



THE FLAMING CHALICE

May Service Preview

Sunday Worship: 10:30 AM

May 3

I Didn't Mean To Offend You

Dr. Laurie Lippin, with Beth Ogilvie, Heidi Green and Rev. Joy Atkinson

To live out our Unitarian Universalist value of affirming and promoting the worth and dignity of every person, we need to become aware of the subtle ways in which what we say and do can have unintended hurtful consequences. Join us for a service of personal sharing about the effects and impact of unconscious bias on individuals and communities.

Workshop To Follow Service--I Didn't Mean To Offend You: Unconscious Bias And Its Impacts With Dr. Laurie Lippin

Dr. Lippin, co-author of the popular text *UnRaveling Whiteness* (Kendall-Hunt, 2009), has created innovative team-buildings and diversity trainings for over 30 years, and will mix fun with ah-ha moments and practical insights into how all of us can increase inclusion at SKUUC. Please stay after the service, enjoy a light lunch of international dishes provided by members of the Anti-Racism Multicultural Alliance, and join us for the workshop.

May 10 (Mother's Day)

Mothering Ourselves

Rev. Joy Atkinson

Self-love was once considered sinful and later psychiatry identified it as "narcissistic" But loving,

caring for and "mothering" ourselves contributes to our own health and the well-being of our society. This Mother's Day service will focus on how we can "mother," care for and even love ourselves.

May 17

Becoming Educated in America: An Evolutionary Biography

Bob Meyerson

Bob will track the events which have occurred during his life outside the area of formal education, how seemingly 'out of the blue' revelations and their fortuitous timing impact thoughts and ideas throughout a person's life span, and how they help shape the human being.

May 24

What Should I Do? A Look At Personal Ethics

Rev. Joy Atkinson

What are the unwritten personal codes of behavior by which most of us live our lives? The sermon will explore ethical codes, written and assumed, which guide our lives.

May 31

You Must Be Present To Win!

Rev. Joy Atkinson

As we move into a season that is often slower-paced, let's pause to consider the benefits of living a more mindful life.

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BEHOLD—THE SKUUC BOOK CLUB LIVES!

The Starr King book group is planning to revive itself in some form or other. Currently six (6) people have indicated an interest via the sign-up on the information table in the fellowship hall or word of mouth. So, the next steps are to choose a time, a date, and a location. We had been meeting on the second Tuesday of the month at 7 p.m. at various members' homes. However, this is not cast in stone, so we can be flexible, and all of the above can be negotiated. For more information, and to be included, please contact Donnie Rett at <bdrett146@att.net>, or Evelyn Cormier at <ev.cormier@comcast.net>, or speak with Donnie or Evelyn at coffee hour on Sundays.



Words of Joy

by
**Joy Atkinson,
Interim Minister**

Welcoming the Stranger: On Religious Hospitality

There is evidence that even as we multiply our contacts on Facebook and other internet venues, people in our modern society are generally becoming more socially isolated. One study found that while in 1985 nearly three quarters of people reported having a friend in whom they could confide anything, two decades later only half said they had this kind of support and intimacy from one person. Also, the number of people Americans reported having in their closest circle of friends dropped in those two decades from three to two.

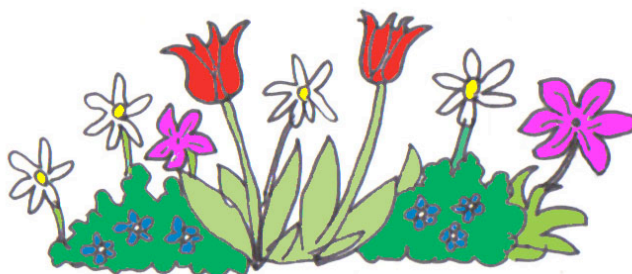
In this time of increasing isolation, people need opportunities to connect with others face to face. This need increases the importance of voluntary communities like congregations—where people can network with others, find and strengthen friendships and share their lives in more depth than is possible through our many technological connections.

To be effective in creating deep human connection in our congregations, we need to be as hospitable as we can, both to those we know and those we have yet to become acquainted with. We need to practice hospitality as a kind of religious discipline. UUA President Peter Morales has written about how we can do this:

First, we can begin by being open and loving with those we already know, allowing ourselves to be vulnerable and extending ourselves to others. But we can not and must not stop there. If we stop there we draw a circle that keeps others out, a circle that disconnects us. We must go much further. A true religious hospitality reaches out to those we do not yet know. This can be as simple as greeting those seated near you on Sunday morning and working up the courage to talk to a stranger during coffee hour. It means warmly welcoming those who come looking for a religious home.

Let us work on practicing this religious hospitality among ourselves and toward the stranger who visits us for the first time. In this way we can serve the community by helping to answer the modern human cry for a sense of connectedness, and we can both deepen and grow our liberal faith, extending a warm welcome to all who enter our doors.

Joy



SKUUC Board Report **May 2015**

by Colleen Dino

SKUUC Search Committee

The special meeting held on April 19 was probably the shortest in the history of Starr King! It began with a motion from the floor to propose that all eight (8) candidates be elected by the congregation. The motion passed unanimously, and all eight candidates were confirmed. So, without further ado, here are the members of our Ministerial Search Committee.

Karen Cook: Member since December 1988. Karen is the Chair of the Pastoral Committee and has served on many committees, including as a member and President on the Board of Trustees.

Natalie Forrest: Member since May 1976. Natalie is on the Worship Committee and involved in our Meditation Group. She has served on many committees, including as a member and President on the Board of Trustees.

Heidi Green: Member since April 2011. Heidi currently sits on the Board of Trustees, and is a leader of the Anti- Racist Multi-Cultural AUiance. She coordinated our Standing on the Side of Love T shirt campaign.

Jennifer Koney: Member since November 2011. Jennifer is active in our Social Justice committee. Hospitality and Membership, and the choir.

Lu Middleton: Member since June 2011. Lu is the Chair of the Worship committee and is involved in the R.E. Program.

Rebecca Parr: Member since April 1998. Rebecca is the Chair of our Nominating Committee, and has served on many committees.

Sara Raymond: Member since March 2010. Sara is involved in our R.E. Program as a parent, also bringing her many musical talents to services.

Bob Simoni: Member since April 2014. Bob is on our social justice committee and is a sound associate for Sunday services. He comes to Starr King UU Church from our neighboring congregation in RedwoodCity where he served on the Board of Trustees.



SKUUC May 2015 Board Report, continued

SKUUC Annual Meeting, Sunday, May 31

If you have been a member of Starr King UU Church for more than 30 days, we invite you to participate in our annual meeting. For those who are new to Starr King, this is your opportunity to see how the business of Starr King is carried out.

Our agenda will include:

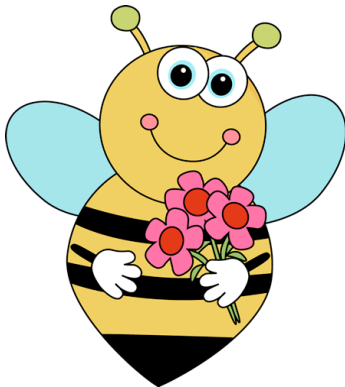
- The slate of elected officials for the incoming Board of Trustees and Nominating Committee
- Proposed balanced budget for 2015-16
- Resolution from our Anti-racist / Multi-Cultural Alliance on “Black Lives Matter”

The annual meeting notice along with the agenda will be sent out by email 10 days prior to the meeting date.

Miscellaneous Notes

The class on American Transcendentalists will take place on Sunday afternoons, at 1:00 PM, beginning in the middle of May, and extending into June. See church calendar (www.starrking.org/calendar) for details.

Anyone wishing to be put on the list of people receiving email reminders of the Drum Circle meetings, please let Kathryn LaMar know, by sending her an email at dulciphile@yahoo.com. Be sure to include your name and your best email address. The notice does go out to the church Yahoo! Group, *Starr King Spark*.



Religious Exploration for Children and Youth

by Renniss Tomley

One World



Many Religions

This is a very busy month in Religious Exploration. We continue with our World Religions program, celebrate Mother's Day and welcome and dedicate our Little Free Library. Also this month we will visit the Hayward Animal Shelter and donate the many toys and foods for cats and dogs.

Sunday May 3: Christianity. We will hear the story of Mary and the angel named Gabriel, the birth of Jesus, and his teachings. We will explore the certain practices that are shared with the various denominations who follow the teachings for Christ. We will learn The Lord's Prayer and it's many variations

Sunday May 10: Mother's Day. Today we will celebrate Mother's Day with a special surprise for all mothers.

Little Free Library. Following the service we will dedicate our Little Free Library with a special book passing from outside the Sanctuary to the Little Free Library located outside our front gates. Please plan on joining us in the long awaited event! Come and see what SKUUCH will share with the community.

Saturday May 16: Visit to the Hayward Animal Shelter. Children and their parents will visit the Hayward Animal Shelter to deliver our donations of toys and food for the many dogs and cats in need at the shelter. We will be given a tour and a special thank you from the shelter.

Sunday May 17: Buddhism. We learn of the young prince, Siddhartha Gautama, who became known as Buddha, we explore Enlightenment, the Four Noble Truths, and Nirvana. We will explore yoga and meditation.

Sunday May 24: Confucianism and Taoism. We will explore the ancient Chinese teachings of Confucianism and Taoism. We learn about the Confucianism teachings in setting good examples for others to follow and the focus of Taoism, on living harmoniously; we will learn about the concept of yin and yang.

Sunday May 31: A Review of World Religions. We will look at how the different religions of the world are similar in belief and practices.



RE Reflections by Renniss Tomley

At the UUA General Assembly in 2009, Rabbi Sasso shared her studies as part of the Sophia Lyons Fahs Lectures. Although most youth believe in some form of divinity, only 14% value their spiritual communities. She believed that this may be a result of many adults not talking about spirituality with their children and youth. The attendance at UU churches by youth has declined over these years, and many Directors of Religious Education are trying to determine why.

I just finished reading a book, *The Spiritual Child*, by psychologist Lisa Miller. Dr. Miller explains the scientific link between spirituality and health, and shows that children who have a positive, active relationship to spirituality are 40% less likely to use and abuse substances, are 60% less likely to be depressed as teenagers, are 80% less likely to have dangerous or unprotected sex, have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success.

Combining her research with additional evidence from her work as a clinical psychologist, Miller illustrates just how invaluable spirituality is to a child's mental and physical health, and translates her findings into advice for parents, presenting concrete ways to develop and encourage their children's well-being. Dr. Miller presents those moments you may have experienced on mountaintops or in art museums or even in prayer, when you've felt that overwhelming sense of bigness and smallness all at once, the "awesomeness of existence," the miracle and fragility of being human. She then discusses how those feelings can be turned off—busyness, work, TV, soccer, birthday parties and brunches can all intervene and all that reverence dissipates.

Dr. Miller believes that children who are raised with a robust and well-developed spiritual life are happier, more optimistic, more thriving, more flexible, and better equipped to deal with life's ordinary traumas than those who are not. She even cites some evidence that supporting the spiritual development in teens creates more supple pathways

between the front part of the brain, which is command central, and the intuitive, perceptual parts, building a more integrated person. Miller states "We can see the crisis in the making when spiritual development is neglected or when a child's individual spiritual curiosity and exploration is denied." Children imbued with spirituality grow into adults who can count their blessings, feel a sense of calling in their work, regard human relationships as sacred, and can see misfortunes as opportunities. Children without, build their self-esteem on achievement, are driven to please others, feel alone in the world, and are fatalistic about failures and setbacks.

In her chapters on adolescence, Miller presents evidence for the importance of a thriving spiritual life. Twelve-step programs require an addict to call on and submit to a higher power. But if, in adolescence, a teenager already has a developed sense of a higher power, the likelihood that he or she will abuse drugs or alcohol in the first place goes way, way down. In ongoing fMRI research, Miller and her colleagues have shown that an ability to achieve a transcendent relationship actually deactivates a brain's craving mechanism, "reducing the draw of all objects of insatiable desire." Thus, brains wired to believe in something bigger than and beyond themselves can short-circuit the impulse to take substances.

Even the most disbelieving parents can help build spiritual children, she says, simply by being available to and interested in the spiritual journey that naturally occurs in kids, and not quashing it with cynicism or anxiety or impatience. She calls this role "the spiritual ambassador." Mention your own spiritual feelings, tell your kids how much they mean to you, and encourage them to talk about it themselves. Help to provide moments of inspiration for your child, take time for trips to mountaintops, art museums, synagogues, mosques, temples and churches. A full spiritual life, after all, is characterized not by knowing the answers, but by asking questions. Which is something a teenager and her parent might easily do together.

Advance Health Care Directive Workshop

Sunday June 7

On June 7, after the worship service, the Monday Night Small Group Ministry will present a workshop on Advance Health Care Directives. Our own Liz Macera, a nurse practitioner, will lead the workshop aided by members of the Monday Night Small Group Ministry. Liz's expertise is with older adults and their families who are facing difficult medical decisions.

An Advance Health Care Directive is a legal document that names the person who will make your health care decisions if you are too ill to speak for yourself. Studies show nearly 50% of people who approach death are not able to speak for themselves in the last few weeks or days of their lives. Too often family members must make important medical decisions without knowing what that loved one would actually have wanted. These decisions might include feeding you artificially, placing you on a breathing machine, or consenting for surgery. Your agent may also choose your doctor or decide where you are going to live.

The process of completing an Advance Health Care Directive begins with selecting that loved one or trusted friend who will be legally empowered to speak for you if you are unable to do so. These critical decisions are best made when that person understands your values and goals.

In the workshop we will talk about how to choose an agent and what types of decisions your agent may have to make. You will have an opportunity to complete the document in the workshop or take it with you if you need the time.

Research shows that advanced planning reduces anxiety and stress for your family making this is one of the greatest gifts that you can give to your loved ones.

For more information contact Liz Macera at lizmacera@gmail.com or 510-813-2175 or Bob Britton at brittonr@sbcglobal.net or 510-888-1612.



Report From The Peace & Justice Action Team

**By Frank Burton,
Chair**

What is SKUUC's Peace & Justice Action Team up to?

We continue to focus on *Climate Justice*, specifically *Fracking in Alameda County*, adding one of our other recurring topics, *Racism in America Today*.

Fracking: May 4, Monday, @ 6:00 pm, 244 West Winton Ave: CHANGE re Planning Commission hearing on banning fracking and other oil and gas operations in Alameda County.

There will be no rally preceding the hearing, because the core members of the rally were expected to be Cal-Berkeley students, but they will be in finals week.

Your presence at the hearing is still important, and if you are comfortable making a statement to the Commission, that's splendid. If you are interested in speaking, let me know. I'll send you potential talking points ahead of time, so you can choose what aspect you want to address, and rehearse. Having public comments supporting the County's proposal to eliminate new or expanded oil and gas operations is an important component in the Supervisors justifying these changes, which are designed to protect the health and safety of the residents of Alameda County. To put it in the vernacular, the Supervisors need us to have their backs on this.

Racism in America today: May 16, Saturday, 9:00 to 6:00: Dialog Among Police Agencies In Southern Alameda County, Black Communities, And Faith Communities (That's Us)

Organized by the local NAACP group as an Action Readiness Summit involving: NAACP, church, community, and local law enforcement agencies, at Palma Ceia Church, 28605 Ruus Road, Hayward.

From the NAACP flyer on the Summit: "All are welcome / lunch provided / workshops, panel discussions, and resolutions. To ensure the liberty, safety, and success of our communities of color and culture when interacting with the police. To maximize mutual trust and appreciation between law enforcement and the communities they serve." Polls continue to show a wide disparity between the perceptions of white Americans and Black Americans about the existence of significant, systemic mistreatment of Black Americans by police organizations. Could it be that Black Americans have some important information--their own personal experiences and the experiences of their families and neighbors--that we white Americans are not privvy to? This day of dialog should shed some light on that question, as it gives us a glimpse into what is really going on on these issues, right here in our back yard.

As always, contact me if you want more information on any of these issues.

Small Group Ministry—Is It For You?

Do you ever wish you could discuss a sermon at church in more detail? Do you ever wish you had time to make connections to church members that lasted more than a few minutes over coffee? Do you ever want to share something that doesn't quite fit on those little pink slips?

Small group ministry is designed to meet these wishes by providing a place and a structure for small groups of people to discuss spiritual topics, to build deep and lasting connections, to learn how to really listen to others, and to share their own stories. These facilitated groups generally consist of 6-10 members, meet every other week, and help people find both intimacy and ultimacy.

Benefits of Small Group Ministry (SGM) include the following:

- Connecting newcomers to the church community
- Spreading pastoral care to other people and venues
- Personal and spiritual growth for members
- Deepening of relationships
- Improving listening skills

Last summer SKUU joined the 60% of Universalist Unitarian congregations that have small group ministry programs. After this successful launch, we had two evening groups that met throughout the year.

Our 2015 summer SGM group will meet approximately five (5) times through July and August. This will give newcomers an opportunity to try out SGM without making a long commitment. We will start new groups in the fall; they will run from October through May.

For more information email sgm@starrking.org and/or visit <http://www.smallgroupministry.net/>.

Small Group Ministry Steering Committee

Rev. Joy Atkinson

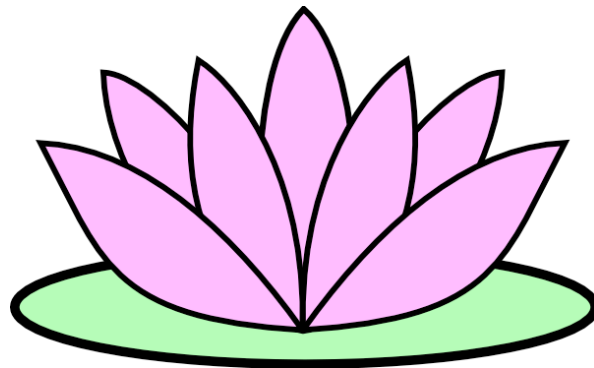
Liz Macera

Bob Britton

Beth Ogilvie

Heidi Green

Doug Sprague



ONGOING ACTIVITIES

<i>Anti-Racism Multicultural Alliance</i>	Meets as needed. Check the church calendar (www.starrking.org/calendar).
<i>Church Bookstore</i>	Open on the THIRD SUNDAY of the month, after the service
<i>Drum Circle</i>	Meets on the FIRST FRIDAY of the month, from 7 to 9 PM, in the Sanctuary. Come enjoy a fun, but spiritual, evening. Open to all adults and mature children accompanied by an adult.
<i>Evening Meditation</i>	Meets EVERY WEDNESDAY of the month, from 7 to 8 PM. Come practice meditation and reap its benefits. Open to all.
<i>Starr King Elderberries</i>	Meets on the THIRD WEDNESDAY of the month, at 12:00 noon. Bring your lunch. Come enjoy learning about and discussing topics of particular interest to YOU! Open to all self-identified elders.
<i>Social Justice Committee and Peace & Justice Action Team</i>	Alternate meeting on the SECOND SUNDAY of the month following the service, at 12:00 noon, in the Conference Room. Open to all.
<i>Hospitality and Membership Committee</i>	Meets on the THIRD SUNDAY of the month, following the service, at 12:00 noon.
<i>Morning Discovery</i>	Meets on the FIRST and THIRD WEDNESDAYS of the month, from 10:00 to 11:15 AM, in the Fellowship Hall. Join us to explore community, discuss spirituality, and share silence. Open to all.
<i>Small Group Ministry</i>	Meets twice a month for a predetermined number of months. Registration is required. Contact sgm@starrking.org for more information.
<i>SKIT (Starr King Improv Troupe)</i>	Meets on the SECOND THURSDAY of the month, at 7:30 PM. Open to all.
<i>Starr King Choir</i>	Rehearsals are set as needed. For information, contact Jo Murdach at 510-581-6794 or < jo71murdach@yahoo.com >.

Starr King Unitarian Universalist Church

Church Office Hours: Tuesday, Wednesday, and Thursday; 9:30 AM to 2:30 PM

22577 Bayview Avenue
Hayward, CA 94541
510-581-2060
<<http://www.starrking.org>>

Office Manager: Kelli Abatangelo
<office@starrking.org>
Newsletter: <newslettereditor@starrking.org>

Church Leaders

Parish Minister (Interim): Rev. Joy Atkinson
<minister@starrking.org>

Director of Religious Exploration: Renniss
Tomley
<dreskuu@gmail.com>

Church President: Colleen Dino
<president@starrking.org>
Home phone: 510-213-3499

Board of Trustees

President: Colleen Dino
Vice President: Diana Dickerson
Secretary: Frank Burton
Treasurer: Marilyn Moser

Members At Large:
Wayne Bennion
Lea Casini
Betsy Dye
Stuart Fink
Heidi Green
Kirk Klausmeyer

Positions

Adult Religious Education: Vacant
Anti-Racism Multicultural Alliance: Regina
Fassano
Buildings: Bobby Robinson
Chalice Editors: Kathryn LaMar; Allison Prout
Church Website: Beth Ogilvie
Committee Council: Diana Dickerson
Communications: Melody Appleton
FESCO Representative: Vacant
Finance Committee: Keith Lewis
Fundraising: Karen Cook
Green Sanctuary Committee: Colleen Saia
Grounds Care: Walt Korus

Hospitality/Membership: Dirk Dino
Interior: Sherry Thomas
Nominating Committee: Rebecca Parr
Pastoral Care: Karen Cook
Peace & Justice Action Team: Frank Burton
Religious Education Council: David Middleton
Social: Joyce Kinnear
Social Justice: Mary Swain
South Hayward Parish Representative:
Terry Owen
Sunday Coffee: Roy Dickerson
Usher Coordinator: Lavon Hodges
Worship Committee: Lu Middleton