



UUFNB SUNDAY DIGEST

A Publication of the Unitarian Universalist Fellowship of North Bay
PO Box 4051, Napa, CA 94558 (707) 226-9220 www.uunorthbay.org
Services held at 1515 Pueblo Ave, at the Boys & Girls Club of Napa

Upcoming Services

Sunday January 18, 11 am

"A Baha'i Perspective" with Guest Speaker Marie Barth and Worship Associate Rainer Hoenicke. Founded more than a century and a half ago, the Bahá'í Faith has spread around the globe. Bahá'ís believe the crucial need facing humanity is to find a unifying vision of the nature and purpose of life and of the future of society. Such a vision unfolds in the writings of the Baha'i prophet, Bahá'u'lláh, who said, "The earth is but one country and mankind its citizens." Marie Barth is a member of our local Baha'i community.

Sunday, January 25, 11 am

"in Pursuit of Happiness," Rev. Bonnie Dlott and Worship Associate BJ Pheiffer. Happiness might be in short supply these days, but there is no shortage of opinions about how to become more happy. If happiness is a priority in your life, come explore this subject with us today.

Sunday, February 1, 11 am

"A Celebration of Imbolc" with our Fellowship's chapter of CUUPS. Join us today as we explore and celebrate the sacred day of Imbolc, which falls exactly half way between the Winter Solstice and the Vernal Equinox. This is a time to plant seeds, in the ground and in your life, that you may have an abundant harvest this year. We will sit in a circle today so that all can participate in our ritual. This is a community Sunday, and children are welcome at the service. Child care only for very young ones.

January 11, 2008

Dear Members and Friends of UUFNB,

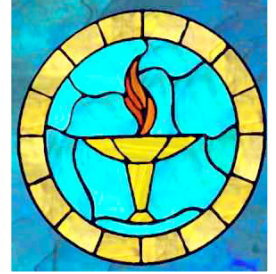
Thank you for your patience this week! As many of you know, my laptop gave up the ghost last week, which is why you are receiving your Sunday Digest on Monday. If you have sent me an e-mail this week, and have not received a reply, sit tight. I hope to be back on line by the weekend. If you have an urgent matter, call me at my phone number below.

This Sunday, January 18, is the deadline to send articles for the February newsletter to Gayle Keane at gaylekeane@msn.com. Remember, after January 25th I will only be sending our short e-mail digests. Mary Ellen Morgan will continue to update the Fellowship calendar. So if you have an event to publicize, send it to me, to Gayle, and to Mary Ellen.

If you need to remind folks about a Fellowship-wide event or program, please get in touch with Worship Associate Rainer Hoenicke before Sunday and he will make your announcement or call on you to make it. If you would like an e-mail copy of a sermon I have given at UUFNB, send me a note. If you wish to have items included in the Sunday Digest for January 18, please submit them to me by noon on Friday, January 16!

The Rev. Bonnie Dlott
minister@uunorthbay.org
or call (925) 256-4334

UUFNB Calendar



Wednesday, January 14, 7:15 pm to 8:45 pm

Choir Rehearsal

1135 Olive Hill Lane, Napa, Kate MacPherson, 255-5687

Thursday, January 15, 10 am

No Name Book Club: "Married to a Bedouin" by Margarite van Gelderman
Else Ross' home, 695 Cabot Way. For more info call Carolyn, 255-5148

Sunday, January 18, 12:30 pm

Sunday Carbon Ring

Boys and Girls Club. For more information call Maggie Ingalls at 747-5205

Monday, January 19, 4:30

Committee on Minstry

For more information call Bonnie Dlott, (925) 256-4334

Monday, January 19, 7:00

RE Council Meeting

657 Montecito, For more info call Mary Ellen Morgan at 294-2759.

Tuesday, January 20, 7:00 pm

Carquinez Cluster, led by Rev. Bonnie. We will discuss our values. Darlene Dragavon's home, 1486 Tamara Ct. in Benicia. contact Darlene at dfjantzen@aol.com or H 707-745-5290 or C 707-291-8592.

Wednesday, January 21, 7:00 pm

Sonoma Chalice Circle, at Deuce restaurant, 691 Broadway at the corner of Andrieux Street
Please RSVP to Matt Metzler, mattmmetz@sbcglobal.net, or call him at 935-7191.

Thursday, January 22, Noon

DVD Group: "Anchored in the Heart-Redeeming the Feminine" For more details, see page 3.
Abbey Silva's home -1177 El Centro-224-8716

Sunday January 25, 9:45 a.m.

Choir Rehearsal

Downstairs at the Boys & Girls Club, Kate MacPherson, 255-5687

Sunday, January 25, 10 am

Membership Committee Meeting

Boys & Girls Club, Barbara Kummer, 226-1191

To view the UUFNB Calendar, go to <http://www.huntcal.com/cgi/calview.cgi/uufnb/UUFNB>

UUFNB Announcements

Adult Programs: Sunday Mornings 9:40 to 10:45 a.m. Boys and Girls Club, 1515 Pueblo

- **January 18** - "Whole Lot'a Shakin'" with William Somerville. Enough of the cold and damp! We're going back to summer camp right now! (well, on January 18) We'll sit around the campfire and sing those great Camp Songs. The ones you never hear on the radio but everybody knows! So bring me your favorite camp songs, because, frankly, I didn't spend that much time at camp. Come join the fun!
- **January 25** - Come and hear an update about the progress on the Community Garden. BJ Pheifer presenting.
- **February 1** - "New to UU" This morning we will be discussing Unitarian and Universalist history up to the merger in 1961. Please get in touch with Bonnie if you have questions at (925) 256-4334.

Ballroom Dance is Back!

On Sunday, January 18, our Fellowship is opening a floor up again for Ballroom Dance practice. Bonnie Richardson and William Somerville will be hosting. If you want to come practice your steps, please join us. If you are curious and want to know more contact William (707 226-3909) or just come have a look! 12:30 to 2:30.

"Anchored in the Heart-Redeeming the Feminine"



a Karlyn Ward DVD presentation

Thursday, January 22, Noon
Abbey Silva's home, 1177 El Centro, phone 224-8716



For 3000 years the world has been dominated by the aggressive, competitive, aspect of the masculine principle. We are living in a critical time when a critical mass may, at least, bring balance to the world. Karlyn Ward, who is a Jungian psychologist, Unitarian Universalist and adjunct professor of the Pacific School of Religion has produced and narrates this presentation

A Message from the Minister

Greetings! There are several important things happening in January that I would like you to know about. The first is that we are going back to having a monthly newsletter. Gayle Keane has graciously offered to be the editor of the Balloon, beginning in February. This means that anything you want to be included in the February edition of the Balloon must be submitted to her by the third Sunday of January, which is next Sunday, the 18th. Send your articles or notices to her at gaylekeane@msn.com and please include the words "for the newsletter" in the subject of your e-mail. I will continue to send out the "UUFNB Sunday Digest" but it will just be a short e-mail highlighting the following week or so. To submit items for the digest, copy me when you send them to Gayle, or send them to me by the Friday before, as usual. Items for the Fellowship calendar should be sent to Mary Ellen Morgan as usual.

Because I will no longer be composing the longer version of the Digest, I will have more time to focus on the pastoral and spiritual needs of our community. My first priority will be to meet with those in the congregation who wish to explore issues related to caring for each other, and who want to work together to find ways to meet our community's needs. The group will be open to anyone who wants to join and can commit to coming to our meetings. Our meetings will take the form of a small group ministry or covenant group, and will meet monthly for study, discussion, and reflection. The ultimate goal of this group will be to model and foster a culture of caring at UUFNB that is responsive, loving, and spiritually healthy.

Before this group meets for the first time, it is important to assess the needs of our members. Some of you may have already received a call or had a visit from a volunteer or myself, asking how you are doing and what you might have to offer others in time of need. In addition, we will be asking if there are other ways you would like to be involved at UUFNB, and whether you have any thoughts or concerns you would like to pass on to our Board of Trustees. I hope you will take the time to have a conversation with whoever calls you. Our volunteers are Bob and Sylvia Jones, Tom and Dolores Wilson, Peggy Petersen, Barbara Kummer, Mary Lu Kennelly, and myself.

On January 25th, after our service, we will be having our midyear congregational meeting, which we call "Conversations with the Board" (see details on page 5). This is your chance to hear about what the board has been working on this year, along with highlights from some of our committees. There will also be a time for you to give some feedback. We will not be voting on any issues directly related to the congregation at this meeting, but the UUA Commission on Social Witness has asked us to participate in polls regarding the most recent draft Statement of Conscience, which is "Peacemaking" and our current Study Action Issue, "Ethical Eating." If you wish to participate in these polls, please use these links to read the drafts:

Peacemaking: <http://www.uua.org/socialjustice/issuesprocess/currentissues/peacemaking/121606.shtml>.

Ethical Eating: <http://www.uua.org/socialjustice/issuesprocess/currentissues/ethicaleating/55648.shtml>.

Those of you who read these materials before the meeting will have a chance to vote to support them as a congregation or not. Please take a look!

See You in Church!

Rev. Bonnie Dlott



Board Buzz . . .

In line with our goal this year to improve communication between the Board and our members, we have scheduled a “Conversation with the Board” after service on January 25. We have three main goals:

- Update you on the Fellowship’s work to date this year and the Board’s plans for the rest of this fiscal year
- Hear from you what’s working well at UUFNB and what you think could work even better.
- Vote on 2 UUA agenda issues: Peacekeeping and Ethical Eating.

Please be thinking about the aspects of our Fellowship you especially enjoy, that work well, and make you proud to count yourself among our members and friends. Also think about any suggestions you might have so that we can best serve our members and our larger community. There will be cards at the “conversation” for you to write your comments and as many of these as possible will be addressed toward the end of the meeting.

We hope to complete this meeting by 1:15. We will combine our meeting with an expanded hospitality service so stomachs won’t be growling!

A Happ(ier) New Year to all!

Iris Barrie

DiRosa Preserve Tour

Please join Barbara Kummer for a tour of the DiRosa Preserve on Saturday, January 17th at 10AM. Iris Barrie, a diRosa docent, will lead us on this two hour tour of 2 galleries, a residence and outdoor sculpture areas. You will see one of the largest regional art collections in the country. There are over 1000 works of contemporary art by S.F. Bay area artists on display, all purchased by Rene diRosa over the last 50 years. He generously opened his home and galleries to the public 11 years ago. The art is showcased in one of the most beautiful natural settings in the Carneros region of Napa, hence the name “diRosa Preserve: Art and Nature.” Tours cost \$15 for regular and \$13 for seniors and reservations are necessary and must be in by January 3rd.

Please contact Barbara @ barbarak@napanet.net or 226-1191 if you are interested. You are also invited to join us afterwards for lunch and conversation at China Light in Napa, should that appeal to you.

Spaghetti Dinner and Auction

This year's spaghetti dinner and auction will be held on Saturday, February 7. The evening will start around 5:30 p.m. with drinks, appetizers, and music to enjoy while you check out the auction. Come early to bid on the best items! Our dinner will begin around 6:30, with the live auction at 7:00. This is a great social event, so bring friends! Tickets are \$10 for adults, \$5 for age 5 to 12, under 5 free. Proceeds from the evening will go to the Fellowship's general fund.

To reserve your place at the dinner, please RSVP to Lenore Hirsch by email or phone me at 320-0643 and give her your name and the number in your party (including you.) This is important in order for us to prepare enough food! Also contact Lenore with details on any item you can donate for the auctions--art/wine/food/services/lodging--just about anything goes!

If you can volunteer to do any of the following, please contact Pam at 257-7583, duckett002@aol.com.

1. Bring 1 large box of Organic Earthbound Spring Mix Lettuce
2. Bring 1 small box of cherry tomatoes
3. Pre-cook 2 lbs. of regular spaghetti
4. Help with set up (3:30 p.m.)
5. Help with clean up



Thanks! Feel free to contact either Lenore or Pam with questions.

Finally!

Please return you "Guest at Your Table" boxes on Sunday, January 25th, to Margo McCandless!

Share the Plate!

This month, ten percent of our non-pledge plate collection will go to Molly's Angels, an organization that provides services for needy seniors and families. Please be as generous as you can!

Community Bulletin Board and Area Events

Disclaimer: The announcements in this section are not UUFNB endorsed or sponsored.

*Please Join the Napa Interfaith Council
For a Service honoring the Life of*

The Rev. Dr. Martin Luther King, Jr.

*Sunday January 18, at 7:00 PM
Furist United Methodist Church, 625 Randolph St., Napa*

*Featuring Pastor Bob Dean
and the Gospel Singers of Union Baptist Church*

The Napa Interfaith Council presents

An Interfaith Community Retreat

On Sunday, February 8, 2009 from 8:30 to 1:30 p.m., the Napa Interfaith Council will sponsor its 5th annual community retreat on deepening our connection to each other, our spirit and our faith. This retreat will be held at

Christian Brothers, Mt. La Salle
4405 Redwood Rd., in Napa.

Facilitated by **Ron Valle, Ph.D** and **Mary Mohs, of "Awakening, A Center for Living and Dying,"** we will work together to define what matters, how to make a difference, dealing with change and connection to the sacredness of life. This will also be an opportunity us to share our experience and build community. Space is limited to 60 participants. We request a \$60 donation to cover the cost of the facility, speakers and lunch.

Please send your check to: Napa Interfaith Council, P.O. Box 6863, Napa, CA 94581.

The Napa Interfaith Council is sponsoring this interactive retreat to provide you with the support you need to continue nurturing your spiritual values.

Writing Group Sponsored by Queen of the Valley Medical Center Allows for Personal Expression as a Means of Healing

Napa, California – As one of her assignments for Queen of the Valley Medical Center’s writing class last year, psychologist Marguerite Small, PhD, wrote a prose poem called, “The Invitation” that encourages others to share their deep feelings about physical and emotional trials as a way to heal. It reads in part: “I want to know your pain. You and I can connect on that deep level.”

Although primarily a reflection on Dr. Small’s chosen profession of psychology, the poem also aptly describes the purpose of The Queen’s writing class: providing a place and means for people facing significant life challenges to communicate and connect with others. Says Dr. Small of her experiences in the class, “I was amazed at how open people were, how very real and sincere they were in their writing. They quickly received a lot of wonderful warmth and support in return.”

Class facilitator Julie Penning, M.A., a social worker at The Queen’s Care Network, emphasizes that while the class is not intended as a form of therapy, the ability to write and share thoughts about adversity is “therapeutic.” The focus is on fresh, “first writing” in response to prompts, which helps class members write spontaneously, sometimes about difficult topics. Participants are expected to regularly attend meetings, and encouraged to share their writing and responses.

Dr. Small plans to participate in the next session of the class, which begins in January, and looks forward to again exploring her own, and others’, life experiences. Another excerpt from her poem, “The Invitation,” summarizes the value of the process. “Let’s not be victims. Work through it and, trust me; when you come out on the other side, you will be a deeper, richer, more human, human being. I’ve been there. I know. Now I’m thankful for all that happened because I understand and I have grown in compassion and caring.”

Another six-week session of the class starts Thursday, January 15 and will be held from 4 to 6 p.m. on consecutive Thursdays at 3448 Villa Lane Suite 102, Napa. The group is open to all who are interested. Priority will be given to those connected in some way with Queen of the Valley and others facing significant health or life challenges. For more information, please call Julie Penning, MA at 707-251-2020 or e-mail her at julie.penning@stjoe.org.

Coming Soon!

The UU Women & Religion of the Pacific Central District Annual Retreat

GENERATIONS OF WOMEN

PAST, PRESENT, FUTURE

A Weekend Retreat of Relaxation and Rejuvenation

March 6-8, 2009 at Enchanted Hills, Napa, California.

Registration and fee are due by February 16. For Registration forms and more information, e-mail Jeane at nejaros@sbcglobal.net or call 415-673-2970