MAY 2021 NEWSLETTER

Volume #22 | Issue #5 | Chalice Unitarian Universalist Congregation

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"A battle against anything is a battle against your alignment."

-Unknown

Note to the empath: Observe, Don't Absorb. Repeat to one's self: "Only love and light are allowed in my sacred space". Or the age-old: "I'm rubber and you're glue. Whatever you say bounces off of me and sticks to you". Not every thing, every trigger, or every energy requires a response or reaction. Release yourself from that which no longer serves you. Let Spirit fight your battles while you enjoy living, thriving, jiving.

SUNDAY WORSHIP 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=S0EyQmZLdjJuNnBIV1ZIWW0yZVFnZz09

May 2 - Rev. Sharon Wylie "Adoration Sunday"

To adore is to love deeply and fully. This May Day is our annual celebration of the beauty and blessings of loving with our whole hearts.

May 9 - Rev. Sharon Wylie "About Paranoia"

May is Mental Health Month. This morning's service reflects on the messiness and complications of living with mental illness.

May 16 - Rev. Sharon Wylie "Creating

Culture" (Healing Trauma #9)

This is the ninth in a 10-part series on healing racialized trauma inspired by the book "My Grandmother's Hands" by trauma specialist Resmaa Menakem.

May 23 - San Diego UU Ministers "Stories of the Pandemic"

Today the five UU congregations in San Diego County will share the same worship materials, created and led by their six ministers. Each congregation will gather for its own worship experience at its usual time and zoom room.

May 30 - Rev. Sharon Wylie

"Spiritual Experience" (Spiritual Practice #5)

Experiences that are rich in metaphor and movement can deepen our insights and self-reflection. This is the fifth service in a series on developing a regular spiritual practice.

MAY CALENDAR OF EVENTS

Until further notice, Chalice activities and events will be held virtually

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						7P Concert with Tom Carlstrom
2	3	4	5	6	7	8
9A RE Classes for grades K - 5 10A "Adoration Sunday" Worship Service 11:10A Coffee Hour 6P Concert: Don & Friends		10A Chair Yoga 12P Zoom Lunch Check-In 6P Yoga by Zoom 7P Executive Board mtg	9A Cracker Barrel group (Men's Breakfast group) 2P Coordinating Team mtg 6:30P Women's Support Group 7P Family Ministries Team mtg	10:30A Women's Meditation & Study Group 7P Chancel Choir Meeting and Rehearsal	4:30P RE Classes MS/HS	
9	10	11	12	13	14	15
10A "About Paranoia" Worship Service 11:10A Coffee Hour (By- Laws Discussion Session)	1P Poetry Group	10A Chair Yoga 12P Zoom Lunch Check-In 6P Yoga by Zoom 7P Board of Trustees mtg	9A Cracker Barrel group (Men's Breakfast group) 5P "The Offering Circle" participatory worship 6:30P Women's Support Group 6:30P Men's Support Group	10:30A Women's Meditation & Study group 7P Chancel Choir Meeting and Rehearsal	12:30P Elders Lunch 4:30P RE Classes MS/HS	10A Worship Team mtg
16	17	18	19	20	21	22
9A Re Classes for grades 5th/6th 10A "Creating Culture" (Healing Trauma #9) Worship Service 11:10A Coffee Hour		10A Chair Yoga 12P Zoom Lunch Check-In 6P Yoga by Zoom 7P Women's Book Discussion Club	9A Cracker Barrel group (Men's Breakfast group) 2P Coordinating Team mtg 6:30P Women's Support Group	10:30A Women's Meditation & Study group 7P Chancel Choir Meeting and Rehearsal	4:30P RE Classes MS/HS	7P Cabaret Watch Party II
23	24	25	26	27	28	29
9A RE Classes for grades K - 5 10A "Stories of the Pandemic" Worship Service 11:10A Coffee Hour	6:30P Green Sanctuary Team mtg 6:30P Readers' Theater Group	10A Chair Yoga 12P Zoom Lunch Check-In 2P Staff mtg 6P Yoga by Zoom	9A Cracker Barrel group (Men's Breakfast group)6:30P Women's Support Group7P Prayer Circle	10:30A Women's Meditation & Study group 7P Chancel Choir Meeting and Rehearsal	4:30P RE Classes MS/HS	
30						
9A RE Classes for grades K - 5 10A "Spiritual Experience" (Spiritual Practice #5) Worship Service 11:10A Coffee Hour						

MINISTER'S MESSAGE

Coordinating Team recently invited three of the doctors in our congregation—Nancy B., Marshall F., and Anne M. —to participate in a panel discussion about COVID-19 safety at our quarterly Council of Chairs meeting (which was held April 24th). They were there not to provide "answers," but to share their thoughts as congregants who have more knowledge and expertise on this topic than the rest of us.

We started our discussion by sharing these points that CT and our panelists had put together in advance:

- •We have people in our Chalice community for whom vaccines are not yet available (ages 15 and younger)
- •We have people in our Chalice community who have medical reasons not to be vaccinated
- •We have people in our Chalice community who choose not to be vaccinated

Unvaccinated people may feel:

- Judged
- •Awkward / embarrassed
- •Pressured to reveal private medical information
- •Pressured to say they've been vaccinated
- •Clueless about the motivations/feelings/needs of the vaccinated

Vaccinated people may feel:

- •Angry at unvaccinated people
- •Not want to meet with unvaccinated people
- •Curious about the vaccine status of other congregants
- •Clueless about the motivations/feelings/needs of the unvaccinated

At Chalice:

- •We are following CDC and California Dept. of Public Health guidelines
- •We hope to resume in-person worship in September
- •Buildings remain closed for the time being

We had a discussion about how our community can continue to be welcoming as we address the health and safety needs of a diverse congregation. This was not a time for decision making or planning, but a time for naming potential challenges and starting to think about possible solutions.

Although we are naturally very interested in how Sunday morning worship in-person will unfold, that is also the event that is the most complicated and the farthest ahead. As was pointed out at the Council of Chairs meeting, it is far more immediate that our small groups may start thinking about under what conditions they might choose to meet in-person (including, of course, that some of our groups may simply prefer continuing to meet online).

Two different visions for planning small group gatherings were offered. 1) That a group assume there will be unvaccinated people in attendance and plan accordingly. At the time of this writing (things are changing all the time!), a small group of vaccinated and unvaccinated people could meet outside, masked, and physically distanced. 2) That a group leader ask group members whether or not they are vaccinated in order to plan gatherings. In this vision, asking about vaccination—which may feel awkward at first, because it is new—becomes as mundane as asking about the ability to drive at night or how far away someone lives from the meeting place. Requiring RSVPs in advance of gathering, so the group leader knows who is coming, will likely become the norm.

Because our Chalice campus remains closed at this time, any small group wanting to meet in person needs to find your own space, at the local park, for example, or at someone's home. Please remember that our Chalice campus is a workplace for our employees, even if it's just coming to the office once in a while, and we need to ensure their safety by not having unknown numbers of people coming in and out of the buildings. As good as it is to see pandemic statistics going down, we also need to remember that the pandemic is not over.

In simpler news, by the time you read this, I will be fully vaccinated, and will be happy to start making appointments for in-person visits with those who would like them.

Bright blessings, Sharon



Reverend Sharon

To schedule an appointment with Rev. Sharon:

Online: https://calendly.com/revsharonwylie/

Text or call: 619-871-9959

Emaill:

<u>SWylie@ChaliceUUCongreg</u> <u>ation.org</u>

PRESIDENT'S COLUMN

President's Column, May 2021



Special
Congregational
Meeting Results:

Pass!



Dean Goddette

Board President



On April 24th from 12-2PM, we had a special "drive-by" congregation meeting to change Chalice's by-laws to allow voting over Zoom.

The results are in and the measure passed 72-0 with no abstentions!

The final number may change slightly with mail-in ballots. Thank you so much to everyone who took time out of your day to drive by Chalice and cast your vote. It was great to see you!

While bylaws may not be the most exciting of subjects, it's an important part of Chalice. I expect that next year we'll be seeing some additional changes stemming from Finance and Transformation Teams.

Thanks also to Board members Susan S., Amaki A., and Bonnie P. for organizing the voting table and materials at Chalice.



News for Newcomers

Welcome to Chalice! We are glad you are here. All are welcome at Chalice, especially in this time of separation and uncertainty. We strive to be a beacon of liberal religion in North Inland San Diego County.

Check out:

<u>Chalice's Youtube</u>

<u>Channel</u>

Even during this time of the Covid-19 pandemic, we are vibrant and thriving in many ways. Although we cannot meet in person, we have numerous activities, starting, of course, with our Sunday Services at 10 AM on Zoom (https://www.ntma.zoom.us/j/832129662).

Unitarian Universalism is a religious denomination without a creed. This sometimes leads to questions about what our congregants believe. Within each congregation, you will find that personal spiritual beliefs vary greatly. For example, we have Christians, Jews, Agnostics and Atheists, to name but a few. What is the glue that binds us together then?

Our common ground has been defined in seven principles that were created democratically by our congregations and adopted into the bylaws of our Unitarian Universalist Association. They are:

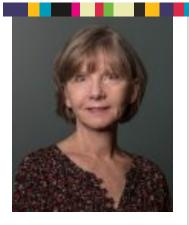
- 1. <u>1st Principle</u>: The inherent worth and dignity of every person;
- 2. <u>2nd Principle</u>: Justice, equity and compassion in human relations;
- 3. <u>3rd Principle</u>: Acceptance of one another and encouragement to spiritual growth in our congregations;
- 4. 4th Principle: A free and responsible search for truth and meaning;
- 5. <u>5th Principle</u>: The right of conscience and the use of the democratic process within our congregations and in society at large;
- 6. <u>6th Principle</u>: The goal of world community with peace, liberty, and justice for all;
- 7. <u>7th Principle</u>: Respect for the interdependent web of all existence of which we are a part.

These principles are a useful tool to guide us within our families, congregations, and larger communities. We hope you will find them useful too!

Zoom links and information for all of Chalice's activities and events are available in our weekly email, the E-nuus. You will be invited to join our email list once you have attended a Sunday worship service.

Many other activities can be found on the Chalice website, www.chaliceuucongregation.org.

On behalf of the Chalice Greeters Team, Julie F.



Chris O'Connor

Director of Family Ministries

FAMILY MINISTRIES

Many of us are beginning to feel as though there is a light at the end of the tunnel...and one of those "lights," albeit a smaller one, is that the Chalice Playground will be opening up again!

We are excited to share that on **May 1st, 2021**, families can use the new Chalice playground and enjoy being on the campus again (even in this small way!).

We ask that you keep your visit to the playground to one hour. And please keep in mind that no other areas of the Chalice Campus will be open, including the restrooms. We know that our Chalice families take their safety and health seriously, so we want to gently remind you that you are using the playground at your own risk.

The California Department of Public Health Guidelines state that all visitors to outdoor community playgrounds must comply with the following requirements:

- 1. Face masks over the mouth and nose are required for everyone 2 years of age or older with caregiver supervision at all times to ensure face mask use.
- 2. Do not use the playground when different households are unable to maintain a physical distance of 6 feet or when the capacity limit has been reached.
- 3. Caregivers must monitor to keep adults and children from different households at least 6 feet apart.
- 4. Consider coming on different times or days to avoid wait times and potential crowded times.
- 5. No eating or drinking on playground, to ensure face masks are worn at all times.
- 6. Wash or sanitize hands before and after using the playground.
- 7. Elderly and persons with underlying medical conditions should avoid playground when others are present.

The health and safety of our congregation is very important to us, so we appreciate families following the state guidelines listed above.

We hope you enjoy using the playground and spending time with your family in a warm and familiar place.



Tim McKnight

Music Director

MUSIC MINISTRIES

Beginning Music Theory and Ear Training Course

Chalice's Music Director, Tim McKnight, will be offering a free 8-week Beginning Music Theory and Ear Training course on Thursday nights from 7p - 8p for the months of May and June. The course will be held on Zoom.

You need no prior knowledge or instruction on music theory or ear training to be in the course. Some of the course will be participatory and interactive, however everything in the course will be self-graded. This course will be interesting, educational, and fun!

If you think you might be interested in taking the course, please contact Tim at music@chaliceuucongregation.org.

Musical Chalice Auction Offering: Don and Friends Virtual Concert!



Don A. keeps the annual auction tradition of his "Don and Friends Concert" alive even during the pandemic! This delightful evening of music begins at 6p on Sunday, May 2 on Zoom. Tickets are still available for \$10 per household and can be reserved on the Chalice Auction website until Saturday, May 1. Go to http://charityauction.bid/chaliceuu, register if not already registered, and click on "Catalog and Bidding".

Musical Chalice Auction Offering: 2nd Chalice Cabaret Watch Party!



Missing Cabaret? Wondering what this "Cabaret" thing is anyway? As part of our 2021 Chalice Auction, two Zoom Cabaret Watch Parties were scheduled this Spring, and the second one will take place on Saturday, May 22 @7pm. Didn't purchase this event at the auction? There's still time to donate \$20 to get your seat at the party! Go to http://charityauction.bid/chaliceuu, register if not already registered, and click on "Catalog and Bidding". If you saw the first Cabaret Watch Party, this one will feature all new material and a few surprises. Join your Chalice friends on Zoom as we watch together -- you provide your snacks and drinks and we provide the entertainment!

Thank you, Tim and Jennifer, for "Natural Wonders"!





A huge thank you to Tim McKnight and Jennifer S. for their "Natural Wonders" concert on April 24. It was a wonderful evening of music celebrating the beauty of Nature from artists such as Scott Joplin, Carole King, Edward Grieg, Gilbert & Sullivan, Alicia Keys, Chopin, and others. Plus they had a Special Guest Artist, Joey Landwehr, who sang the duets, "Get Happy/Happy Days Are Here Again" and "The Grass Is Always Greener", with Jennifer. Bravissimo to all!







Tom Carlstrom's "Concert At Home" on Saturday, May lst @ 7 p.m.

Concert At Home is a Zoom event on the first Saturday of each month at 7pm. Each concert is 40 minutes of song followed by visiting with fellow concert attendees. Every month is something new! Watch the weekly ENUUS prior to the first Saturday of the month for Zoom connection details. Donations to Chalice are gratefully accepted.

Chancel Choir Rehearsal

The Chancel Choir currently meets online every Thursday from 7 p.m. - 8 p.m.. This is a time to discuss anthems for worship and other choral projects, as well as enjoy fellowship with each other. It is difficult to actually sing together over Zoom, so vocal rehearsing and recording of music is done outside of the meeting. Contact Music Director, Tim McKnight, at music@chaliceuucongregation.or q for zoom information.

Hymnals for Worship Services

If you would like to borrow hymnals from Chalice, please send an email to Music@ChaliceUUCongregatio n.org with your name, email, and phone number, and you will be contacted to arrange for pickup or delivery. If you prefer to purchase hymnals, they may be purchased from the UUA bookstore, www.UUABookstore.org, or from Amazon, Smile.Amazon.com.



Looking Ahead:

BOARD REPORT

The Chalice Board of Trustees met for the regularly scheduled monthly meeting on Tuesday, April 13, 2021 at 7 PM on Zoom. The Board voted to approve Rev. Sharon Wylie's request for a sabbatical from July through October 2022. The Board reviewed the results of the Board Self-Assessment survey and clarification of some of the questions was discussed. The Board reviewed and discussed the preliminary budget proposal for the 2021-2022 fiscal year. Planning for the drive-by, in person voting for the proposed By-Laws changes regarding online meetings was reviewed and discussed. The Board was reminded that this event will be held at Chalice on Saturday, April 24, 2021 between 12 noon and 2 PM. President Dean Goddette again encouraged all Board members to attend the annual General Assembly in June 2021 by Zoom.

COORDINATING TEAM REPORT

Oversight of Chalice programs and committees.

- Regular discussions regarding re-opening in accordance with CDC guidelines.
- Overseeing a variety of campus improvements, including landscaping work.
- Continuing to plan for our future memorial wall.

Green Sanctuary Team



"We should no longer measure our wealth and success in the graph that shows economic growth, but in the curve that shows the emissions of greenhouse gases." -Greta Thunburg, environmental activist

TRUE or FALSE: Natural Gas is the cleanest fossil fuel.

If you answered "FALSE" you're right! The only time natural gas is cleaner than coal and oil is when it is burned. Cradle to grave, so much methane is leaked during its recovery and transport that natural gas rivals coal in greenhouse gas emissions. The only clean fossil fuel is one that stays in the ground.

What to do? California is re-tooling the building code to all-electric new home construction by 2022. This is a win because solar power can fuel the entire house, saving the homeowner both money and health. The UCLA Fielding School of Health found increased respiratory illness, cardiovascular diseases, and premature deaths because of indoor air pollution. It's coming from the open flames and/or undetected gas leaks of gas-fired stove burners and ovens, furnaces, water heaters, and clothes dryers!!!

Here's a solution: As your aging gas appliances need replacement, go electric. Coupled with solar energy savings, you could even pay for the appliances over a number of years.

Electricity-sipping heat pump water heaters demonstrate increased efficiency of a whopping 100 to 200 percent! Currently costing up to 3 times as much, the cost will come down with economy of scale from consumer adoption. They are already stocked by Lowe's and Home Depot and most other large appliance dealers. Here's the skinny: https://www.energy.gov/energysaver/heat-pump-water-heaters (hotlink).

Induction ranges featuring convection ovens and LED lighting are also becoming more affordable and have many advantages beyond energy savings. Mother Earth News tells the story: https://www.motherearthnews.com/green-homes/options-for-energy-efficient-cooking-zbcz1412 (hotlink).

We spend money on many good causes. Better appliances are a way to spend money on protecting the climate and our health.

GROUP ANNOUNCEMENTS



Readers' Theater Group

Our gathering this month will be on Monday, May 24th at 6:30 p.m. via Zoom. We'll be reading aloud the winner of the 2013 Pulitzer Prize -- the drama *Disgraced* by Ayad Akhtar.

The plot: Amir Kapoor is a successful Pakistani-American lawyer who is rapidly moving up the corporate ladder while distancing himself from his cultural roots. Emily, his wife, is white; she's an artist, and her work is influenced by Islamic imagery. When the couple hosts a dinner party, what starts out as a friendly conversation escalates into something far more damaging. It has been described as "...a continuously engaging, vitally engaged play about thorny questions of identity and religion in the contemporary world, with an accent on the incendiary topic of how radical Islam and the terrorism it inspires have affected the public discourse." Please join us (virtually) – newcomers and listeners are always welcome at our gatherings!

Please contact Deb C. at <u>XXX</u> or XXX so she can send you an invitation to the Zoom meeting.



Women's Book Discussion Club

This month we will be discussing The Confessions of Frannie Langton by Sara Collins on Tuesday May 18th at 7 PM via Zoom.

A servant and former slave is accused of murdering her employer and his wife in a historic gothic thriller that moves from a Jamaican sugar plantation to the fetid streets of Georgian London.

Trans and non-binary women are warmly invited

Email Mary B. at XXX for Zoom invitation if interested in joining the discussion.

Transformation Team

One of our commitments to the congregation is to learn more about indigenous peoples who have lived, and still live, on the land we occupy. We would like to eventually build lasting relationships with indigenous communities. We have learned from a knowledgeable source that building sustained relationships with these communities can be fraught with pitfalls, and to better prepare, we are advised to do the foundational work first.

To that end, we invite you to join us to discuss <u>An Indigenous Peoples' History of the United</u>

<u>States by Roxanne Dunbar Ortiz</u>, the winner of the 2015 American Book Award. What stories of the founding of our nation did you absorb as a student? How about our expansion into the West? While many of us certainly understand that there is mythology and falsehood swirling in our history, we don't have the correct information. This text challenges "readers to learn US history through a narrative that centers the story, experiences, and perspectives of indigenous peoples" and upends "myths and misinformation that have been promulgated by leaders and media." If you are not at all familiar with indigenous history, the UUA suggests <u>An Indigenous Peoples'</u>

<u>History of the United States For Young People</u> also by Roxanne Dunbar Ortiz but adapted by Jean Mendoza and Debbie Reese. Which to choose? The Young Peoples' version is written for ages 12-17, has illustrations/photos, discussions topics, and six pages of Notes. The 'adult" version has no illustrations, much more detail, and is meticulously documented in nineteen pages of notes.

<u>We will begin our discussions in September.</u> For those of you who are interested in additional learning resources, we have references for you at <u>Decolonizing US History</u> (link).

TT has had a busy and fulfilling year and we would like to thank the congregation for your openness and interest. In addition to hosting five-week-study sessions of White Fragility and How to Be an Antiracist, we have prepared and presented workshops introducing the "Practice of 'Ouch'" to raise awareness about SAE's and microaggressions. In the coming year, we will continue to offer continuing educational opportunities to the congregation at large, to assist the Chalice Board in their plan to revise our congregational policies and procedures where they may have been influenced by white supremacy culture, and to reach out to form or deepen relationships between Chalice and groups supporting people of color and fighting racism.

We invite you to join us as we move forward with our plans.

You may send a message to the team at: chalicetransformation@gmail.com.

Hybrid Services Task Force

In Person / Zoom Hybrid Services

Sometime, in the (hopefully) not too distant future, after pandemic restrictions are lifted, we will be able to have in person services in the Chalice sanctuary. When we do, they will be hybrid, i.e., conducted both live and over Zoom. During the pandemic, we learned there are many members who are not able to attend in person who did connect via Zoom.

The general goal is that the experience for either group of people should be as satisfying and inclusive as it is now. This means that people at home should not feel they are just looking in on the in-person service, but participating in a similar way as they currently do via Zoom. For people attending in-person, they should be aware of the people on Zoom.

The first step is determining what we think the service should look like and how it should be conducted. We are asking Chalice people to submit ideas about how the service will be conducted.

Here are some ideas to start the discussion:

- Sharing joys and sorrows from home can be done in the Zoom chat at the beginning of the service. Or they could be sent to a dedicated email. The support person will collect and edit them and give them to Sharon during the Candle card period.
- The video experience for people at home should be more than just a static camera pointed at the front of the room. Ideally, when someone is speaking from the lectern, the camera should be able to zoom in on him/her/them.
- When something is being projected on the front wall, we should have the ability to send the video stream directly to Zoom and not just focus the video camera on the front wall.
- To give people at home a sense of connection to the chapel, a video camera that faces backward can show the congregation at various times during the service. To give people in the chapel a sense of connection to people at home, we could project the Zoom Gallery view to the front wall at the same time.

Please send your ideas and comments to \underline{XXX} with **HYBRID** in the subject so that it doesn't get lost in the barrage of email.

Thanks-Steve S. Hybrid Services Task Force

> Chalice Web Site: https://chaliceuucongregation.org/ Address: 2324 Miller Ave Escondido, CA 92029

Phone: 760-737-0393

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Submit articles to: ChaliceUUCNewsletter@gmail.com

With much gratitude to our Editorial Team: Peggy K., Callie L., and Andi S.