



Newsletter

*Starr King
Unitarian Universalist
Church of
Hayward, California*

December 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
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Church President

Will Fitch
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Director of Religious Exploration

Allison Prout
dre@starrking.org

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

Newsletter

newsletter@starrking.org

December Theme: Mystery

December 2: Mystery: *Rev. Maria Cristina.* Mystery! Mystery! Life is a riddle and a mystery! Join us as we explore the meaning of mystery and the spiritual practices which offer us opportunities to embrace the riddles and mysteries of our lives.

December 9: Hanukkah. *Rev. Maria Cristina* Join us as we light the Menorah and celebrate the Festival of Lights.

December 16: Las Posadas & Children's Christmas Pageant. *Rev. Maria Cristina.* Don't miss our adorable children's dress rehearsal for Las Posadas.

5 pm Las Posadas Evening Procession: Join us as we walk around the neighborhood singing Christmas carols and later enjoy a community meal at church. All are Welcome! Bring a friend!

December 21: Winter Solstice Service at 7 pm. A contemplative evening service offering respite, soothing music, and the comfort of community. *Beth & Emily.*

December 23: Multigen Christmas Celebration with carol sing-along led by Linli Wang. Christmas party immediately following the service.

December 24: 5 pm Christmas Candlelight Service.

December 30: The Best Laid Plans. *Guest Preacher: Rev. Ranwa Hammamye.* We often make plans, agendas, and itineraries for our lives, sometimes rooted in hope, sometimes rooted in a desire to maintain some sense of control and predictability. But what happens when things do not go according to plan? How do we interact with the unexpected?

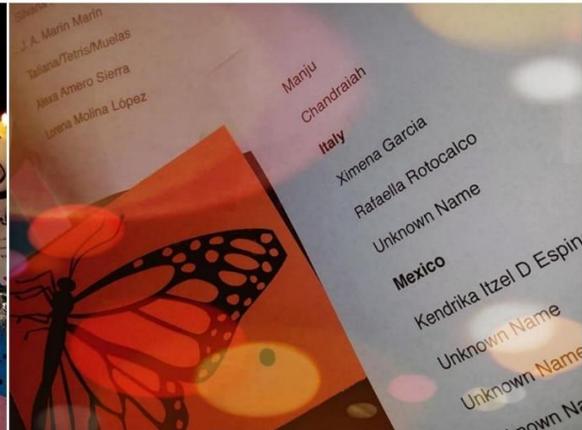
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Transgender Day of Remembrance; November 20



Ongoing Activities

Adult RE Committee	Meets the 2nd Tuesday of the month, 11 am to 12 noon in the Conference Room.
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.
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@starring.org for more information.
SKIT Improv Troupe	Second Thursday of the month, 7:30pm. Open to all.
Yoga for the People	Currently on hiatus.

December Birthdays

2-Dec	Nancy Bonner-Benson	16 Dec	Henry Sprague
7-Dec	Mary Lou Schuler	24 Dec	Chris Selig
13-Dec	Zelma Nuñez-Borja	29 Dec	Glen Jacob
13-Dec	Stuart Fink	31 Dec	Karen Swain



From the Minister



Beloveds,

From UUA President Rev. Susan Frederick-Gray

"We must not turn away.

These are the days we are living in. Days that force us to consider how we combat the cruelty that would disperse tear gas (a chemical weapon banned in war) at children and parents, at refugees and migrants? How do we build more pathways of love and peace in this world? Where can we bring our broken hearts, our aching, doubting, exhausted spirits? How do we upend the messages of fear and cruelty that bring us further into violence and death? How can we be powerful activists for love and humanity?

We must not turn away.

A culture of cruelty has taken deep root in the United States. It is not new. It has long been planted in rhetoric and policies of dehumanization and systems of hate.

We must not turn away.

The only way through is showing up again each day with love and the fullness of our interconnected humanity; unwilling to let this violence and cruelty go unnamed or unchecked. Unwilling to let it cripple or stifle our capacity for kindness, gentleness and solidarity, we will not turn away.

Love is the future. Not hate and not fear. To this end, I share this prayer with you:

Spirit of life, spirit of creation, give us courage for the days ahead and the strength to keep siding with love, to keep showing up for justice and peace, in solidarity and hope. Spirit of life, spirit of creation, give us moments of deep connection, of friendship and family, of faith and joy, of deep caring to renew us and remind us of the good that is within us and possible for us all.

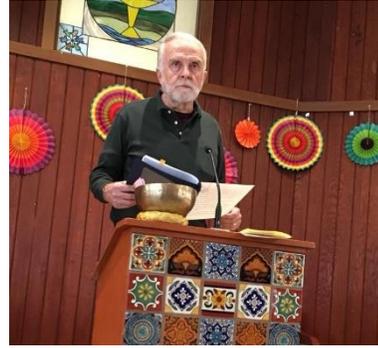
Blessed be."

With Much Love,

Rev. Maria Cristina



November Activities



Adult Religious Exploration

REFLECTIONS – COMMUNICATION REVISITED

George Bernard Shaw reportedly said, “The problem with communication is the illusion that it has happened.” On Sunday, October 13, about 50 people gathered in the Sanctuary and were privileged to have Sharon Strand Ellison, author of *Taking the War Out of our Words: The Art of Powerful Non-Defensive Communication* to teach us about her unique approach to communication. We were surprised to learn how quickly we can be triggered by becoming defensive before we even realize it.

I am reminded of what my piano teacher said when I was impatient with learning a new, difficult piano piece. I had to practice, practice, practice. We had a very small exposure to the changes that Sharon has developed. Perhaps we could view it as a tasting menu; an exposure or small taste to help us become acquainted with this unique approach to communication. Ellison offered us a model of communication that uses curiosity, clarity, and openness instead of interrogation, confrontation, and coercion. She demonstrated how making simple changes in voice, tone, body language, phrasing, and intention can defuse defensiveness, often instantly, even in high-conflict situations.

For those who were unable to attend the workshop, here is the handout of language samples to demonstrate the difference between defensive and non-defensive communication – open the following link:

<http://www.pndc.com/documents/summary-sheet-english.pdf>

To learn more, some members of the Adult RE Committee purchased her CD and found it helpful. Another member found an Introductory Workbook that was free of charge that provided an introduction, overview, specific ways to ask non-defensive questions and making non-defensive-statements, making predictions, and the importance of voice and tone. http://www.pndc.com/documents/ADR_PNDC_Introductory_Workbook.pdf

This Introductory Workbook walks you through the rationale for her unique approach, compares and contrasts the War Model of Communication with that of Non-Defensive Communication and provides many examples of Non-Defensive Questions, Non-Defensive Statements, and Predication Statements.

Ellison reminds us not to put too much emphasis on proper technique or trying to do each step every time we practice (Taking the War out of our Words, p. 237). Rather, be willing to learn, to acknowledge that developing new skills takes time and practice.

- Are you curious? Are you willing to learn more? The Powerful Non-Defensive Communication Web-site <http://pndc.com>. is a good place to begin. It is a wealth of information about her background, her book, audio CDs and downloads. If you are someone who learns best by seeing and listening, you may also find [Playlist of YouTube videos](https://bit.ly/2NYEkBe) featuring Sharon (<https://bit.ly/2NYEkBe>) helpful.



Our third session on Sunday, January 20, will discuss “The Eternity Factor” by examining the perspectives of death and dying from a Buddhism, Judaism, and Christianity perspective. We’ll discuss the impact of the death of family and friends. We’ll look at Jung’s elder archetype of the Crone and Earth Centered Traditions of the Grandmother Lodge.

While many people write a Last Will and Testament to deal with earthly possessions, we will explore the writing of an Ethical Will. Barry K. Baines, M.D., in his book, *Ethical Wills – Putting your Values on Paper*, (2nd edition, 2006, Da Capo Life Long – a member of the Perseus Books Group) describes the Ethical Will as an ancient custom of *passing on personal values, beliefs, blessings, and advice to future generations* (pg. 1). In his book he talks about asking his father to write an ethical will and its meaning for him. We’ll use Baines work to provide a guide to the Why, When, and How, of writing an Ethical Will as well as his guidance in preparing, caring, for and sharing your Ethical Will. A discussion guide will be placed in the Community Room early in January

The Adult Religious Exploration Committee meets on the second Tuesday of the month from 11 am to 12 noon in the Conference Room. **Please feel free to contact Diane Meyerson, Kathryn LaMar, Ethel-May Shaw, Shelia McClellan, Nancy Bonner-Benson, or Mileva Saulo Lewis, for further information.**



RE Reflections

Keeping the flame of multigenerational cooperation burning bright

Since the beginning of the church year we been working well together to include all ages in our community activities. We started the year off with a fun family picnic. We held monthly multigenerational worship services where children have been an active part of the worship services. We joined together with the Peace & Justice Action committee to support Kids Against Hunger. And our technology experts have been working with the kids to use solar energy to power up the computers for our coding workshops.

We the teachers, parents and Re Council Members are so thankful to all of the committees & members who work to include our children and families. These include music, worship, social justice and green committees as well as interior, grounds & safety committees.

The most recent example of community cooperation is the “Kid’s Garden” project that was initiated by groundskeeper, Walt Korus. Walt came to me with his idea to create a kid’s garden in one of the clearings on the upper property. After consulting with some members who are avid gardeners and members of the green committee, it was decided to put together some planter boxes that the children could use to practice sowing seeds and harvesting plants, to better understand the plant life cycle and what it takes to grow and care for living things.

A couple of weeks ago, Shiela McClellan, Lorie Miller and Walt Korus, guided the kids in planting garlic, onions and some winter lettuces & kale. We plan to have a harvesting lesson in the spring to reap what we have sown. When you get a chance, take a stroll up to the upper grounds and check out our garden project!



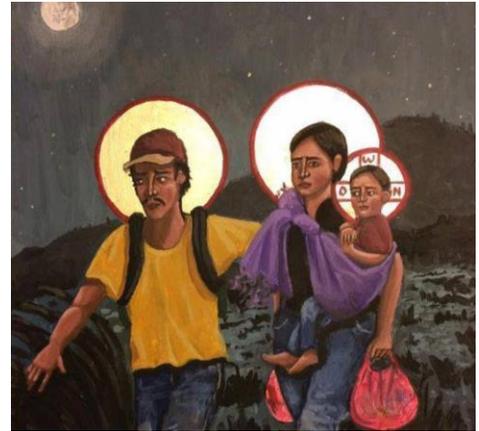
Announcements

Work Wanted: Mayerling, the mother who visited our church is seeking work either catering or cleaning. She is a wonderful cook! Contact Mary Lou Schuler if you have any work for her at 510-610-8170.

Las Posadas, Sunday, December 16, 2018 Las Posadas

On Sunday, December 16, at 5 pm we will gather to celebrate a beloved Latin American Christmas tradition known as *Las Posadas*. This event is in solidarity with all people fleeing violence and seeking refuge. Now more than ever, we recommit ourselves to becoming a living Sanctuary, opening the doors of our hearts and of our churches to welcome all immigrants.

We will process by candlelight in our neighborhood singing carols and afterwards will enjoy a community feast at the church. There will be piñatas and fun activities for the entire family. Join us!



Winter Solstice Service on Friday, December 21 at 7 pm: A contemplative evening service offering respite, soothing music, and the comfort of community.

Christmas Party Sunday, December 23: Stay after the service for tree trimming, caroling and treats. All are welcome!

Next Circle Supper is Saturday, February 2, 2019. Please see sign-up sheets on back table for details. For those new to Circle Suppers, this is a great way to socialize with new and current members at Starr King; a Host is assigned and people bring potluck items.

Ashland Trip, April 5 to 7, 2019: Save the Date!!! Our annual trip to the Oregon Shakespeare Festival in Ashland will be the weekend of April 5 to 7, 2019. Mark your calendars for fun! Details on the trip will follow.

Are you thinking about becoming a Member? Those of you who are frequent attendees but have not yet become official members are invited to reach out to Rev. Maria Cristina or Bob Simoni, the chair of the Hospitality & Membership Committee, to find out more about the privileges and responsibilities of becoming a member at Starr King. Once the decision to join is made, it's just a matter of signing the Membership Book. We are planning a special service on January 13 to welcome and introduce the members who have joined in the past year; we will have a cake celebration afterwards. Now is a good time to start the process.

Raise Money for Starr King; Register for eScrip and Shop Locally

We get 3% of your total purchases at: Lucky, Food Maxx, and Save Mart. To create an account at 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: 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.

South Hayward Parish News



Terri Owen, our liaison to South Hayward Parish (SHP), thanks the community for everyone's generosity. The church raised over \$2,000 in the special plate for the services provided by SHP to those in need in the Hayward area.

"Thank you to our wonderful Starr King Community! Your great generosity to South Hayward Parish will help our neighbors in so many ways. We are truly living our UU values with these generous donations of food and dollars. We raised over \$2,000 in our Special Plate. Thank you from me personally, and thank you again on behalf of SHP and all our many clients."



Lavon Hodges received the City's Volunteer of the Year Award for her work with SHP



Sue Merrill, former Exec Director of SHP



Starr King Church Calendar

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

December 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 SGM Evenings * 7:30 pm Evening Meditation	6 * 7 pm Board of Trustees	7 * 7 pm Drum Circle	8
9 * 9 am Choir Practice * 10:30 am Worship Service * 12:15 pm Peace and Justice Team	10 * 6:30 pm Rainbow Group LGBT NA	11 * 11 am Adult RE * 6:30 pm Beloved Conversations	12 * 12 noon Staff Meeting * 12 noon SGM afternoons * 3 pm Pastoral Care Committee * 7:30 pm Evening Meditation	13 * 7:30 pm SKIT	14	15
16 * 10:30 am Worship Service * 12 noon Bookstore * 5:00 pm Los Posadas	17 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	18	19 * 7:30 pm SGM Evenings * 7:30 pm Evening Meditation	20 * 7 pm Worship Committee	21 * 9 am Safety Committee * 7 pm Winter Solstice	22
23 * 10:30 am Worship Service * 11:45 am Christmas Party	24 * Office closed for Holiday * 6:30 pm Rainbow Group LGBT NA	25 * Office closed for Holiday * 1 pm Executive Committee	26 * Office Closed for Holiday * 12 noon SGM afternoon * 7:30 pm Evening Meditation	27 * Office Closed for Holiday	28 * Office Closed for Holiday	29
30 * 10:30 am Worship Service	31 * 6:30 pm Rainbow Group LGBT NA					

