



Newsletter

*Starr King
Unitarian Universalist
Church of
Hayward, California*

August 2018

THE FLAMING CHALICE

Sunday Worship, 10:30am

Church Office Hours

**Tuesday, Wednesday, and Thursday
9:30am – 2:30pm**

22577 Bayview Avenue
Hayward, CA 94541
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www.starrking.org

Parish Minister

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Allison Prout
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DRE Office Hours:
Wednesday and Thursday,
10:30am – 2:30pm

Newsletter

newsletter@starrking.org

August 5: "In or Out: belonging in an age of borders."

Rev. Leela Sinha Leads

What does it mean to define a border? When are they important? Who might we be without them?

Rev. Leela Sinha is a minister and a lifelong UU with a theology of pleasure and a deep love of well-channeled intensity. After four years in the parish in Oregon and Maine, they decided to move into the community, having discovered that scores of people were unwilling to darken our doors, but still needed our ministry. Their book, "You're Not Too Much", explores and celebrates the role of intense people in a world designed for moderation. They coach, preach, and teach from their home in the Bay Area.

August 12: The Sunday Funnies. Lay Led.

Have you ever been embarrassed about laughing in church? Today, we will be laughing on purpose. Come for a chortle, a giggle, or maybe even a knee slapper of mirth, as we celebrate the value of humor in our lives.

August 19: Monkeys in My Family. Lay Led.

This summer's reader's theater is a riff on the infamous Scopes trial in 1925 which pitted science and evolution against fundamentalism. How was Unitarian Universalism involved? Come and see. I think you will enjoy the results.

August 26: Looks at Books. Lay Led.

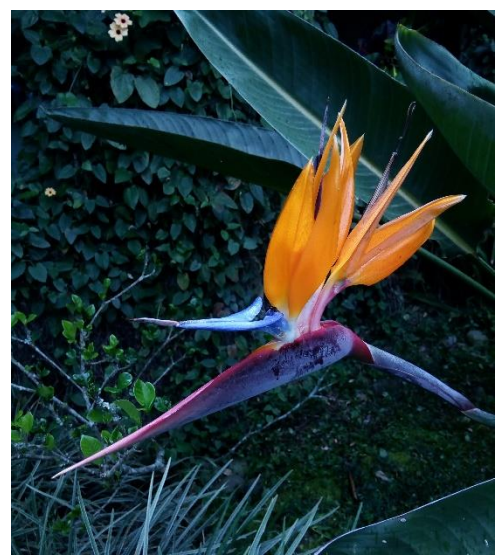
Today we will embrace our love of books and reading. Bring a book to put upon the altar, and bring a different book home, as we celebrate our book communion.

"We come here today to make the most incredible faith claim of all: that we can establish a world that recognizes the dignity of every single human being and that we can make that world using the power of love." —Melissa Harris

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Welcome to our New Friends

Hello again and warm welcomes from our beloved community! If you visited us recently: please know that we would be so happy to see you again.

Our congregation's regular Sunday worship is informal, friendly, and eclectic: sometimes quiet, sometimes loud, but always musical – we do like to sing. There's almost always laughing and applause, but sometimes there are tears. We welcome people of all abilities, ages, races, ethnicities, genders, sexual orientations, and creeds. We welcome you!

For more information about visiting us again, please enjoy [exploring our website](#) or [get in touch](#) with any questions you might have.

In the Community

Starr King members demonstrating with Eden Area Interfaith Council at the ICE detention facility in Richmond, California.



At Castro Valley Pride!

Try Something New: Ongoing Activities

Choir Practice	Meets every Sunday from 9 – 10:15am in the Social Hall
Church Bookstore	Open on the third Sunday of the month, after the service
Drum Circle	First Friday of the month, 7 – 9pm, in the Sanctuary. For adults and mature kids. Canceled in August; will resume in September.
Evening Meditation	Every Wednesday, 7:30 – 8:45pm. Open to all.
Elderberries	Third Wednesday of the month at noon. For self-identified elders. Bring your lunch.
Small Group Ministry	Contact sgm@starrking.org for more information.
SKIT Improv Troupe	Second Thursday of the month, 7:30pm. Open to all.
Yoga for the People	Currently on hiatus.

Board Report, July 2018

In early July, we had a great service courtesy of the worship committee. Emily Watkins and company told us “What the heck the Worship Committee does” and while I always knew of their efforts this was a spotlight on their history and how things come into focus. The crew does a great job every week putting things together and over the summer they are often the ones who fill the pulpit on Sunday morning. I got to looking around at what they do and thought about what all of us do to fill the needed niches, be it on a committee, volunteer, or just participating in our community events.

One activity that will always stand out for me was when the church came together on our playground. There was the rounding up of support by Dave Middleton, preparation, building the fence, painting the fence and lots of little things. While this was a bit of work it was so much more; seeing something come together for the community, the camaraderie, learning things along the way, and a few laughs as well.

While the playground was a singular event, we have “weed and feed” about once a quarter which is our chance to give Walt a hand with his ongoing passion for keeping our grounds looking great. There is the pledge drive, working with the kids, and the service auction. Our committees are always in need of new blood to breathe life into our work. These activities do take some time and effort, but they give us things in return; a sense of purpose, fulfillment, companionship, and so much more.

Over the summer we are planning on a few days of maintenance activities around the church; painting, and other things that need doing while the weather is good. We will be putting out the word when we have dates and hope you will consider taking part; please don’t hesitate to bring the family along as all are welcome. But if a chance to play Tom Sawyer’s crew isn’t to your liking, consider one of our committees or other church activities to both get and give a little more to our community

From the Minister



I always associated blue with Puerto Rico's beautiful ocean and sky...



Blue is the color of protection, the color of my spiritual Mother Yemaya... Today in Puerto Rico people say "el azul" to mean the blue tarp that many homes now have instead of a roof...

As soon as I arrived, even at the airport, it was clear that I was being called to listen deeply... I asked the young man who was pushing my mother's wheelchair if it has been raining ... he pauses and looks outside to the clouds...he says "Yes it's been raining a lot...we hope it will not turn into anything like we had before...if that happens again so soon, I don't know what we'll do...I lost everything...the water came into my little house...he raises his hand above his head...8 feet high...we lost everything...pero aqui Estamos! But here we are!..."

In the morning I'm at a coffee shop and I look around...I listen to the waiters...to the cashier...they all have stories of how they lost their blue...but they all end the same way: "We lost everything, but here we are!"

Puerto Rican people are resilient and in the face of government inefficiency and corruption, they help each other rebuild. The hurricane destroyed so much! There are still entire towns without electricity or running water. It is estimated that Hurricane Maria resulted in over 4,000 deaths. And while many are still grieving, people are also hard at work rebuilding. They are not waiting for the government. They are pooling resources and calling us to join in the process of rebuilding. I'm in communication with a couple of organizations serving immigrants and women survivors of domestic violence. I will meet with them to learn about ways to be in solidarity and join the rebuilding efforts. In the meantime, I will keep listening deeply and praying for blue to return to its original meaning of beauty and protection.

With much love,

Rev. Maria Cristina

RE Activities

Children's RE Summer Day Camp Continues; Theme is Making Friends

We could use your support. Our wish list, (items are for play and may not be returned)

- old large child's button down shirts (paint smocks)
- dramatic play items
 - women/men items
 - shoes, vests, blouses, hats, purses, ties, brief case, jewelry, etc.
- baby items, for baby doll play
- house paint brushes/rollers and trays
- old picnic blankets

Contact Lorie Miller at 510-999-0792, lorenemiller2222@comcast.net Thank you for your support!

Adult Religious Education



FALL – WINTER ADULT RELIGIOUS EDUCATION SERIES

Aging, is more than a physiological process; it involves shifts in our emotional, psychological and spiritual well-being. We move in and out of independence, dependence and inter-dependence. Our understanding of aging has changed over the years and these views vary as well by cultural and spiritual traditions. All of us, irrespective of age, are a part of each other's aging. As a spiritual community, we bear witness and celebrate a new life, young people going off to college, and marriages. We also come together to honor the ending of a life. Growing older, need not be merely looking forward to decades-long decline into personal diminishment and impoverishment" (Schachter-Shalomi & Miller, 2014, xiii). Rather, Schachter-Shalomi & Miller suggest that Spiritual Eldering © allows us to shift from an emphasis on productivity or doing to being, that emphasizes using one's wisdom to support ourselves and those who are younger around us.

The purpose of the fall/winter session, Changing the Paradigm, From Age-ing to Sage-ing is to invite adults of all ages to share their internal wisdom so that we may examine and learn from each other about the opportunities and challenges in growing older. From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older, by Zalman Schachter-Shalomi and Ronald S. Miller will serve as the basis for our four session exploration of new concepts in aging. The authors invite us to examine the Theory of Spiritual Eldering and

Sageing© as new models of late-life development that draw on three sources: (1) “models of the traditional elder whose wisdom guided the social order for thousands of years; (2) state of the art breakthroughs in brain-mind consciousness, and (3) the ecology movement which urges us to live in harmony with the natural world.” A study guide developed by the Unitarian Universalist Association, *“From Age-ing to Sage-ing: A Profound New Vision of Growing Older”* offers us a structured way to explore a new way to look at aging.

Our first session will establish the guidelines for group sharing. Each session will include Opening Words, the Lighting of the Chalice and an overview of the session which can include readings, thought provoking questions, time for sharing and individual contemplation. The following is a general outline of the four sessions. Each session’s details will be repeated in the issue of The Chalice in which it takes place.

CHANGING THE PARADIGM: FROM AGE-ING to SAGING SERIES

Session One – September 23, 2018 – 12 noon to 2pm – The Sanctuary

- Spiritual Eldering and Personal Transformation
- Deepen our understanding of aging and elder-hood
- Re-memorying and En-visioning – Significant people in our lives
- Visiting our Lives as Cycles of a Year
- Various views of “Life’s Stages”

Session Two – October 28, 2018 – 12 noon to 2pm – The Sanctuary

- Art of Life
- Life Transitions – from older to elder
- To whom would you write a letter of appreciation?
- Expressing ourselves – Physically, emotionally, mentally, and spiritually

Session Three – November 18, 2018 - 12 noon to 2pm – The Sanctuary

- The Eternity Factor
- Examining the losses in our life including diminished hearing, vision, mobility, and the death of family/friends
- Jung’s Elder Archetype – views of maturity that transcend the ego
- Earth Centered traditions – The Crone; the Grandmother Lodge
- Writing an Ethical Will
- Perspectives on death and dying – Buddhism, Judaism, Christianity

Session Four – January 20, 2019 - 12 noon to 2pm – The Sanctuary

- Mentoring and Elders as Healers of Family, Community, and Gaia
- Ways in which we have been mentees and mentors
- Intergenerational Giving
- Becoming Sages- How we can serve the planet, country, community, family

We strongly recommend that you commit to attending each monthly session. Participation will be enriched if you are able to read the chapters in the text prior to attending. A generous donor has already purchased ten books. You may borrow one now if you wish to start reading. Sign-up sheets will be available in early August. Please see any member of the Adult Religious Education Committee if you have questions (Kathryn LaMar; Diane Meyerson; Shelia McClellan, Ethel-May Shaw, and Mileva Saulo Lewis).

Note: Changing the Paradigm From Age-ing to Sage-ing courtesy of Sage-ing® International



Save the Date--Saging International also has an upcoming educational event:

**Elder Voices Transforming the World:
Our Stories in Action!**



Sage-ing® International
2018 Global Conference
Oak Ridge Hotel & Conference Center
Chaska, Minnesota USA



Calling all Elders to come together to-

- Connect with a community of Elders committed to aging consciously & creatively
- Be a part of the movement to change the paradigm of Age-ing to Sage-ing!
- Put the wisdom of our years into action and take a stand for the well being of the future
- Be inspired by seven amazing keynote presenters (see reverse for details)
- Enjoy the comfort and accessibility of Oak Ridge Hotel & Conference Center
- Learn from the wisdom of Sage-ing educators offering numerous inspiring sessions

www.sage-ing.org | October 25-28 | 2018

Announcements

Get Involved! Creative Committee Projects

We are looking for help with upcoming projects: photography, cooking circles, social media, public relations, computer support, and more! Training provided. Or let us know if you have another talent to lend! Contact Emily Watkins at newsletter@gmail.com

Interfaith Awareness Week, August 5 to 12

Governor Jerry Brown and the California State Assembly have proclaimed 2nd week in August as Interfaith Awareness Week.

South Hayward Parish Bingo Fundraiser, Saturday, August 4

Carpenter's Hall, 1050 Mattox Road, Hayward. Doors open at 4pm. Games start at 6pm. Proceeds go to South Hayward Parish (SHP). Play Bingo & Support our Food Program. Questions? Call Randy: 510-909-8589

South Hayward Parish Tacos-Ribs Fundraiser, Saturday, August 11

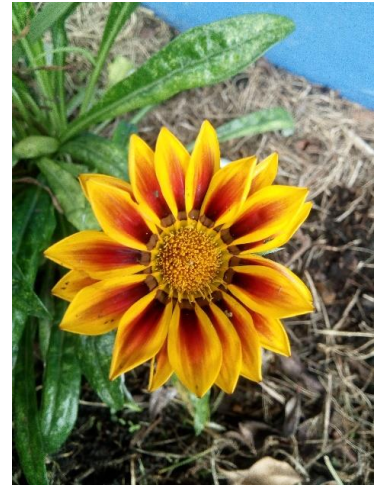
Jim Gonzales talks about Social Justice, 2 to 8pm at 18724 Dublin Court, Castro Valley. Admission: \$20 a person. Proceeds go to SHP's food program and other services. Questions: Call 510-785-3663

Game Night Saturday, August 18

Mark your calendars for SKUUC game night held in the Fellowship hall at 6:30 pm. Beverages provided.

Book Communion, Sunday, August 26

The Aug 26 service will be our book communion. Remember to bring a book to put upon the altar. You will be able to choose a different book to bring home at the end of the service. Let us celebrate reading!



August Birthdays

2-Aug	Joyce Kinnear	19-Aug	Frank Burton
4-Aug	Sylvia Blake	20-Aug	Marge Schwab
13-Aug	Al Murdach	21-Aug	Regina Fassano
13-Aug	John Gruver	25-Aug	Garald Mosher
16-Aug	Tasha Casini	27-Aug	Jennifer Koney
18-Aug	Lena Rose Kiesling	30-Aug	Terry Preston

Wheel of Life

Congratulations to Wayne Bennion on the 1 year anniversary of his new kidney!



Communication Workshop

October 14, 2018 – 12 noon TO 4pm

POWERFUL NON-DEFENSIVE COMMUNICATION WORKSHOP

We are privileged to have Sharon Strand Ellison, author of *Taking the War Out of our Words: The Art of Powerful Non-Defensive Communication*, as pulpit guest and workshop leader on October 14th to teach us about her unique approach to communication.

- Ellison believes that much of our traditional system for communication is “the War Model.” We use questions to interrogate, statements to persuade or coerce, and boundary setting to control and when that fails, to punish. What Ellison offers instead is a model of communication that uses curiosity and clarity and openness instead of confrontation and coercion.
- Each day we watch the nature of civil discourse descend to depths lower than we could have imagined. Have you struggled to find a way to have a meaningful conversation with someone who supports President Trump, opposes abortion, or denies global warming? Language matters; we need to listen and speak differently in these challenging times.
- Those who have attended Ellison’s workshops, including several members of our congregation and those at the Unitarian Universalist Church in Palo Alto, learned the disadvantages of the “war model” and acquired specific non-defensive tools that transform everyday communications. They learned how to address difficult subjects in direct, caring, non-judgmental ways. “*Words can be tools instead of weapons.*” —Ellison

Sharon Strand Ellison has worked extensively with spiritual communities. You can read about this work on her website at <http://pndc.com/workshops-training/community-spiritual-communities-more.php#overview>.

More details to follow in the September issue of *The Chalice*.

Starr King Church Calendar

For details about these activities, go to www.starrking.org/calendar and hover your cursor over an event.

August 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 * 7:30 pm Evening Meditation	2 * 7:00 pm Board of Trustee's	3 * 7:00 pm Drum Circle - Canceled	4
5 * 10:30 am Worship Service	6 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	7	8 * 3:00 pm Pastoral Care Committee * 7:30 pm Evening Meditation	9 * 7:30 pm SKIT	10	11
12 * 10:30 am Worship Service * 12:15 pm Peace and Justice Team	13 * 6:30 pm Rainbow Group LGBT NA	14 * 11:00 am Adult RE	15 * 12:00 pm Elders Meeting * 7:15 pm SGM Evenings * 7:30 pm Evening Meditation	16 * 7:00 pm Worship Committee	17	18 * 6:30 pm Game Night * 7:00 pm Reader's Theater Rehearsal
19 * 10:30 am Worship Service * 12:00 pm Church Bookstore Open	20 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	21	22 * 7:30 pm Evening Meditation	23	24	25
26 * 10:30 am Worship Service	27 * 6:30 pm Rainbow Group LGBT NA	28 * 1:00 pm Executive Committee	29 * 7:30 pm Evening Meditation	30	31	

