

JANUARY 2022 NEWSLETTER



Volume #23 | Issue #1 | Chalice Unitarian Universalist Congregation

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Laguna Mountains, California

*That grand old poem called Winter is round
again without any connivance of mine... It
was summer, and now again it is winter.
Nature loves this rhyme so well that she
never tires of repeating it. So sweet and
wholesome is the winter, so simple and
moderate, so satisfactory and perfect, that
her children will never weary of it.*

-The Blog of Henry David Thoreau

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=S0EyQmZLdjJuNnBlV1ZlIWW0yZVFhZz09>

January 2 – Rev. Sharon Wylie
“Letting Go”

We celebrate the coming new year by considering what burdens we might want to release in order to continue our life’s journey less encumbered. Our ritual will invite you to let go of something weighing you down, and also to affirm what you want more of in your life.

January 9 – Rev. Sharon Wylie
“Keeping an Even Keel”

Recent discoveries in neurobiology shed new light on why we sometimes experience poor mood and low energy following times of joy and exhilaration. This morning we’ll consider why it’s so hard to maintain steady energy.

January 16 – Rev. Sharon Wylie
“Dreaming the Beloved Community”

In honor of Martin Luther King Jr. Day, our Sunday service invites you to consider how our communities would function with love and justice as our central principles.

January 23 – TBD
“TBD”

This is the fifth sermon in our 10-part sermon series “Listening to Black Preachers,” featuring Black UU preachers from all over the country. Our preachers are invited to speak on any topic of their choosing.

January 30 – Rev. Sharon Wylie
“Imbolc Blessings”

Imbolc is the Neo-Pagan celebration of the earliest signs of spring, an observance that lives on in our modern Groundhog Day. At this morning’s service, we honor the goddess Brigid and celebrate her gifts of beauty and creativity.



Minister's Message

In late November, I travelled with my father to attend my uncle's memorial service in Fresno. We drove, and for the first time since the pandemic began, I ate indoors at restaurants, meal after meal. We sat distanced from other people when we could, but that wasn't always possible. We hoped that being fully vaccinated and boosted was enough protection.

And then at the memorial service, in a room full of people I mostly didn't know, with no vaccination requirements needed in order to attend, I did not put my mask on.

Later that day, I wondered why, after 20 months of taking all possible precautions to keep myself safe, I had suddenly taken leave of my senses and sat in a room full of strangers with my mask off.

Here's what I've arrived at:

I have 48 years of life experience not living during a pandemic.

I have almost two years of experience staying at home except for running necessary errands with a mask on.

I have almost no experience resuming the regular activities of pre-pandemic life while continuing the precautions necessary to keep myself safe.

In other words: Old habits die hard. I have attended many memorial services without a mask on. I have never attended a memorial service and worn a mask.

(I took a COVID test five days after the memorial service and was extremely relieved when the results were negative. Whew!)

I know we haven't all made such a large mistake as mine, but I do think many of us are struggling to blend pre-pandemic activities with pandemic-era precautions. It is so easy to assume that we are "safe" when we're with friends. It is hard to remember we should be wearing masks, we should minimize outings, and that we should take "feeling a little under the weather" VERY seriously and stay home and get tested.

In fact, we should all become very comfortable with accessing and taking COVID tests. This is our lives now. I know people who have tested multiple times in the same week, testing negative multiple times before finally testing positive. It's not that the tests are bad or wrong;



Rev. Sharon Wylie
Minister



it's that it takes a while for the virus to show up in the test. The CDC (as of now) recommends waiting 5-7 days from the time of exposure before getting tested (unless you have symptoms, in which case, get tested ASAP). That wait can feel like an eternity, but it helps ensure an accurate test.

This is more urgent than ever as we are now facing the omicron variant, which appears to be—from what we know so far—more transmissible and more likely to cause breakthrough illness (i.e., in people who have been vaccinated) than any previous variant. Right now, we need to be as careful as we have ever been.

Our work in our Chalice community is to help each other continue to adjust to the safety precautions we need to observe in order to visit, and hopefully worship, in person together. We are a highly vaccinated community, which is great. We've made it through 21 months of pandemic! Our resilience has been amazing. Let's keep it up, and let's help each other keep going.

Blessings and love to you,
Sharon



President's Column

Last month Chalice had a guest minister, Reverend Kimberly Quinn Johnson, who gave a sermon entitled Diversity and Difference. It was a beautiful service which at times I related to so deeply I felt she was speaking directly to me. The following four ideas Reverend Quinn Johnson expressed during her sermon and readings especially stood out for me.

- 1) The practice of love offers no place of safety
- 2) Love and abuse cannot co-exist
- 3) Brave space in place of safe space
- 4) Don't hide behind the impossibility of perfection

The practice of love offers no place of safety. To me, this means that in order to really love someone or something you have to be vulnerable. You have to put yourself out there. This could be true in a close relationship or even in how you relate to Chalice or to a social justice cause. If you put your heart into whatever it is you care about, it can be risky.

And that is when the second idea comes in. Love and abuse cannot co-exist. You put your heart into your relationships with other people, with Chalice, with your work maybe and if there is love, abuse will not be tolerated nor accepted. If it is, then maybe it's not the place to be. I like to think at Chalice you can be your authentic self, doing the best you can where you are at and you will receive love, not abuse.

Brave space in place of safe space. We used to say "this is a safe place" but that became stifling and didn't promote growth or learning. So now it's a brave space. Be who you are, ask questions, show what you don't know and what you need to learn. Be brave. And remember the second idea as above.

And lastly, don't hide behind the impossibility of perfection. None of us is perfect. And if we are waiting to be perfect before we try to do anything new, like teach in Religious Education, or march against white supremacy, or write a poem then we are never going to take flight and never reach our potential.

I hope we at Chalice can treat each other with loving kindness as we be our true authentic selves working for a better tomorrow.

Much love in the new year,

Anne



Anne McKeirnan
Board President



Family Ministries

Religious Education Program at Chalice

In January, Religious Education classes will focus on “Living with Intention” by using skills such as passion, empathy, persistence, accepting mistakes, and pausing in our lives. We will begin the month with activities to explain and help with understanding the 8th Principle. Beautiful books read in the children’s class will help reinforce the topics being introduced.



Chris O'Connor
Director of Family
Ministries

We Are Water Protectors--using passion while working for social change
Beautiful Oops—a book about mistakes (spoiler alert: Mistakes are OK!)

Ahn’s Anger—sitting with your anger is often a wise choice

New Shoes—the inequality of segregation is the theme

A representative from the 8th Principle committee at Chalice will be meeting in January with the youth group to continue discussions about “journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.” The youth will be looking closely at how they can use skills such as passion, persistence, accepting mistakes and pausing to work toward social change in our daily lives.



Music Committee

Spotlight on Black Composers and Musicians: Nathaniel Dett

In coordination with Rev. Sharon's 10-part sermon series, "Listening to Black Preachers", Music Director Tim McKnight is shining the spotlight on black composers and musicians. During worship on December 12, the spotlight fell on Nathaniel Dett, a Canadian American black composer, organist, pianist, choral director and music professor.

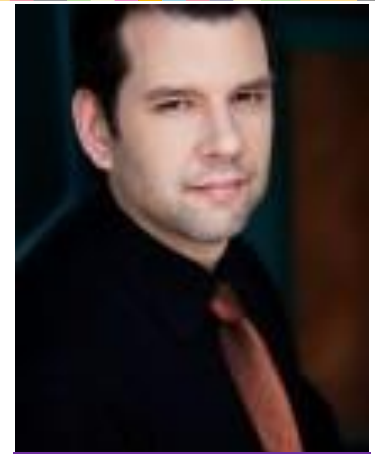
Robert Nathaniel Dett was born in 1882 in Drummondville, Ontario, Canada to a Canadian mother and American father and eventually moved to Niagra Falls, New York. He showed an early interest in piano, starting lessons at age 5. This was the beginning of what would become a lifetime of learning. Dett was the first African American to receive a Bachelor of music degree from Oberlin College in 1908. He continued to take every opportunity to study at prestigious colleges and universities throughout the United States including Harvard in 1920. At the age of 49, after being awarded honorary doctorates in music from both Howard University and Oberlin College, he decided to get his Masters degree from the Eastman School of Music in 1931. Dett proved to be a gifted and inspirational teacher and director. In 1913, Dett began teaching at the Hampton Institute in Virginia where he became the first black Director of Music. Under his direction, the Hampton Singers became an internationally recognized ensemble specializing in African American sacred music.

Dett was one of the most prolific composers of his time, writing over 100 compositions. Early compositions reflected the ragtime and dance music that was popular at the time. But everything changed after hearing Antonin Dvorak's American String Quartet at Oberlin College. Dvorak's style incorporates folk music elements from his native Bohemia into his classical compositions. Some of these themes reminded Dett of the spirituals that his grandmother used to sing to him



when he was a child. Dett recalls, "Suddenly it seemed I heard again the frail voice of my long departed grandmother calling across the years; and in a rush of emotion which stirred my spirit to its very center, the meaning of the songs which had given her soul such peace was revealed to me." From then on he was passionately committed to bringing the music of black America, especially spirituals, into his work. He would go on to compile and arrange collections of spirituals and is considered a seminal figure in the preservation and study of spirituals.

In 1937, the NBC radio network was carrying a live broadcast of the Cincinnati Symphony and May Festival



Tim McKnight
Music Director



Chorus performing Nathaniel Dett's new oratorio, *The Ordering of Moses*. An oratorio is a large scale musical work for orchestra and choir usually based on a religious narrative but performed without costumes or scenery. This production was a world premiere featuring a 350 voice choir. The work was slated for a 1 hour broadcast, but curiously 40 minutes in to the piece, the announcer broke in stating, "We are sorry indeed ladies and gentlemen, but due to previous commitments we are unable to remain for the closing moments of this excellent performance." No one knows for sure why it was cut short, but there are numerous accounts of white radio listeners calling in to NBC's southern radio affiliate stations outraged that a black man would be allowed on the stage of Cincinnati Music Hall. Indeed, this was very possibly the first network broadcast of a major work by an African American composer. Although radio listeners did not hear the conclusion of the work, those lucky enough to be in the hall that night heard every note. Nathaniel Dett, who was in attendance, received an enthusiastic standing ovation.

Seventy-seven years later in 2014, the Cincinnati Symphony and May Festival Chorus did another live broadcast of *The Ordering of Moses*, with a few changes: the performance venue was Carnegie Hall and it was conducted by James Conlon. And this time the performance proceeded without interruption. What did not change was the triumphant success of Dett's new Oratorio, which once again received an enthusiastic standing ovation.

Staying Safe During Chancel Choir and Handchime Ensemble Rehearsals

Now that the Chancel Choir and Handchime Ensemble have resumed rehearsals in the chapel, there are many things we have done to make rehearsals as safe as possible for everyone. First, everyone must be vaccinated. And we all



Carbon dioxide monitor

wear face masks all the time. There are four HEPA air purifiers in the chapel, modeled here by Alice Dodd, and we use a carbon dioxide monitor which sounds when the carbon dioxide levels get above 1200 ppm (they have never come close). And lastly, we rehearse with the doors open. We hope these measures will enable us to safely practice our music and joyfully present it to the congregation for future worship services.



Alice and our HEPA air purifier

Looking Ahead:

Chancel Choir Rehearsals in the Chapel.....Thursdays @7:30p
Handchime Ensemble RehearsalsThursdays @6:30p



Chalice Auction 2022 and Spirit Booster

TIME TO START THINKING AUCTION

As in 2021, this year's Chalice Auction event will be held online. For those new to our congregation the annual auction provides significant financial support for Chalice. Plan to bid on auction items that include parties, dinners, treasures, gourmet, and services.

Watch the weekly Enuus for announcements explaining how to donate, ideas of what to donate, and how to join the auction and bid.



SAVE THE DATE!

Save the date for our next
SPIRIT BOOSTER GATHERING
Sunday, February 13 at Chalice
2-4 p.m.



Coordinating Team Report

CT had a retreat on November 17, 2021. At that time, we:

- Planned, implemented, and held a spirit booster gathering for December 12
- Discussed congregants feeling overwhelmed and tired.
- Discussed need to revitalize neighborhood groups
- Decided theme for 2022: Return to Center
- Created a spring timeline for contacting all congregants who have drifted away.
- Discussed Pledge drive
- Discussed the need for a neighborhood group leader meeting
- Discussed holding a May Day spirit Booster Gathering

During our next regular meeting we reviewed expenditure reports for the first quarter as well as continued work on several ongoing projects.

Updates:

- With recommendations from the Courtyard Cover Task Force, CT selected "shade sails" as the style of cover we will proceed with. The cost is \$80,000 (all options presented by task force were similarly expensive). A Chalice member who wishes to remain anonymous has donated the necessary money. We expect construction to begin in the spring.
- CT has found co-chairs for the spring auction. Thanks to Andi Stout and Judy Winn!

Board Report

- Discussion of the Operating Budget
- Discussed the next sections of the Commission on Institutional Change: Widening the Circle of Concern
- Eighth Principle Task Force update from Dennis Brown. Paula Cole Jones will be coming to Chalice to talk about the 8th Principle. All other UU congregations in the cluster have adopted the 8th Principle already.
- Sabbatical Hiring Task Force created
- Upcoming Hybrid services planned: Christmas Eve, January 2.

Looking Ahead:

- Regional Assembly 2022 is in San Diego Feb 4-6
- Next Board meeting: Tuesday, January 11, 2021 at 7:00 pm



Coming Soon to Chalice

Courtyard Shade Structure

Some of you may remember that back in November 2019 we held a congregation-wide forum to collect and discuss ideas for a courtyard cover to replace the temporary (and utilitarian) canopy covers we have used for so long, thanks to Larry Simpson. Then the pandemic came! So, it has taken a while, but we have actually moved forward with the task of covering our courtyard.

The Patio Covering Task Force was led by Chris O'Connor and included Paul Courtright, Julia Fogel and Victoria Cagle. They developed three designs for a shade structure for the Chalice courtyard over the last year and a half. The three designs were presented to the Coordinating Team in the Summer of 2021 and a structure with five shade sails was chosen. The design was engineered for our specific site and will provide shade over the most used areas of the Courtyard. The design is uplifting and feels expansive. The architect for the Hub construction project said he always thought shade sails would be good on the Courtyard.

Under the shade sails, the air will be about 20 degrees cooler, and because of its design (varying heights where it is connected to the poles) the air will circulate well. Shade sails also cut down on glare. The fabric is durable and water repellent and comes with warranties on fabric and poles. Finally, having all shade sails will give a finished look to the entire campus—as opposed to some shades and some wooden pergolas, which was an alternate design.

At this writing, the contract for the chosen design has been signed and initial work to get permits from the City of Escondido is underway. Stay tuned for more updates in the future.



Example of similar shade sails that will be installed at Chalice



Climate Literacy



Math facts that primary school children learn: $1 + 1 = 2$. $2 \times 2 = 4$

Climate change facts and processes that students at any level learn: Not enough!
What should we learn about climate change and why? The “why” of climate literacy is stark. How can you help solve a problem that is unknown or misunderstood? The “what” is quite a lot, but here’s some ideas to pass along in your climate conversations.

1. **Earth is blanketed by a greenhouse of atmosphere gases** that balances incoming solar energy with outgoing heat. Our climate is changing because humans are disrupting this natural phenomenon.
2. The so-called **Greenhouse Effect is driven chiefly by: Carbon dioxide** (from fossil fuel combustion and natural cycles), **Methane** (from livestock, landfill decay, and natural cycles), **Chlorinated hydrocarbons** (manufactured by humans), and **water vapor**.
3. Comparing the current atmosphere to that of 500 years ago, about the same amount of solar energy comes in but, due to human addition of several greenhouse gases, less heat escapes. The result is a **net rise in the global temperature**.



4. **Most excess carbon dioxide comes from burning fossil fuels.** These include **coal, oil, and natural gas**, and are ancient, carbon-rich, compacted life forms such as vegetation and plankton.
5. The Earth's climate goes through **major warming and cooling patterns** all on its own. It takes **millions or at least thousands of years** to make giant shifts.
6. **Climate disruption is now progressing by the decade**, driven by positive feedback loops that happen when warming creates the conditions for further warming.
7. Some **positive feedback loops** include:
 - a. **melting tundra** which releases greenhouse gases **methane** and carbon dioxide
 - b. **melting sea ice** and glaciers which **diminishes albedo**, the reflection of energy back to space. It is partially albedo that has kept the poles cold, and now they are warming faster than mid-latitudes.
 - c. **expanding deserts** which remove the natural carbon “sinks” of plants and soil.
8. There are **negative feedback loops** too. The **oceans absorb both heat and carbon dioxide**. Meanwhile, carbon dioxide is making the oceans more acidic and toxic to some marine life. And the ocean is expanding as it warms, raising sea level and disrupting currents.
9. There are **bi-directional feedback loops**, such as in the water cycle. Heat increases evaporation which increases cloud cover. **Thick, low clouds cool us down** by blocking incoming solar radiation. **Thin high clouds warm us up** by reflecting heat back to Earth in classic greenhouse behavior. Which effect will be more powerful?
10. There are **tipping points**, resulting in runaway feedback loops. When heat energy at Earth's surface reaches a critical level, we will reach a “no going back” scenario. Some climate scientists say that once we pass this point, the Earth will warm until all its water evaporates and the surface temperature is hostile to all life. Without climate literacy we will certainly walk a path that is both unpredictable and potentially catastrophic.
11. **Climate disruption is leading to the 6th mass species extinction.** It is the first one caused by humans.

The time to fix the climate was yesterday. We are faced with **adapting** to an increasingly difficult earth as we attempt to **reverse human-caused climate change**.

Most **scientists agree on processes**. In addition, many believe we **already have the technology and financial resources to stabilize the climate**. We only lack the will to do it. Climate literacy can help. May 2021 be the year when people come together to work for a better future.

The Chalice Green Sanctuary Team meets the 4th Tuesday of every month at 6:30 p.m.



Eighth Principle Task Force

An Eighth Principle Conversation between Satya Mamdani and Paula Cole Jones

If you haven't had the opportunity to watch, the conversation between Satya Mamdani and Paula Cole Jones (both Commissioners on the Article II Study Commission) is interesting and informative. The interview covers the history of the eighth principle project and how it relates to the work of the Article II Study Commission. The conversation touches on some gems that we are sharing here so they aren't missed.

Paula Cole Jones shares that **the 8th principle is about moving inclusion and anti-racism work out of social justice and into our faith and principles.** "Why is it that we struggle so much?" she asks, "we've got these wonderful principles. We can all embrace the seven principles, and yet only go so far in terms of multiculturalism because our principles rarely get tested around race." We hold to the inherent worth and dignity of every person, but Paula Cole Jones asks, "how do we acknowledge or recognize the spark of the divine in each person if oppression is allowed to stand?" The principles are missing the language that would center this work as spiritual and sacred.

**"How do we
acknowledge or
recognize the
spark of the divine
in each person if
oppression is allowed
to stand?"**

With the eighth principle, the next generation would have inclusion as a way of life, not as something to be debated. As Satya Mamdani, a UU youth, states, she has now been exposed to the idea of Beloved Community through the discussion and work of adopting the eighth principle. Inclusion as envisioned in the eighth principle is not limited to race, but more broadly defined to include Black, Indigenous, People of Color, gender, ability, sexual orientation, age, etc. Dismantling oppression includes how we treat people on both ends of the age spectrum and how we treat people with different abilities. What is it like for a congregation to offer sign language or large print hymnals? All of these things matter and most people interact with Unitarian Universalism at the congregational level, where the grassroots work of the eighth principle is taking place. **"If we're going to build the Beloved Community, it will be a community where we are actively removing barriers for people to belong, to participate, especially people who embrace the principles."**

[Watch the full conversation here.](#)

Additional Information about Article II

- [About Article II: The Principles and Purposes of the UUA](#)
- [Article II Study Commission](#)

[Article II Study Resources](#)



Transformation Team

Welcome to a new year and new opportunities for transformative social justice!

Beginning This Month: *Breathe* Book Read

Imani Perry's book, *Breathe: A Letter to My Sons* was selected by the Unitarian Universalist Association (UUA) as the 2020-21 Common Read. We hope you will join us, beginning at the end of this month, to discuss this book.

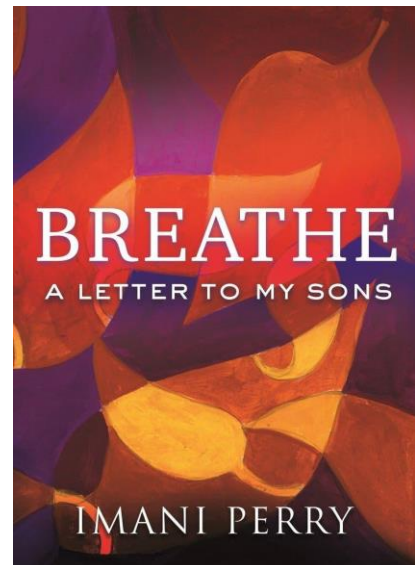
This beautiful book by a Black mother is many things: meditation, memoir, lament, prayer, celebration of life. A mother's heart is a timeless theme. But the dangers Black children face are a particular horror of our time, with long roots in the history of white supremacy. It is hoped that engaging with Breathe together will press many UUs and non-UUs toward empathy, love, and a fire for change. - The UUA Office for Lifespan Faith Engagement

The UUA has provided two plans for use with this book. One is for use by a BIPOC (Black, Indigenous, and People of Color) UU group, the other for any congregational group. The Transformation Team would love to support a BIPOC UU group within the San Diego UU cluster and is currently seeking facilitators for such a group. If you are willing to facilitate (with discussion materials from the UUA and support from the Transformation Team), please contact us at chalicetransformation@gmail.com.

We have two sessions scheduled for discussion of this book. We hope you'll join us for one of the following sessions for any UU:

- Thursdays at 1 pm, January 27, February 3, and February 10 or
- Fridays at 7 pm, January 28, February 4, and February 11

To enroll, please email us with your name and the session you would like to attend.



Revisiting Earlier Book Reads

In addition to our coming reading of *Breathe*, we would like to introduce more congregation members to our past readings, *White Fragility*, *How to Be an Anti-Racist*, and *An Indigenous Peoples' History of the United States*. So we're appealing to past participants in any of our previous reading



discussions of these books, and anyone else in the congregation who has read any of these books on their own. We'd like to invite you to be a discussion facilitator for one or more future discussion groups focusing on any of our three books. We will provide you with our notes and materials if you would like support, but you are welcome to work on your own and with other facilitator volunteers to shape the session(s) you lead. Your participation will allow us to extend the reach of our educational efforts and engage a larger portion of the congregation over time. We'd love to hear from you to discuss your interest (and concerns, if any) about leading a reading group.

Sessions last 3 or 4 weeks and can be scheduled to fit your availability. We envision these sessions taking place from the end February on into the spring. Please contact the Chalice Transformation Team. We hope to hear from you soon!



**You think you're just a
drop in the ocean...**

**...but look at the
ripple effect
one drop can make!**



Group Announcements

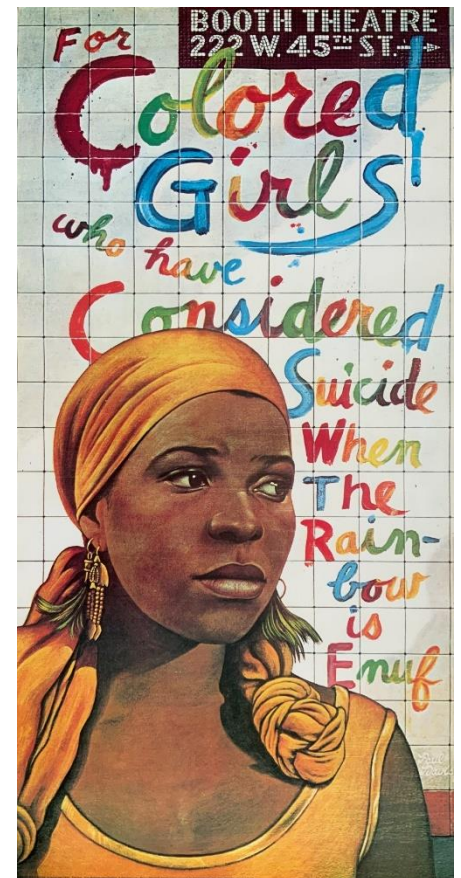
Circle Suppers.



Circle Suppers will be held on the third Saturday of the month. We chose this date because it does not put two dining events within a few days. January 15, 2022 will be the date of the dinner for this month. Participants must be fully vaccinated in order to attend. Please call or email Emily with your reservation by January 4 so that the hostess can arrange menus and times for dinner.

Readers Theater

Our gathering this month will be on Monday, January 24th at 6:30 p.m. via Zoom. We'll be reading the play, *For Colored Girls Who Have Considered Suicide /When the Rainbow Is Enuf*, by Ntozake Shange. It has been described as "award-winning, already a classic since its inception in 1974, more poetry than play." Passionate and fearless, Shange's words reveal what it is to be of color and female in the twentieth century. First published in 1975 when it was praised by *The New Yorker* for "encompassing...every feeling and experience a woman has ever had," this play will be read and performed for generations to come. **Please join us (virtually) — newcomers and listeners are always welcome at our gatherings!** Please contact Deb so she can send you an invitation to the Zoom meeting.



Ladies Out to Lunch Bunch

The Ladies Out to Lunch group will meet on Friday, January 21 at 11:30 AM. We will be meeting in Escondido at Dominic's Italian Restaurant, located at 113 East Grand Avenue. Please RSVP to Carol by January 19. We are a small group and welcome newcomers!



Chalice Web Site: <https://chaliceuucongregation.org>

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PrevUUs is published monthly by Chalice Unitarian Universalist Congregation. The complete newsletter is distributed via email to members and posted on the Members Only section of the website. An edited version (without congregant contact information) is posted on the public section of the website. Paper copies are available per request. Deadline is the 24th of the month.

Submit articles by the 24th of each month to:

Office@chaliceuucongregation.org

**With much gratitude to our Editorial Team:
Peggy, Callie, and Andi.**



Calendar for January, 2022

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9A K-5 R.E. 10A Worship Service 11:10A Coffee Hour 4:30P Youth Group	3	4 10A Chair Yoga 12P Zoom Lunch 5:30P Yoga 7P Exec.	5 9A Cracker Barrel 2p CT	6 10:30A Women's Meditation 6:30 Hand Chimes 7:30 Choir	7	8
9 9A K-5 R.E. 10A Worship Service 11:10A Coffee Hour 4:30P Youth Group	10 1P Poetry Group	11 10A Chair Yoga 12P Zoom Lunch 5:30P Yoga 7P Board	12 9A Cracker Barrel 6:30 Men's Support	13 10:30A Women's Meditation 6:30 Hand Chimes 7:30 Choir	14 12:30 Elder's Lunch	15 10A Worship Associates Circle Suppers
16 9A K-5 R.E. 10A Worship Service 11:10A Coffee Hour 4:30P Youth Group	17	18 10A Chair Yoga 12P Zoom Lunch 5:30P Yoga 7P Women's Book Disc.	19 9A Cracker Barrel 2p CT	20 10:30A Women's Meditation 6:30 Hand Chimes 7:30 Choir	21 11:30 Lunch Bunch	22 CT/Board Retreat
23 9A K-5 R.E. 10A Worship Service 11:10A Coffee Hour 4:30P Youth Group	24 6:30P Readers Theater	25 10A Chair Yoga 12P Zoom Lunch 2P Staff 5:30P Yoga 6:30P Green	26 9A Cracker Barrel	27 10:30A Women's Meditation 6:30 Hand Chimes 7:30 Choir	28	29 10A Council of Chairs



30

9A K-5 R.E.
10A Worship
Service
11:10A
Coffee Hour
4:30P Youth
Group

31

WHEN YOU CARRY OUT ACTS OF KINDNESS
YOU GET A WONDERFUL FEELING INSIDE.
IT IS AS THOUGH
SOMETHING
INSIDE YOUR
BODY RESPONDS
AND SAYS, YES, THIS
IS HOW I OUGHT TO FEEL.

-RABBI HAROLD KUSHNER

www.ripplekindness.org

