



# 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](http://www.uunorthbay.org)  
Services held at 1515 Pueblo Ave, at the Boys & Girls Club of Napa, 11 am

## Upcoming Services

### Sunday February 17, 11 am

Steve Greenberg: "Schlepping Toward Sustainability: One Couple's Quest to Shrink Their Environmental Footprint" with Worship Associate Suze Bobzien.

Our civilization is at an environmental crossroads. Our activities are not sustainable, requiring near-term change to avert unacceptable consequences. Steve will provide a bit of "thinking globally" and then focus on "acting locally" by describing the path that he and his wife Liz have taken in an effort to meet this challenge, as well as offering suggestions on how concerned global citizens can find their own way, as individuals, families, and global villagers.

### Sunday February 24, 11 am

Rev. Bonnie Dlott: "The Road to Selma" with Worship Associate BJ Pheiffer.

Earlier this month your minister traveled to Memphis for a conference sponsored by Unitarian Universalist Allies for Racial Equity, an organization that encourages white UU's to become allies to people of color. The most compelling aspect of the weekend was in the stories that were told, illustrating the power of one person's willingness to speak up, stand up, or even just show up in response to injustice. Come and hear for yourself the story of one UU, Rev. Clark Olsen, who was in Selma with Dr. Martin Luther King at the turning point of the Civil Rights movement, in March of 1965.

### Sunday March 2, 11 am

Rev. Bonnie Dlott: "Celebration Sunday" with Worship Associate David Ross.

It's that time of year! Come celebrate how we've grown, hear what fellow members are saying about why they love this Fellowship, and dream about what we could do next year! If you are want to help us make our dreams come true, come ready to sign a pledge card for next year.

## February 10, 2008

*Dear Members and Friends of UUFNB,*

Last month we had our very first Chalice Circle, at the home of Meg Kelso and Bob Lux. Eight people attended, and we had a great time getting to know each other better. The next Chalice Circle in Vallejo will be on February 28. If you are interested in a small group UU experience, and might like to come, give me a call. All are welcome!

Our North Chalice Circle will be meeting for the first time in St. Helena also on February 28, at the home of Connie and Guy Kay. If you are interested in attending, please get in touch with Mary Ellen Morgan, who will be facilitating.

If you need to remind folks about a Fellowship-wide event or program next Sunday, please get in touch with David Ross, who will be our Worship Associate next week, and he will make your announcement or call on you to make it. If you would like an e-mail copy of any sermon I have given at UUFNB, send me a note. And don't forget, if you wish to have items included in the Sunday Digest for February 17, please submit them to me by noon on Friday, February 15!

See you in Church!

The Rev. Bonnie Dlott  
[minister.uufnb@mac.com](mailto:minister.uufnb@mac.com)  
(925) 256-4334

# UUFNB Calendar



Monday February 11, 8 p.m.

**Monday Night Meditation**

Susan Levine's home, 2341 Joanne Circle, 226-3975

Monday February 18, 8 p.m.

**Monday Night Meditation**

Susan Levine's home, 2341 Joanne Circle, 226-3975

Sunday February 17, 12:15 p.m.

**Membership Committee Meeting**

Boys and Girls Club; for more info call Barbara at 226-1191

Monday February 18, 4:00

**Committee on Ministry Meeting**

For more information call Bonnie, (925) 245-4334

Tuesday February 19, 7 p.m.

**Carquinez Cluster**

Tom and Darlene Dragavon's house, 1468 Tamara Ct. in Benicia.

For more information, contact Tom at [thosdragavon@aol.com](mailto:thosdragavon@aol.com) or 745-5290.

Monday February 25, 8 p.m.

**Monday Night Meditation**

Susan Levine's home, 2341 Joanne Circle, 226-3975

Thursday February 28, Noon

**DVD Presentation: Rupert Sheldrake's "The Extended Mind"**

A captivating presentation regarding fields of consciousness, including communication between owners and their pets, For a preview --[www.sheldrake.org](http://www.sheldrake.org).

At the home of Barbra McCandless-2220 Yajome Apt 5, 255-2596

Thursday February 28, 7 p.m.

**Chalice Circles, Vallejo and St. Helena**

"Conversations that Count" for folks who want to get to know each other better! Topics vary.

For Vallejo, call Rev. Bonnie at (925) 256-4334. For St. Helena, Call Mary Ellen at 294-2759.

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 AM at the Boys and Girls Club, 1515 Pueblo Ave.**

- **February 17 – “The Bible as Literature.”** The story of Moses (in first few chapters of Exodus). Was Moses, the great lawgiver and leader of the ancient Israelites, really an Egyptian? . . . and other interesting aspects of an endlessly fascinating story. It will be helpful for participants to bring a bible.
- **February 24 – “Social Justice Forum.”** Brought to you by our Social Justice Committee, our morning forums feature speakers and discussions relevant to our member’s social justice concerns. February’s topic is global climate change, speaker to be announced.
- **March 2 – “New to UU”** class this morning will be a preview of the Spring Programs we are offering here at UUFNB, including “The Artists Way” with Mary Ellen Morgan and Doug Taylor (see more details below). All are invited to attend.

Mark Your Calendars! The Artist’s Way is coming!  
A Message from Mary Ellen Morgan, DRE

On March 18<sup>th</sup>, and for the following twelve Tuesdays, Doug Taylor and I will be teaching The Artist’s Way, the land mark course on creativity originated by Julia Cameron. Doug has taken and taught the course before, and I studied under Julia Cameron in Chicago. The course is powerful and the change in the class in the twelve weeks is striking. The class will be offered to members of the Fellowship for \$5 per week and to members of the community for \$10. You will also need to buy the book, many copies are available used on Amazon.com, and will need a loose leafed notebook. Registration forms will be available soon and priority will be given to Fellowship members. For more information, please contact Doug or me.

## KNITTING FOR PEACE

These members have expressed an interest– Iris Daigre, Pam Duckett–Flaherty, Anne Jungerman,& Kit Lucas. Others are welcome. A Friday evening meeting has been suggested, but people said they didn't want to come to St. Helena, so we need a Napa volunteer. I have patterns for many projects including the Mother Bear Project. Please call Connie Kay at 963–3510 Or [guyinsth@napanet.net](mailto:guyinsth@napanet.net).



## Board Buzz . . .

### WHY AM I A MEMBER OF THIS FELLOWSHIP?

Have you ever asked yourself, “WHY am I a member of this Fellowship?”

Your answer might be:

At the Unitarian Universalist Fellowship of North Bay I have found:

- \*Companionship, new friends who are on the same religious journey.
- \*Challenges to stimulate my mind and my conscience.
- \*Comfort and support when my heart is heavy and gloom invades my soul.
- \*Opportunities to do the work of justice.
- \*And above all, a place to celebrate life in the warm embrace of a community united in a covenant to “seek the truth in love.”

Our Fellowship enriches your life like no other organization. Please take a moment to consider the many ways that being a part of this Fellowship has changed and improved your life. If you’d like to share what you love most about being a member of UUFNB, please get in touch with me, Bob Jones, at 252-1885.

Over the next few weeks we will share our plans to use the suggestions that you, the congregation, have given us to strengthen this unique community.

Bob Jones –for the Board

## Community Bulletin Board and Area Events

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

Saturday, February 16, 2008 at Napa Valley College, 9 am to 4 p.m.

### “Spirit of the Napa Valley”: An all-community retreat

The Napa Interfaith Council is sponsoring their 4th annual **Spirit of the Napa Valley** retreat, with this year's emphasis on “The Search for Wisdom”. Keynote speaker is James O'Dea, president of the Institute of Noetic Sciences, who will speak at 9 am on "Wisdom, the Child of Fierce Beauty."

At 10 a.m., workshops include "The Heart of Spiritual Strength," by Louise Franklin, trainer, counselor and coach; "Conscious Communication," by Rev. Hal Milton, and a participatory workshop by O'Day.

At 11 a.m., workshops include: "The Wisdom of Weeds," by Michelle Vesser, of the Occidental Arts and Ecology Center; "The Body as a Basin of Wisdom and Compassion," by Julie Henderson, Ph.D., Tibetan Buddhist; "The Transformative Wisdom of Radical Forgiveness," by Lisa Morris, Certified Radical Forgiveness Coach.

1:10 p.m offerings are: "The Wisdom of Dreams," by Shasta Dreamweaver Seminars; "Manifesting our Spirituality in our Jobs, Work and Careers," by Yvonne Baginski, Born To Age; "Relationships: A Path to God Realization," by Nura Lora Laird, Sufi teacher; "From Copper to Gold: Using Collective Wisdom to Inspire Individual Intuition," by Marie Barath & Olive Lopez, Baha'i teachers.

At 2:10 p.m., workshops offered include: "Journey Through the Heart," by Rahima Schmall, Ph.D., Sufi Master Teacher, "Connecting With Your Angels," by Markie Stephens, Angel Therapist, Reiki Master, Life Coach; "The Upside Down Wisdom and Way of Jesus," by Dr. Peter Shaw, Pastor, First Baptist Church and "The Next Inspired Step!" by Julie Catlin Brown, author of Love First!

Lunch is included in the advance ticket cost of \$55. At the door charge is \$65.  
For reservations and more information, call Yvonne Baginski, 707-226-7127.

### SPECIAL NAPA APPEARANCE!

Gina Ogden, Ph.D. Relationship and Sex Therapist

February 26, 2008 ~ 7-9 p.m., Grapeshot Studios, 68 Coombs Street Studio D4  
Spirituality, Sexuality, and Science: What Women Want

*A premier researcher of women's sexuality, Gina Ogden will discuss the four energies that spark sexual desire, and give you great tools to enhance life and relationships.*

For reservations and information call Rhea at 255-4249 or e-mail [aslana@mac.com](mailto:aslana@mac.com)

### March 7-9, 2008

**Women & Religion** invite all UU women to celebrate **Global Sisterhood, Spring Renewal, a weekend of Retreat, Relaxation and Rejuvenation**, Enchanted Hills, Napa. The retreat begins 3:00 on Friday and runs through lunch on Sunday. Join with 50 or more other UU women from throughout the District for conversation, singing, laughing, crying, learning. Contact [Clair Trujillo](mailto:clair.trujillo@sbcglobal.net) at [clair.trujillo@sbcglobal.net](mailto:clair.trujillo@sbcglobal.net) to receive a registration form - space is limited and registrations accepted on a first come, first served basis. The cost for the weekend is \$225 by Feb. 4 or \$250 after that date. Delicious meals and lodging included.

# Thoughts For February, 2008



Message from the Minister: The Meaning of Membership  
Rev. Bonnie Dlott

I have been asked several times in the past month or two what it means to join our Fellowship, and exactly how one goes about it. In the past, our Membership Committee handled this whole process very well, by providing mentors who met with prospective members to get to know them better, discuss their interests and needs, and answer any questions that might come up. Mentors also provided spiritual companionship, helped newcomers find a place to fit in as a volunteer, and discussed expectations regarding financial support.

Because we have grown so much, and now have a called minister, we are in the process of modifying the "Path to Membership". We'll still be using mentors for companionship and support, but before a prospective member is given a mentor, I will arrange to visit with them so that we can get to know each other better. This gives prospective members an opportunity to ask any questions they might have about Unitarian Universalist history or theology, or about our community.

During this discussion I will let prospective members know about the "rights and responsibilities" of membership. Although there is really only one "requirement", which is to sign our membership book, my "theology of membership" includes the idea that members are people who are **committed to building a religious community together** (or spiritual community, if you prefer). Exactly how and to what degree each member chooses to engage in that community-building will vary, of course, and that is where one-on-one conversations with me and with a mentor can be helpful.

The other change we are making in the process is that this year we will have two New Member Ingatherings, one in the Spring and one in the Fall, with a special dinner the evening before. This gives us the opportunity to really celebrate with our new members! Our Fall ingathering is currently scheduled for Sunday April 20, with the dinner on Saturday April 19. So if you are considering membership here at UUFNB, get in touch with me! Let's build this community together.

Stay warm and dry,  
Rev. Bonnie Dlott

## **Last Call for Guest at Your Table!**

In December, we handed out several Guest at Your Table boxes, but have only received one of them back. If you intend to return yours with change, or wish to write a check, please let Mary Ellen Morgan know and return them soon. Contributions need to be sent off to the UUSC in a couple of weeks. Please call Mary Ellen if you have any questions or need additional information.

## REflections

In the Sunday Religious Education classes last month, the children learned about “Spirituality and Movement”. They were taught and practiced how Muslims pray, and learned a walking meditation. They also learned how to express themselves physically through mime. This month their curriculum will ask them to learn about different forms of prayer, such as meditation and will explore why and when other people pray.

We are continuing to have the children join us in the service once a month on what we are calling “Community Sunday”; our next will be February 17<sup>th</sup>. Please know that we will always have child care available for the youngest children, who may not be able to sit through a service. In fact, we will now be offering child care during any Adult RE classes held at 9:40 at the Boys and Girls Club. We hope that this will make us more accommodating to families with young children who will be looking for a family church. As always, if you can volunteer to help with child care, please let me know.

In faith,  
Mary Ellen Morgan  
Director of Religious Education

### Child Care, Can You Help?

As I said in my article, we need adults who can work with our teens to offer loving child care on Sundays, from 9:30 to 10:40 and again from 11:15 to noon. If you can help from time to time, please call me at 294-2795.

### Last but not Least!

**For Sale: Napa Valley Savings Books  
(Full of Discounts for Services and Restaurants!)  
and only \$25!**

**\$5 from every purchase goes to the  
Weber/Jungerman Children’s Education Fund**

**See or call Tracy Ruhs for further information, 253-8310**