



# 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 June 29, 11 am

Reverend SierraLynne White, MFT, with Worship Associate Rainer Hoenicke. "The Heart is an Altar - The Body is a Prayer". SierraLynne is an interfaith minister in the Universal Sufi tradition, and a teacher of "Universal Dances of Peace." Join us for a morning of Interfaith songs, chants and movement to celebrate global community and to cultivate peace within and for the world. Potluck Picnic at Fuller Park after the service.

### Sunday July 6: service starts at 10 am!

Reverend Bonnie Dlott, with Worship Associate Matt Metzler. "Class of 2008" As we finish up one church year and look forward to another, it's good to do some reflecting. What challenged us this year? How did we respond to those challenges? How do we plan to live out our mission in the coming year, in our congregation and in the North Bay? Come and hear about the possibilities, and how you might be involved. This service will feature **Paula Eisenbarth**, our new accompanist.

### Sunday July 13: service starts at 10 am!

Rev. Carolyn Colbert, with Worship Associate BJ Pheiffer. "The Prodigal Daughter; Forgiveness and Return" The old story in Luke has drama and rich meaning when told in modern dress with an all female cast of characters. It has always been a great teaching story. This morning it will guide us into looking deeply at the process of forgiveness and the four essential steps needed to forgive.

## June 22, 2008

Dear Members and Friends of UUFNB,

Happy Summer Solstice to you all! This Digest is packed with news and information, so take time to look it over!

We are about to shift into our summer schedule. On July 6, our service will be at 10 am instead of 11. I will be on vacation for most of July, leaving on July 7 and returning on July 20. I will also be gone from July 27 to August 2. Next week I will publish more information about what to do in case you need a minister in my absence.

If you need to remind folks about a Fellowship-wide event or program next Sunday, please get in touch with Rainer Hoenicke, 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 a sermon I have given at UUFNB, send me a note. If you wish to have items included in the Sunday Digest for June 29, please submit them to me by noon on Friday, June 27!

See you in Church!  
The Rev. Bonnie Dlott  
[minister.uufnb@mac.com](mailto:minister.uufnb@mac.com) or  
(925) 256-4334

# UUFNB Calendar



Monday June 23, 8 p.m.

**Monday Night Meditation**

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

Wednesday, June 25, 7 pm

**St. Helena Chalice Circle**

(See announcement on page 4)

Thursday, June 26th, noon

**DVD Club** featuring former astronaut Edgar Mitchell as he tell us his story.

Abbey Silva's home, 224-8716, 1177 El Centro-driveway between 1177 and 1181

Thursday, June 26, 7 pm

**Vallejo Chalice Circle**

160 Evergreen Way, Rev. Bonnie Dlott, (925) 245-4334 or [minister.uufnb@mac.com](mailto:minister.uufnb@mac.com)

Sunday June 29, 12:30 pm

**Fellowship Picnic**

Fuller Park, see announcement on page 4.

Wednesday, July 2, 7:00 pm

**Covenant of UU Pagans; Lammas celebration planning**

68 Coombs Ave, Studio D4. Doug Taylor, 226-7500

Friday, July 4, 6:00 pm

**Fireworks on the Hillside**

1260 Shadybrook; For more information see article on page 5.

Tuesday July 8, 5:30 pm

**Thomas Berry DVD and Potluck**

1260 Shadybrook; For more information see article on page 5.

Wednesday, July 9, 7 pm

**Sonoma Chalice Circle**

Place to be arranged. For more information call Mary Ellen Morgan, 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 a.m. Boys and Girls Club, 1515 Pueblo**

- **June 29 - Special Presentation** This week Lenore Hirsch will be showing the slides she took when she was in Nicaragua. This will be our last 9:40 am program until September. Other programs will still be offered after the 10 am service on selected Sundays.
- **July 13 - "Make a Joyful Noise: Music of the World"** Adults, teens, and children are invited to join with Craig Payne to "feel the joy of your own music." Please bring your drums, rattles, bells, recorders or other music-making instruments, or just yourselves to explore rhythms from around the world, including your own. Craig also provides rhythm makers and a great appreciation for people and their potential. Children under 10 should be accompanied by an adult. **For July and August, this program will be offered after the 10 am worship service.**

## Share the Plate!

10% of this month's non-pledge plate donation will go to The Land Trust of Napa County, which works to protect the natural diversity, scenic open space and agricultural vitality of Napa County by preserving lands with significant conservation values for present and future generations and by fostering an appreciation and understanding of the natural environment.

Please be as generous as you can!

Looking for a way you can help the Fellowship?  
Can you volunteer once a month?

For many years, Margo McCandless and Justin Smith have counted our collection every Sunday. Justin is going off to college later this summer and Margo is moving on from this important job to serving on our Board of Trustees. We need several people who can volunteer to help us out in this important job starting the middle of August. Please call Mary Ellen Morgan at 294-2759 or send an email to [memorgan@aol.com](mailto:memorgan@aol.com) if you are interested.

**YOU ARE INVITED**

**TO THE UNITARIAN UNIVERSALIST FELLOWSHIP OF NORTH BAY**

**ST. HELENA CHALICE CIRCLE  
(INFORMAL GATHERING)**

**AT THE ST. HELENA LIBRARY**

**WEDNESDAY, June 25, 2008 AT 7 PM**

**People have been coming from Calistoga, St. Helena,  
and Yountville, including the Veteran's Home.  
We will again enjoy refreshments and conversation/discussion  
with people in our up-valley "neighborhood".**

**PLEASE COME**

**Directions: In St. Helena, turn east from Hwy 29 on Adams for two blocks  
and turn Left to the library. Plenty of parking. After entering the library,  
immediately walk Right down to the meeting room on the left.**

**R.S.V.P. to Barbara Back 942-8810**

**Fifth Sunday Food  
June 29 Potluck Picnic**

Join us immediately after the service  
in the northeast corner of Fuller Park,  
located at the corner of Oak and Seminary St.

Bring food and drink;  
plates, cold cups, and flatware will be provided.

Park rules require no alcohol  
and no glass!



# News from North Bay CUUPS

This June, our CUUPS chapter is celebrating its one year anniversary. What is CUUPS? It is the Covenant of Unitarian Universalist Pagans, a national organization that promotes the practice and understanding of Pagan and Earth-centered spirituality within Unitarian Universalist congregations. It provides resources to pagan-identified individuals and offers opportunities for networking. CUUPS encourages chapter meetings, rituals, and worship services to be open to all people, whether they are UU or not, or identify as pagan. You can learn more about CUUPS by checking out their website at [www.cuups.org](http://www.cuups.org).

Our Chapter, North Bay CUUPS, meets on the first Wednesday evening of each month. Our activities have included book discussions, guided meditations and rituals, and workshops on the Tarot and I ching.

In August, NB CUUPS will be offering our first celebration for the whole Fellowship, in honor of Lammas, also known as Lughnasadh. This festival, celebrated by the ancient Celts on or near August 1, marks the first harvest of the year and the beginning of the time of decreasing light. Many earth-centered people feel this turning, and use the Lammas festival to express their gratitude for the Earth's bounty and to prepare for the transition into the dark time of the year.

We invite you to join us in our celebration of Lammas on Sunday August 3, at noon, at Kennedy Park. After our celebration we will share a meal together. Bring things to grill, a dish to share, and your own utensils and plates. Some drinks will be provided. For more information call Doug Taylor at 226-7500 or e-mail him at [northbaycuups@gmail.com](mailto:northbaycuups@gmail.com).



## Meet Paula Eisenbarth

On Sunday July 6, our new church musician, Paula Eisenbarth, will be joining our Fellowship family. Paula has been accompanying choirs for church, community, and educational institutions as well as teaching music privately for over 35 years. Prior to her recent move to the East Bay from Reno, she logged nearly two decades as staff pianist for the Unitarian Universalist Fellowship of Northern Nevada. Throughout 2006 and 2007 she also served as accompanist for the Sierra Nevada Children's Choirs.

Paula's educational background includes piano studies with Dr. Ronald Williams at the University of Nevada Reno; voice training with Helen Maynard at the University of Nevada Las Vegas; and music studies at Benedictine College and Briar Cliff College in the Midwest.

Paula says, "I am eagerly anticipating this new relationship with the UUFNB, hoping to be a vital part of the evolving music ministry program. Music adds another dimension to our experience in worship. It has the power to ignite our spiritual passions, provide solace, soothe jangled nerves, energize our bodies and minds...all of this and more. Thank you for the opportunity to be part of your spiritual and community experience at the Fellowship." Let's give Paula a warm welcome!

# A Few Other UUFNB Events . . .

At 5:30 pm on Tuesday July 8, Barbara Kummer is hosting another DVD viewing and pot luck at her home, located at 1260 Shadybrook. This time, we'll be viewing a DVD on Thomas Berry. For those of you who are not familiar with Thomas Berry, here is an excerpt from an interview by Derek Jensen: (the whole article can be read at [www.derrickjensen.org/berry.html](http://www.derrickjensen.org/berry.html))

Berry: We need to regain our sense of the natural world as sacred. All that is left to us these days is the possibility of going to the seashore, or the mountains, or another wilderness area. But even this experience has become progressively less meaningful and more separate from our day-to-day existence. In our workaday world, we are no longer present to the natural world in any manner. We no longer see trees as other beings to commune with. We are not taught to make that connection, not encouraged to speak of trees this way. That's why we live in a world of concrete and steel, of wires and wheels and mechanisms. This is the tragedy of our civilization: our children don't see the stars because of light pollution; they play on grass poisoned with pesticides; they experience a world circumscribed by so much human-made material they are deprived of any normal relationship with the earth.

As adults, we maintain that disconnection. At one time, we depended directly on the earth for the necessities of life. We recognized this dependency and gave thanks and praise for it, as indigenous and agricultural peoples still do. But now most of us have no idea where our food comes from.

Jensen: And we work a lot harder to get it than hunter-gatherers did.

Berry: The way humans lived before civilization was a lot less work, because we ate what the planet naturally produced, so our food sources renewed themselves. And the planet offered us not only food, but also its wonders, its presence. There was none of this separation of the sacred and the secular: both spiritual and physical well-being were granted at the same time, because -- and this is most important -- the physical and the spiritual are two dimensions of the same thing.

Each thing is so present to everything else in the universe that nothing is separate.

Inspiring! Please join us! If you would, please RSVP to Barbara Kummer at [barbarak@napanet.net](mailto:barbarak@napanet.net). She asks that you bring your own plate and utensils.

## **Also at Barbara Kummer's . . .**

An opportunity to get together on a East Napa hillside for an overview of fireworks and other patriotic considerations readings allowed and encouraged!



Starting at 6PM--bring your own service pleas--lemonade and water provided

For further information email [barbarak@napanet.net](mailto:barbarak@napanet.net) or 226-1191

# REFlections

This summer, we're starting two new programs for our children and youth. On Sunday mornings, the children will be studying our Unitarian Universalist Seven Principles and how to apply them in their daily lives in the curriculum, "We Believe".

Our junior high and high school youth will be meeting in the afternoon on the first and third Sunday of the month, starting July 6th at my home to socialize and watch movies with a message. "Popcorn Theology" will be facilitated by the Rev. Bonnie Dlott and me, with the help of other adults in our Fellowship.

And while all this is going on, Lenore, Tracy and I will be hard at work coordinating a curriculum that we hope will grow our program next year. Watch this space for further developments!



We're looking forward to a great summer here in Napa!

Your Director of Religious Education

*Mary Ellen Morgan*

PS . . .

Can you help? Our summer religious education program needs a few supplies to use with our curriculum; a pair of dice, a large ball of yarn, fabric scraps and materials to make musical instruments (empty oatmeal boxes, baking soda cans, chopstick, etc). If you have any of these things, please bring them to church or email me at [memorgan@aol.com](mailto:memorgan@aol.com) so that I can pick them up. Thanks!

## Community Bulletin Board and Area Events

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



## Spiritual Teachings in Napa by a Buddhist Master

### Namkha Rinpoche

*A Tibetan Buddhist Rinpoche (Precious Teacher) connected to the Vajrayana teachings (Red Hat Buddhist) and a great spiritual master of Tantric Buddhism will give blessings and teachings on a rare visit to the US.*

*Rigdzin Namkha Gyatso Rinpoche was born in December 1967 in Dza-Chu-Kha in the province of Kham, Tibet. His father Thupten Sherab, and his mother Dawa Sherab called him Drupa Tharchin. He represents the 18th generation of this yogic lineage, therefore, since his early childhood, he has been involved in activities related to the Holy Dharma.*



*All human beings are the same. We all want happiness and do not want suffering. Namkha Rinpoche is committed to the promotion of human values such as compassion, forgiveness, tolerance, contentment and self-discipline.*

*He is committed to the promotion of religious harmony and understanding among the world's major religious traditions. Despite philosophical differences, all major world religions have the same potential to create good human beings. It is therefore important for all religious traditions to respect one another and recognize the value of each other's respective traditions.*

**June 24, 2008 Tuesday**

### Transforming Negative Emotions

2 - 4 pm

**Ubuntu Restaurant & Yoga Studio**

**1140 Main Street, Napa 94559**

### Forgiveness - The Key to Resiliency

7 - 9 pm

**Congregation Beth Shalom**

**1455 Elm Street, Napa 94559**

***Donations requested***

The Rinpoche is a Tibetan and works closely **with His Holiness, the 'Dalai Lama'**.

Sponsored by Janna Waldinger & Lowell Downey

Call to reserve space (707) 257-1166 or email: [artclarity@aol.com](mailto:artclarity@aol.com)

[www.goldenbridgefortibet.org](http://www.goldenbridgefortibet.org) for info on these humanitarian efforts 805.964.7836