



# The Flaming Chalice

THEOLOGICALLY DIVERSE • RADICALLY INCLUSIVE • JUSTICE CENTERED

Starr King Unitarian Universalist Church | April 2022 Newsletter



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## APRIL 3

### Commitment Sunday: The Joy of Giving

Celebrate the Joy of Giving and the Breaking of Bread Together. We'll honor the monetary gifts and fellowship that nurture us and enjoy lunch out of doors following the service.

*Service Co-Led by Diane Meyerson and Mileva Saulo Lewis.*

## APRIL 10

### Meditation as Spiritual Practice

Meditation has many purposes: healing, mental clarity, and relaxation. This practice can also enhance our spiritual lives by expanding consciousness and awareness.

*Rev. Maria Cristina leads.*

## APRIL 17

### Easter Sunday

Even when everything seems lost, and broken, and uncertain, and you think it's over, it's then that God, or Love, or Goodness, whatever you call it, shows up, breaks into our lives to renew and resurrect hope.

*Rev. Maria Cristina leads.*

## APRIL 24

### Like Minded People

The concept that in UU churches we do not all actually "think alike" and how to move with that toward liberation.

*Guest Preacher: Rev. Jim Lewis*

## WHAT'S INSIDE

3 Announcements

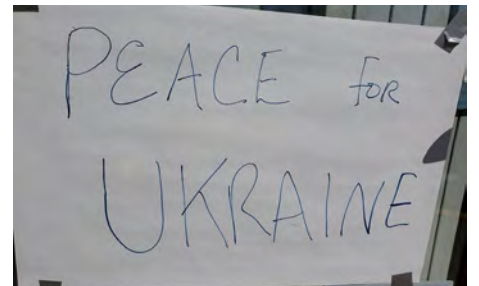
4 #UULent

5 Peace and Justice  
Action Team

6 SoUUlful Family  
Ministry

8 Ongoing Activities  
and Birthdays

# March Highlights



# Announcements

## **Easter Brunch**

**Sunday April 17, 1pm**

After two years without Easter brunch, Lavon Hodges is organizing one this Easter Sunday at [Norman's Grill](#) in Castro Valley. If you are interested, please contact Lavon at [lavonh6661@comcast.net](mailto:lavonh6661@comcast.net)



## **Memorial Service: Garald Mosher**

**Saturday May 7, 11am**

A service to honor the memory of Garald Mosher will be held in our sanctuary, followed by a light lunch.

Masks are required during the service.

RSVPs are helpful but not necessary. Please send any to Marilyn Mosher at [mmosher@earthlink.net](mailto:mmosher@earthlink.net), or text/phone at 510.909.9182.

Donations to the [Alzheimer's Association](#) are welcome.



## **Starr King Singers**

**Sundays before the service from 9:30-10:00 a.m.**

Come one, come all. We just enjoy singing. You don't have to come every week. Not focused on performing.

We sing all kinds of music, folk, popular, hymns, etc.



# #UULent

#UULent is a creative spiritual project that you can celebrate with the wider UU community from March 2–April 17. Starr King will be sharing photos on Facebook and Instagram.

You can post photos on your personal social media—just remember to include the hashtag #UULent. Or send Emily photos (with brief description) to match any of the daily themes. She will credit you on church social media with your \*first name only\* unless you prefer to remain completely anonymous - just let her know:

[office@starrking.org](mailto:office@starrking.org)

## 2022 PHOTO A DAY #UULent



Join a Unitarian Universalist practice of Lent! Each day, Unitarian Universalists and our friends and family intentionally reflect on a daily word, carry our awareness throughout the day, and capture an image that represents the word for us. We share our reflections and images on social media with the hashtag #UULent. On Sundays, we challenge each other to reflect on the daily word and also embody and enact it in our lives. (Created by Mr. Barb Greve; designed by Alex Kapitan)

S	M	T	W	T	F	S
<b>MARCH</b>			2 reflection	3 soil	4 breathe	5 vulnerability
6 hospitality	7 flexibility	8 grief	9 alone	10 growth	11 adaptability	12 faith
13 help	14 inspire	15 share	16 serenity	17 energy	18 free	19 trust
20 compassion	21 encourage	22 rest	23 fear	24 foundation	25 gentleness	26 contemplate
27 change	28 play	29 art	30 empathy	31 water		
<b>APRIL</b>					1 movement	2 soul
3 companionship	4 humor	5 love	6 invigorate	7 depth	8 grace	9 solace
10 accountability	11 stretch	12 curiosity	13 focus	14 strength	15 wait	16 hope
17 rejoice						

**NURTURE Your Spirit. Help HEAL Our World.**

# Peace and Justice Action Team

**PJAT MOVIE NIGHT**

**FANNY LOU HAMER'S AMERICA**

**APRIL 8, 7-9PM VIA ZOOM**

<https://us02web.zoom.us/j/9796339783?pwd=ZmhFOtA1T0JRa3JvV0ZzZDVkd1VUUT09>

Join the Peace & Justice Action Team (PJAT) for an in-person and virtual movie night! They are showing Fannie Lou Hamer's America in the sanctuary and via Zoom. An icon of the civil rights movement tells her own story - a story we should all know!

PJAT will send a reminder email with the same link a few days before the movie night.

You can click [here](#) to join the movie night at 7pm on Friday April 8th.



# SoUllful Family Ministry

## March Highlights

### Sharing thoughts.....

#### Developing Empathy

We start off our Happy Heart Circle Time by asking our hearts, *"How do you feel?"* I go on... *"no matter how you feel, these feelings are special because they belong to you."* I encourage the children to ask others, *"How does your heart feel?"* This is the beginning of developing empathy, starting with the child understanding their feelings first before understanding how another's may feel.

Children experience the same emotions as adults do. We as care givers, can help empathy development by acknowledging our own feelings as well as theirs. By doing so we are planting the seeds for growing empathy.

#### Happy Heart Circle Time

This month we explored building leadership skills. We began with, *"What makes us special?"* Using a granola recipe and for each added ingredient, we answered questions about ourselves, i.e. *"I like to\_\_."* Using magnets, we demonstrated how to attract friends and invite them into our hearts, for an example, using kind words, comforting a sad friend and sharing a smile. As a leader we have choices. The children were encouraged to follow their own foot steps and do what they think is right. And finally, using popsicle sticks, we created shapes, understanding that everyone is important and needed in completing the shape.

#### Family Project Time

Our projects included, making peanut butter granola balls (yum!!), making a feeling book, feeling the colors with finger paint, creating magic sticks and making germinating seed bags to hang in our windows.





# SoUULful Family Ministry

## March Highlights (cont.)

### Gratitude

I have so much gratitude for the support SoUULful Family receives. I could not do this without the help of others. Thank you, Ethel May S, Shiela M, Rene R, Donnie R, Kelly H, Lea C, Lavon H, and Amy P.

*-Lorie Miller, SoUULful Family Coordinator*



# Ongoing Activities

Starr King welcomes all church interest groups and committees to meet in-person at the church either inside or outside the facility. If your group has been meeting by Zoom, it may continue to do so, by discretion of the group. All groups meeting in-person on the Church grounds should continue to observe COVID safety protocols by:

- Wearing masks
- Practicing social distancing
- Refraining from serving and sharing refreshments

We applaud your continued participation in SKUUC activities.

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<b>Evening Meditation</b>	First Thursday of the month, 7:00–8:30pm, every Wednesday after, 7:00–8:30pm, on Zoom. Open to all. Contact: Diane Meyerson
<b>Small Group Ministry</b>	Contact <a href="mailto:sgm@starrking.org">sgm@starrking.org</a> for more information.
<b>Board Meeting</b>	First Wednesday of the month, 7:30 on Zoom. Open to all. Contact: Roy Dickerson
<b>Peace and Justice Action Team</b>	Second Sunday of the month after worship (after a 15-20 minute break) in a hybrid model via Zoom using the same link as the service.
<b>Starr King Singers</b>	Sundays before the service from 9:30-10:00 a.m.
<b>Adult RE</b>	<b>(On hold)</b> Second Tuesday of the Month from 11–12 noon on Zoom Contact: Mileva Saulo Lewis
<b>Choir Practice</b>	<b>(On hold)</b> Meets every Sunday from 9–10:15am in the Fellowship Hall. Contact: Lea Casini

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## April Birthdays

**April 3**

Michael Noel

**April 11**

Frank Satterwhite

**April 23**

Henry Wagner

**April 10**

Karen Carrell

**April 14**

Georgia Gruver

**April 30**

Bill Schuler