



October 2019 Chalice PrevUUs Calendar

Newsletter of the Chalice Unitarian Universalist Congregation of Escondido, California
2324 Miller Avenue, Escondido, CA 92029 Phone: 760-737-0393
Website: ChaliceUUCongregation.org

Vol. 20 # 10A

Public
Edition

Sunday Services for October



Pride by the Beach, Saturday October 12, 11 am- 5 pm

Look for our UU table. If you'd like to help staff this or just come around to say hi to fellow UUs, please contact Liz Young. Her email is: *[no contact info in public edition]*.

Songs for Little Kids, Songs for Big Kids

Sunday, October 13
1:00 pm in the Chalice Chapel
Don Anderson is offering snacks and an old-fashioned Sing-A-Long for young and young at heart.



October 6 Rev. Sharon Wylie “Honoring Yom Kippur”

Yom Kippur, which begins this year at sundown on October 8th, is considered the holiest day of the Jewish calendar, a time for reflection and asking for forgiveness. We honor this High Holy Day by considering how we might offer forgiveness to those who have hurt us the most.

October 6th is also the first day of Mental Illness Awareness Week. We will donate today's offering to Mental Health Systems.

October 13 Alice Dodd, pulpit guest “The Epidemic of Loneliness”

Nearly half of all Americans say they are lonely, lacking relationships that make them feel known and understood. Younger people and millennials are not exempt. Why is loneliness so prevalent, what are the emotional and physical consequences and what can be done about it?

Alice has been a member at Chalice since 2016. She is a worship associate, song leader, storyteller, and choir member. She conducts Notes of Comfort, the “compassionate choir”; leads a memoir writing group; and chairs the music committee.

October 20 Rev. KC Slack, pulpit guest “The Rainbow Sign”

What does our covenantal faith mean for our relationship with the wider world? What is our duty regarding justice? What happens when we fall short of that promise?

Rev. KC Slack is the minister at the Unitarian Universalist Church of the Verduga Hills in La Crescenta, California.

October 27 Greg Anglea, pulpit guest “How We Created Homelessness...and How We Can End It”

This weekend a portion of our congregation will be in Tijuana for a homebuild project. Our worship in Escondido will echo the work in Tijuana: addressing homelessness. Greg Anglea is the Chief Executive Officer of Interfaith Community Services. We will donate today's offering to ICS. Our “Making Up For Lost Time” food drive starts today.

Table of Contents:

| | |
|-----------------------|-----------|
| Family Ministry | pg A-2 |
| Upcoming forum on | |
| Using the Patio | pg A-2 |
| Life Purpose Workshop | pg A-2 |
| Music Ministry | pg A-3 |
| Groups & Activities | pgs A-4-6 |
| Calendar | pg A-7 |
| Minister Message | pg B-1 |
| President Message | pg B-2 |
| Board Report | pg B-3 |
| Coord Team Report | pg B-3 |



Chris O'Connor,
Director of Family
Ministries for
Chalice



Family Ministry

The Religious Education Program at Chalice will begin on October 6th in our new building! I plan to build upon the ideas and practices that have been the foundation for the RE Program at Chalice. I also hope to add my own twist: pulling from my skill set

and unique experiences to enrich and grow the Family Ministries Programs. After retiring from public education, I trained and have worked as a yoga instructor, energy healing practitioner and therapeutic journal writing facilitator. These wellness modalities will support my role as Director of Family Ministries.

This year we are using a new RE Youth Program titled Building Bridges: A World Religions Program. Each workshop in this curriculum will help create an environment where questioning is encouraged, and foster acceptance for the diverse forms that religious expression takes.

The children's RE classes will continue to use the Tapestry of Faith curriculum and the younger members of our Chalice community

will continue to mature using this developmental approach. They will also be introduced to concepts such as creating love in the context of our home and community and living our UU values every day. A focus such as this will help bring our multigenerational congregation together in our shared goals and purpose.

This is all serious stuff, but having fun on the journey is part of the RE program too! Please do not hesitate (and I mean it, *do not hesitate!*) to contact me if you are interested in

being part of the team of congregants involved in this worthy effort.



Chalice RE Students



Chalice's Courtyard – a Forum on Long-term Solutions

Sometime in November the Coordinating Team is going to sponsor a brainstorming forum on the future for our courtyard. The challenge: We need some kind of protection from the elements – mostly sun, but also rain in the winter months. It needs to be attractive. And of course it needs to be affordable!

For now, please start thinking about possible ideas. Once we schedule the forum, please attend and share and brainstorm with others! We want everyone's thoughts and input!



Finding Your Life's Purpose Workshop

Led by Rev. Dr. Arvid Straube
Saturday, November 16
10 am - 3 pm
Rainbow Room
Suggested donation:
\$10 for Chalice congregants
\$15 for the general public



Music Ministry for October



Tim McKnight

Oct 6: The Chancel Choir will present "Light" from the musical, *Next To Normal*. Lisa DeSpain arranged this piece with lyrics by Brian Yorkey and music by Tom Kitt. For more information, see below.

Oct 27: The Chancel Choir will present "Amani Utupe" by Patsy Ford Simms.

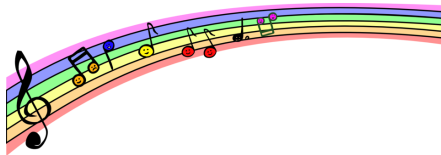
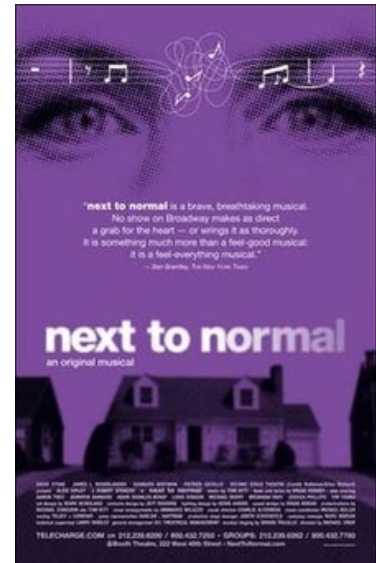
Looking Ahead:

Don Anderson's Concert
Winter Music Service

October 13 at 1:00 pm
December 8, 2019, 9 & 11 am services

A Closer Look: "Light" from *Next to Normal*

On October 6th, our Sunday worship will focus in part on Mental Illness Awareness Week. As part of these services, Chalice's Chancel Choir will be presenting the song "Light" from the rock musical *Next to Normal*, which won 3 Tony Awards and a Pulitzer Prize. The musical follows the struggles of Diana Goodman, a woman with bipolar disorder, and explores the effects of her mental illness on her and her family. *Next to Normal* was groundbreaking in many ways, especially in how it presents mental illness and its effects. The closing song of the show, "Light," is a song which offers a bit of hope at the end of what is a rather tumultuous show. Gone are the days of "happy endings" in Broadway musicals, but nonetheless "Light" offers important messages of encouragement, support, and resiliency.



Welcome Back, Kate Gaunt!

Not only did Kate join the Handchime Ensemble, she has also rejoined the Chancel Choir after a 15 year break. "It's really nice to be back with the Chalice choir. Tim is the best and there are wonderful people with terrific voices who really know music. Whenever I leave a rehearsal, no matter what happened that day, I'm in a good mood!"





As we transition back to Chalice, please keep in communication with the groups you meet with, and watch the calendar on line so you know where the meeting will take place. If you are a group leader, please let the office know as soon as possible where you plan to meet. Keeping the calendar updated will help your group members find the meeting. Please send scheduling notices to the office: ChaliceUUC@gmail.com.

Groups & Activities - that meet once or twice a month

| | | |
|-------------------------------|--|--|
| Board Games | Second Wednesday 1 pm Common room | A lively group meets to play games: Mexican dominoes, Rummikub, or any fun game. Newcomers happily welcomed! Contact Carol B <i>[no contact info in public edition]</i> . |
| Activist Letter Writers | First & third Wednesdays, 11 am Common room | Join us for lively discussion and post card writing, with action as an outcome. New activists welcome. Contact: Kaye C <i>[no contact info in public edition]</i> . |
| Men's Support Group | Second Wednesday 6:30 pm Escondido location & a group hike | We get to know and support each other by sharing experiences, thoughts and feelings from our lives. If you are interested please contact Barry H <i>[no contact info in public edition]</i> .. Barry can tell you more about the group, including the meeting location of the month. |
| Memoir Writers Group | Second Thursday 10 am Meet at Paul Courtright and Susan Lewallen's home in October | Alice Dodd leads this group in writing personal memoirs. meets once a month. This is a great way of getting your thoughts and memories on paper. Contact Alice D <i>[no contact info in public edition]</i> . |
| Women's Book Discussion Group | Third Tuesday 7:15 pm Common Room | October Book: Educated, A Memoir Author: Tara Westover Please come and join us for a stimulating and fun evening. Newcomers are welcome. For any questions, please contact: Mary B <i>[no contact info in public edition]</i> . November Book: The Garden of Evening Mists |
| Fiber Arts & Crafts | Third Wednesday 1:30 to 3:30 pm Common Room | We chat and work, primarily needle-crafts like knitting, or embroidery, but any portable crafts are welcome. Contact: Bonnie P <i>[no contact info in public edition]</i> . |
| Prayer Circle | Third Wednesday 7 pm Hub—Blue Room | Join Rev. Sharon for a Unitarian Universalist prayer circle.in the Chalice chapel. Please come prepared to request prayer and to offer prayer to others. All are welcome. Contact: RevSharonWylie@gmail.com |



Weekly Groups & Activities - You are welcome here!

Yoga — from Kathy Z

Chalice's Tuesday evening yoga class will be meeting in the Rainbow Room at 7:00 pm. starting Tuesday, October 1 at 7:00 pm.

This gentle yoga class is perfect for seniors, beginning yoga students, or for those with lots of experience who enjoy a good, relaxing stretch with friends. Wear comfortable clothes. Bring a mat, or there are a few mats available to borrow. Questions? Call Kathy a[no contact info in public edition].



Chair Yoga — from Patty C

Monday class: Patty teaches a Monday chair yoga class at Temple Adat Shalom. This is a donations class (recommended \$2 per class) with the money going to the temple. The exception to that is for those of you who pay a membership fee to access any or all of the classes offered at the temple. If you have that membership and, when you come to class, wear the blue wrist band signifying that, you will be covered by that membership with no additional donation needed for the chair class. Class will be in the large room.


Start time for the Monday class is 11:30.

Tuesday class: Will continue at TAS until we get word that we can return. That, too, is a donations class with those donations going to TAS during the time we're using their lovely space.

Start time for the Tuesday class is 10:00.

I hope this explains the new schedule for you. You're invited and encouraged to attend both classes! I hope to see you next week!

Namaste, Patty

| What | When, Where | Who & Why you want to participate |
|---|--|--|
| Cracker Barrel  | Wednesdays, 9 am for breakfast, 9:30 for discussion at Denny's in Escondido. | Liberal thinkers & friendly, supportive men. New friends are welcome. Open to all men of Chalice to meet life-long friends with a sense of humor. Contact: Marty S [no contact info in public edition]. |
| Zen Meditation | Thursdays, 8:30 am and Sundays, 11 am Chalice Cottage! | Chalice Friend Dr. Al Zolnyas offers instruction and Meditation practice. This group welcomes both seasoned meditators and those new to the practice. Website: freewayzen.org Al has returned to leading his twice weekly meditations in the Chalice cottage. |
| Women's Meditation & Study | Thursdays, 10:30 am In the chapel at Chalice | Women's Buddhist Meditation. Mutual support and the practical implementation of Buddhism in order to enrich our daily lives. Contact: Carol B [no contact info in public edition]. |



Chalice Dine-Out - Third Monday, October 21 at 5 pm

The Dine-Out group will be dining at Umai Japanese Restaurant located at 730 Nordahl Rd. #108 San Marcos. NOTE NEW TIME.

Singles and couples are all welcome for conversation, catching up, and getting acquainted. This is an open group that enjoys breaking bread together.

Please RSVP to Cindy C *[no contact info in public edition]* before October 15th so Cindy may make reservations.



Chalice Women's Book Group - Third Tuesday, October 15 at 7:15 pm

October Book: Educated, A Memoir

Author: Tara Westover

We meet the third Tuesday of every month at 7:15 p.m. at Chalice. Please come and join us for a stimulating and fun evening. Newcomers are welcome.

For any questions, please contact: Mary B *[no contact info in public edition]*.

November Book: The Garden of Evening Mists

Haven House Interfaith Community Dinner - Wednesday, October 16 at 6:10 pm (dates change each month)

Each month, volunteers from Chalice cook and serve a meal to the people who are staying at Interfaith Community Service, a local shelter. There are coordinators for each month, and Julia & Marshall keep the mailing lists and facilitate our participation in this community service project. If you would like to participate, contact Marshall at *[no contact info in public edition]*.



Ladies Out to Lunch - Third Friday - October 18 at 11:30 am

The Ladies out to Lunch will meet on October 18 at Hunan's restaurant, in Rancho Bernardo. We meet at 11:30 AM and welcome newcomers! Please RSVP to Carol Si *[no contact info in public edition]*.



Circle Suppers - Third Saturday, October 19 at 6 pm

Want to get to know other Chalice Members? Try Circle Suppers! This program is designed to bring Chalice members together for dinner on the Third Saturday of each month. Sharing a meal and good conversation creates the program for the evening. For details contact Emily T *[no contact info in public edition]*.



Readers' Theater - Fourth Monday, October 28 at 6:45 pm

On Monday, October 28, we will be gathering at 6:45 in the Blue Room of the Hub to read aloud a Halloween special — the popular comedy **Arsenic and Old Lace**, by Joseph Kesserling. The plot: Three charming old ladies populate their basement with the remains of their unsuspecting roomers. Join us for an evening of silly fun! Please contact Deb Coon debjcoon@gmail.com or 858-204-1048 in advance, so that we'll know to expect you!





| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|---|
| <p>6</p> <p>9 & 11 am Worship Service: Rev. Sharon Wylie "Honoring Yom Kippur" 9 am RE Classes 12:30 pm Sermon Writing Class 3:30 pm Zen Meditation</p> | <p>7</p> <p>11:15 am Chair Yoga at TAS</p> | <p>1</p> <p>10:00 am Chair Yoga 7:00 pm Yoga 7:00 pm Exec Board</p> | <p>2</p> <p>9:00 am Cracker Barrel 11:30 am Activist Writers 2:30 pm Coord Team 5:00 pm Green Sanctuary</p> | <p>3</p> <p>8:30 am Zen Meditation 10:30 am Women's Study 6:30 pm Handchimes 7:30 pm Chancel Choir</p> | <p>4</p> | <p>5</p> |
| <p>13</p> <p>9 & 11 am Worship Service: Alice Dodd "Epidemic of Loneliness" 9 am RE Classes 1:00 pm Songs for Little People - 3:30 pm Zen Meditation</p> | <p>14</p> <p>11:15 am Chair Yoga at TAS</p> | <p>8</p> <p>10:00 am Chair Yoga 2:00 pm Staff Meeting 7:00 pm Yoga 7:00 pm Board</p> | <p>9</p> <p>9:00 am Cracker Barrel 1:00 pm Board Games</p> | <p>10</p> <p>8:30 am Zen Meditation 10:00 am Memoir Writers 10:30 am Women's Study 6:30 pm Handchimes 7:30 pm Chancel Choir</p> | <p>11</p> | <p>12</p> <p>10:00 am Council of Chairs 10:00 am Private Group 11:00 am Pride by the Beach! 11:00 am Neighborhood Group</p> |
| <p>20</p> <p>9 & 11 am Worship Service: Rev. KC Slack, pulpit guest "The Rainbow Sign" 9 am RE Classes 12:15 pm Greeter Training 3:30 pm Zen Meditation</p> | <p>21</p> <p>11:15 am Chair Yoga at TAS 6:00 pm Dine-out Circle</p> | <p>22</p> <p>10:00 am Chair Yoga 7:00 pm Yoga 7:15 pm Meditation group rental, open to all</p> | <p>16</p> <p>9:00 am Cracker Barrel 11:30 am Activist Writers 1:30 pm Fiber Arts 6:10 pm Haven House 6:30 pm Private rental 7:00 pm Family Ministries 7:00 pm Monthly Prayer</p> | <p>17</p> <p>8:30 am Zen Meditation 10:00 am Memoir Writers 10:30 am Women's Study 6:30 pm Handchimes 7:30 pm Chancel Choir</p> | <p>18</p> <p>11:30 am Ladies-Out-To-Lunch</p> | <p>19</p> <p>6:00 pm Circle Suppers</p> |
| <p>27 - Casas de Luz Weekend</p> <p>9 & 11 am Worship Service: Greg Anglea, pulpit guest "How We Created Homelessness . . . and How We Can End It" 9 am RE Classes 3:30 pm Zen Meditation</p> | <p>28</p> <p>11:15 am Chair Yoga at TAS 6:45 pm Readers' Theater</p> | <p>29</p> <p>10:00 am Chair Yoga 7:00 pm Yoga 7:15 pm Meditation group rental, open to all</p> | <p>23</p> <p>9:00 am Cracker Barrel 1:00 pm Board Games</p> | <p>24</p> <p>8:30 am Zen Meditation 10:30 am Women's Study 3:30 pm Coord Team 6:30 pm Handchimes 7:30 pm Chancel Choir</p> | <p>25</p> | <p>26</p> <p>Casas de Luz Week-end</p> |
| <p>For the most accurate information, visit ChaliceUUCongregation.org; under the "News" tab, there is a Calendar that anyone can access. No password needed.</p> | | | | | | |



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Minister's Message for October

The following is an excerpt from Rev. Sharon Wylie's sermon "Bend Don't Break" offered on September 15, 2019

That feeling of being immobilized, of numbing ourselves to escape the feeling of overwhelm: that's what has prompted this 10-sermon series, what I call our annual Spirit Study topic. I'm using the word "resiliency" as being closest to what we're talking about, but the longer, more accurate phrase is "Resiliency in the Age of Overwhelm." Yes, it's resiliency we need, but resiliency with a strength like never before. Resiliency to stay present to this moment, not to retreat and hide. Resiliency to face the challenges we face, not sitting in the corner, staring into the middle distance. Resiliency to live, every day, with our grief and our overwhelm, while still finding ways to resist, to create a new world, to do the work we need to do.

This is our fifth year with a Spirit Study topic, and more than any other year, I don't know quite where this one will take us. There is no set answer for how to live in these troubled times. We're going through this together, as an experiment, and we may get to next June and find that it didn't work the way we hoped. I have chosen a book, but the sermon series doesn't come from the book the way it has in other years. Let me explain.

The book I'm using for inspiration is called *The Artist's Way* by Julia Cameron. It was written in 1992, and then updated in 2002, and then again in 2016. It's sold over 3 million copies.

The book is about developing creativity, and it's written for an audience of artists—writers, painters, musicians. And this is why I'm using it—I think we need to all think of ourselves now as creators. Not necessarily artists, but *creators*. We have to take all this garbage that's coming at us, all this terrible news, all these problems that need to be fixed, and we need to be the place of transformation, the place where we take in what is terrible, and what we make of it, what we

produce, what we *create* is something new in response, something beautiful, something life affirming.

We need to think of ourselves, each of us individually, as compost piles, taking what is old and unwanted and transforming it into that which nourishes new life. I don't mean that each of us will become a writer or painter or musician, but I do mean that each of us needs to find our own creative ways of resisting what is harmful, of fighting for social justice, of surviving.

Remember how activist Joanna Macy named the three kinds of actions needed to help transform the world: Holding actions to slow the damage to Earth and its beings, Life sustaining systems and practices that experiment with new ways of being, and the Shift in consciousness to bring about a cognitive revolution and a spiritual awakening.

All of those things—holding actions, life sustaining practices, shifts in consciousness—all of those things take energy and creativity from all of us. We cannot afford to let ourselves fall numb and immobile.

*Bright blessings,
Sharon*



Rev. Sharon Wylie



To schedule an appointment with Rev. Sharon:
Online: <https://calendly.com/revsharonwylie/>
Text or call: 619.871.9959 or
Email: revsharonwylie@gmail.com



President's Message for October 2019 ~ Alec Bergamini

October has arrived in Escondido with the promise of some cooler days. I'm hopeful.

We've been busy putting the finishing touches on construction and things are really starting to look great. By the time you read this, we will have finished our annual Oktoberfest celebration, for the first time reaching out beyond our Chalice community to our friends and neighbors.

The Strong Finish fundraising campaign is roaring along with you all donating \$33,637 towards the needed \$50,000. We still need another \$16,363. Meanwhile, our new Director of Family Ministries, Chris O'Connor, is heading up our Finish and Furnish Task Force to select our new playground, as well as furnishings for the Hub. Congregants will remember that a communal discussion to collect ideas about the new playground was held on May 19. Notes from that discussion have been given to the task force to inform their work.

Personally, I've been thinking a lot about **mission statements**. I know that sounds a bit boring, but believe me, it's only the name that's boring, not the subject. I mentioned in an earlier letter that we'd be having a congregation-wide conversation about Chalice's mission later this year. Right now, I'm more interested in exploring the idea of personal mission statements, also called purpose statements.

My interest in this subject comes from the fact that over the last year I've started to feel like a juggler with too many balls (or meat cleavers) in the air. I struggle with focusing on the most important thing to do next, and I don't have enough hours in the day. I envy the people who retire and complain about boredom. I really do.

Enter the personal mission statement. In theory, with this statement in-hand you simply compare the next task to your mission, and if the task leads towards fulfillment of the mission then you work the task; otherwise you table it. (Using mission to focus is only one use of mission. There are others.)

The internet is full of articles on creating a personal mission statement. If you are interested in learning more you can Google the topic or email me at *[no contact info in public edition]* and I'll send you some links. That said, here's a distilled version of the process.

Make a list of the things you are truly passionate about. These are the things that bring you joy.

Make a list of the things that you are really good at. You're looking for your core values, the things you can do that others aren't so good at.

Study these lists until you develop a clear sense of where they intersect. Once you have a short list of the things you are good at, are passionate about, and that match your values, you are ready to craft your mission statement. This short list is the "**tools**" you bring for getting things done.

Next determine what your primary "**goal**" is, like "make the world safer", "be a better leader", or "enjoy retirement."

Once you have your **tools** and your **goal**, your mission statement can be as simple as, "my mission is to use my 'tools' to accomplish my 'goal'."



Alec Bergamini

There are at least two different kinds of personal mission statements: goal-oriented missions and personal behavior missions. I've only written about goal-oriented missions; I leave personal behavior missions for another day. Goal-oriented missions should change every few years to reflect your stage of life. Behavior missions shouldn't change much.

This necessarily simplifies the material I have been studying, but that's the gist of it. I encourage you to think about mission statements and perhaps do some reading on your own.



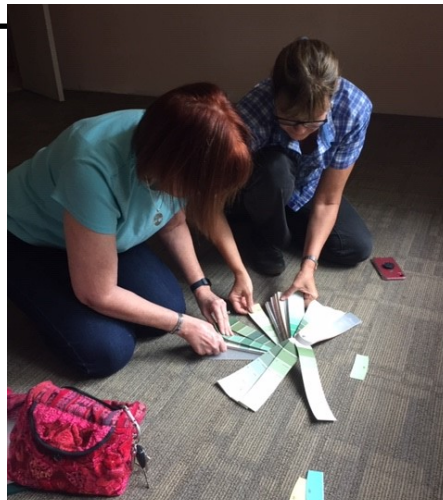
Board of Trustees Report **September Meeting for October Newsletter

The Chalice Board of Trustees met for the regular monthly meeting on Tuesday, September 10, 2019 in the Chalice Common Room. Various methods for the required review of the Chalice financial records were discussed and it was decided that more research was needed before a decision would be made. It was reported that the Phase I Construction Project is almost finished pending the electrical work that SDG&E needs to complete on the power grid. Also, it was reported that the Strong Finish Fund Raising Campaign has secured over half of the necessary funds needed to furnish the HUB, purchase playground equipment and restore the reserves. The Board approved a task force for future fundraising is beginning work on finding new and creative ideas for fund raising both inside and outside the Chalice community. It was moved that the Board form a task force to work on simplifying the Chalice Policy Book.

Coordinating Team Report for September Board meeting

- § Set new room use fees for non-profits.
- § Planned a list of tasks to complete on a future work day, when we begin using the Hub.
- § Developed a work list for Building & Grounds.
- § Discussed short term and long term plans for shade on the courtyard on Sundays.
- § Fleshed out plans for Sept 22 celebration and tour of new grounds and the Hub.
- § Completed "Year In Review" page for CT.
- § Considered what to do about groups that are without leaders.
- § Planned for a new group photo for the congregation.
- § Met with Chris O'Connor to discuss the Finish and Furnish Task Force.
- § Reviewed issues with Neighborhood groups. Created a plan to form a group for families with children.

Coord Team Members
hard at work for Chalice.



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