

WELCOME

April 2023
NEWSLETTER

Volume #24 | Issue #4 | Chalice Unitarian Universalist Congregation

Inside This Issue

- PG. 2**
Sunday Worship Schedule
- PG. 3**
Minister's Message
- PG. 5**
President's Column
- PG. 6**
Music Program
- PG. 8**
Family Ministries
- PG. 10**
Green Sanctuary Team
- PG. 11**
From the Nominating Committee
- PG. 12**
From the Auction Team
- PG. 13**
Coordinating Team Report
- PG. 14**
Board Report
- PG. 15**
Group Announcements
- PG. 17**
Membership and Submissions Information
- PG. 18**
Calendar of Events



The Willow Birth Tree for April

“As the leaves spring up slowly from within the trees, during this month of April, the National Poetry Month, nature mesmerizes us in her own way.

And we get serenaded by art and culture and poetry and music of fellow poets, writers, musicians, and dancers.

And while you play the keys of your piano for all, I write a few words and recite my poem for all.”

— **Avijeet Das**

SUNDAY SERVICES SCHEDULE

Sunday Service

Zoom Meeting ID: 832 129 662
<https://uuma.zoom.us/j/832129662>

After-worship COFFEE HOUR

Stay in the same Zoom site as Sunday Service

April 2 – Rev. Sharon Wylie

“Community is Hard, But Here’s Why It’s Worth the Trouble”

Being in community with others will periodically lead to times of feeling angry, disappointed and frustrated with others. This morning we’ll consider why the hard times are worth it.

April 9 – Rev. Sharon Wylie

“When You Don’t Believe in Resurrection: Easter for the Rest of Us”

You don’t have to be Christian to find meaning and inspiration in the Easter story.

April 16 – Lay-Led Service

“How Unitarian Universalism Changed My Life”

Several of our Chalice congregants will share their reflections on the transforming power of our faith tradition.

April 23 – Lay-Led Service

“Our Church Cares for the Earth”

This service marks Earth Day, which is April 22.

April 30– Rev. Sharon Wylie

“Come Be Uplifted” Multigenerational Service

This May Day service is our annual celebration of the beauty and blessings of loving with our whole hearts.



Minister's Message

The following are excerpts from Rev. Sharon Wylie's sermon "We All Need Care" offered on March 5, 2023. You can watch the full sermon on Chalice's YouTube channel.

Our tendency to insist we are fine when we are not reminds me of animals that hide when they are sick or dying. This is very primal behavior, the instinct to hide our vulnerability.

Dementia patients are often able to hide their confusion and their debilitating symptoms, even as they experience cognitive decline. Our ability to give the appearance of being well can stay with us, even when we are not well at all.

I see this behavior in our congregational life in a couple of ways. The first is the tendency for some people—not everyone!—but for some people, the tendency to stop attending church when they are facing personal losses, crises, or challenges. This is the opposite of what we would hope, that people come to church MORE often when they are facing hard times. It's that same instinct, to hide our vulnerability, to give the appearance that all is well.

Sometimes the only way to give the appearance that all is well is to stay away from people.

I know there are a wide variety of reasons that congregants watch the service online on Sunday mornings, and I hope that people who might be feeling the impulse to retreat from community find that they can still watch online, while still preserving their privacy and honoring the desire to stay home.

The second behavior I see in our congregational life is the tendency to insist that everything is fine, and no extra care or attention is needed.

I do hear a lot from congregants who are worried about other congregants. Worried that I don't know that XY or Z thing has happened to so-and-so, and so I should probably reach out to them.

If you have said something like this to me, you know that I often respond by saying, YOU should also reach out to so-and-so. Because you are the friend that is worried, and your care and support is important too.

My preference when congregants come to me worried about other congregants, is that you've asked the person you're worried about if they would like a call from me, or a visit with me, so I know that my reaching out is welcome.



Rev. Sharon Wylie
Minister



I know there are those of you who assume that anyone would appreciate a call or a visit with the minister, and that may be true, but not everyone likes knowing that people are worried about them and talking about them....

Why am I telling you this? Because I need you to know, every one of you to know, that even with a minister who might be considered gifted in pastoral care, there are still congregants who don't want care from the minister, and that is why the care and support you offer to each other is extremely important. That is why when you come to me with worries about a friend, I encourage you to reach out to your friend.

You need to consider that the care you offer a friend might be the only care that they are open to receiving.

Blessings and love to you,
Sharon

“The world is its own magic.”
— Shunryu Suzuki



President's Column

There was a time in my life when I was searching for answers to questions like “Who am I?” and “What am I here for?”, “Why do I experience awe and wonder?”, and “How do I help create a community that reflects my values?”

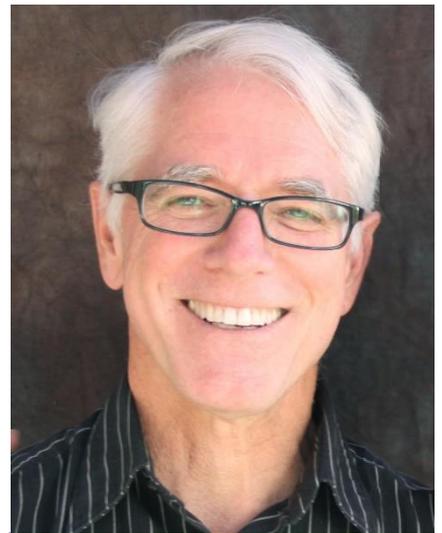
I was searching for a place where I could explore my beliefs, learn about other religions and beliefs, and share those thoughts and ideas with other like-minded people. I found that emergent beliefs that evolve from my fundamental beliefs aligned well with the UU principles. These include the inherent worth and dignity of every being, the democratic process, and respect and stewardship of the planet and the interdependent web of life.

In those early days of my involvement with UU, we only had a “church-in-a-box” where we set up each Sunday in a community room at an apartment complex or the multipurpose room at the local middle school. We did everything ourselves; there was no minister or staff to help us. We wrote and gave our own sermons, played our own music, created our own rituals, and taught RE ourselves. We were a dedicated group of people.

Now, 30 years later, I am president of the board of a congregation that owns its own building and parking lot, has a full-time minister and a half-time staff to support a multitude of ministries, music, programs, outreach, social justice, and continuing education, while still offering a place to explore and develop my beliefs and address those fundamental questions that started me on this journey so many years ago.

We have built a valuable resource for our community. Let's continue to nurture it and help it grow. Every pledge and volunteer service helps. Just as I started with a nascent UU group 30 years ago, our friends in Temecula and Murrieta are working towards establishing their own UU fellowship. We can share our experience and knowledge to help them.

Tom Carlstrom, Board President

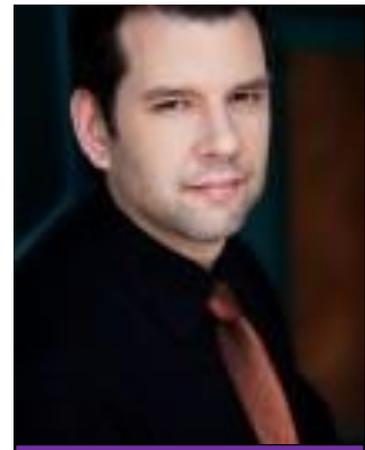


Tom Carlstrom
Board President



Music Program

Save the Date for the Spring Music Service on May 21!
Mark your calendars for Sunday, May 21 at both 9a and 11a for our first Music Service in three years! Tim McKnight, the Chancel Choir, the Handchime Ensemble, and guests are preparing some very special music presentations. This will be a joyful service and a celebration of the importance of music in our worship and in our lives.



Tim McKnight
Music Director



The Handchime Ensemble having a good practice!



Sunday Worship Music – April Highlights

Apr 2: **Tim McKnight** will be our worship musician.

Apr 9: The **Chancel Choir** will present “Winter’s Defeat”, words and music by Gwyn Williams and arranged by Charles McCartha. Susan Spoto will accompany on flute and Deb Coon will play the bodhran. The **Handchime Ensemble** will present “Sakura”, a traditional Japanese folk song arranged by Jason W. Krug. **Tim McKnight** will be our worship musician.

Apr 16: **John Schulz** will be our worship musician.

Apr 23: **Tim McKnight** will be our worship musician.

Apr 30: **John Schulz** will be our worship musician.

Looking Ahead

Spring Music ServiceMay 21
Auction Event: Chalice’s Nuu Revuu June 24 @ 6:30p – 8:00p
Auction Event: Nightsongs and Lullabies January 20, 2024 @ 7p
Chancel Choir RehearsalsThursdays @ 7:30p in the chapel
Handchime Ensemble Rehearsals Thursdays @ 6:30p in the Hub



Family Ministries

Save the date: June 2-4 for Family Camp!

Like many of you, I have spent time in Camp De Bennesville Pines, located in the San Bernadino Mountains. This special camp is supported by more than 50 congregations of the Pacific Southwest UUA. And each year, our congregation, along with First UU Church of San Diego, commits to a weekend. This year, it is June 2nd to June 4th. We call it “Family Camp”, but anyone is considered family! There is true value in getting away from the city and partaking in nature. Nature truly impacts our well-being.



Kathleen Swift
Director of Family
Ministries

The research is clear: Being in nature not only increases pleasant feelings, it reduces stress and other negative emotions such as anger and fear. Along with increasing positive emotional health, exposure to nature contributes to physical wellbeing—it can reduce blood pressure and muscle tension, for example. And being in nature can help you cope with pain. This was demonstrated in one research study by Dr. Robert Ulrich. A group of patients all underwent the same surgery. During their recovery, half of the patients had a view of trees and the rest had a view of a wall. The results? The patients with the view of trees had fewer negative effects, tolerated pain better, and spent less time in the hospital. And this was just a view of trees—imagine the positive effects that can come with spending several days in the mountains. According to a 2019 study, by White, Alcock et al, spending at least 120 minutes a week in nature strongly contributes to better physical health and wellbeing.

The benefits for children can be even more striking. Playing outdoors in nature benefits children intellectually, socially, emotionally, and physically. Outdoor activities such as exploring rocks and bugs build brains as well as bodies with numerous long-term benefits. The natural world is a giant learning laboratory, providing opportunities for discovery, creativity, and problem solving. Children in nature can explore, make noise, and run about in ways that can't be done inside. Sometimes, nature can even bring out nurturing qualities in children. In addition, several studies have found that exposure to nature can reduce symptoms of anxiety and ADHD. It can even help brain functioning. For example, a 2009 study by Nancy Wells looked at children who moved to new environments. Those whose move provided the



most improvement in exposure to nature showed the most improvement on cognitive functioning.

Camp De Bennesville Pines, our Unitarian Universalist camp located in the San Bernardino Mountains, gives us all the opportunity to unwind, partake in new adventures, and associate with like-minded people. Imagine leaving the city behind as you drive into a mountain retreat. There are bunkbeds for everyone and full bathroom facilities. You'll need to bring your own blankets or sleeping bags, but all the cooking and dishes are done for you, leaving you with ample opportunities to swim, participate in workshops, play archery, explore and hike, or just relax in the mountain air.

You should also know that each camper is required to bring proof of a negative Covid test from the morning of travel. (A cell phone picture of the test result is fine.) We are doing that to ensure we can safely be in community. I hope to see lots of you there.



Green Sanctuary Team

Look at the news from Central California and you know we're in big trouble. There's a couple of things you as individuals or household can do. If you want a carbon footprint calculator, here goes. Let us know what you find out!

[Carbon Footprint Calculator](#)

We all want to be reminded of what we can do to reverse this slow-moving and yet accelerating disaster unfolding before our very eyes. We're going to give you some top actions:

- Refrigerant Management--Do you have a refrigerator or air conditioning?
Aha!
- Reduce food waste--Participate in the food waste recycling programs now. Try to eat everything you buy.
- Plant richer diet--Meat production and processing add to greenhouse gases.
- SilvoPasture--Livestock raised in pastures incorporating trees offset emissions (Cool!)
- Support and contribute to: Education of girls, Family planning, Wind and Solar.

You can look up the hows, whys, and impacts here:

<https://www.greenamerica.org/climate-change-100-reasons-hope/top-10-solutions-reverse-climate-change>

Thanks for thinking about these things and maybe doing just one thing. We're all in this together.

Chaliceuucgreen@gmail.com



From the Nominating Committee

Nominations for the Board of Trustees 2023-2024

From Richard Korts, Chair of the Nominating Committee: On behalf of the Nominating Committee, I'm delighted to provide the Secretary of the Chalice Board with the slate of candidates for Officers and Trustees for vote at the Annual Meeting in June 2023.

- Vice President – Lara Brown (3-year term to succeed Kate Vereb as President on July 1, 2024 and then to serve as Past President on July 1, 2025)
- Treasurer – Victoria Cagle (2-year term)
- Trustee – Dennis Brown (2-year term)
- Trustee – Marianna Benedict-Bacilla (2-year term)
-

Also, Nominating Committee – Anne McKeirnan (3-year term)



From the Auction Team

Food and Art Event at Chalice

There are still a few Chalice Auction events with seats. As we get closer on the calendar to these events, they will be advertised in ENUUS.

The next event with open seats is Lunch at Chalice on Sunday, April 30th, 1:00-3:00 p.m.

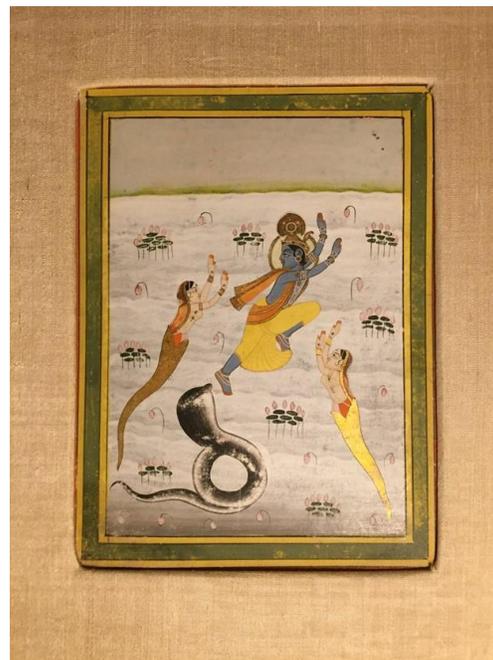
The Stephens-Gally Collection

Have Lunch at Chalice on Sunday, April 30 from 1-3 pm and view the art collection of Bernice Stephens and Joe Gally. Bernice and Joe purchased art at New York street fairs, picked up art on their travels, and received art pieces from friends and students. Event includes luncheon prepared by Victoria Cagle and friends and a brief presentation on the lives of Bernice and Joe. 39 attendees will take home a piece of art (valued between \$5 and \$50). Spots available for \$25 per person. Sign up by Wednesday, April 26.

Signup for lunch using signup genius,

<https://www.signupgenius.com/go/4090D4AA4A82BA4F49-stephengally>, or with Victoria Cagle.

For more information, contact Victoria.



Coordinating Team Report

Goal: To more fully live our UU values in our journey toward wholeness, we commit to explore ways within our congregation to become a greater source of nourishment for Black, Indigenous, and people of color (BIPOC). At a minimum we want our white congregants not to marginalize our BIPOC congregants. More purposeful work may focus on encouraging internal congregation dialogue and self-reflection on issues such as structural racism, white supremacy practices and anti-oppression work.

- Sharon has met with Chalice's BIPOC members, and the group plans to meet again next month.

Goal: As we transition back to face-to-face gatherings, our goal is to continue to provide online accessibility of our worship, meetings, events and activities while also embracing the power and comfort of being physically present in community.

- Nothing to report at this time.

Oversight of Chalice programs and committees:

- We will continue to require masks in the chapel because of the risks of singing. Sharon will ask church leaders if they would like to make any changes to masking requirements in the Hub.
- We will drop the reservation requirement after we go to two services on March 19.
- The CT met with several Board members to plan the pledge drive.

Memorial Wall Task Force:

- Nothing new to report

Shade Sail Courtyard Cover:

- Dean submitted the last requirement for the permit for the gas line. John Schulz is also getting a quote for the broken water pipe from the same company.
- The Sail Shades have been manufactured and installed.

Powering into the Future Project:

- Technology has been waiting for the installation of the shade covers to be complete so they can assess the needs of technology on the Courtyard.
- The CT is working with Victoria Tenbrink to approve the plans for the solar panels. The contractors will be pulling permits.



Board Report

The board has been working on a variety of issues, but two are uppermost in their agenda. The first is to thank all of you who made the Auction a great success. This fund raiser takes many hands and much time in preparation, skills, and devotion. The auction is a valuable part of our congregational funding.

The second issue concerns the pledge drive. Listening Groups are working to learn the wishes of the congregants so that the budget can reflect these issues. The goal is to have the pledges for this congregational year show an overall increase. This will help to eliminate the need to use money from reserves to balance the budget. The congregational funding needs to equal the expenses. Thanks to all of you for your support.



Group Announcements

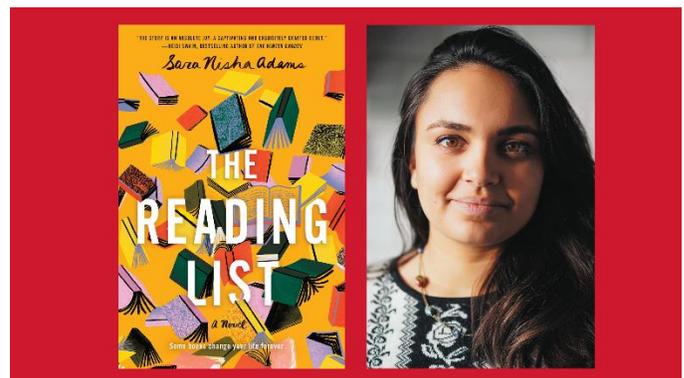
Women's Book Discussion Group

On April 18th at 6:30 pm the Chalice Women's Book Discussion Group will meet via Zoom to discuss *The Reading List* by Sara Nisha Adams. If you are interested, please contact Mary for the Zoom information. Non-binary and trans women are warmly invited.

An aging widower and a lonely teenage girl form an unlikely friendship by bonding over books.

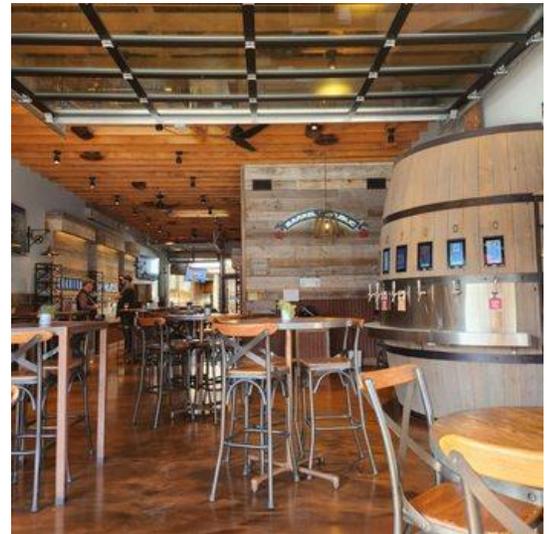
Aleisha works at the Harrow Road Library in North London not for her love of books, but because she needs the money. When Mukesh, an older man who's recently lost his wife, visits the library seeking a book recommendation, Aleisha has little to offer. As he pushes for a suggestion, she becomes defensive, even rude. She regrets her behavior almost immediately, but she's more focused on difficulties in her home life, including her absentee father and her mentally fragile mother. Even so, when she stumbles on a handwritten reading list tucked into a just-returned book, she impulsively uses it as a way to apologize to Mukesh, recommending the first book, *To Kill a Mockingbird*. She also decides to read every book on the list herself, rationalizing that it will help pass the long days in the library. When Mukesh returns to tell Aleisha how much he enjoyed *Mockingbird*, they decide to create an impromptu book club. It seems this budding relationship is just the thing to save Mukesh from his continued grief over his late wife. Meanwhile, Aleisha begins relying on Mukesh as the only stable adult in her life. When Aleisha's family suffers a devastating event, Aleisha looks to Mukesh to help her pick up the pieces, but he's not sure he's the person she needs. Full of references to popular and classic novels, this debut focuses on reading as a means of processing and coping with challenging life events. The author deftly captures the quiet and listless vibe of ill-fated libraries everywhere. Told from the perspectives of both Aleisha and Mukesh, as well as a sampling of other characters, the story shows an insightful empathy for difficulties faced at divergent life stages. The author explores many difficult topics with grace, like mental illness, grief, abandonment, and self-doubt. Although the pace starts off slow, things pick up in the later pages and reach a satisfying conclusion.

A quiet and thoughtful look into loneliness, community, and the benefits of reading—suited for true bibliophiles.

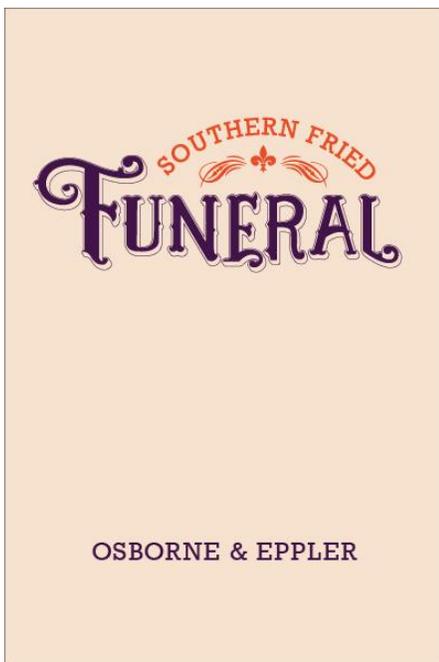


Ladies Out to Lunch

The Ladies Out to Lunch group will meet on Friday, April 21 at Barrel Republic in Escondido. The address is 136 West Grand Avenue, Escondido. We are a small group and welcome newcomers! Meeting time is 11:30 AM. Please RSVP to Carol.



Readers' Theater



We meet monthly to sight-read plays for our own education and enjoyment. We draw roles at random so we can read a variety of plays that interest us and rarely fit our exact number and demographics. If you love theater, you're comfortable sight-reading aloud, and willing to step into roles and situations that may be out of your comfort zone, you might want to give us a try! If interested, please contact Deb to get on the group's monthly mailing list.

Our next gathering will be on Monday, April 24 at 6:30 p.m. via Zoom. We'll be reading the comedy, *Southern Fried Funeral*, by Osborne and Pepper. A big-hearted comedy about family, Southern Style. Dewey Frye is dead and the rest of his family is left to pick up the pieces if they don't kill each other first.

April showers bring forth May flowers.
— Proverb

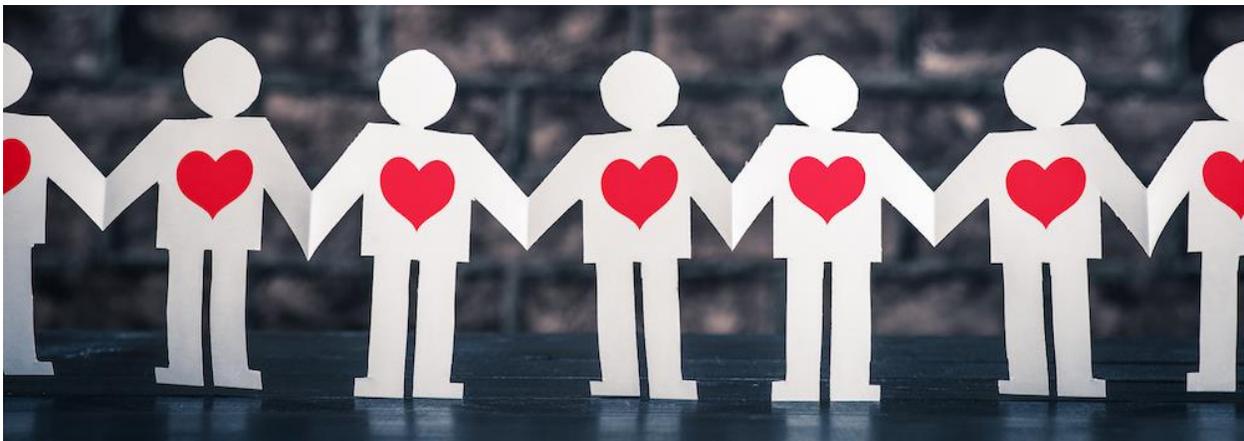


Information

MEMBERSHIP

Official membership is not required for participation in most Chalice activities, but there may come a time when you hear a voice inside saying, “This is my religious home. I want to support it.” If so, it may be time to think about making the commitment of membership.

To learn more about membership, contact Kathleen Swift, our Office Administrator, by email at office@chaliceucongregation.org.



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

Address: 2324 Miller Avenue; Escondido, CA; 92029

Phone: 760.737.0393

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@chaliceucongregation.org

**With much gratitude to our Editorial Team:
Hope Campbell, Callie Leef, and Andi Stout.**



Calendar for April 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1
1P Paula
Cole Jones
2P Tech
Rehearsal

2
9 & 11 A
Worship
9A K-9 RE
10:10A
Coffee Hour
12 P Teen Group

3

4
12P Zoom
Lunch
1P CT
7P Exec.
Board

5
9A Men's
Breakfast
7P Drum
Circle

6
10:30A
Women's
Meditation
6:30P Hand
Chimes
7:30P Choir

7

8
10A Widen
Circle Study
10A Council
of Chairs
2P Tech
Rehearsal

9
9 & 11 A
Worship
9A K-9 RE
10:10A
Coffee Hour
12 P Teen Group
Private Event

10
1P Poetry
Group

11
12P Zoom
Lunch
7P Board of
Trustees

12
9A Men's
Breakfast
6:30 Men's
Support

13
10:30A
Women's
Meditation
6:30P Hand
Chimes
7:30P Choir

14
12P Elder's
Lunch

15
10 A
Worship
Team
2P Tech
Rehearsal
Circle Supp.

16
9 & 11 A
Worship
9A K-9 RE
10:10A
Coffee Hour
12 P Teen Group

17

18
12P Zoom
Lunch
1P CT
6:30P
Women's
Book Disc.

19
9A Men's
Breakfast
1P Fiber
Arts

20
10:30A
Women's
Meditation
1P Finance
6:30P Hand
Chimes
7:30P Choir

21
11:30A
Ladies
Lunch

22
2P Tech
Rehearsal

23
9 & 11 A
Worship
9A K-9 RE
10:10A
Coffee Hour
12 P Teen Group

24
6:30P Readers
Theater

25
12P Zoom
Lunch
2P Staff
6P Online
Presence
Team
6:30P Green
Team

26
9A Men's
Breakfast
7:15P
Prayer
Circle

27
10:30A
Women's
Meditation
6:30P Hand
Chimes
7:30P Choir

28

29
2P Tech
Rehearsal

30
9 & 11 A
Worship
9A K-9 RE
10:10A
Coffee Hour
12 P Teen
Group

24
6:30P Readers
Theater

25
12P Zoom
Lunch
2P Staff
6:30P Green
Team

26
9A Men's
Breakfast

27
10:30A
Women's
Meditation
6:30P Hand
Chimes
7:30P Choir

