



UU of SCV

The Flame

www.UUofSCV.org 661-254-7866

Santa Clarita's Unitarian Universalist Congregation

January, 2017

Sunday, Jan 1 – 10:30 am

From the Big Bang to
Transcendence
Bob Maitino & Erik Felker

We invite you to start the new year with a very brief journey through time, from electrons to human spirituality. Hold on tight!

Sunday, Jan 8 – 10:30 am

In Support of
Our Families
Rev. Betty Stapleford

We Unitarian Universalists “covenant to affirm and promote the inherent worth of every person.” But after the recent election, there are many people in our country that are feeling very afraid. On this Sunday, we will be exploring the value of families and the ways we UUs can actively work to make all our families feel more secure.

SERVICES HELD AT:

SCV Senior Center Bldg.,
22900 Market St.
Newhall, CA
(½ blk from Newhall Ave.)

Sunday, Jan 15 – 10:30 am

Messages from
Moral Mondays
Rev. Peter Farriday

The Rev. Dr. William Barber II is a Protestant minister and political leader in North Carolina, and a member of the national board of the National Association for the Advancement of Colored People (NAACP). In 2013, Barber began leading regular "Moral Mondays" protests in Raleigh, advocating for immigrant and LGBTQ rights, criminal justice equity, environmental protection, and other issues. As we honor the legacy of Martin Luther King Jr. amid rising political tensions, we'll explore how Barber's work informs and inspires us to meet today's moral challenges.

Our collection on this 3rd Sunday will be donated to Single Mothers Outreach (see article).

After the service join us for our first "Hymn Sing" led by music director Scott Roewe from 11:45 to 12:15. We will explore Unitarian Universalist hymns from the past, present and future! Lend your voice or come to listen (see article).

Sunday, Jan 22 – 10:30 am

Hidden Bonds: Body,
Mind and Spirit
Rev. Peter Farriday

An expanding body of rigorous scientific research increasingly indicates that our psychology and our physiology are profoundly linked. From that understanding, an addition layer of connection is emerging, called by some researchers “biocognition”: how our cultural beliefs and practices affect our biology. This Sunday, we'll explore how this expanding awareness holds great promise for healing our deeply connected bodies, minds and spirits.

Sunday, Jan 29 – 10:30 am

Our Religious
Traditions: Mixing the
Old and the New
Michael Hart

Many UUs spend part of their lives in another religious tradition that they continue to find value in. How can we simultaneously find meaning in our UU covenant AND the religious beliefs that gave us so much comfort at other times in our lives?

After the service join us for our Fifth Sunday Presentation about the Family Promise program (see article).

Happy Resolutions

Rev. Peter Farriday

Last January I offered a sermon called “The Habits of Happiness,” which several people said they found valuable. So as we again enter this season of New Year’s resolutions I’d like to revisit a couple of key ideas, in the hope that they may help you to reach your desired destiny. I use the term “destiny” deliberately, because writer [Barney Matthews](#) captures well how our cumulative habits impact our lives, health and happiness: “Daily deeds determine destinies.”



If you’re not sure that all your habits are leading to the destiny you want, there’s good news: studies prove it’s never too late to change them. But in order to effectively alter one or more for the better, we need to understand their underlying structure. And in his book, *The Power of Habit*, Charles Duhigg reveals this: a three-part process he calls a “habit loop.”

First, there’s a Cue. As an example, let’s say you regularly feel sluggish in the mid-afternoon at your office workplace. Second comes the Routine: the behavior triggered by the cue. In this case let’s say you routinely grab a bag of chips.

The third step is the Reward: something your brain enjoys it and that motivates it to repeat the habit loop in the future. In this case the reward is eating something salty and fatty—which because humans didn’t always have either in abundance, we’ve evolved to react positively to and find pleasurable. And indeed this perks us up for a little while.

But of course our logical mind knows that for most of us it’s now all too easy to get salty, fatty foods, and that too much is bad for our health. So the key to change is learning to recognize the Cue and the *real* Reward, and altering the Routine that connects these.

Using our example, this means that when we experience that mid-afternoon slump, we recognize that the real reward isn’t eating chips, but is actually feeling re-energized. So we adopt a replacement routine—taking a brisk five minute walk around the block before returning to our desk—that gives us this real reward of renewed energy. Then if we’re actually hungry it’s easier to make a better snack choice.

So a powerful exercise is to sit down and make note of some key habit loops in our lives, identifying the current Cue, Routine and Reward formulae. Then determine the *real* Reward of each loop, and create positive Routines that provide these.

Even in doing this and beginning to implement our new routines, because habit loops are powerful we may stumble on our path of progress. If this happens, you might be tempted to get discouraged and give up your new pursuit. *Don’t*. Would you tell a friend who is working to achieve important goals to just give up? Would you call her a failure? No. You would be patient and supportive. Extend that same generosity of spirit to yourself.

Finally, release what another habit guru, Gretchen Rubin, calls “tomorrow logic” (actually illogic): the tall tale that “tomorrow” is a better time to start a new habit. “Start small, but start now” is a superior credo, since even small steps create an upward spiral that can eventually carry you where you want to go. And because where you want to go is important, both for you and for your community, it’s well worth the effort.

So while I’m not much in the habit of offering New Year’s toasts, mine to you is simply this: May you joyfully reach your desired destiny in 2017!

Happy New Year and Beaucoup Blessings,

Rev. Peter Farriday

THIS MONTH'S ACTIVITIES

Exploring Unitarian Universalist Hymns

Scott Roewe, Music Director

Jan 15th & Feb 19th
after the Service

For people interested in exploring Unitarian Universalist hymns from the past, present and future, there will be hymn sing sessions led by me beginning from 11:45 to 12:15 on both January 15th and February 19th at the Santa Clarita Senior Center.

Singing voices are needed, but of course those who would like to listen are very welcome as well. All will be welcome to give input via written commentary.

About the weekly music, the search each week for the right music and the correct words that go with the music is quite an adventure. With a religion that makes a deliberate point to embrace diversity, the journey is even more dramatic!

If you are member of the congregation, your ideas and feedback is appreciated, both negative and positive, for it is all constructive. Sharing thoughts and feelings is important. Please keep in mind that using "I" statements is extremely helpful when expressing your opinion. This doesn't only apply to music, but this is a good place to practice. There is a difference between "The music was excellent today," or "The music was bad today" as compared to "I was touched by the music today", or "I wasn't moved by the music". The first way of expression presents the statement as a fact, while the later states a perspective. Church can be a place to practice being human, and talking about music is a fine place to practice sharing thoughts and feelings.

Please join me in the quest to find the right words and music, by sharing your thoughts and feelings in a constructive manner.

Conversation, (Pot Luck) Dinner and a Movie

The Social and Environmental Justice Team

January 13th at 6 pm

All are welcome to join us for a spirited evening of lively conversation, gourmet quality dining, and a first rate movie, the title of which will be disclosed in the weekly announcements. We begin the evening at 6pm at the home of Sally White, 26242 Park View Road, Valencia, 91355.

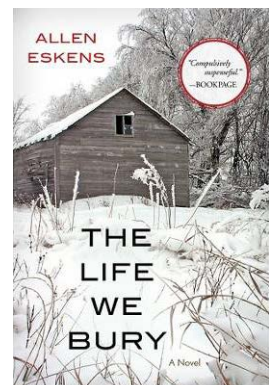
You can RSVP to sallywhite24@sbcglobal.net, or call Suzie Rizzo, 805-490- 1057, or Sally at 661-259-9407.

Join Us for Social Lunch-After-Service Membership Team

Join UU of SCV friends for Lunch-After-Service on Sunday, **January 15**, 12:15 pm, at Coco's Restaurant, 24930 Pico Canyon Rd. in Stevenson Ranch, just off Lyons Ave. Let's meet and eat, all the while making new connections with one another!

Book Club John & Susan Cooper

The Book Club selection for January is *The Life We Bury* by Allen Eskens. This award winning novel tells us of a college student who goes to a nursing home to interview a resident for an English class assignment. His subject is a terminally ill man who has been sent to die in the nursing home by prison



authorities. The interview unveils not only the crime but the patient's heroism in Vietnam. The thriller unfolds as the student tries to unravel a collection of truths and mistruths, some of which are threatening to the student and his family.

The Book Club will meet Wednesday and Thursday, **January 18th and 19th**. Read the book and let John and Susan know what evening you would prefer to attend and then come and enjoy good food, good company and conversation about good books.

For more information, contact John Cooper cooper91355@gmail.com.

Just-4-Flavor Dining

Susan & John Cooper

The Just-4-Flavor International Dining Group meets once a month to dine at a local, and usually ethnic, restaurant. The dining destination is rarely known at press time, but check with John or Susan as to where we will get together in January. Wherever it is, we will meet there at six o'clock on Tuesday, **January 24th**. Please let John or Susan know if you plan to attend so they can make an accurate reservation. cooper91355@gmail.com or rsbrant@yahoo.com.

Fifth Sunday After-Service Presentation to Feature

Family Promise

Barbara Cogswell

Following our January 29th service, Chris Najarro from Family Promise will speak at our 5th Sunday presentation. She will outline volunteer opportunities, and answer any questions about our partnership with St. Stephen's Episcopal Church in providing shelter and dinners to homeless families approximately every nine weeks.

Compassion in Action

This Month's Third-Sunday Collection for Single Mothers Outreach



The Social & Environmental Justice Team has chosen Single Mothers Outreach as the first recipient of January, 2017's Third Sunday Special Collection on January 15th.

The services offered are Emergency Stabilization (you may remember the Signal's article, in which this group helped with the relocation of a homeless mother and child living in the Santa Clarita Wash), an online support group, individual and group therapy, financial training, computer classes and career development.

Family Promise

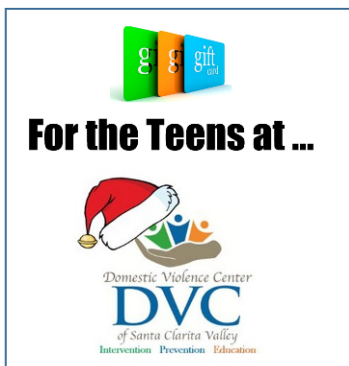
Barbara Cogswell

Members of this congregation provided meals for three families on 2 evenings during the week of 12/4 through 12/11. The next opportunity is estimated to be the 1st week of February, 2017. Anyone interested in participating with meals, breakfast and lunch provisions, or for filling the need for evening or overnight hosts, contact Renee Foley or Barbara Cogswell barbaracogswell1933@gmail.com.

(more)

UU of SCV Comes Through for Teens at the Domestic Violence Center

Rick Kamlet



Oh my goodness! The congregation really came through big time with gift cards for the teens from the Domestic Violence Center. UU of SCV donated a total of 45 gift cards worth \$1015!!!

As Linda Davies, Executive Director of the Center, mentioned after she spoke at our congregation in November that the toys that are collected for small children are often not what teens want. Gift cards allow the teens to choose items that are appropriate for their age and interests.



Presenting the UU of SCV donation of Gift Cards to Linda Davies at the Domestic Violence Center of Santa Clarita Valley

Social & Environmental Justice

January 1 -- The SEJT will participate in the service as Readers of the UU Seven Principles

January 4 -- All who are willing and able are encouraged to support the closure of the Chiquita Canyon Landfill in either (or both) of these ways:

- Provide a relevant comment to the revised EIR report, this due by January 9, 2017 @ 5 PM.
- Attend an important hearing in Los Angeles on January 4, 2017. A strong showing in support of this closure will be extremely important at this time.
- The failure of this issue has the potential of reducing the Quality of Life for all who live in the Santa Clarita Valley. Contact Lynne Plambeck, Suzie Rizzo or Sally White to learn more (*see below for contact info*).

January 8 -- Social and Environmental Justice Team Meeting at the Senior Center. The meeting starts promptly @ 11:45. All are welcome!

January 13 -- Conversation, Dinner and a Movie
All are welcome to join us for a spirited evening of lively conversation, gourmet quality dining, and a first rate movie, the title of which will be disclosed in the weekly announcements. We begin the evening at 6PM at the home of Sally White, 26242 Park View Road, Valencia, 91355. You can RSVP to sallywhite24@sbcglobal.net, or call Suzie Rizzo, 805-490-1057, or Sally at 661-259-9407.

January 15 -- Third Sunday Outreach – Single Mothers Outreach (*see article*).

January 21 -- Women's March on Washington in Los Angeles - 9 AM to 4 PM. The march is open to everyone who stands for human rights, civil liberties, tolerance of diversity, and compassion for our shared humanity. Concurrent with the Women's March in Washington cities all over the United States, including Los Angeles, will hold supportive Sister Marches. Join

on Saturday, January 21st, as we trek from Pershing Square to the Civic Center and return. We plan to take public transportation. You are welcome to participate in all or just a portion of the March, and men are welcomed as well. Check out www.womensmarchla.org or contact Suzie Rizzo, 805-490-1057, or Sally White, 661-259-9407 for more information.

January 29 -- 5th Sunday Family Promise Presentation (*see article*).

Religious Exploration

Religious Exploration Recap from December

Chris Hankla

December 4 -- This Sunday in Religious Exploration at UU of SCV the curriculum focused on the Big Question – How are we all connected? Our youth addressed connectedness with all animals of the earth as it relates to our seventh Principle. They learned about Henry Bergh, a Unitarian, and founder of The American Society for the Prevention of Cruelty to Animals (ASPCA). Chalice Children (grades preschool - 2) looked at endangered species, specifically elephants. Handy Kids (grades 3 - 5) addressed caring for pets and the conflict between human perspectives and animal perspectives. The Tween/Teen group explored the websites of the ASPCA, the Humane Society, and the UU Animal Ministry (UUAM).

December 11 -- This Sunday in Religious Exploration at UU of SCV participants continued to explore the Big Question – “How are we all connected?” Whereas the previous Sunday focused on our connection with all animals of the earth, this week’s focus was on our connection with one another. Participants played games as a means to establish a connection with each other. They identified threads of connection within our faith community, as well as examined avenues of creating connections with others beyond our faith community.

December 18 -- All youth at UU of SCV were encouraged to “get in the holiday spirit” by staying in Sunday’s service and worshipping in one accord through music and song. Everyone listened to the music of the FIA Quartet led by Bonnie Van Duyke and enjoyed the angelic voices of Rosie and Maggie, our very own RE youth! Young and old joined together in this intergenerational service to joyously sing songs of the season.

December 25 -- Religious Exploration was not held, in favor of everyone being in the main service on Christmas Day.

News

New T-Shirts are Coming!

Trish Lester

Order your new UU of SCV T-shirts! Blank shirts will be available (for sizing) at Sunday Services until January 15, after which time the order will be placed for screen printing. Don't miss the boat! Use the order form in this issue of "The Flame" or fill one out any Sunday morning. Shirts are \$15 each. (*See order form later in this newsletter.*)

From the Board

Glenda Nowakowski, Board Secretary

- A mid-year Congregational Meeting will be held on February 12, 2017. A midyear report on budget and finances will be given, and the Nominating Committee will be elected.
- Eric Klatt has agreed to fill the vacant Member-at-Large position on the Board. He will be confirmed at the next meeting of the Board in January.
- The Board has chosen bylaw revision to be its top priority.

Membership

What is the Membership Team? What Do They Do???

Chris Hankla

Consider what attracted you to attend UU of SCV. Consider those qualities that made you return. Was it the greeting? The caring concern? The connection? These are things that contribute to the heart of our faith community. It is accomplished by purposely creating a welcoming atmosphere, fostering connections between individuals and the activities of the congregation, and promoting a sense of common unity.

Members of the Membership Team are the first to make contact with visitors to UU of SCV. They set up and maintain the Welcome Table in the foyer. They greet visitors and members, alike, at weekly services. They collect contact information so that visitors may get the monthly newsletter. They orient visitors to the worship space and introduce them to other congregation members. They invite visitors to meet the minister following the service. They prepare permanent name badges for the return of visitors.

It is the mission of the Membership Team to guide and inspire individuals to active membership in UU of SCV. Members of the Membership Team set up and maintain the Membership Table that provides information about how one goes about becoming a member. They assist in helping individuals socialize with members of the congregation and inform them of opportunities to connect through teams and events. Membership Team coordinates and promotes New2UU classes whereby people may learn more about Unitarian Universalism and UU of SCV. Team members schedule and facilitate the signing of the official Membership Book and celebrate with joy the diversity new members bring to the community. Each new member receives a New Member packet and is ceremoniously welcomed into the community with a gift and a subscription to *UU World*, the magazine of the Unitarian Universalist Association (UUA).

Membership Team strives to promote a sense of common unity among UU of SCV members by sponsoring congregational events such as Unity Dinners and picnics. They coordinate monthly lunch events and other opportunities to converse with members and the minister. They take note of member participation in weekly services and at congregational events. They reach out with concern to members who exhibit prolonged absences. They honor significant events in the lives of congregational members. The Team endeavors to foster a culture of gratitude by sending notes of appreciation for the many ways members elevate our faith community. They seek to acknowledge the accomplishments of the congregation annually. They advance denominational connections through attendance at cluster, district, regional workshops, as well as District and General Assemblies by providing scholarships. The Membership Team monitors the membership census and is responsible for annually certifying the congregation with the UUA.

If you have a welcoming smile, care about people, and are glad to be part of UU of SCV, join with us on the Membership Team. Talk with Chris and Diane at the Welcome Table, or email them at uugals@ourtrailsend.net. Help us magnify the heart of this community!

Birthdays & Membership Anniversaries

UU Membership Anniversaries

| | |
|--------------------|------------|
| Lourdes Villacorte | 01/03/2016 |
| Gloria Burr | 01/10/2016 |
| Valerie Swanson | 01/18/2015 |
| Gordon Uppman | 01/18/2015 |

UU Birthdays for January

| | |
|------------------|------|
| Luke Rigdon | 1/14 |
| Barbara Cogswell | 1/19 |
| Karen Ratliff | 1/20 |
| Stacey Williams | 1/23 |
| Diane Geary | 1/28 |

CALENDAR

(See Most Recent Calendar Updates at
www.UUofSCV.org)

Sunday Services

- 1 **Sunday Service**
From Big Bang to Transcendence
Bob Maitino & Erik Felker, 10:30 am

Sunday Services

- 8 **Sunday Service**
In Support of Our Families
Rev. Betty Stapleford, 10:30 am

Membership Team
1:15 pm, Lois Linnert's home

Social & Environmental Justice Team
11:45 pm, Senior Center

- 13 **Board Meeting**, 12:30 pm, Rick Lott's home

**SEJ Team Presents: Conversation,
Dinner & Movie**, 6 pm, Sally White's home
(see article)

Sunday Services

- 15 **Sunday Service**
Messages from Moral Mondays
Rev. Peter Farriday, 10:30 am

Hymn Singing, 11:45 pm, Senior Center
(see article)

(continued) ➡

15 (cont.)

Social Lunch-after-Service, 12:15 pm,
Coco's (see article)

Worship Team, 12:30 pm, Rick Jaffke's home

Religious Exploration Team, 1:30 pm, Bob
Maitino's home.

18/19 **Book Club**, 6 pm, Cooper's home
(see article)

20 **Drum Circle** – 7 pm, Beth Jenkins' home
(661-478-2036)

Sunday Services

- 22 **Sunday Service**
Hidden Bonds: Body, Mind & Spirit
Rev. Peter Farriday, 10:30 am

24 **Just-4-Flavor Dinner** – 6 pm (see article)

27 **Game Night** – 6:45 pm (new time!) Beth
Jenkins' home (661-478-2036)

Sunday Services

- 29 **Sunday Service**
**Our Religious Traditions: Mixing the
Old and the New**
Michael Hart, 10:30 am

**5th Sunday Presentation: Family
Promise** – after the service (see article)

LOCATION FOR SUNDAY SERVICES:

Services are held at the SCV Senior Center's Main
Building, 22900 Market St. in Newhall (½ block from
Newhall Ave.)



UU of SCV

Santa Clarita's Unitarian Universalist Congregation

PO Box 800028, Santa Clarita, CA 91380 ♦ 661-254-7866 ♦ www.UUofSCV.org

Order your new UU of SCV shirts — \$15 each

Wear 'em to church and community events, or while you're out running errands!

Men's, youth & toddler standard Tee



Women's scoop neck



Message on the back



NOTE: Shirt color will be slightly different than pictured

| | QUANTITY | TOTALS |
|---|----------|----------|
| <u>Men's Standard Tee</u> | | |
| <input type="checkbox"/> Medium | | |
| <input type="checkbox"/> Large | | |
| <input type="checkbox"/> XL | | |
| <input type="checkbox"/> 2XL | | |
| <input type="checkbox"/> 3XL | | |
| <input type="checkbox"/> 4XL | | |
| <u>Women's Scoop Neck</u> | | |
| <input type="checkbox"/> Medium | | |
| <input type="checkbox"/> Large | | |
| <input type="checkbox"/> XL | | |
| <input type="checkbox"/> 2XL | | |
| <input type="checkbox"/> 3XL | | |
| <u>Toddler & Youth Sizes</u> | | |
| <input type="checkbox"/> 2T | | |
| <input type="checkbox"/> 3T | | |
| <input type="checkbox"/> 4T | | |
| <input type="checkbox"/> Youth XS | | |
| <input type="checkbox"/> Youth Small | | |
| <input type="checkbox"/> Youth Medium | | |
| <input type="checkbox"/> Youth Large | | |
| <input type="checkbox"/> Youth XL | | |
| TOTAL AMOUNT DUE | | \$ _____ |
| Make checks payable to UU of SCV | | |
| <input type="checkbox"/> Check # _____ <input type="checkbox"/> Paid in CASH Date _____ Received by _____ | | |

Orders may be placed at UU Events and Sunday Services or mailed to PO Box 800028, Santa Clarita, CA 91380

Your name _____ Date _____

Your phone numbers _____

E-mail address _____

Please allow 3 to 4 weeks for order processing, and pick up your shirt(s) at Sunday Services.

SNAPSHOTS

Holiday Party



Services

Audio Recordings of most sermons/messages are posted on our website www.uuofscv.org website, under Worship ⇒ Sermons





