



**Newsletter**  
**Starr King Unitarian-  
Universalist Church  
of Hayward,  
California**

**December 2016**

**THE  
FLAMING  
CHALICE**

**Sunday Worship: 10:30 am**

**December Service Preview**

**Church Office Hours: Tues, Wed, &  
Thur;  
9:30 am to 2:30 pm**

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**December 4. Sacred Companions.**

We are invited to reflect upon and celebrate Friendship as a spiritual practice. Friends nurture our souls, are sources of inspiration, and teach us the beauty of unconditional love.

"Friendship is the most underrated relationship in our lives. It remains the one relationship not bound by law, blood, or money but an unspoken agreement of love."  
Anya Yanagihara

**December 11. Jesus Christ, UU Superstar.**

Join us for a non-traditional, lay-led service that looks into the life and message of Jesus and how it follows our UU Principles. The service will be interspersed with both live and recorded music from the Andrew Lloyd Webber musical *Jesus Christ Superstar*.

**December 18: Las Posadas/No Room at the Inn.**

Las Posadas is a beloved Latin American tradition recreating Mary and Joseph's perilous journey, running from violence, and seeking shelter. Now more than ever, our hearts break as we witness the plight of families being separated and of refugees fleeing war, knocking on doors, and being turned away.

**December 21. Winter Solstice Contemplative Service.**

Join us for an evening of soothing music, relaxing atmosphere, and a candlelit sanctuary offering us refuge from the stress of the holidays.

**December 24. A Christmas Eve candlelight service** with carols and readings to welcome the spirit of Christmas

**December 25. An informal and relaxed Christmas morning service.** Gather 'round for stories, poems, songs, and delicious hot chocolate and cookies!

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## December Birthdays

Date	Name
December 1	Falcon Lungert
December 6	Hannah Lungert
December 7	Mary Lou Schuler
December 13	Zelma Nuñez-Borja
December 13	Stuart Fink
December 16	Henry Sprague
December 24	Chris Selig
December 25	Holly Robinson
December 29	Glen Jacob
December 31	Karen Swain



## **These Hands**

### **From the Minister, Rev. Maria Cristina Vlassidis Burgoa**



"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." — Fred Rogers

I usually don't start thinking about resolutions until the New Year. But I found myself making resolutions immediately after the election results. I needed to express my need for staying active, engaged, and committed. I needed to keep moving in order to resist. I needed to rekindle this little light of mine. Perhaps having been an emergency room hospital chaplain gave me the strength to go into helper mode. It is my experience that my own healing begins the moment I offer to help someone else. Somehow, when I bear witness to both the suffering and the strength of another, I am reminded of my own potential for deep transformation in the midst of chaos and tragedy. Healing is available in so many different ways, the thing is to be open to it. My grandmother Rosario, an indigenous healer, used the energy from her hands to heal broken bones and broken hearts. When I was planning my ordination ceremony as a Unitarian Universalist Minister, I was pleasantly surprised to find out that a "laying on of hands" was traditionally offered with the community prayer for the newly ordained minister. During that prayer, through the hands of my congregation, my friends, and family, I felt the sweet presence of my abuelita blessing me and reaffirming my calling to the ministry.

The day after the election and the following Sunday, we gathered as a community to connect and be together. We cried, we sang, we prayed, we shared stories, and we offered a healing circle with the laying on of hands. I remember placing my hands on the shoulders of a lesbian couple holding their infant child. They were frightened and needed reaffirmation that we will continue to be a welcoming congregation. I remember placing my hands on the shoulders of a couple scared for the safety of their Mexican-American children. They needed our unconditional love and re-commitment to immigration justice. I remember placing my hands over individuals who have dedicated their lives to civil rights, to women's rights, to environmental justice, and human rights. They were devastated and needed our compassion and solidarity. My hands felt the fear more than once. My hands received their tears. My hands tried to communicate and transmit love.

My New Year's resolutions were made early because I feel a sense of urgency. This is the time my abuelita prepared me for: Loving in times of war. Now more than ever, we are living in a state of emergency that requires many helpers to tend to the most vulnerable.

**As we approach the New Year, I vow that:**

My hands will reach out and embrace,  
My hands will tear down walls and build bridges,  
My hands will hold yours in protest and in prayer,  
My hands will sign petitions and bake bread,  
My hands will bless same sex marriages,  
My hands will be sanctuary for the persecuted,  
My hands will plant a garden and weed out hatred,  
My hands will quilt and embroider a poem the color of hope,  
My hands will smudge and bless your broken heart with sage  
and songs of freedom.  
My hands will offer healing in the streets, in the jails, and in  
church.  
These hands of mine will bear witness and resist arrest,  
These hands of mine will be raised in protest  
and at sunrise will give thanks for a new day

In the Lumni tradition:

“Shine on! Shine on!”

**Rev. Maria Cristina**



*Smudging Ceremony*



*At the Massachusetts State House offering a prayer before testifying in support of the TRUST Act*



*Outside the Suffolk Detention Center at monthly vigil in solidarity with immigrants*



***Starr King UU Church Board  
of Trustees,  
By Diana Dickerson***



This past month has been very difficult for many of us. I want to send an extra-large “thank you” to Rev. Maria Cristina for the ways that she supported us and our larger community. Her energy seemed boundless, but we know that is not true. Please take an extra few seconds to let her know how much we appreciate her support.

I received a column from PCD that I want to share. This was written by James Kubal-Komoto, Pacific Western Regional Lead.



In response to last week's election, Unitarian Universalist congregations across the nation ministered to the shock, confusion, sadness, anger, uncertainty, anxiety, and even despair that many Unitarian Universalists were experiencing.

Our congregations did this not out of political partisanship, but out of faithfulness to our shared values that have seemed to be under attack in recent months.

The high attendance numbers that many of our congregations experienced on Sunday, higher than any since September 11, 2001, for many congregations, prove to me that our country and our world are more in need than ever of both the comfort and the challenge that Unitarian Universalism offers.

I want to say how proud I am of all the ministers, musicians, directors of religious education, youth advisors, other church staff as well as lay leaders who provided leadership during one of the most trying weeks in recent memory.

It will be important for congregational leaders to find ways to help our members connect their real and admiral desire to make the world more compassionate and just with specific opportunities to do so, whether through involvement with community organizing, our statewide legislative advocacy networks, Black Lives of Unitarian Universalism, or other means.

The past week was a wearying one for many religious professionals, so for those of you who serve in professional religious leadership, it will be important for you, now and in the future, to engage in those practices that help you stay grounded and renew your spirit, including regular spiritual practices, a weekly Sabbath, and gathering with colleagues.

Your Pacific Western Regional Staff is here to help with whatever challenges you may be facing. Don't hesitate to reach out to us in the coming days.

I edited this to save space. Please contact me if you want the whole column.

Thank you all for your support,

**Diana Dickerson**



I have had a hard time lately, overcoming the shock and sadness that recent political events brought up for me. In this time of uncertainty and fear, it has been helpful for me to turn to spiritual practices which nourish my soul. For me, that means anything that brings me out of my head and into my body. I practice meditation, yoga & other exercise, I get out and enjoy the serenity of nature, I read spiritual literature, and I even pray! It really helps to take time to reflect deeply, to try to see the big picture, to be thankful for your blessings and to know that change is the only constant.

I understand the additional stress of being a parent and having to keep my child's sense of well-being in mind, as well as my own. The UUA (Unitarian Universalist Association) offers many resources for parents. I would like to share with you one article I found particularly helpful, [Post-Election Ideas for Families](#).

I leave you with this spoken meditation by Barbara Hamilton Holway

*May we find within ourselves the courage to be who we are.*

*May we know when it is time to listen and when it is time to speak.*

*May we trust ourselves to be the ones to find the words that need to be said*

*Or to do what needs to be done.*

*May we trust one another and know there are many ways to go through life.*

*May we know that though we cannot change some of what life gives to us,*

*We can choose how we deal with what we are given.*

**FESCO Christmas Donation Drive** – This year we plan to put together Christmas gift sets based on FESCO's Wish List. We ask that members of SKUUC community bring in the following items new and in packages where possible by the 18<sup>th</sup> of December. We will combine like items into sets for bath, bed & crafts.

Bath towels (small), personal sized soap, shampoo & conditioner, toothpaste, toothbrushes, razors. New twin and full size bedding (sheet sets, pillow cases, pillows, blankets, mattress covers). Arts & Craft Supply sets (coloring books, crayons, play-doh, glitter, stickers, glue, pens, construction paper).

Allison Prout

Annual Holiday Party - Come one, come all to join us for tree decorating, craft making, caroling and a light lunch on Sunday, December 18, 11:30 am to 1:30 pm



## **What We Can Do Now**

### **by Frank Burton from the Peace & Justice Action Team**

Many people have said since the election that they want to get more involved in politics. We'll list several possibilities which are available now, and some places to look for more opportunities as the Trump agenda unfolds.

#### **Contact Your Representatives in Congress**

Write, email, and call your U.S. Representative and U.S. Senators, reminding them to stop Trump's extreme agenda when they can and amend the teeth out of it when they can't. Tell our U.S. Senators to filibuster and refuse to confirm Trump's extreme appointments—most of which have to be confirmed by the Senate. Here are ways to reach them:

##### **Representative Eric Swalwell**

Email via his website: [swalwell.house.gov/contact](mailto:swalwell.house.gov/contact)

Call Washington 202-225-5065

Call Pleasanton 925-460-5100

Mail: 129 Cannon House Office Building, Washington, DC 20515

##### **Senator Dianne Feinstein**

Email via her website: [feinstein.senate.gov/public/index.cfm/e-mail-me](mailto:feinstein.senate.gov/public/index.cfm/e-mail-me)

Call Washington 202-224-3841

Call San Francisco 415-393-0707

Mail: 331 Hart Senate Office Building, Washington DC 20510

##### **Senator-Elect Kamala Harris**

Sign up for emails from her now at the bottom of her take-action page. That will at least give some insight into her thinking: [kamalaharris.org/take-action/](http://kamalaharris.org/take-action/)

If I learn of a way to contact her, I'll pass it along. She will be inaugurated on January 3, 2017, and we should receive new contact information at that time.

#### **Take Local Action on Immigration**

Are you interested in the Sanctuary City movement, in which cities and counties adopt a policy of protecting nonviolent undocumented immigrants by not prosecuting them solely for violating federal immigration laws? Sanctuary Cities generally do not use municipal funds to enforce national immigration laws, and usually forbid police or municipal employees to inquire about a person's immigration status.

We are also in the process of connecting with some programs of the UUA which provide services to immigrants and to congregations who are interested in becoming a Sanctuary Congregation, and learning what that entails. Come to the Peace & Justice Action Team (PJAT) meeting on December 11 to find out more and hopefully to form a subcommittee team to work on Immigration issues.

Check out the congregational toolkit for becoming a Sanctuary congregation. Find a New Sanctuary Movement coalition representative near you or contact Unitarian Universalist Refugee and Immigrant

Services and Education (UURISE), who provide free consultation for Unitarian Universalist (UU) congregations considering sanctuary.

**Interested in the Monthly Vigil For Immigration Detainees** at the West Contra Costa County Detention Center? Third Wednesdays, 5:30 pm, 5555 Giant Highway, Richmond. Organized by the East Bay Interfaith Immigration Coalition, comprised of religious leaders from throughout Contra Costa and Alameda Counties deeply concerned about the rights and dignity of immigrants in our community. More information? Contact Rev. Deborah Lee at 415-297-8222, [dlee@clueca.org](mailto:dlee@clueca.org) or Kristi Laughlin at 510-847-2399, [kristi@workingeastbay.org](mailto:kristi@workingeastbay.org). To hook up with other interested Starr King members and possibly form a carpool, come to a PJAT meeting. If you know of a similar Immigrant Detention Center in Alameda County, please email me.

### Online Petitions

Here's a worthy one among the petitions already online:

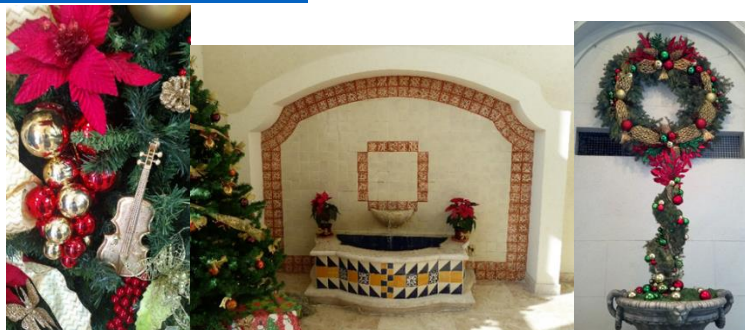
- Tells Congress and President Obama to amend the constitution to abolish the Electoral College. Hold presidential elections based on popular vote. This one has over 575,000 signers so far: [petitions.moveon.org/sign/abolish-the-electoral-6/](http://petitions.moveon.org/sign/abolish-the-electoral-6/)
- There will be many more petitions on Change.org and MoveOn.org, including some that I will originate. Contact me if you're willing to help with developing and posting some online petitions and at the same time learn the combination of art and science which will enable you to post your own effective online petitions.

### Bulletin Boards

- See the Anti-Racism Multicultural Alliance (ARMCA) article in this Flaming Chalice for info on the Action Wall in Fellowship Hall at church.
- An online Action Wall which you'll be able to check from home as seldom or as often as you like, 24/7. I'll create it by the time you read this, organized in such a way that you can spot an issue you're interested in, or a type of action you might want to take. Send me an email asking to be put on the Peace & Justice Action Team list, to get the Internet address of this new Action Wall.

These are beginnings. We'll help you find your niche--ways you can feel fulfilled and be effective, while guarding against burnout. We're in this battle for the soul of America for the long haul.

Frank Burton, [frank.burton.now@gmail.com](mailto:frank.burton.now@gmail.com)





## Wall of Action

by Beth Ogilvie from the Anti-Racism Multicultural Alliance

In response to the aftermath of the elections, we are inviting the congregation to share both their sorrows and their ideas for engaging in meaningful community actions. There will be two "post-it" walls, a "Wall of Sorrows" in the foyer and a "Wall of Action" in Fellowship Hall. The walls will be up until January and will inform our pastoral care needs and social action hopes. Please join the conversations! Here are some things you can do to help everyone think of meaningful actions we can participate in:

- 1) Add more ideas of things that might be achievable in the next 3 to 12 months.
- 2) Add suggestions/modifications to action ideas that are already up.
- 3) Express interest! Put your name up next to an action idea to show you are ready to participate.

## Safety Committee Update

by Georgia Gruver

The Safety Committee is continuing to work on making our buildings and congregation safe. As you have probably noticed the AED machine has been mounted on the wall directly across from the main entrance. Please follow the notice on the front. Opening the box will set off a **very loud alarm**. We now have 18 members ready to jump into action if the need arises.

You might want to personally thank the members listed below who took the training and are ready to take on the responsibility of using the machine if necessary.

### SKUU Members Trained in the Use of the AED Machine:

Bob Britton	Heidi Green	Zelma Nunes Borja
Rene Castle	Jennifer Koney	Beverly Powell
René Castle	Mary Lasack	Mike Preston
Roy Dickerson	Michelle Lovett-Fink	Darryl Ray
Stuart Fink	Carolyn Lunger	Ethel May Shaw
Will Fitch	Sheila McClellan	Mary Swain

**If you are interested, we are planning a second round of training for some time after the first of the year. Please sign up on the back table in the fellowship hall. On the same sheet please indicate if you have already taken AED training or CPR training. Also let us know what day or evening you would prefer. The training takes about 3-4 hours.**

We want to thank Ray Oducayen for volunteering to maintain the AED Machine. This has to be done on a monthly basis and a report sent to the county.

One change you may have noticed is the removal of the short row of chairs next to the sound station. This row and the chairs against the back wall would make exiting through the side door of the sanctuary too difficult in an emergency. There is now a sign on the back wall to remind us of the necessity to keep this area clear. Before long there will be maps in each room instructing how to best exit the room in an emergency.

Our building committee, chaired by Darryl Ray, is currently working on correcting several safety issues that were brought to our attention when Mike Preston (Retired Fire Chief) did a comprehensive safety check of the building and property. Thanks to Darryl and his building committee making the building safer for all of us.

Currently there is no line in the budget for the Safety Committee. We want to thank our anonymous donor who has made it possible for us to purchase some of the important things we need now. These include personal masks for all trained members for use with the AED Machine and bright yellow safety vests for the monitors who will be helping with any evacuation.

**Just as a “heads up,” there will be an evacuation drill sometime this spring. A Congregational Meeting will be held prior to the drill to explain the procedures to be followed.**

We are looking at purchasing one or two lighted more **EXIT** signs, fire extinguishers for the cabins as well as a manual pull fire alarm for the main building.

Again, if you have questions or suggestions for the Safety Committee please contact one of the members of the committee (Georgia Gruver, [gggruver@comcast.net](mailto:gggruver@comcast.net); Bob Britton, [brittonr@sbcglobal.net](mailto:brittonr@sbcglobal.net); or Beverly Powell, [beverly.g.powell@gmail.com](mailto:beverly.g.powell@gmail.com)).

## Donate to Starr King while Shopping at Amazon

In case you haven't heard, Starr King has an agreement with Amazon where any purchase you make at Amazon through our special link will give us a significant commission generally around 5%. We have made it even easier to find this link by putting it at the bottom right-hand corner on every page on our church's website. Just click on the link that says "[GO TO AMAZON to Donate to Starr King UU Church](#)".

There is another link just below it that says "[Learn more about donating through Amazon](#)". This link will take you to the page that explains how the program works, what percent commissions we receive on what type of merchandise, as well as how much we have earned each month this year.

We think we could be making a lot more from these commissions, so please bookmark the link in your browser. This will help you easily access the site. Tell your friends and family to start using the link, too.

**Thanks for helping to support Starr King at no additional cost to yourselves!**

**Want to volunteer? We have a suggestion!** Have fun at coffee hour and help

**serve!** Signups are needed for Sunday Coffee. It's a great way to get to know the SKUU congregation as well as to try out new recipes. Have fun talking with everyone! The signup sheet is on the Community Table in the Fellowship Hall.



## Special Activities



Do not miss this opportunity to hear **Bell Hooks**, one of the most influential voices in the American feminist movement! She will give a keynote address at the **Third Women's Convocation, Asilomar, California, February 16 to 19, 2017.**

Writer, professor, feminist theorist, and activist, hooks is the author of numerous critically acclaimed and widely influential books on the function of race, gender, class, and culture. Her most well-known works, such as *Ain't I a Woman: Black Women and Feminism* (1981) and *Feminist Theory from Margin to Center* (1984) focus on issues surrounding the invisibility of black women from common discourses of racism and gender. *Feminism Is For Everybody: Passionate Politics* (2000) details her beliefs on the significance of feminist values in everyone's lives - women and men alike. Hooks is currently the Distinguished Professor in Residence in Appalachian Studies at Berea College in Kentucky. Register at [Third International Women's Convocation](#) and read [the latest edition of the Program Guide](#).



## A Sikh Prayer for America by Valarie Kaur Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh!

In our tears and agony, we hold our children close and confront the truth: The future is dark.

But my faith dares me to ask: What if this darkness is not the darkness of the tomb, but the darkness of the womb?  
What if our America is not dead but a country still waiting to be born?

What if the story of America is one long labor?

What if all the mothers who came before us, who survived genocide and occupation, slavery and Jim Crow, racism and xenophobia, political oppression and sexual assault, are standing behind us now, whispering in our ear: You are brave!

What if this is our Great Contraction before we birth a new future?

Remember the wisdom of the midwife: "Breathe," she says. Then: "Push."

Now it is time to breathe. But soon it will be time to push; soon it will be time to fight - for those we love -- Muslim father, Sikh son, trans daughter, indigenous brother, immigrant sister, white worker, the poor and forgotten, and the ones who cast their vote out of resentment and fear.

Let us make an oath to fight for the soul of America -- "The land that never has been yet- And yet must be" (Langston Hughes) -- with Revolutionary Love and relentless optimism.

And so I pray this Sikh prayer:

Nanak Naam Chardi Kala, Tere Bane Sarbat Da Bhalla

"In the name of the Divine within us and around us, we find everlasting optimism.

Within your will, may there be grace for all of humanity."

Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh!

(November 9, 2016)



# Church Calendar for December 2016

For details about these activities, go to [www.starrking.org/calendar](http://www.starrking.org/calendar), and hover your cursor over an event.

December 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 * 7 pm Board of Trustee's Meeting	2 * 7 pm Drumming Circle	3 * 9 am Startup Workshop Part II
4 * 9 am Choir Rehearsals * 10:30 am Worship Service * 11:40 am First Sunday Visitors Circle * 12:15 pm RE World Religions Seminar	5	6 * 1:30 pm Safety Committee	7 * 7 noon Evening Meditation	8 * 7:30 pm SKIT	9	10
11 * 9 am Choir Rehearsals * 10:30 am Worship Service * 12:15 pm Peace and Justice Meeting	12	13 * 11 am Adult Re	14 * 3 pm Pastoral Care Committee * 7 pm ARMCA * 7:30 pm Evening Meditation	15 * 7 pm Worship Committee	16 * 12 noon Elder Meeting	17
18 * 9 am Choir Rehearsals  * 10:30 am Worship Service  * 12 noon Christmas Party  * 12 noon Church Bookstore Open	19	20 * 10:30 am Safety Committee.	21 * 12 noon Elder Meeting  * 7 pm Solstice Service  * 7 pm RE Council	22	23	24 * 7 pm Christmas Eve Service
25 * 9:00 am Choir Rehearsals  * 10:30 am Worship Service	26	27 * 1 pm Executive Committee Meeting	28 * 7:30 pm Evening Meditation	29	30	31

## ***Starr King UU Church Ongoing Activities***

Activity	Event Schedule
<b><i>Church Bookstore</i></b>	Open on the third Sunday of the month, after the service.
<b><i>Drum Circle</i></b>	Meets on the first Friday of the month, from 7 to 9 pm, in the Sanctuary. Open to all adults and mature children.
<b><i>Evening Meditation</i></b>	Meets every Wednesday, from 7 to 8 pm. Open to all.
<b><i>Starr King Elderberries</i></b>	Meets on the third Wednesday at noon. Bring your lunch. Open to all self-identified elders.
<b><i>Morning Discovery</i></b>	Meets on the first and third Wednesdays, from 10 to 11:15 am, in the Fellowship Hall. Open to all.
<b><i>Small Group Ministry</i></b>	Meets twice a month for a predetermined number of months. Registration is required, and groups are open to new members twice a year. Contact <a href="mailto:sgm@starrking.org">sgm@starrking.org</a> for more information.
<b><i>SKIT (Starr King Improv Troupe)</i></b>	Meets on the second Thursday of the month at 7:30 pm. Open to all.