



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

January 2019

**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

January Theme: Possibility

January 6: Leading Edges
Mr. Barb Greve

Having been called to leadership from an early age, Mr. Barb has been a leader most of his life. He will share some of the adventures saying “yes” has taken him on and reflect on the lessons learned during the journey.

January 13: Welcome Renewal

Join us as we recommit ourselves to achieving the five benchmarks in order to ensure that all LGBTQ2 people feel fully welcomed, centered, and embraced in our Unitarian Universalist congregation.

January 20: MLK Day

Join us in honoring the legacy of Rev. Dr. Martin Luther King, Jr.

January 27: Everything Possible

Let us gather to share our dreams and explore possibilities for the New Year.

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Epiphany

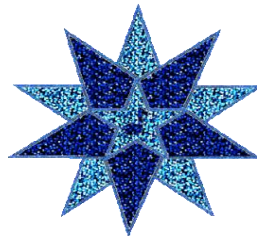
Epiphanies happen in unlikely places to unlikely people at unlikely times by unlikely means...

Epiphanies are realized in the places where we struggle: At the crossroads, where we summon the courage to change our course, change our minds, change our hearts...

Epiphanies happen wherever and whenever we connect to a sense of wonder.

This New Year, may you experience the joy of Epiphany as you receive the gift of Grace, the magic of child-like wonder, and the blessing of faith to follow your star!

Rev. María Cristina

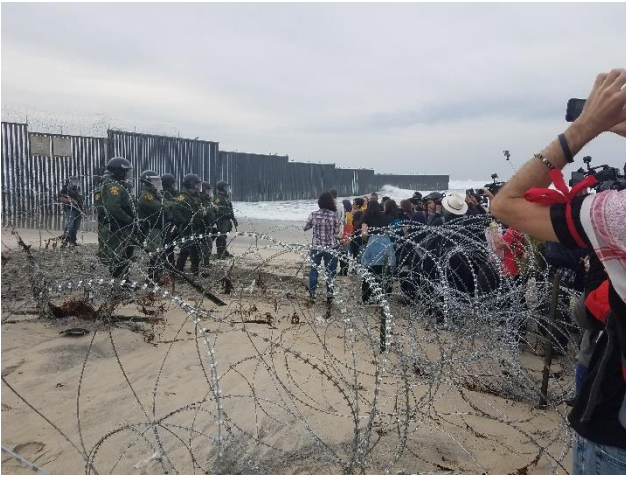


Envisioning Our Future – Beginning a Conversation and a Journey

Sunday, 17 February 2019, 12 - 4pm in the Sanctuary

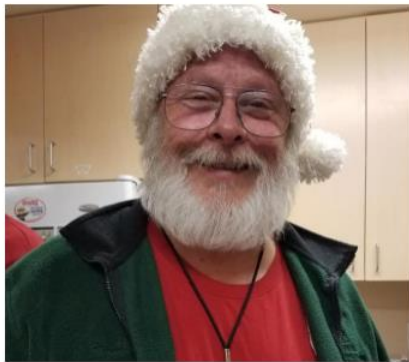
Save the Date: You are warmly invited to participate in a creative process to envision our future! Our mission statement was written more than ten years ago, and it is accepted practice for churches to re-examine their mission statement at least every five years or when there is a new minister. We will use the four-stage Appreciative Inquiry Process – Discovery, Dream, Design, Destiny – to review our mission, vision, and covenant of shared ministry. This involves small groups and big ideas! Your input is valuable, so please consider joining the first phase of the project in February. Details coming soon.

December 2018



On Human Rights Day, December 10, our own Rev. María Cristina joined over 400 clergy from various faith traditions at the San Diego/Tijuana border to denounce the militarization of the border and call for human rights and dignity for all people seeking asylum and refuge.

You can [read more about her journey](#) on our website.



Lots of “ugly” sweaters and good cheer as we celebrated Christmas!

For more December 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

Spirit of Life,

We are so grateful for all the blessings bestowed upon us this past year!

As we begin this New Year, we pause to honor all those whose love brought us closer to our best selves. We call to mind and heart all the challenges which allowed us to reach out and experience kindness.

We express deep gratitude for all the opportunities to forgive ourselves, each other, and begin again in love.

Spirit of Love, grant us patience, compassion, courage, strength, and wisdom to face the days ahead.

In turn, we who believe in freedom, will continue to answer the call of love with grateful and joyful hearts.

In the Yoruba tradition, we honor the Orisha/Goddess of the ocean, Yemaya. In Puerto Rico and Brazil, people dress in white on New Year's Eve and gather at the beach to bring their offerings and flowers to their Mother Yemaya, asking for her protection:

Yemaya, Blessed Mother of the Seas,
Let Your Sacred Waters wash over me.
Mother, embrace me, Your humble child.
Cleanse me, Nurture me, Sustain me.
Yemaya, Beautiful One.
You Who wears the Seven Skirts of the Seven Seas,
Swirl around me and create a flow of healing energy.

Yemaya,
Shine Your light onto me,
and help me on this journey.
Yemaya, Healing Ocean Mother
Fill me with your Healing Energy,
Let Your Cleansing Waters wash over me
Heal me with Your Regenerative Powers.
Amen.



Board Report

The board meetings are a place where the care and feeding of our physical church intersects with our religious exploration and social activism. One of our church members, Mike, visited the last meeting and it was great having his input and unique perspectives. The board and com would like to invite anyone who is interested in the nuts and bolts of our congregation to “come on down”.

One of the things that we went over at the last meeting was tree trimming. If you look at the oaks and the buckeyes along the creek fence you will see that Walt oversaw a crew who worked hard to get our grounds in shape. Some of the limbs were hanging over buildings, a fire hazard, or just out of control. Thanks, Walt, for always keeping our grounds tip-top.

A big concern for us has been security for our people and property. Ray has been working on coming up with a security system that meets our needs but doesn't take up our whole budget. Ray has worked with a contractor to find a surveillance system with cameras, recorder, and alarm to monitor our grounds. Collin and Walt have worked at putting in a more secure latch on the front double-doors. We are also looking at ways to provide more light for the parking lot during night time events.

For those of you who attended Las Posadas last Sunday evening it was a rousing success. If you came away hungry it was your own fault as we had a great selection of soup, bread, deserts, song, and friendship. We had a lot of rain so the procession around the neighborhood was shelved this year in favor of and indoor Christmas Story and sing-along followed by a chance to break bread together.



The story of Christmas and searching for shelter is present this year as we are constantly reminded of those at our southern border searching for shelter. The board fully supports our minister who went to that border to stand up for those who have traveled so far and are without a place to call home.

As a congregation we support those who are less fortunate and have been amazingly generous.; the special plates for South Hayward Parish and other worthy causes are amazing reminders of how much we care. We who have been lucky enough to be born here, have enough to eat, a home, security, and celebrations to attend recognize how fortunate we are. You should applaud what you have done to make the world a better place and take the time during these holidays to enjoy the celebration of our life. Thank You.

Roy Dickerson

RE Reflections

Theme: Possibility

Out with the Old; In with the New

As we approach the New Year, it is a good time to reflect on the past year, to let go of what did not work and to remain open to whatever comes next. Does your family have any New Year's rituals that allow for self-reflection and setting positive intentions for the year ahead? I would like to share with you an exercise from *Awakening Joy For Kids*, by James Baraz, which is a good example of how to set positive intentions by starting with what we don't want and figuring out how to change the negative into a positive.

Ask your child to divide a blank piece of paper into two by folding it in half. On one side have them write what they don't want in their lives and on the other side what they do want. Younger children can draw pictures, or you can write for them.

Children need to know they can share anything, and while you may not be able to fix or change things, you can listen without judgement. The more you build trust, the more they will share.

Start by sharing some of the things that you do not want in your life. Being vulnerable opens the way for them to be share honestly with you. For example, I might put under don't wants - Don't want my clothes to feel tight, don't want to feel stressed at work, don't want to feel lonely. Then ask them to write as many things as they would like on the don't side.

When they are done doing this show them how to change their negatives into positives.

Don't Want to Do Want:

Don't want my clothes to feel tight ----> Want to eat moderately & exercise regularly

Don't want to feel stressed at work -----> Want to prepare early and meditate

Don't want to feel lonely -----> Want to make new friends

Ask if there are any examples they are stuck on and help them learn the skill of turning negatives to positives.

When they are done, have them cut their papers in two. Put the **Do Wants** in a special place that will help them remember their intentions. Then come up with a ceremonious way to destroy the **Don't Wants**. You can shred them, burn them, ball them up and throw them away, etc. You might want to add some sort of chant such as, "I let go of the things I don't want in my life and open to what I do want." Have fun with it!! Make it your own! Have a Happy New Year!!

Allison Prout, Director of Religious Exploration

Adult RE



Age-ing to Sage-ing Series Continues

20 January 2019

12-2pm in the Sanctuary

Our third session on Sunday, 20 January 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 2nd 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.

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



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.

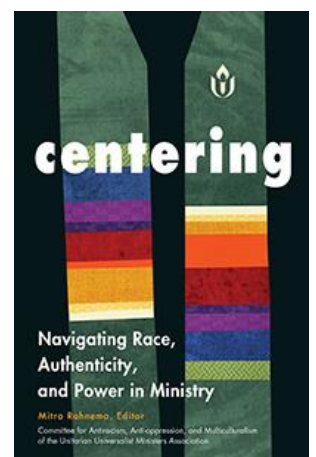
Centering is from Skinner House Books. The UUA Bookshop website says "A joint project of the Committee for Antiracism, Anti-oppression, and Multiculturalism of the UUMA [the UU Ministers Association] and Skinner House Books, *Centering* is the first book to center the stories, analysis, and insight of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

PFLAG Hayward/East Bay New Support Group and Meet-up Hours: First Friday of every month from 7:30-9pm

The next meeting is Friday, January 4. We meet at 27287 Patrick Avenue, Hayward 94544 (now called New Bridges, same location as South Hayward Parish). It's across the street from the Weekes Library and the bus line # 37 goes by here.

Thinking About Becoming a Member? January 13

Immediately following the service: Join Rev. Maria Cristina and Bob Simoni in a conversation about becoming an official member of our church and to learn more about Unitarian Universalism. We will answer your questions about church history, governance, programs, and committees. Questions? Please contact Rev. Maria Cristina.

Circle Supper February 2

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. You can volunteer to host or to bring potluck dishes to a host's gathering.

Ashland Trip April 5-7

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



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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.

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.

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.



Starr King Church Calendar

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

January 2019						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 * 7:30 pm SGM Evenings * 7:30 pm Evening Meditation	3	4 * 7:00 pm Drum Circle	5
6 * 10:30 am Worship Service	7 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	8 * 11:00 am Adult RE * 6:30 pm Beloved Conversations	9 * 12:00 pm SGM afternoons * 3:00 pm Pastoral Care Committee * 7:00 pm Committee's Council Meeting * 7:30 pm Evening Meditation	10 * 7:30 pm SKIT	11	12
13 * 9:00 am Choir Practice * 10:30 am Worship Service * 12:15 pm Peace and Justice Team	14 * 6:30 pm Rainbow Group LGBT NA	15	16 * 7:30 pm SGM Evenings * 7:30 pm Evening Meditation	17 * 7:00 pm Worship Committee	18 * 9:00 am Safety Committee	19 * 10:00 am Visioning, Part One
20 * 10:30 am Worship Service * 12:00 pm Adult RE Presentation * 12:00 pm Adult RE Presentations * 12:00 pm Church Bookstore Open	21 * 6:30 pm Rainbow Group LGBT NA * 7:15 pm White Racial Literacy Group	22 * 6:30 pm Beloved Conversations	23 * 12:00 pm SGM afternoon * 7:30 pm Evening Meditation	24	25	26
27 * 10:30 am Worship Service	28 * 6:30 pm Rainbow Group LGBT NA	29 * 1:00 pm Executive Committee	30 * 7:30 pm Evening Meditation	31		

January Birthdays

5 Sherman Lewis

7 Roy Dickerson

7 Steve Blake

11 Walt Korus

16 Beverly Powell

16 Mary Swain

16 Ethel-May Shaw

18 Sophiana Carrell

19 Allison Prout

20 Emily Watkins

24 Mileva Saulo-Lewis

25 Debbie Frederick

30 Ben Matthews

