week's topics: If your father were alive today, what would he think of our advancements in technology. Is new tech improving our lives or is it distracting and isolating us? How can we fix this?

R/E - Collage Group with Stan Bemis, Saturday, February 8, 2020, 10:00 am - 12:00 pm, Cottage NE. The goal of this group is to help foster personal worth and empowerment, entering into that holy place within and having sacred fun. The objectives are 1) to create works of art and 2) create cards for events or celebrations. Contact: Stan Bemis, 310-395-1546

Adult Programs - Body-Mind Tune-Up with Bruno, Saturday, February 8, 2020, 12:30 pm - 1:30 pm, Forbes Hall. Bruno Lacombe is conducting exercise classes for seniors, super-seniors, and people with physical difficulties for UUSM members. Contact Bruno Lacombe, (310) 666-7387.

Visitor Meetup, Sunday, February 9, 2020, 11:30 am, Cottage NE. Visitors and prospective members are encouraged to attend this informal get-together held on each Sunday of the month.

Children & Youth RE Committee Meeting, Sunday, February 9, 2020, 11:30 am - 1:30 pm, Cottage NW. Monthly Committee meeting, all who are interested are welcome to attend. Contact Sabina Mayo-Smith for questions.

Faith Forward - Inquirers Group, Sunday, February 9, 2020, 11:30 am - 12:30 pm, Forbes Classroom 1. The Faith Forward-Inquirers Series will begin Sunday, February 9th with Session 1: UU Principles, Sources, & Historical Overview, and facilitated by long-time UUs John Oliver and Sharon Harrell. Please refer to the last page of the program for the full schedule.

Second Sunday Supper, Sunday, February 9, 2020, 6:00 pm - 9:00 pm, Forbes Hall and Courtyard. Initial set up time is followed by communal meal. Attendees should bring a main dish, side dish, salad or dessert to share. Children are absolutely welcome! To save on waste and promote green living, we kindly ask that you bring your own plates, cups, utensils, and cloth napkins. We will have extra dishes if you cannot bring your own. Happy hour begins at 5:45 pm.

Open Meditation, Monday, February 10, 2020, 7:30 pm - 9:15 pm, Forbes Hall. We gather twice a month to sit together quietly for 20 minutes, to walk with gentle awareness for seven minutes, and to explore the integration of meditation with ordinary life through reading and sharing. Anyone who senses they would benefit from 20 minutes of silent, non-guided sitting is welcome to join us.

Board Meeting, Tuesday, February 11, 2020, 6:45 pm - 9:30 pm, Forbes Hall. All are welcome to attend.

Prayer Bead Workshop, Wednesday, February 12, 2020, 7:00 pm - 9:00 pm, Forbes Hall. (This is a two-week workshop, please plan on attending both sessions, week two will be held February 26, 2020.) Rev. Jeremiah will share the history of prayer beads in various cultures and religions – Rosary, Tasbih, Japamala, Catholic, Anglican, Islamic, Pagan, Buddhist. We will discuss types of prayer and ways to adapt them to fit various UU beliefs. For more information, contact Bettye Barclay or Sue Stoyanoff.

Ukulele Strum and Sing-Along, Saturday, February 15, 2020, 10:00 am - 12:00 pm, Forbes Hall. Please contact Kim Kalmanson for questions.

Adult Programs - Body-Mind Tune-Up with Bruno, Saturday, February 15, 2020, 12:30 pm - 1:30 pm, Forbes Hall. Bruno Lacombe is conducting exercise classes for seniors, super-seniors, and people with physical difficulties for UUSM members. Contact Bruno Lacombe, (310) 666-7387.

International Folk Dancing with Instructors, Saturday, February 15, 2020, 7:00 pm - 8:30 pm, Forbes Hall. They say that dancing is combining fun with exercise and friends! Learn international folk dancing with instructors Sandy Helperin and Teri Hoffman. Folk dancing is for anyone who loves to move to traditional music. New dancers are welcome – there are no partners required. Donations accepted.

February 2, 2020

Mindfulness Prayer

Spiritual Practice



Prelude

| Responsive Reading | Together in Sacred Space | Lorelei Greenwood-Jones |
|------------------------------|--|-------------------------|
| | May you be filled with May we be filled with | |
| *Song of Blessing | # 1031 Filled with Loving Kindness (3 verses) 1. May I be filled with loving kindness. May I be well.(2x) May I be peaceful and at ease. May I be whole. | |
| Time for All Ages | Story for all ages | Cleo Anderson DRE |
| Westside Food Bank Offering | | |
| *Hymn of Praise | From all that dwell below the skies Let songs of hope and faith arise Let peace, goodwill on earth be sung Through every land, by every tongue. | |
| *Covenant | Love is the doctrine of this church. The quest for truth is its sacrament, And service is its prayer. To dwell together in peace, To seek knowledge in freedom, To serve humankind in fellowship, Thus do we covenant with each other. | |
| *Opening Hymn | #123 Spirit of Life | |
| A Time to Greet Your Neighbo | r | |
| Welcome & Announcements | | |
| Music for the Morning | Every Time I feel the Spirit Chloe Vaught, solo | arr. Bob Chilcott |
| Chalice Lighting | the Peace of Wild Things | Wendell Berry |
| Call to Worship | Susan Bickford, Worship Associate | |
| & Processional | #298 Wake Now My Senses | |
| *Gathering Hymn | | |

| Silence | | |
|---------------------------------------|---|--|
| Musical Response | | |
| Sermon | Spiritual Practice | Rev. Jeremiah Kalendae |
| | | |
| Musical Response | | |
| Offering | | |
| Offertory Anthem | The Color Purple | Willis, Russel and Bray |
| | UUSM Choir featuring Jyvonne Haskin, solo | |
| *Closing Hymn | #1058 Be Ours a Religion | |
| *Benediction | | |
| Postlude | | |
| | | |
| *Please stand in body or in spirit | | |
| | ê ê ê | |
| Greeters: Ushers: | Т | Barbara Gibbs Tom Early and Erik Paesel |
| Coffee: | | Van Ooyen, Deirdre Dietel |
| Visitor Welcome Table: Book Store: | | Barbara Gibbs Sarah Maa Harpar |
| DUUK SLUIE. | | Sarah Mae Harper |

Service Notes

Today, 50% of our offering will go to Black Lives of Unitarian Universalism (BLUU). We celebrate Black History Month and share 50% of our collection plate with Black Lives of Unitarian Universalism. The BLUU Organizing Collective was formed in 2015 with commitments to expand the power and capacity of Black UUs within our faith; provide support, information, and resources for Black UUs; and justice-making and liberation through our faith. Your support will help us to live into future in which we actively dismantle racism within our movement and the larger world, and create beloved community for all. Thank you for your generous support.

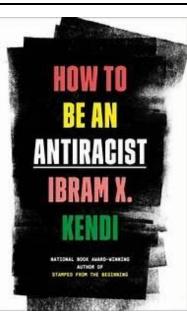
The Rev. Jeremiah Kalendae serves as UUCCSM's Developmental Minister. He joined our congregation in August 2019 after serving for 10 years in congregations in Northern California and teaching at Starr King School of Ministry. In addition to being a Unitarian Universalist minister, Jeremiah is a dervish in the Chishtī Order of Sufism.

Worship Associate, Sue Bickford, has been a member of UUCCSM for over 20 years serving on various committees, the board, and in the choir. This is the end of her first year being involved with the Worship Associates.



Every Sunday

Today at 11:30 AM Location: Cottage NE

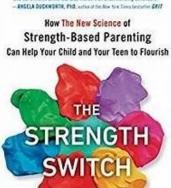


Study and Discussion of

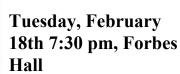
HOW TO BE AN ANTIRACIST

By Ibram X. Kendi

Part Two (Chapter 10) Today, 12:00 - 1:30, Forbes Classroom 4



LEA WATERS, PhD



Science

Non-Fiction

Book Group

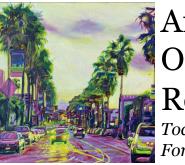
Contact: Rebecca Crawford. (310) 337-7787. We will discuss "The Strength Switch: How the New Science of Strength-Based Parenting Can Help Your Child and Your Teen to

Flourish," by Lea Waters. There is more than one way to raise a child to an independent adulthood. Discovering strengths can be put to unexpected uses. All are welcome.

Brave Spaces: Mindful Social Practice and Authentic Allyship

Please join the Healthy Congregation Council in welcoming Jeremy Arnold, son of Board member Abby Arnold, to our church for a workshop on the topic of Microaggressions.

> Sunday, February 2 at 11:45 a.m. Warren Mathews Conference Center.



Art Wall Opening Reception Today, 11 - 12:30 pm

Forbes Hall

Bonnie Lambert - So. Cal Cityscapes

The exhibit will be open every Sunday from 9:00 am until noon and on weekdays by appointment. For questions or suggestions, please contact Beverly Alison at (323) 295-2306.



Dining for Dollars Auction 2020 - March 8 & 15

WHAT IS YOUR PART in this MAIOR SMUU FUNDRAISER? #1 Be Present and Bid on those March Sundays #2 Host an event! -We all love to attend some events again and again

-We all love to attend new and different events hosted by first-timers

Time is running out and we need YOU! STOP BY the host sign-up table **TODAY** to get more information



Sundays 11:30-12:30

Many folks come to UUSM with a host of questions ranging from "What is Unitarian Universalism," "What do UUs believe?" What programs do you have at this church? Our Inquirers Series, developed by the First UU Church of Dallas, is designed to help answer these questions and many others.

A total of nine sessions will be presented from February 9th through May 3rd. You may attend any class at any time; it is not necessary to attend them in sequence nor is it necessary to attend them all, although we hope you do so.

The following is the scheduled list of Sessions:

- 02/09/20 Session 1: UU Principles, Sources, and Historical Overview
- 02/16/20 Session 2: Campus Tour, Orientation and Church History
- 02/23/20 Session 3: Worship and the Liturgical Year
- 03/01/20 Session 4: Q & A with the Minister, Rev Jeremiah Kalendae
- Two-week Break
- 03/22/20 Session 5: Faith Development for Children & Youth; Programs for Families; Our Whole Lives (OWL) Program
- One week Break
- 04/05/20 Session 6: Social Action and Community Service
- One week Break
- 04/19/20 Session 7: Adult Programs & Opportunities for Personal & Spiritual Growth, Heart to Heart Groups.
- 04/26/20 Session 8: Pastoral Care, Care-Ring
- 05/03/20 Session 9: Membership 101

You may attend any or all of these sessions, whether you are a visitor, a new member or a long-time member of the congregation. For first time visitors to UUSM, we offer a brief Visitor Meet-Up after each Sunday Service. At the conclusion of Visitor Meet-Up you will be invited to join the Inquirers Series the following Sunday.

Inquirers Classes will be held weekly from 11:30 – 12:30, in room 1, second floor of Forbes after Service beginning Sunday, February 9th.

Registration will be held at the Adult RE table in Forbes during Fellowship after each Sunday Service, or in Room 1 prior to the session.

Please come...the sessions are interesting, educational and informative!

Sign up at the RE table after services!

THE UNITARIAN UNIVERSALIST COMMUNITY CHURCH OF SANTA MONICA

From the historical affirmation of the unity of God (Unitarian) to the universal salvation of all souls (Universalist), Unitarian Universalist beliefs have expanded to the broader concept of a unity in diversity which affirms the supreme worth of all persons, held together through love and a spark of divinity that resides in us all. Bound neither by creed nor dogma, our intentionally inclusive community honors and celebrates the right of individual thought, joins in shared concerns and respects the ever present need to deepen our understanding of the awe and wonder of life. Unitarian Universalists 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 our 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

Minister: The Reverend Jeremiah Kalendae *Minister Emerita:* The Reverend Judith E. Meyer *Minister Emeritus:* The Reverend Ernest D. Pipes

| Director of Religious Exploration: | Cleo Anderson |
|---|---------------------------------------|
| Religious Exploration Staff: | Teri Lucas |
| Director of Music: | Saunder Choi |
| Accompanist: | Ryan Humphrey |
| Choir Section Leaders: | Jyvonne Haskin, Adrien Redford, Chloe |
| | Vaught, Chris Jobst |
| Church Administrator: | Nurit Gordon |
| Administrative and Financial Assistant: | Cyndee Hayes |
| Communications Coordinator: | Sibylla Nash |
| Sextons: | Kevin Roller, Thomas Ahern |

BOARD OF DIRECTORS: (Meets second Tuesday of the month, 6:45pm in Forbes Hall)

| Abby Arnold, Member at Large | |
|-------------------------------------|--|
| Eileen McCormack, Member at Large | |
| Barbara Andres, Member at Large | |
| arry Weiner, <i>Member at Large</i> | |
| | |
| One Service at 10 am | |
| | |
| Mon-Thurs: 10:00am-5:00pm | |
| Friday: 10:00am-1:00pm | |
| Sat: Closed | |
| | |