



# September 2020 Newsletter

Volume #21 | Issue #9 | Chalice Unitarian Universalist Congregation

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## **SAVE THE DATE**

**HONORING OUR PAST,  
SHAPING OUR FUTURE**

We are turning 20 years old in 2020! With 20/20 vision, we are manifesting an abundant future, and we could not have gotten this far without the people who have paved the way for us all! Please join us on **Saturday, September 26 at 5p.m.** as we celebrate loving memories, enjoy enlivening music, honoring tributes, commemorating new additions, and so much more!!

# SUNDAY SERVICES SCHEDULE

## Sunday Service at 10 am

Zoom Meeting ID: 832 129 662

<https://uuma.zoom.us/j/832129662>

## After-worship COFFEE HOUR

<https://zoom.us/j/118751781?pwd=S0EyQmZLdjJuNnBIV1ZlWW0yZVFhZz09>

### September 6 – Rev. Sharon Wylie

#### “Fewer Things, Better Things”

When we think of simplifying, we often think of having less. But having less means being thoughtful about the things we do have. This morning we'll consider the role of material possessions in our lives.

### September 13 – Rev. Sharon Wylie

#### “Unhealed Wounds”

This is the first in a 10-part series on healing racialized trauma inspired by the book, “My Grandmother’s Hands,” by trauma specialist Resmaa Menakem.

### September 20 – Rev. Sharon Wylie

#### “Ingathering”

The synergy that creates our church community is mysterious and shaped by ongoing change. Our annual ingathering services reflects on covenant and shared commitment. Today we'll mark the start of Rosh Hashanah, the Jewish New Year. Also, Tuesday is the Autumnal Equinox.

### September 27 – Rev. Susan Frederick-Gray

#### “UU the Vote”

This morning we gather online to share worship led by the UUA's, “UU the Vote,” team. The worship theme is democracy, faith, and justice.



# CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		10am Chair Yoga 12pm Zoom Lunch Brunch 2pm Coordinating Team Mtg 6pm Yoga by Zoom	9am Cracker Barrel 12pm Zoom Lunch Brunch 4pm Family Ministries Team 6:30pm Women's Support Group	10:30am Women's Meditation & Study Group 12pm Zoom Lunch Brunch 4pm "White Fragility" read	2pm RE Classes - <b>CANCELED</b> 7pm "White Fragility" read	9am Parent Support Group 7pm Concert with Tom Carlstrom
6	7	8	9	10	11	12
9am RE Classes - <b>CANCELED</b> 10am "Fewer Things, Better Things" Worship 11:10am Coffee Hour 4pm Kaleidoscope Auction Event	4pm Family Meditation	10am Chair Yoga 12pm Zoom Lunch Brunch 2pm Staff Mtg 6pm Yoga by Zoom 7pm Board of Trustees	9am Cracker Barrel 12pm Zoom Lunch Brunch 5pm "Non-Sunday Worship" Worship 6:30pm Men's Support Group 6:30pm Women's Support Group	10am Memoir Writing 10:30am Women's Meditation & Study 12pm Zoom Lunch Brunch 4pm "White Fragility" read	2pm RE Classes - <b>CANCELED</b> 7pm "White Fragility" read	9am Mental Health First Aid - <b>CANCELED</b> 2pm Auction Event - Chocolate Tasting
13	14	15	16	17	18	19
9am RE Classes 10am "Unhealed Wounds" Worship 11:10am Coffee Hour	1pm Poetry Group 4pm Family Meditation	10am Chair Yoga 12pm Zoom Lunch Brunch 6pm Yoga by Zoom 7pm Women's Book Club	9am Cracker Barrel 12pm Zoom Lunch Brunch 6:30pm Women's Support Group	10:30am Women's Meditation & Study Group 12pm Zoom Lunch Brunch 4pm "white Fragility" read	7pm "White Fragility" read	9am Mental Health First Aid - <b>CANCELED</b> 10am Worship Team
20	21	22	23	24	25	26
9am RE Classes 10am "Ingathering" Worship 11:10am Coffee Hour	4pm Family Meditation	10am Chair Yoga 12pm Zoom Lunch Brunch 2pm Coordinating Team Mtg 6pm Yoga by Zoom	9am Cracker Barrel 12pm Zoom Lunch Brunch 5pm "Non-Sunday Worship" Worship 6pm Green Sanctuary Team 6:30pm Women's Support Group 7pm Prayer Circle	10:30am Women's Meditation & Study Group 12pm Zoom Lunch Brunch 4pm "White Fragility" read 6pm Newsletter deadline	7pm "White Fragility" read	*5pm Turning 20 in 2020!*
27	28	29	30			
9am RE Classes 10am "UU the Vote" Worship 11:10am Coffee Hour	4pm Family Meditation 6pm Green Team Mtg 6:30pm Readers' Theater	10am Chair Yoga 12pm Zoom Lunch Brunch 6pm Yoga by Zoom	9am Cracker Barrel 12pm Zoom Lunch Brunch 6:10pm Haven House 6:30pm Women's Support Group			



## Minister's Message

*The following is an excerpt from the August 23, 2020 worship service, "A Crowd, A Mob, A Troupe". You can listen to the complete sermon, and the rest of the service, on Chalice's YouTube channel.*

We're five months into the pandemic, staying at home if we can, and worshipping online. I feel like I say the same things over and over, and yet they need to be said over and over. It's okay that you're grumpy. It's okay that you're tired. It's okay that you can't concentrate, that you're easily confused. It's okay if you don't have much clarity or energy.

Using myself as an example, I think I'm functioning at about 50% of whatever normal is. I can do about half as much as I did not just before the pandemic, but before the 2016 election. These pressures and anxieties have built up, the rise of white nationalism has been distressing, and you know, we've got a lot on our minds!

And I can't even imagine what it's like for our parents with school-age children, and those of you who are teachers, too. Those of you who are essential workers. Those of you who are being asked to go into a workplace instead of working at home. Those of you seeking employment, those of you who need a new living space. Everything that was stressful before the pandemic is now amplified.

Because many of us have developed new routines, new habits, we keep thinking things should feel normal. And maybe they even feel normal, sometimes. Until you feel angry over almost nothing, and you realize you're short-tempered. Or you forget something you used to easily remember. Or you're tired even though you haven't done anything or gone anywhere.

And then you're reminded that everything is weird and hard and frustrating.

So...it's not just you; we're all feeling this way. This is a long, hard haul. We're all trying the best we can.

I personally feel like every day I get up and get dressed is a triumph, and if I get the bills paid without late fees, I'm doing pretty well.

You hear what I'm saying, right? Lower the bar, everybody.

I'm so grateful for this community. That's the thing about letting go of individualism a bit; it's actually a joy to lean on each other, to have a community to turn to.

I love you.

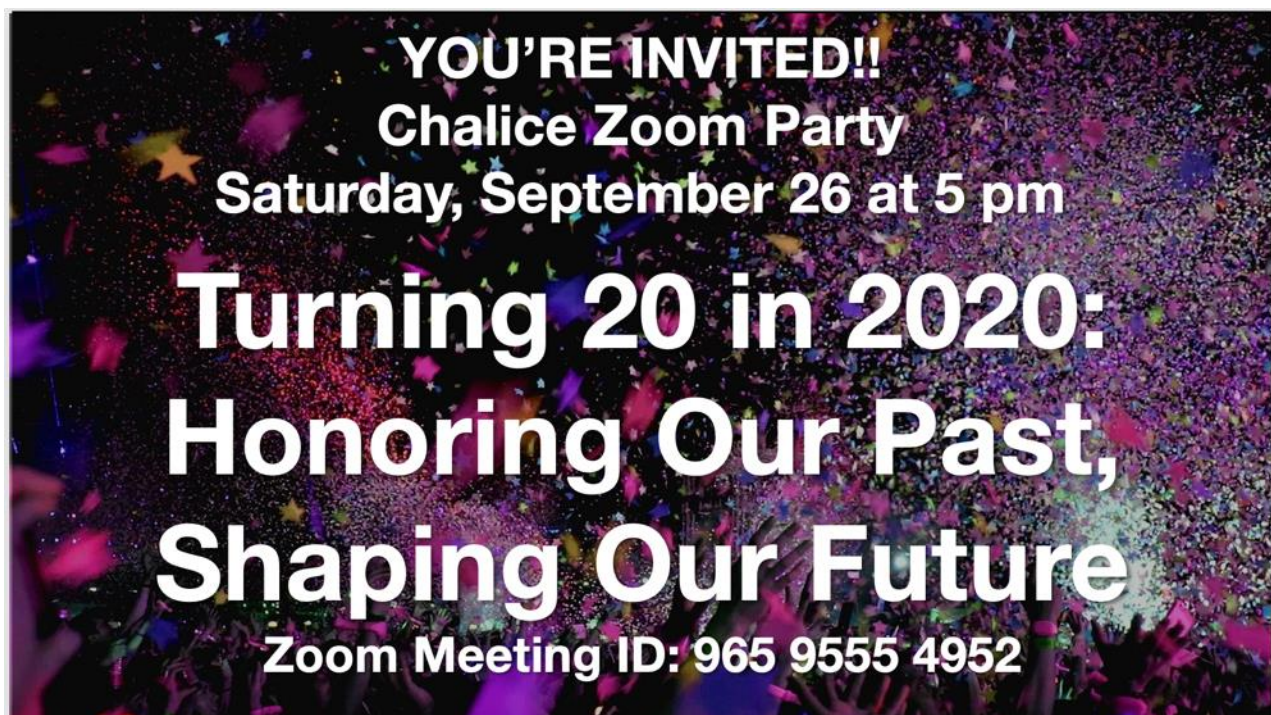
Bright blessings,  
Sharon



Reverend Sharon Wylie

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





## Board Report

The Chalice Board of Trustees met for their regular monthly meeting on Tuesday, August 11, 2020 at 7 pm virtually by Zoom. The new Chalice Administrator, Marie Kim, was present and introduced to the Board members.

The Board heard a report from the Treasurer, Bonnie P., about the formation of the Finance Task Force that will eventually lead to the formation of a new Finance Committee.

The Board moved to approve the expenditure of \$4,500 from the reserves to pay for necessary grounds improvement.

The Board discussed and approved the formation of a task force to begin the process of addressing the Open Question for this year to foster discussion among the congregation and gain feedback for the Board to act upon.

The Board was encouraged to support the new Transformation Team by participating in their activities and reading the books that are being recommended.

Finally, it was discussed and agreed that a task force is needed to begin the process of updating the Chalice By-Laws and Policy Book to include the current methods of virtual meetings, current methods of financial activities, and other current issues that have evolved since the By-Laws and Policy Book were written.



## Twenty Years of Music at Chalice!

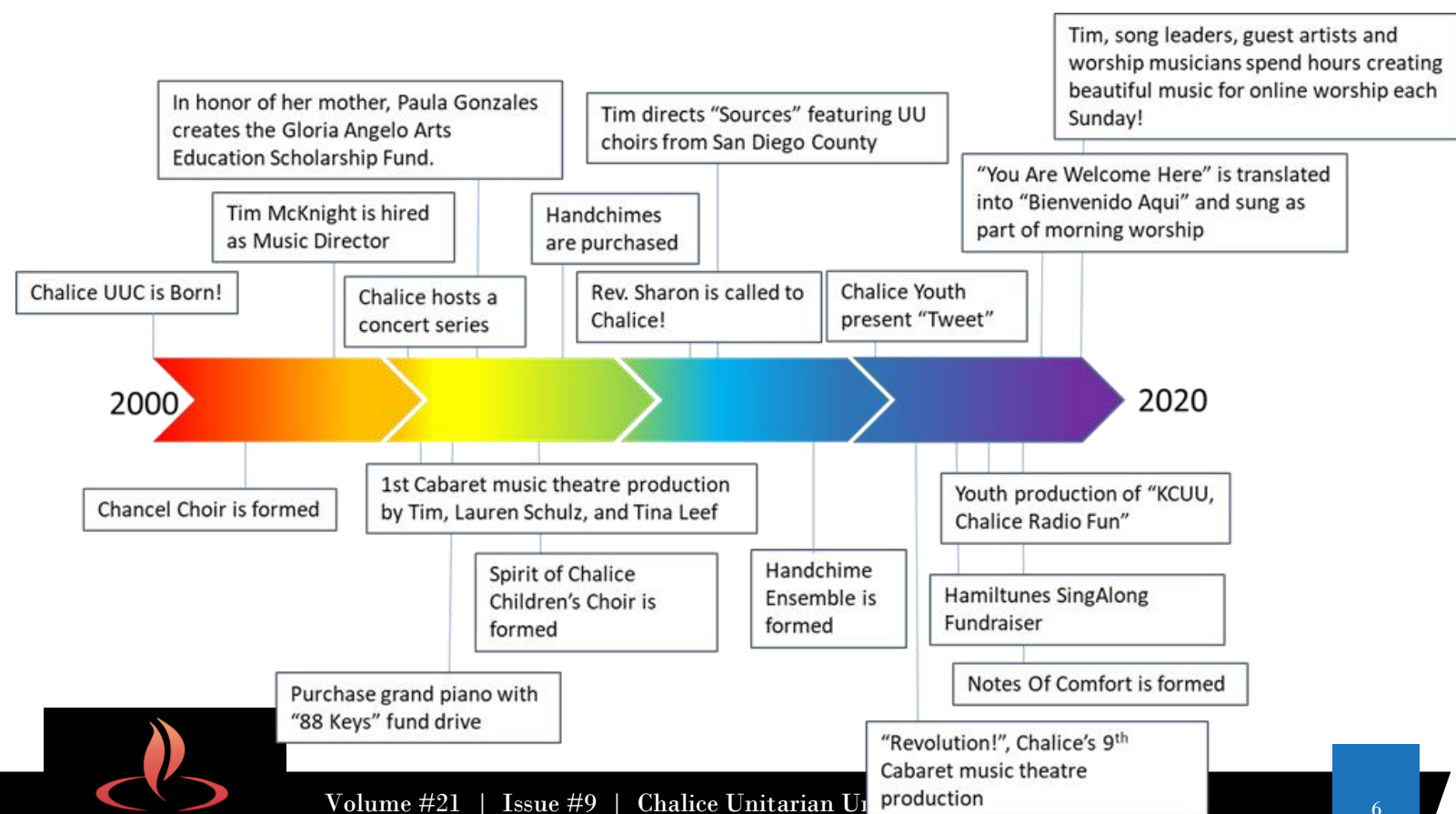
**Saturday, September 26, 2020** Chalice will celebrate its 20<sup>th</sup> anniversary!

In honor of this occasion, here are some musical highlights from the past 20 years!

*“When the music is birthed from a place of worship, it carries a spirit of worship.”*  
-Temi Peters



Tim McKnight  
Music Director





## Hymnals for Worship Services

Several congregants have expressed interest in using hymnals during our online Sunday morning worship services. If you would like to borrow hymnals from Chalice, please send an email to **Music@ChaliceUUCongregation.Org** with your name, email, and phone number, and you will be contacted to arrange for pickup or delivery.

You can help Chalice when you shop through Smile.Amazon.Com

<http://smile.amazon.com/ch/33-0099395>

- ♦ Amazon donates a small percentage of the purchase to **Chalice** if you designate **Chalice Unitarian Universalist Congregation** as the charity to receive your smile dollars. This does not cost the purchaser (you) anything!

If you prefer to purchase hymnals, they may be purchased from the UUA bookstore, [www.uuabookstore.org](http://www.uuabookstore.org), or from Amazon, [amazon.com](http://amazon.com).

## Tom Carlstrom's "Concert At Home" Saturday, August 1 @ 7p

Join Tom Carlstrom via Zoom on the first Saturday of every month at 7pm followed by visiting with fellow concert attendees. Every month is something new! Read the weekly E-NUUS for Zoom connection details. Donations to Chalice are gratefully accepted!



**Looking Ahead:**

Chalice 20 <sup>th</sup> Anniversary Celebration .....	Sat, Sept 26 @2p.m.
Concert At Home With Tom Carlstrom (zoom!) .....	First Saturday of the Month @7p.m.
An Evening Of Song With Tom Carlstrom - full concert experience .....	TBA
Tim and Friends Concert .....	TBA
Keyboard Kaleidoscope #6 Concert .....	TBA



# UUA General Assembly 2020/President's Column

For many of us, the killing of George Floyd on May 25<sup>th</sup> ripped away the privileged blinders that kept many of us from fully seeing white supremacy culture and its effect on people of color. The next month was chaotic and stressful between the pandemic and the riots and trying to understand.

A month later (Jun 25<sup>th</sup>-28<sup>th</sup>), I attended General Assembly, virtually (I had planned to attend in person, but it was moved online because of the pandemic). On the second day, the innocuously titled "General Session III (COIC Report)" rocked me.

Three years ago, the UUA created the Commission on Institutional Change and they gave their report at the 2020 General Assembly in General Session III. As if it was custom tailored for the moment, the report provided a clear framework both for interpreting the moment but also for how to move forward.

It's humbling. Coming to terms with my inability to hear the voices calling for change over decades and over centuries. The chagrin I felt listening to an interview of James Baldwin in 1969 that could have been recorded yesterday for all that things have not changed.

These things are not new, we just haven't been listening.

But my feelings are not the issue. The COIC report lays the groundwork for a path forward with recommendations. There is a lot of wisdom in the report, gleaned "from the cumulative lived experiences and ideas that have been fermenting for many decades among us." Over the next months and, probably, years, we'll be reviewing this report and finding ways to address these issues amongst ourselves, in our community, and ultimately in the country.



Dean Goddette  
Board President

"It's humbling. Coming to terms with my inability to hear the voices calling for change over decades and over centuries."

Resources: [Widening the Circle of Concern \(COIC report\)](#)  
Other things you can do:

- UU the Vote – Write letters to help get out the vote. Talk with Paul C. [*No personal information in public version*]. Join the Congregational Read of "White Fragility". Email [ChaliceTransformation@gmail.com](mailto:ChaliceTransformation@gmail.com) for more info.





Chris O'Connor  
Director of Family  
Ministries

*[No personal information in public version]* {The children} painted places that are beautiful and relaxing on blank puzzle pieces during one of the summer Religious Education classes. One student's artwork has "animals, mountains, stars, people, trees, and more in her collage of color."



## Family Ministries

The Mental Health First Aid class (for adults and teens at least 16 years old) will be held on Saturday, September 12 and Saturday, September 19, from 9am to 1pm. Please contact Chris O'Connor if you are interested in taking this class. The focus of this class is to teach people how to respond in a mental health emergency with youth and offer support to a young person who appears to be in emotional distress. The more knowledgeable people are about mental disorders, the less stigma will be associated with these common life challenges.

14 families have already registered their children/youth in RE for the 2020-2021 school year! If you have not registered your child in the program, please visit the Chalice website-- "Learning-Children's Religious Education."





Your **Chalice Green Team** is now meeting  
on the **4<sup>th</sup> Monday of every month at 6 p.m.**

Guests are welcome!

Email Victoria T., Coordinator,

*[No personal information in public version]* for the  
Zoom link.

And now what you can do this month to reduce your carbon footprint! The US Department of Energy: [Energy Star](#) recommends keeping the inside temperature of your home as close to the outside temperature as you can comfortably do so. More specifically, the agency recommends keeping your air conditioner at 78°F when you're home in the summertime, and 85°F when you're away. They recommend 82°F at night!! But wait. A bed fan will be a sure way to stay cool at night if you can't bear the heat. Here's what one Energy Star reader said about hers:

"I have a bed fan and as someone who has to sleep with covers on, but likes to stay cool, it's perfect. It's a slim fan unit that sits at the foot of your bed and you tuck your flat sheet around it so it blows the air under the sheet. Even with mine turned down pretty low, I get so cold partway through the night, I often just turn it off. It's not cheap by any means, but it would probably pay for itself after a year by saving you electricity costs by running your AC aggressively all night."

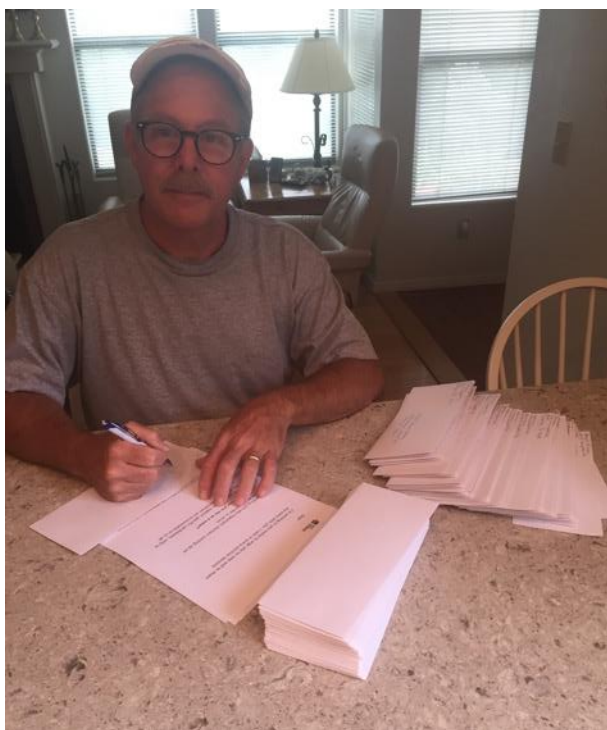
- Nicole

If you're struggling to comprehend how some people are living in such hot homes, or you simply don't live in a climate that allows for you to make these recommended changes, consider gradually raising the temperature by a degree or two to start. And remember, a ceiling fan will allow you to raise your thermostat as much as four degrees without sacrificing comfort. And speaking of fans, you should always make sure to use the bathroom fan when showering or bathing.

Thanks for doing your part to avert the climate disaster rolling down upon us. Be cool.



## Chalice Social Justice and Service Team



Our **Get-Out-the-Vote** effort, through Vote Forward and thanks to a Spirit Level grant from UU The Vote, has exceeded our target— but we're not stopping here! Fifty congregants have prepared 8,900 letters for our target of 7,200 and we've just received commitments for more! We'll be applying for another small Spirit Level grant to cover additional postage and envelopes. It's not too late to join us! We Need You!

Contact Paul C. [No personal information in public version] or Susan L. [No personal information in public version] for more information!

## READER'S THEATER

Our gathering this month will be held on **Monday, September 28th at 6:30 p.m.** via Zoom. We'll be reading aloud the classic comedy *Arms and the Man*, by George Bernard Shaw.


In a comedy that reveals Shaw at his best, as an acute social observer and witty provocateur, he brilliantly lampoons society's falsely romantic views of love and warfare. First produced on the London stage in 1894, *Arms and the Man* continues to be among the most performed of Shaw's plays around the world. **Please join us (virtually) — newcomers and listeners are always welcome at our gatherings!** Please contact Deb C. at [No personal information in public version] so she can send you an invitation to the Zoom meeting.



# CANNED FOOD DRIVE for Interfaith Community Services

The less fortunate are in need of canned and boxed food items and hygiene items!

For the month of September, please bring donations to Chalice! There will be designated boxes outside the church. We will take them to Interfaith for you!



### COVID-19 Crisis Needs List

MUCH NEEDED ESSENTIAL ITEMS TO HELP OUR COMMUNITY GET THROUGH THE PANDEMIC

#### FOOD ITEMS

- Canned Chicken & Canned Tuna
- Macaroni & Cheese
- Beans (Dried)
- Pasta Sauce (Cans or Jars)
- Pasta (Dried)
- Peanut Butter (16 oz) & Jelly/Jam
- Cereal, Oatmeal, Breakfast Items
- Snacks — Individual bags of Chips, Cookies, Granola Bars, Fruit Snacks, etc.
- FRESH Meats & Chicken
- Sliced Deli Meats & Cheeses (for Sack Lunch sandwich-making)
- Rice
- Hearty Soups, Stew, Chilis
- Cup of Noodles, Top Ramen
- Canned Fruits or Vegetables (Corn or Green Beans)
- Almond Milk
- Mixed Nuts (Family Size or Individual Size Bags)
- Dried Fruits
- Crackers, Cookies, Snack Items (Family Size)

#### HYGIENE ITEMS

- Deodorant
- Shampoo & Conditioner
- Toothbrushes
- Toothpaste
- Soap & Shower Gel
- Sunscreen & Chapstick
- Small Package of Hand Wipes
- Razors
- Feminine Hygiene Products (Pads & Tampons)
- Toilet Paper

#### BABY ITEMS

- Baby Formula
- Baby Food
- Diapers (Pull-Ups: 2T- 3T; 4T-5T)
- Baby Wipes

#### SUPPLEMENTAL ITEMS

- Can Openers
- Cat Food
- Laundry Detergent (Pods)
- Disinfectant Wipes
- Paper Towels

#### DRIVE-UP AND DROP-OFF DONATIONS!

Weekdays from 8:00 am to 5:00 pm

**Interfaith Community Services**  
550 West Washington Ave, Escondido, CA 92025  
(Corner of Quince Street)

Enter our facility from the Quince Street driveway. Our staff will direct you to a parking space where we will happily receive an in kind or monetary donation.

#### FOR MORE INFORMATION, CONTACT:

“B” Hernandez  
Development & Special Events Associate  
[getinvolved@interfaithservices.org](mailto:getinvolved@interfaithservices.org)  
760-489-6380, ext. 273 (office)  
760-877-1652 (mobile)

#### TO MAKE A MONETARY GIFT:

Visit [www.interfaithservices.org](http://www.interfaithservices.org) and click **DONATE** (located on the top right corner of the home page)  
Or, mail your contribution to:  
Interfaith Community Services  
550 W Washington Ave, Escondido CA 92025  
Add “Matching Gift” in the memo line of your check.

**MONETARY DONATIONS ENABLE INTERFAITH TO PURCHASE PRIORITY ITEMS AT A DISCOUNTED PRICE!**

Updated: 07-13-2020





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- FRESH Meats & Chicken
- Sliced Deli Meats & Cheeses (for Sack Lunch sandwich-making)
- Rice
- Hearty Soups, Stew, Chilis
- Cup of Noodles, Top Ramen
- Canned Fruits or Vegetables (Corn or Green Beans)
- Almond Milk
- Mixed Nuts (Family Size or Individual Size Bags)
- Dried Fruits
- Crackers, Cookies, Snack Items (Family Size)

**GREATEST NEEDS!**

### HYGIENE ITEMS

- Deodorant
- Shampoo & Conditioner
- Toothbrushes
- Toothpaste
- Soap & Shower Gel
- Sunscreen & Chapstick
- Small Package of Hand Wipes
- Razors
- Feminine Hygiene Products (Pads & Tampons)
- Toilet Paper

**GREATEST NEEDS!**

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### SUPPLEMENTAL ITEMS

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**GREATEST NEED!**

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