



Chalice

NEWSLETTER OF STARR KING UNITARIAN UNIVERSALIST CHURCH JANUARY

A Month of Sundays

January Celebration Previews

One Sunday Service at 10:30 A.M.

4: *Composing a Life* (Rev. Katie Kandarian & Hans York) Happy New Year! The calendar brings another chance to compose a life. Today we'll welcome singer and songwriter Hans York and have an opportunity to burn those things that are preventing us from living the life we dream about.

Immediately following each service today, the minister will hold a brief informational session. If you have questions about Unitarian Universalism or are interested in membership, please join her in the Library.

11: *Fasting for One Minute and Other Ways to Pray* (Rev. Katie Kandarian) Prayer isn't essential in our lives, is it? What can prayer do, and how might it be done? Come practice today by opening up to some new methods. *Chalice Deadline.*

18: *Patriotism and MLK* (Bob Meyerson) This lay-led service explores the question "What is patriotic?" Was Martin Luther King patriotic? Was he considered so in his time? In today's climate, can UUs be patriotic? Could it depend on who's defining it? *Bookstore Open.*

Monday 19 January • 9:30 A.M. • Annual MLK March

Please join us at Hayward City Hall for the Annual Gathering and March in honor of Dr. Martin Luther King, Jr. We will be inspired by Dr. King's words and by musical tributes, and we will walk together in witness to his enduring legacy.

25: *The Result of Transformation* (Rev. Katie Kandarian) What are the reasons we commit to religious institution? Is there an end product larger than our short term desires? What makes liberal religion different than the evangelicals?



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Ten years ago, on January 29, 1999, I was ordained by the First Universalist Church in Denver. This was my home church, and although not the Unitarian church where I grew up (that was Emerson church in Troy, Michigan), it was the church where I learned what service to my faith community was about. This is where I learned how to serve the church and discovered in the process that not only was this a place to meet my needs to be of use, but that I could serve something larger than my own personal desires. I discovered through doing some of that volunteer work that I wanted to make a commitment to serve Unitarian Universalism, to serve the world as an ordained professional.



The journey through seminary was exciting, difficult, challenging, and sometimes, it was a lot of fun. There I made discoveries I hadn't imagined, both personal and religious. The training of three years of theological school, a summer of clinical pastoral education (serving as a chaplain in a hospital) and a full year's internship at a church was rigorous — academically, intellectually and inwardly.

My preparation and education were essential and gave me many of the tools I need for doing ministry in the congregation and in the community at large; yet I've learned much more in the ten years since my ordination than from seminary. "Practical theology," as it's called, is the daily application of all the insights, theories and knowledge we've gained. It's the ability to articulate and reflect upon the various missions such as South Hayward Parish that have meant so much to me as I've served this community. It's the place to learn to fit in all of the detail work that needs to get done for the Sunday bulletin and a complete worship service, while making room for the times of personal crisis that undoubtedly come up in members' lives. I've become accustomed to the rhythm of the church year, the liturgical calendar that brings both enthusiasm and exhaustion, sometimes at the very same time.

I have found areas of ministry of which I am much more fond than others, but mostly I find that I like that this kind of work has so many differing areas that I am never bored and always challenged. What I find the most difficult are those many Saturday nights filled with anxiety, when the sermon hasn't yet quite come together, and where I need to sleep on it before waking up to those Sunday morning periods of clarity. What I like the most are moments spent with you, one on one, when you are telling me what matters to you most, or when I'm listening to special music in worship. I like finding just the right tune; I like singing a favorite old hymn at General Assembly's Service of the Living Tradition, and standing outside the doors here on Sunday morning. I like feeling that I am part of something larger than I know right now, a liberal religious movement that has a history and hopefully a future.

I realize that although my formation in ministry came before I knew you, here is where I was truly ordained, because it has

been through my relationship with you that I have received the practical ordination that comes through each interaction, from every hand I touch. So for this tenth anniversary, let me say here, *thank you*. Thank you for providing me with this working ordination, this loving place where I can be with you and practice the art of ministry.



Wheel of Life

*Please send information to the Pastoral Care Committee.
Good news is welcomed, as well as your sorrows.*

- ✦ Sincere condolences to Rebecca Parr and son Ellery Medilla after the sudden death of Ellery's father, Presley. Plans are being made for services to be held at Presley's mother's church in Oakland, the date to be determined.
- ✦ Caroline Mazur shares wonderful news that her cancer is in remission!
- ✦ Maya Para is recovering nicely after a dog bite.
- ✦ Congratulations to Doug Sprague and Natalie Forrest who welcomed grandson Henry Laslocky Sprague (parents Brandon and Meghan).
- ✦ Congratulations to Al and Jo Murdach who welcomed granddaughter Madigan (parents Charlie and Erin).

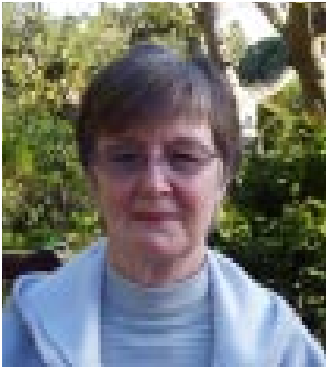
January Birthdays

Best birthday wishes to . . .

- 5 Sherman Lewis
- 7 Julia Cady
- 7 Walt Korus
- 13 Jay Durant
- 13 Doris Haskell
- 18 Sophiana Carrell
- 25 Debbie Frederick
- 28 Geir Jordahl
- 30 Ben Matthews



Upcoming Board Retreat



January, the month we receive all sorts of advertisements filled with products to organize our life. We are presented with bins, boxes, containers of every size and description for whatever project we may have in mind. Merchants are well aware that the start of the year finds many of us determined to bring more order to our households.

January is also the month many of us reflect on the year just passed, and set goals for the new year with the objective of self-improvement. These impulses toward a more orderly, intentional life are strong at this time of year. So it should be no surprise that the Starr King Board of Trustees will be spending Saturday, January 31 at a board retreat to reflect on its effectiveness in carrying out the mission of our church and to develop a plan for its conduct in 2009.

In its daylong retreat, the board will examine the concept of *shared ministry*. This is a term we hear frequently when the topic of ministry arises. Although the term may be familiar, we wonder to what degree the concept is really understood and practiced. In a quote drawn from UUA guidelines on Assessing Church Leadership, former Oakland Church minister Robert Latham asserts, "Ministry is anything a congregation does in pursuit of its religious mission to its own membership and the wider community." This definition puts the responsibility of ministry on the congregation as a whole, its board, committees and staff, in addition to the minister. That is to say, ministry is a *shared* undertaking.

The board will be looking at how it participates in and supports shared ministry.

As we look forward, we know 2009 will be a challenging year. We are living in historic times. We hope the plans of the new administration will bring a halt to the downward spiral of our economy. In the meantime, many will see their incomes contract, if not end altogether. Our church has a mission to fulfill now more than ever, and shared ministry will energize us for the task.



OUR CHURCH BOARD IN ACTION

December 2008

The following is a summary of the Board's business meeting. Feel free to discuss any of these items with Board members.

1. Doug Sprague was appointed Association Affairs Representative.
2. The Board accepted the written resignation of Sarah Gonzales.
3. The Board's January 31 retreat was discussed. Facilitator Mileva Lewis will attend January Board meeting to finalize plans. A major part of that retreat will be defining and dividing roles and responsibilities within the Church structure. The retreat may also be a time to read and consider UUA's guidelines regarding a variety of procedures and to what degree Starr King is able to follow them.
4. On behalf of the Personnel Committee, Andy Hansen reported that tentative revisions to the Minister's Letter of Agreement will be discussed in February.



Five Year Vision

Starr King Unitarian Universalist Church
(adopted March 2007)

A vibrant, dynamic community where meaningful transformative spiritual practice flourishes in an inter-generational environment.

A congregation that:

- ❖ Celebrates our unity in common worship and nurtures each individual's search for truth.
- ❖ Provides adults and children with a rich array of opportunities for personal and spiritual growth and service to others.
- ❖ Embraces visitors and welcomes them into our spiritual community.
- ❖ Actively addresses critical social justice issues, making a real difference in people's lives through moral, spiritual and material support.
- ❖ Cultivates an aesthetically pleasing environment that enriches our community and spiritual life.

Children's Religious Education

Carol Bodeau, Interim Director of Religious Education



Well, another year arrives, complete with the feeling of endings that comes from another completed holiday season, and with hopes for the potentials of the year ahead. And in the RE program at SKUUC, it is a time to be looking towards the future with mindfulness and hope. In just a few short months, we'll be hiring a new Director of Religious

Education. We already have some wonderful new young faces in our gatherings, and we hope to see more as the seasons move through winter and into spring. As we look forward, let's celebrate some of the wonderful moments that we've already created as a learning community this year:

- Our annual Intergenerational Holiday Party was a huge success this year, and resulted in the most beautiful vegetable-themed Christmas tree ever created. (Maybe the only one...?)
- The children and youth created a wonderful holiday service to honor all the holidays of lights that come in the winter season.
- The youngest children raised over \$100 selling Christmas cookies they decorated, and are using the money to buy livestock from Heifer International to support subsistence farmers in developing countries.

Let's also thank all the wonderful people who made these special events and activities possible:

Renee Ray for her cookie-baking and creative teaching; Walt Korus and Dick Albert for retrieving the holiday decorations and helping get the tree up; Robin Fink and Georgia and John Gruver for running the party kitchen; Marla Bacina for accompanying the wonderful Christmas caroling that we all enjoyed; Suzanne Quijano for costume-making and script-writing; Rev. Katie Kandarian for her song-leading and general holiday cheer; and a long list of 'elves' including Mary Lasack, Lavon Hodges, Darryl Ray, Meg Jurich, Carey Sanchez-Para, Laura McMichael Cady, Caroline Mazur, Diane Meyerson, and so many others who helped when I wasn't looking. Thanks to all of you for making the holiday season a joyful one. Together, we can fill the coming year with successes as yet unimagined, and with joys and blessings for all.

In peace,



Green Sanctuary

Baba's Green Tips

Beneficial Insects

Many home and garden bugs are considered "beneficial" - meaning they are actually helpful and can keep undesirable troublemakers under control.

For example:

- One ladybug can eat 5,000 aphids in its lifetime.
- Dragonfly larvae are efficient hunters, eating mosquito larvae and other insects, snails and even small fish.
- Juvenile lacewings can eat up to 20 or 30 aphids a day.

To learn how to attract beneficial insects to your garden and help keep pesky troublemakers under control, click on *The 10 Most Wanted Bugs in Your Garden* and also *Growing A Healthy Garden to Manage Pests Naturally* connect to this link at: http://ourwaterourworld.org/Portals/0/documents/pdf/healthy_garden_04.pdf.

To see photos and learn more about beneficial insects, visit the University of California's website on *Natural Enemies* at <http://www.ipm.ucdavis.edu/PMG/NE/index.html>.

To order beneficial insects from a supplier, contact www.rinconvitova.com or www.greenmethods.com.

Committee on the Interior, *Lavon Hodges*

Reminder Regarding Posting and Providing Fliers

Please date any fliers you wish to share with our Starr King community. Also, please ask a member of the Interior Committee before posting or placing any fliers or posters, so that you can be directed to the appropriate display location. Your cooperation is appreciated!

ONGOING ACTIVITIES & FUN

♣ **SKIFFLE meets weekly!** Starr King Instrumentalists for Fun, Laughter and Entertainment gather in the Sanctuary for instrumental music every Wednesday evening from 7 to 9 P.M. All instruments and levels of musicianship welcome.

♣ **Morning Discovery** meets in the Library from 10 to 11:15 A.M. on first and third Wednesdays (7 & 21 January). All are welcome to join us to explore community and spirituality, discussion and shared silence.

♣ **Evening Discovery** meets in the Library at 7 P.M. on first and third Wednesdays (7 & 21 January) for thoughtful reflection on different topics that focus on the spiritual, the religious or the personal.

♣ The **Book Group** will meet Thursday 8 January at 7 P.M. at the home of Jo Murdach (510/581.6794) to discuss the book *Almost Moon* by Alice Sebold. All welcome! Please ring to let the host know you will be coming. The February book will be *The Great Gatsby* by F. Scott Fitzgerald.

♣ **SKIT** improv group meets in the Sanctuary on second and fourth Thursdays at 7:30 P.M. (8 & 22 January).

♣ The **Film Group** will gather on Saturday 10 January at 7 P.M. We will be viewing *Sullivan's Travels*, a classic 1940s satire from Preston Sturges, starring Joel McCrea and Veronica Lake. Let host Stuart Fink (510/537.4421) know you are coming and please bring a movie snack to share.

♣ The **Social Justice Committee** meets on second Sundays (11 January) after the service. All welcome.

♣ Join the **No Room for Racism** vigils that are held in Hayward every third Friday (17 January) from 4 to 5 P.M. at the intersection of Jackson-Mission-Foothill. An opportunity to stand for your values! Sponsored by South Hayward Parish.

ANNOUNCEMENTS

♣ **Do you know our Church history?** *An Ordinary Miracle* and *The Miracle Continues* are available in the church office, \$15 each or two for \$25.

♣ **Help make our website brilliant!** Please submit your contributions of photos of church events and/or activities for the website (<http://starrking.org>) to webmaster@starrking.org.

♣ **To schedule an event**, visit the online calendar at our church website (http://www.starrking.org/skuu_committee_meetings.htm) to check availability, then call the office and we will add your event. View the website calendar for all church events.

♣ Please submit written announcements for the Sunday bulletin to Nancy by 1 P.M. on Tuesday. Contact info: office@starrking.org or 510/581.2060.

♣ To preserve a sense of worship on Sunday mornings, please remember to **switch off cell phones** and other devices before entering the Sanctuary.



♣ **Committee chairs/events coordinators:** To avoid schedule conflicts, notify the Church Office Administrator of dates and times of ALL meetings and events (even if ongoing or off-site).

♣ Donate interesting books in excellent condition to our **Church Bookstore** for resale. Shop in our bookstore on third Sundays. See Evelyn Cormier.

♣ Our **SKUUC Food Donation Basket** for South Hayward Parish Food Pantry is located just inside the eastern entry door in our Sanctuary. Please be generous every week and donate healthful nonperishable food items.

♣ Stuart Fink has placed a Lions' Club collection box on the Community Table. **Eyeglasses you no longer use** will go to Latin American countries, along with eye doctors who will fit people in need.

♣ The Religious Education Committee would like to remind parents with small children that **the service can be heard in the library** should you need to leave the sanctuary due to crying or antsy children. The volume adjustments are near the speakers in the library.

♣ The **Outreach Committee** suggests recirculating the *UU World*. Leave old copies in waiting rooms, or put them in the Outreach Committee box in the church office for use at public events.

♣ **A Gentle Reminder** from the Worship Committee: Candles of joy, sorrow and concern should be brief and pointed, or the service may run too long.

♣ **If you would like to participate in worship** by lighting the chalice and/or reading from the pulpit, just tell any Worship Associate, who will add your name to the list of interested participants. *Please note* that you must be at church 15 minutes prior to the start of the service in order to be asked.

♣ **PLEASE** if you use the sanctuary for an event or meeting, **leave the Sanctuary in the worship configuration**. Put the chairs back *each time* they are moved.

Circle Supper

Join us for fun and eating together at the next Circle Supper on Saturday 7 February.

This time we will have at least one dinner focusing on vegetarian and healthy cooking.

When you sign up for Circle Supper, please indicate if you wish to be in a vegetarian potluck. The sign up sheet will be at the Community Table. Please sign up by Sunday 25 January.

What's the Word?

Al Murdach

This monthly column explores today's meaning and significance of some important religious words from the Christian tradition.

No.34: **Tradition**

The word *tradition* in the sentence above, though a word in common usage, has always assumed a special significance when used in a religious context and especially when viewed as a factor in the development of Christianity. The term is generally used to designate that complex of myth, legend, teaching, and anecdote that is not embodied in formal religious texts or official pronouncements, but which nevertheless underlies the religious culture of a particular faith or practice. Individual opinion in Christian and secular history has varied widely regarding its importance. Judaism, the parent religion of Christianity, greatly valued and still honors tradition. Jesus, the Jewish maverick who inspired Christianity, wasn't so sure about the importance of tradition and felt that in many instances it valued supposed human wisdom and edicts over the voice and commands of God. Marx and Freud agreed and found religious traditions suspect and felt their influence was often popular but pernicious. Years before them, the Protestant reformers felt much religious tradition was bogus and were zealous in condemning it, feeling that the sole basis for religious life should be the Bible and not what they viewed as worn-out religious traditions. In this, the reformers followed the lead of other text-related religions, such as Islam, Hinduism and, to a lesser extent, Buddhism. Today in the western world, much modern secular culture stands with Jesus, Marx, Freud and the Protestant reformers in viewing much religious tradition with skepticism and, in some cases, loathing.

On the other hand, the Roman Catholic and Orthodox Christian Churches have always fought against such tendencies and have in fact elevated religious tradition to a place of high honor, along side scripture and the teaching authority of the church. This grouping is sometimes referred to as the "three legged stool of church life." In this view, to depend solely on one source such as the Bible, tradition or church pronouncements, removes both of the other supports and religious life collapses. A balanced religious life can only be secured by a dialogue and interaction between these three sources of religious life and belief.

UUism, however, lacking any strong conception of sacred scripture or church teaching authority, has tried to run its denomination counter to the Catholic and Orthodox approach and the anti-religious tradition stand of much modern culture by basing much of its religious and spiritual life on its past traditions, usually called the "living tradition." This "deposit of faith" in the UU tradition contains such diverse elements as biography about imminent past UU leaders, stories of heroism by historic and current members of the

denomination, pungent aphorisms and observations about modern life, poetry, and uplifting sentiments about spiritual and religious values. This hearty "stew" of materials is drawn on constantly in UU publications and distilled in the famous "Seven Principles" of UUism, which could be said to constitute the denomination's articles of faith or "creed". Examined critically, these traditions, like any other faith statements, are full of airy abstractions and unproven assertions. Nevertheless, they are profoundly functional because they serve to bind the disparate elements of a sometimes fractious denomination together and keep it from flying apart, while at the same time providing inspiration and consolation to its members. That is surely the most that can be asked of any religious tradition. Indeed this traditional underpinning of UUism has served it surprisingly well for many years. Failing any future serious internal organizational challenges, it may yet continue to help the church stay united and flourish for many years to come.



NEW Adult RE Workshop Series

Global Warming and You!

Want to know your eco footprint? Want to have fun while learning how you can be a better steward of the earth? Join Darryl and Renee Ray in this adult Religious Education workshop series in February. Four 1 1/2-hour classes will meet Sundays after church from 11:45 – 1:15 P.M. to cover:

- * Calculating your own carbon footprint
- * Developing a carbon dioxide reduction goal and action plan to obtain that goal
- * Learning about lifestyle practices and developing better and more earth-friendly choices
- * Evaluating the energy and resource efficiency of your homes and look for ways to improve it
- * And more!

A workbook (cost approximately \$10) is not required but is highly recommended. Sign up at the Community Table or call Darryl and Renee Ray at 510/538.4376.

Friends of FESCO (Family Emergency Shelter Coalition)

A Slice of Life, Martha Trigueros, Program Director

A single mother moved from the Philippines to find a better life for herself and her four boys, ages 17, 16, 12 and 10. Unfortunately, things didn't work out and she found herself isolated — homeless and without the support of friends or family. She sought help at Les Marquis house, the FESCO shelter.

With help from FESCO, she has found



work and has been able to save money so she can move to Banyan House, FESCO's first level of independence. She is extremely grateful to find a program that accepts male adolescents, so she can keep her family together. She and her boys are now hopeful about their future.

FESCO News, Nancy Harrison, Starr King Representative to FESCO

FESCO finally has a complete staff. Cate Steane, the Executive Director, joined FESCO just one year ago, and she has been struggling with vacant staff positions the whole time.

In December, she was finally joined by Ashley DaSilva, to coordinate volunteers and events, and by Rebecca Walden, to coordinate FESCO's grants. Their task is to assist all of FESCO's supporters in making sure that FESCO has enough money to keep paying their salaries, along with the counselors and cooks and people managers without whom FESCO couldn't provide the services that families need in order to become once again self supporting.

Almost 80 percent of FESCO's money is used to pay its staff. FESCO provides housing and food, but, much more important, FESCO's staff (with invaluable help from volunteers) provide training in life skills such as money and time management, assistance in obtaining health care and education, and counseling to assist clients in overcoming their own obstacles. And, most important of all, FESCO's staff members provide a warm, supportive environment for children, to keep them from becoming the next generation of homeless individuals. For too many of FESCO's children, the staff at FESCO are the first adults they've met whom they feel they can trust.

About 62 percent of FESCO's money is expected to come from grants and foundations. About 1 percent is expected to come from rental fees paid by the employed clients. About 13 percent is supposed to be raised by special events, such as the Shelter Shuffle and the Fall Auction Event. The rest is expected to come from individuals, churches, businesses and corporations, and other organizations. Unfortunately, the only source holding up to expectations is the employed clients; because of the present economy, all of the other sources have declined.

To survive, FESCO needs to develop significant new sources of support in its service area, which includes all of Alameda County south of Oakland and north of Fremont. FESCO Board members are already seeking contact with other churches within their denomination. Some interns from Stanford University are developing presentations suitable for attracting businesses. New special events are being planned. But the most valuable approach is always word of mouth, from friend to friend, or within one's circle of business associates.

Please talk about FESCO whenever and wherever you have the opportunity. You never know when someone you're talking with will take an interest and become a supporter.

How to Reach Us

Starr King Unitarian Universalist Church

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Hayward CA 94541

Church Office: 510/581.2060
office@starrking.org

Parish Minister: Kathryn Kandarian
minister@starrking.org

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margaretjurich@yahoo.com

Church Website: <http://www.starrking.org>
Crystal Carroll, webmaster
webmaster@starrking.org

Chalice Editor: Carol Henrie
510/886.1018

editor@starrking.org

Church Administrative Hours:

Tuesday - Wednesday - Thursday
9 A.M. - 1 P.M.

Minister's Office Hours:

Tuesday - Wednesday - Thursday
9 A.M. - 1 P.M.

Note: Please observe the minister's
uninterrupted reading & writing

How to Reach Your Chalice Editor

Deadline is the second Sunday of each month. Please put your contribution in writing.

Post to: Carol Henrie
24929 Minnie Court
Hayward CA 94541

Email to: editor@starrking.org

Leave in: The box marked *Newsletter Editor*
in the Church office

Church Leadership

Board of Trustees

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Bookstore — Evelyn Cormier
Buildings — Dick Albert
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Kirk Smith (Convenor), Karen Yearout
Nominating — Bob Stortz
Outreach — Susan Blanc
Pastoral Care — Karen Cook, Convenor
Pledge Secretary — Marilyn Mosher
R.E. Chair —
Social — Robin Fink
Social Justice — Evelyn Cormier
South Hayward Parish —
Jim Forsyth & Barbara Storms
Sunday Coffee — Lavon Hodges
Volunteer Coordinator — Karen Cook
Worship — Betsy Dye

