



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

September 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
510-581-2060
www.starrking.org

Parish Minister

Rev. María Cristina Vlassidis Burgoa
minister@starrking.org

Office Administrator

Kelli Abatangelo
office@starrking.org

Church President

Will Fitch
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Director of Religious Exploration

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

Newsletter

newsletter@starrking.org

September Theme: Vision

September 2: RESIST

Our 15th annual **Labor Day Sunday Service** celebrates the sacrifices that workers make to advance the cause of social justice. We will lift our own spirits with the music and poetry of liberation.

September 9: Water Ceremony

The water ceremony that celebrates our diversity, deepens our connection to each other, and renews our solidarity with communities in resistance. Bring some water that represents your summer to be poured into a common bowl. Water is Life!

September 16: Vision, Mission, and Covenant

Representatives of our Board of Trustees and the Committee on Ministry join us in the pulpit to reflect on the importance of developing a clear picture of our congregation's shared mission, vision, and covenant.

September 23: Vision Quest

We continue with our monthly theme of "Vision" and explore how our personal lives are guided by our dreams, aspirations, and spiritual practices.

September 30: Envisioning Your Re-Kindled Spirit

We will envision the importance of our presence in all the different relationships we have.

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Water Communion & Potluck, September 9

On September 9th we kick-off the start of our new church year with our traditional water communion followed by a potluck BBQ and picnic at Lake Chabot, hosted by the RE committee. All are invited! For the service, bring along a sample of water that represents your summer experience to add to our communal well. And please bring some food to share at our potluck picnic. But most importantly, bring your beautiful selves!

Wheel of Life

Emma Middleton started middle school in August and celebrates her birthday on September 1st.

Condolences to Debbie Fredrick, who lost her mother recently.

September 23 is autumn equinox, when day and night are of nearly equal length all over Earth.



Social Justice

Global Climate March in SF, Saturday, September 8



We are marching as a group with thousands of others from Embarcadero Plaza to Civic Center, about 1.7 miles, to demand action on climate, jobs, and justice.

You can also meet us at Civic Center for the rally if you choose not to walk. We line up at by 10am and begin the march at 11am and it should take about 2 hours to get to Civic Center.

Join us in one of three ways:

- 1) Meet us at the Castro Valley BART station by 8:45am that morning (with BART ticket in hand!) to catch the 8:52am train to Embarcadero.
- 2) Meet us at Embarcadero at the cube sculpture at about 9:30am.
- 3) Get there however you can to meet our group and text Jennifer (510-846-1325) to find out where we are.

Wear your yellow Starr King UU shirts (see Mary Lou Schuler if you need one) and we'll have banners and signs to carry. Join us as we join others as "We Rise for Democracy" and meaningful climate action with other interfaith climate justice groups! Contact Jennifer or Frank for more information.

From the Minister

Beloveds,

This Summer began with General Assembly in Kansas City where I joyfully received Final Fellowship. In July I joined hundreds gathered in San Diego answering Mijente's call to take grounded and strategic action against family separation, criminalization and further the demand to Abolish ICE.



Later in July, Mama Lily and I traveled to Puerto Rico, where I had the blessing of spending time with dear friends who are still rebuilding a year after the devastating hurricane. I attended a public demonstration led by the organization where I used to work "Coordinadora Paz Mujer" a coalition against domestic violence. We set up clothes lines in the public square and hung handkerchiefs embroidered with the names of the victims to denounce violence and to honor their lives. It was heartbreaking and beautiful at the same time, to see so many people show up in support. Being in Puerto Rico offered me plenty of opportunities to practice self care swimming in the ocean, sharing meals with good friends, meditating in the evenings while listening to the song of the tiny frogs ("*coqui*"), and practicing deep listening. One of the highlights of my trip was attending the annual Procession of Santiago Apostol in Loiza, the town where I conducted field research for my doctoral dissertation. It was good to be among the people of Loiza and soak in their devotion, resiliency, and love of drumming and dancing! In the coming weeks, I hope to share with you more about my experiences in Puerto Rico.



As I begin this new church year, I feel refreshed, grounded, and filled with the energy of the ocean. Reaffirmed in my ministry with my Beloved Starr King UU Church congregation, I return to you with a heart filled with joy and hope for another year together. I've missed you! It is so good to be back home!

With Much Love,

Rev. María Cristina Vlassidis Burgoa



August book communion service was a big hit!

Glen Jacob led our annual book communion where you bring one book and leave with another.

Books discussed in the service:
 The Phantom Tollbooth (Norton Juster), On the Road (Jack Kerouac), Smoke Gets in Your Eyes: and Other Lessons from the Crematory (Caitlin Doughty), IT (Stephen King), and Moby Dick (Herman Melville).

Board Report

Summer is quickly turning to fall; how did that happen so fast? While we missed Reverend María-Cristina in the pulpit, the Worship Committee gave us a lot to think about. There have been many people who have worked hard to keep the church running smoothly, promote community, and give us all a variety of valuable experiences.

Many families took off for some great vacations, but there were activities for the children who were in the area. If you have taken a look at the children's program over the last couple of months you have probably seen Lorie Miller finding unique and entertaining ways to engage the kids in fun activities. There were many folks who worked with Lorie but a couple of very special people are Lea Casini and Donnie Rett.



The services this summer were an eclectic mix of serious subjects, whimsy, and thought-provoking subjects; often all in a single session. Our hats are off (some of us still wear them) to the worship committee and those who worked to make this a memorable summer series. We were reminded that we are all immigrants as some rush to exclude and separate others in the sermon "In or Out". The comedy service will always be remembered for the great timing of Stuart and Glenn in their reading of "Who's on First". The "Scopes Monkey Trial" was a huge success thanks to Bob Meyerson, Bob Britton, Glen Jacob, Ruth Desmidt, and of course Al and Jo Murdoch. These and all the rest of the services were put together with care by the worship committee and they deserve a lot of credit.

There are many who make Sunday special for us; Lavon who makes sure the coffee is on, Walt who keeps the grounds looking nice, all the folks who do the sound, ushers, and of course all of the congregation. Thank You.

Roy Dickerson

What I Did This Summer

I asked for vacation photos on our [members only Facebook page](#), and you came through! If you're not already a member, please consider joining. It's a completely private space where we share photos, post important reminders, and chit chat amongst ourselves. Thanks for supporting your church newsletter and social media.

Emily Watkins, editor



RE Reflections

Welcome to the new church year! I hope you had a restful and relaxing summer. It is so important to take time for yourself and those you love and to practice self-care. We are like batteries that run low on energy and need to be recharged or else we risk burning out. Taking playtime, downtime, and family time (PDF) allows us to recharge our batteries and gets our creative juices flowing.

The incredible feeling of peace and calmness that you experience at the beach is now being referred to as “blue space.” That’s what scientists have dubbed the effect that the combination of soothing smells and sounds of water have on your brain. When you notice how relaxed you feel at the beach, it’s not just all in your head. via CoreSpirit

You don’t have to spend a lot of money or go on a fancy vacation in order to re-energize. Go outside in nature and get in touch with the elements. Spend time together with loved ones and friends at a park or library. Simply slow down, take naps, get enough sleep and resist the urge to overschedule. Shift your focus from doing to being. Be kind to yourself.



Hope to see you all at the potluck following the water communion service on September 9!

Allison Prout, RE Director

Adult RE

Fall & Winter Series



The purpose of this fall/winter series 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.

23 September: Spiritual Eldering and Personal Transformation
28 October: Art of Life
18 November: The Eternity Factor
20 January: Elders as Healers of Family, Community, and Gaia

All classes are from 12-2pm.

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 September. 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



Announcements

SHP Bingo Fundraiser Saturday, September 15

At Carpenter's Hall, 1050 Mattox Road, Hayward. Doors open at 4pm and games start at 6pm. Proceeds go to South Hayward Parish. Play Bingo and support our Food Program! Questions? Call Randy: 510-909-8589

Communications Workshop Sunday, October 14

We are excited to have Sharon Ellison, author of the book Taking the War Out of our Words - The Art of Powerful Non Defensive Communications, as our pulpit guest and workshop leader on October 14 from 12-4pm. For questions or to volunteer to help, see Mileva Lewis or Beth Ogilvie.

Service Auction Saturday, October 27

SAVE THE DATE (and your dollars!): Our biggest biennial fundraiser is being planned for Saturday, October 27 from 6 - 9pm. This fun-filled event is where you can get amazing services, such as extravagant themed dinners, sailing on the Bay, your windows washed, and rides to the airport - all while supporting your favorite church in a big way.

Raise Money for Starr King Register for eScrip and Shop Locally

We get 3% of your total purchases at:

- Lucky
- Food Maxx
- Save Mart
- Black Angus, 15800 Hesperian Boulevard, San Lorenzo
- Ghazni Afghan Kabobs, 1235 A Street, Hayward

To create an account at <http://www.escrip.com>, choose "Starr King Unitarian Church" as the non-profit to receive benefits, and enter the phone number(s) you have linked with your Lucky Rewards account.

If you don't have a Lucky Rewards account, create it here:

<https://www.luckysupermarkets.com/rewards/my-rewards#Account>.

Then anytime you use that phone number when you make your purchase at Lucky, Starr King will get credit.

Help Starr King from Your Computer!

Please give SKUUC an honest review here on [Facebook](#)



Ongoing Activities

Choir Practice	Meets every Sunday from 9:15 – 10:15am in the Fellowship 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.
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	Starting again in October!



September Birthdays

2 Mary Lasack	9 Ruth Hultman-DeSmidt	17 Mary Ann Davis
3 Andrew Lasack-Chappel	9 Linda Miyoshi	18 Rev. María Cristina
3 Olivia Kiesling	11 Marilyn Mosher	20 Carey Sanchez-Para
4 Mama Lily	13 Liz Macera	28 Allison Fink
6 Daniel Hitchings	14 Kirk Smith	29 Donnie Rett
8 Michelle Lovett-Fink	15 Terri Owen	



Starr King Church Calendar

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2 * 10:30 am Worship Service	3 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	4	5 * 7:30 pm Evening Meditation	6 * 7:00 pm Board of Trustees	7 * 7:00 pm Drum Circle	8	
9 * 10:30 am Worship Service * 12:00 pm Fall Kickoff BBQ	10 * 6:30 pm Rainbow Group LGBT NA	11	12 * 12:00 pm SGM afternoons * 3:00 pm Pastoral Care Committee * 7:30 pm Evening Meditation	13 * 7:30 pm SKIT	14	15	
16 * 10:30 am Worship Service * 12:00 pm Church Bookstore Open * 12:15 pm Peace and Justice Team	17 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	18	19 * 12:00 pm Elders Meeting * 7:30 pm Evening Meditation	20 * 7:00 pm Worship Committee	21	22	
23 * 10:30 am Worship Service * 12:00 pm Adult RE Presentations	24 * 6:30 pm Rainbow Group LGBT NA	25 * 1:00 pm Executive Committee	26 * 12:00 pm SGM afternoon * 7:30 pm Evening Meditation	27	28	29	
30 * 10:30 am Worship Service							