



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

November 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
president@starrking.org

Director of Religious Exploration

Allison Prout
dre@starrking.org
DRE Office Hours:
Wednesday and Thursday,
10:30am – 2:30pm

Newsletter

newsletter@starrking.org

November Theme: Sanctuary

November 4: Immigration Justice Sunday

Our Unitarian Universalist values call us to be in solidarity with all immigrants and refugees and work to dismantle inhumane immigration systems and practices. Join us as we recommit ourselves to being a living sanctuary and practicing radical hospitality.

November 11: Reflections on Panama

Have you ever dreamed of no winter and warm weather? Thought about moving to Central America? Or, do you wonder why migrants from Central America come to the US? Do you ask yourself what you can do? Joyce Kinnear shares her perspective after living for 18 months in rural Panama.

November 18: Thanksgiving

Join us as we express our gratitude as a community and share our blessings with our community partner South Hayward Parish.

November 25: Sanctuary, Meditation, Faith, & Prayer

Bob Meyerson explores how the words “sanctuary, meditation, faith, and prayer” are so subjective...especially to people of free will and free thoughts.

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Thanksgiving Dinner Thursday, November 22nd, 1pm

Look for the sign-up sheet in the fellowship hall! Remember, it's just a guideline so we have an idea of attendance - and so we're sure not to have all desserts and no veggies. Last minute folks will be welcome (we'll make a "plan B"). As always, we welcome guests and friends!

Contact Donnie Rett (bdrett146@att.net) or Mary Shields (maryshields65@gmail.com) with questions, suggestions, or offers of help. Hope to see you there!



Wheel of Life

Congratulations to Beth Ogilvie and Susan Straghalis, who recently celebrated their 5th wedding anniversary - and 27th anniversary of the day they began their life partnership.

Long time member Doris Dunbar Haskell passed recently



Service Auction & Dia de los Muertos



The biannual service auction was a huge success! Together we raised **\$18,511** for our beloved church - and **\$4,150** for the Children's Religious Exploration Special Fund. And we had so much fun doing it!

Thank you to everyone who made it happen, especially our outstanding organizers Jennifer Koney and Diane Meyerson.

Dia de los Muertos 2018

We Remember! ¡Presente!



For more October photos and to see events as they happen, [please join our private Facebook group](#) for church members. Fun photos, UU-themed articles, and connecting with everyone outside church hours! Contact Emily Watkins (emily.m.watkins@gmail.com) if you have questions.

From the Minister

Beloveds,

I want to share these words from our UUA President,
Susan Frederick-Gray:



"...Our Unitarian Universalist faith affirms that no person's identity is dictated by laws and legislation. In accordance with our First Principle, transgender, genderqueer, non-binary, and ALL persons possess inherent worth and dignity, which includes the right to define who we are. The Trump Administration's attempt to erase trans identity is an attack on our Beloved Community as a whole and is the latest in a series of human rights violations that feed cruelty and threaten the inalienable right to life, liberty and the pursuit of happiness.

We unapologetically reject any effort to erase transgender people and their identity and demand that President Trump put an end to any and all policies that bring further harm to marginalized communities already at risk.

As Unitarian Universalists, we affirm the inherent worth and dignity, the full humanity and beauty of our trans siblings. Beloveds, we see you. We will follow your lead.

My fellow UU's, we've also got work to do to be communities of inclusion and solidarity, protecting and advocating with the transgender, genderqueer and non-binary community.

As Unitarian Universalists, we are with Chelsea Manning who declares, "Laws don't determine our existence - *we* determine our existence...we will keep fighting."

May it be so! We are holding a contemplative service on Tuesday, November 20th for the Transgender Day of Remembrance. Please bring your beautiful spirit to the sanctuary from 6-8pm. We will honor victims of transphobia and bring our loving attention to the ongoing violence and erasure experienced by the transgender community.

With Much Love,

Rev. María Cristina Vlassidis Burgoa



We unapologetically reject any effort
to erase transgender people.
We affirm the inherent worth, dignity,
and humanity of our trans siblings.

Board Report

It seems like yesterday when summer began and now we are on the cusp of Thanksgiving. We have a lot to be thankful for. As I write this it makes me proud to belong to this congregation and feel lucky to have this life. There is much talk in the news of the people trying to get to this country and Europe. When I hear of those who are desperately trying to find a better life and find roadblocks and walls I can't help but think we are reliving a desperate time when our country saved civilization.

We in America have had a chequered past on human rights and are today split between two very different world views. While the Statue of Liberty was a beacon to all, we turned away many who had nowhere else to turn in those difficult times. In the last few weeks I have heard from people both blue collar and professional, American and foreign, who want us to follow a more compassionate path. This congregation and other like-minded people are the ones who stand up for those who have no "plan B".



The people who are waking up to today's reality come from all of walks. I was working with a technician from Tennessee whose thirty year-old friend has lived here since he was 4 years old yet was pulled over for a minor offense and deported within hours. We know people who go to work every day and contribute as much to our community and country as we do yet they are in jeopardy every day. In talking to an Australian retired engineer on his way around the world who had just visited Ellis Island, he couldn't believe how America had lost its way; I hope I convinced him that not all of us had need of a new compass.

It is with a great sense of relief that our community values the ideals of democracy this country was founded on. That some find the greed of unbridled capitalism a pole star for their politics makes me wonder at what went wrong in their education. That most of them are going against their own self interest and haven't a chance at joining their billionaire idols makes this a most bizarre paradox. I hope we can put aside our emotions and engage those with different views in a constructive way.

As we enter the holidays we are faced with great problems and opportunities. There have been problems in the past that seemed insurmountable and yet we persevered. Our community has been a beacon for our values in the past and will be one now and in the future.

Roy Dickerson

RE Reflections

Theme: Sanctuary

This month we will explore the theme of sanctuary through several different lenses. We will lift up actual worship sanctuaries and the importance of place. Many congregations call their main meeting room, a sanctuary. We will help our children understand why these rooms are called a sanctuary and how their own Sharing Circles can be a sanctuary of sacred space. We will explore:

- The very current New Sanctuary Movement and the way people can be sanctuaries and shelters for each other. This is a time to share why our sibling congregations and faiths have made the decision to be a sanctuary church. We are grateful that our monthly theme has coincided with this very pressing and important issue of protecting the vulnerable among us and bringing more compassion to our nation's immigration policies.
- Our earth and interdependent web as a sanctuary that supports and sustains us all. This lens gives us a way to celebrate the work of being a Green Sanctuary church.
- Sanctuary as a place of inner quiet. This type of Sanctuary is especially important as an antidote to the world of multitasking, social media, and information overload. This is one of our faith's greatest gifts: providing the tools and companions to help us all navigate through the noise and find our inner sanctuaries within.

ADAPTED FROM SOUL MATTERS RE RESOURCE PACKET OCT 2018 BY ALLISON PROUT



On Sunday, October 7th, some of our youth worked with Starr King members and another volunteer group to help pack 6,480 meals!

Starr King also collected \$1,112 during the worship service, which translates to 5,560 balanced, nutritious meals for hungry children around the world. Big thanks to KAH and everyone who participated!

Adult RE



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.

28 October session has been rescheduled for 18 November

On November 19th we will continue to explore Life Transitions and balancing two life energies: *Beginning Instinct* which is focused on reproductive energy and establishing ourselves in the world, and *Completing Energy* or the shift in life energies when reproduction and productivity are not the goals. Focus will be on noticing changes, appreciation, gratitude, and turning failures/disappointments into success.

18 November: Life Transitions

20 January: The Eternity Factor

To Be Announced: Elders as Healers of Family, Community, and Gaia

All classes are from 12-2pm in the Sanctuary.

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 are available in the Fellowship Hall. In Depth Discussion Guides are in the Fellowship Hall, at least one week before the session. 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

Powerful Non-Defensive Communications

by Beth Ogilvie

On Sunday, Oct 14, Sharon Strand Ellison, the author of [Taking the War Out of our Words: The Art of Powerful Non-Defensive Communications](#), was our pulpit guest and then led a workshop in the afternoon on PNDC. Sharon says:

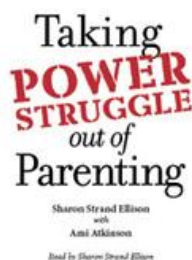
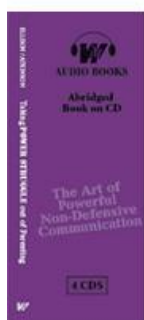
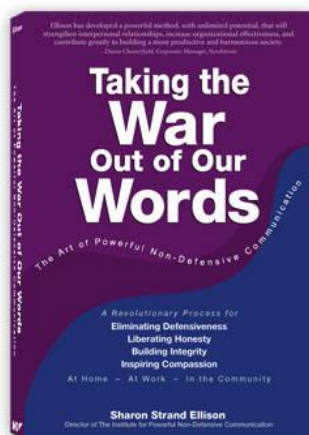
Our spiritual growth is deeply impacted by how we communicate. Traditional methods of communication create and accelerate defensiveness and can block our potential for "walking our talk"—i.e., living out our ethics in our intimate and professional relationships, as well as in community. People in spiritual communities can learn how to have internal dialogues that balance self-acceptance with self-examination. [We] can also gain skills for expressing beliefs passionately, without judgment, honoring each person's humanity.

Learning these skills can give people in spiritual communities the ability to be both honest and compassionate with each other. Others often drop their own defenses in response, which can transform conversations over difficult issues, as well as relationships between individuals, and have a huge impact on community cohesiveness. Being able to defuse defensiveness opens minds and hearts and is an essential key not only in our spiritual lives, but also in creating justice and healing the violence that has pervaded human history. If we use a different paradigm for language, we can maximize our potential for creating strong spiritual communities that contribute to making peace a viable, contagious process.

If you missed the day, and/or would like to learn more about PNDC, here are some resources:

- [Sharon's sermon](#) (www.starring.org/services/pnnc)
- [Sharon's website](#) (www.pnnc.com). This has a wealth of material plus information about her book and audio CDs and downloads. I highly recommend her book.
- [Playlist of YouTube videos](#) featuring Sharon (<https://bit.ly/2NYEkBe>)

I've just finished an intensive 6-day course with Sharon on how to teach PNDC, my 5th PNDC class. I'm interested in exploring how we as a community can continue to learn PNDC and develop our skill. If you would like to strategize with me, or be in a group that explores PNDC, please contact me at beth@betho.us or 510-363-0612.



Invitation: Join the White Racial Literacy Book Group

1st and 3rd Mondays, 7:15pm, starting January 7th

Last spring, 12 white church members - including the 4-member executive committee and the white half of the Committee on Ministry - began meeting monthly to read and discuss Robin DiAngelo's book *What Does it Mean to be White: Developing White Racial Literacy*. When it started to look like we'd all die of old age before we finished the book, we switched to meeting twice a month. We are happy to report that we are nearly done! We plan to finish the book in November, then give ourselves December off.

For me, this group has been a form of **Small Group Ministry**. It's a committed group of people willing to discuss difficult topics honestly, and to help each other through the tough parts with kindness and understanding. I continue to be amazed and humbled and warmed by the dedication of the participants. And **it's not just a book group**. We talk about our culture, our church, and ourselves, and what it might look like if we were truly welcoming and inclusive.

In January we will start a new book, [Centering: Navigating Race, Authenticity, and Power in Ministry](#), and we are opening the group to new members. Some of our folks will be dropping out, and we'd love to have new people join us.

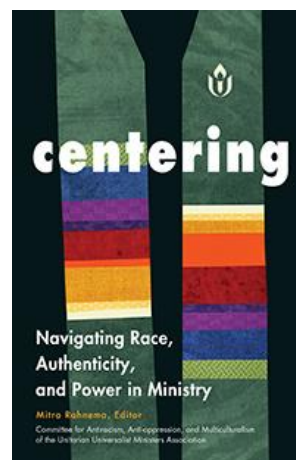
Centering is from Skinner House Books. The UUA Bookshop website says "A joint project of the Committee for Antiracism, Anti-oppression, and Multiculturalism of the UUMA [the UU Ministers Association] and Skinner House Books, *Centering* is the first book to center the stories, analysis, and insight of Unitarian Universalists of color offering their religious leadership." It continues:

The 2017-18 UUA Common Read

*In October 2015, a group of distinguished UU religious professionals of color gathered together in Chicago to embark on a radical project. The conference was sponsored by the UUMA's Committee on Antiracism, Anti-oppression, and Multiculturalism. It started with the premise that discussions of race in Unitarian Universalism have too often presupposed a White audience and prioritized the needs, education, and emotions of the White majority. The goal was to reframe Unitarian Universalist anti-oppression work by putting the voices, experiences and learnings of people of color at the center of the conversation. The resulting book, *Centering*, captures the papers that were presented and the rich dialogue from the conference to share personal stories and address the challenges that religious leaders of color face in exercising power, agency, and authority in a culturally White denomination. *Centering* explores how racial identity is made both visible and invisible in Unitarian Universalist ministries.*

If you are a white person interested in raising your consciousness about race and racism and creating a just and loving world, please join us.

Beth Ogilvie





Announcements

Thanksgiving Dinner Thursday, November 22, 1pm

Look for the sign-up sheet in the fellowship hall! Remember, it's just a guideline so we have an idea of attendance - and so we're sure not to have all desserts and no veggies. Last minute folks will be welcome (we'll make a "plan B"). As always, we welcome guests and friends!

Contact Donnie Rett (bdrett146@att.net) or Mary Shields (maryshields65@gmail.com) with questions, suggestions, or offers of help. Hope to see you there!

Transgender Day of Remembrance Tuesday, November 20, 6-8pm

Join us in the Sanctuary for a contemplative service.

Keep Hayward Clean and Green Saturday, November 17 at Palma Ceia Park

Join your community in cleaning up the area in and around Palma Ceia Park (27600 Decatur Way) Saturday November 17 from 8-11:30am. Vests, grabbers, bags and gloves are provided and those who stay until 11:00 are eligible for a prize! Call Ginny with any questions (510) 225-5980.

Raise Money for Starr King Register for eScrip and Shop Locally

We get 3% of your total purchases at:

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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.

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<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.

November Birthdays

2 Lesley Hitchings

2 Bob Meyerson

3 Diana Dickerson

6 Kathryn LaMar

8 Bob Rett

11 Jordan Baker-Blanc

14 Hank Wagner

21 Alyssa Baker-Blanc

30 Susan Blanc



Ongoing Activities

Beloved Conversations	A curriculum for exploring the role of race/ethnicity in individual and congregational lives. Registered participants only.
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	To be announced...



Starr King Church Calendar

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

November 2018						
« Prev						Next »
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 * 7:00 pm Board of Trustees	2 * 7:00 pm Drum Circle	3
4 * 10:30 am Worship Service	5 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	6	7 * 7:30 pm SGM Evenings * 7:30 pm Evening Meditation	8 * 7:30 pm SKIT	9	10
11 * 9:00 am Choir Practice * 10:30 am Worship Service * 12:15 pm Peace and Justice Team	12 * 6:30 pm Rainbow Group LGBT NA	13 * 11:00 am Adult RE * 6:30 pm Beloved Conversations	14 * 12:00 pm Staff Meeting * 12:00 pm SGM afternoons * 3:00 pm Pastoral Care Committee * 7:30 pm Evening Meditation	15 * 7:00 pm Worship Committee	16 * 9:00 am Safety Committee	17
18 * 10:30 am Worship Service * 12:00 pm Adult RE Presentations * 12:00 pm Church Bookstore Open	19 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	20 * 6:00 pm Transgender Day of Remembrance	21 * 7:30 pm SGM Evenings * 7:30 pm Evening Meditation	22	23	24
25 * 10:30 am Worship Service	26 * 6:30 pm Rainbow Group LGBT NA	27 * 1:00 pm Executive Committee * 6:30 pm Beloved Conversations	28 * 12:00 pm SGM afternoon * 7:00 pm RE Council * 7:30 pm Evening Meditation	29	30	