



CVUUF February 2017

Conejo Valley Unitarian Universalist Fellowship

Our mission is to nurture spiritually courageous people who transform the world through justice and compassion.

Sunday Worship Services

This Month's Theme ~ Growing Together in Love

In This Issue

Minister's Message	2
President's Message	3
Social Justice	5
Upcoming Events	6-9
About Us	14

This newsletter is published monthly. Download your copy on our website at www.cvuuf.org.

Deadline for articles or photos is the 24th day of each month at 6:00pm. Direct submissions to: news@cvuuf.org. Content is placed, and may be edited by, Jill Lewis, Newsletter Editor

Weekly News & Notes

(Sunday handouts/ weekly email)
Email submissions to: news@cvuuf.org

Visit us on

Facebook:

<http://www.facebook.com/CVUUF>



Follow us on Twitter



Sunday, February 5 ~ Guided by the Heart ~ Rev Nica Eaton-Guinn

As we begin our month focusing on love, we explore what it means to let our lives be guided by our hearts. Can listening to our hearts connect us more deeply to our inner knowing? This service of poetry, music and meditation will draw on the wisdom of mystics and sages to teach us about living in connection with our heart's guidance.

Sunday, February 12 ~ 30 Days of Love ~ Rev Nica Eaton-Guinn

As we come to the end of our month long Unitarian Universalist campaign of Standing on the Side of Love, we look at the lessons learned. This campaign began on Martin Luther King Jr. Day and ends on Valentine's Day. Have we been able to grow and deepen the love in our faith and communities with this 30 Days of Love campaign? What have we discovered as a community?

Sunday, February 19 ~ Unconditional Kindness ~ Timber Hawkeye

Timber Hawkeye is the bestselling author of Buddhist Boot Camp and Faithfully Religionless. He offers a secular and non-sectarian approach to being at peace with the world (both within and around us), with the intention to awaken, enlighten, enrich and inspire.

Sunday, February 26 ~ Compassionate Living ~ Rev Nica Eaton-Guinn

Compassion is love in action. Writer and theologian, Karen Armstrong, believes that only compassion will save our planet. Only through growing our compassion, she insists, will we not destroy one another and our planet. This service will explore ways to nurture our compassion personally and throughout the world. It will invite us to be the change we wish to see in the world.

Sunday Service Videos are now posted on our website, cvuuf.org. Click on Service Archive to find a list of previous sermons and click on the title. Sermons are also found on Youtube.com and you can even subscribe there, so one will be in your email box each week. This is especially helpful for our homebound members and friends so please pass the word along. This format now replaces the audio recordings on cd.



Minister's Message

Reverend Nica Eaton-Guinn, Minister
minister@cvuuf.org

[Home](#)

Theme – Growing Together in Love

As we watch life unfold in a new direction in our country, I notice my heart aching. Some of you have shared with me that you feel similarly. This is not about a Republican-Democrat divide. Rather, it is watching many of the freedoms and values we hold so dear as Unitarian Universalists, such as tolerance, inclusion and the inherent worth and dignity of all, being threatened and dismantled. It tests our resolve to live into our inter-connectedness.

So, where can we turn in the midst of challenging times to rekindle our hope and faith? I believe we must deepen our spiritual practice and focus on what we love. I believe we need to put attention on that which strengthens our hearts and spirits; that which brings wonder and joy to our lives. I believe that now more than ever we must focus on what nurtures us within. What restores us? What connects us with love and the mystery of existence?

Personally, I am nourishing myself with music, meditation, poetry and song. It opens my heart and gives me courage. It helps me connect to a deeper wisdom and joy, which can soothe my restless soul at this time. Knowing how important music, meditation and poetry are to many of you, I suspect you may resonate with this.

Starting on Sunday, February 5th, we begin our month focused on the theme of love. That Sunday will be a special service, filled with song, poetry and silence. A sacred time to go within. A time to be guided by whatever nurtures our hearts so that we may sustain ourselves on the path forward.

Unitarian Minister, Ralph Waldo Emerson wrote in his essay Self-Reliance: *"I will so trust that what is deep is holy, that I will do strongly before the sun and moon whatever in(ward)ly rejoices me, and the heart appoints."*

As we examine love in its many facets this month, I invite you to explore what it is that you love. What calls to your inner most being and brings you joy? And when you become clear on that, focus on it daily. Give it attention whenever you can. What you love is what will nourish and fortify you in these 'interesting' times. Our CVUUF mission statement calls us to "nurture spiritually courageous people". To be courageous, we need sustenance. We will need to feed our hearts and spirits with love.

I invite you to share with each other and with me, whatever it is that you love. What nourishes you? What inspires you? What brings you back to wholeness? I look forward to exploring this with you further. Wishing you a love-filled February!

With heart,
Reverend Nica

President's Message



[Home](#)

Tom Wolf
president@cvuuf.org

Fellow Members,

It has been a long time since I have thought, never mind said, these words, "I am really sick of rain." Perhaps as you read this it is nice and sunny again, but as I write in late January it feels like I went to sleep and woke up in Seattle.

January felt weird for a lot of reasons, and not just because of all the rain we obviously needed. The back to back Inauguration and Marches throughout the country the next day perfectly encapsulated the range of emotions so many of us were feeling. The post-election period was over, the Obama years were over, and we had moved into the next stage.

We will be called to live out our UU principles the next four years; I feel sure of it. I also feel sure that we will not shirk that responsibility. There is so much still good in this country, and in this congregation, that our next few years will be exciting if nothing else.

January also marked the Martin Luther King national holiday. Very close to that weekend I saw the movie "Hidden Figures," a remarkable movie that I wholeheartedly recommend. We have obviously not reached a time when race doesn't matter, and there are plenty of reminders of that all around us. But when you watch that movie, and realize that the society it portrays is actually so recent that it is within mine and many of our lifetimes (when I am not lying about my age, that is) the progress we have made is truly amazing.

This is a February column, not a January one, and it is time to look forward. Valentine's Day, the holiday possibly invented by Hallmark, is almost upon us. We are the Love people, the Standing on the Side of Love people, and so let's take the time to truly cherish the people and the ideals that we love. Cherish your dogs too, but perhaps that is best left for another time. We know that the phrase "walk the walk" means something quite different to dogs.

Take some time this month to show your love, to whomever or whatever you adore. Life is short, so say it with words and actions while you can, for love will always help make the world a better place.

Tom Wolf



Religious Education News

Samantha Dickerson, Director of Religious Education (DRE)
dre@cvuuf.org

[Home](#)

I can't help but have The Beatles on the brain. All you need is love, love. Love is all you need.

As we move into February, it is oh so easy to think about loving your sweetheart, maybe slipping a Valentine or two into a mailbox. But what about... Loving your family? Friends? A good dose of self-love? Or what about the sometimes difficult concept of loving thy neighbor? Love can be easy—wrapping your arms around your dog, or making grandma her favorite muffins. Love can also be hard—reaching out to shake the hand of someone from an opposing team, or forgiving a bully even if they haven't apologized. Love comes in many forms for many people.

I love watching love in action. I see it Every Sunday. A child shows a new visitor where the snack table is after class. Someone places an extra dollar in the collection plate. An old friend is welcomed back with warm hugs. Cheers of joy are given to the choir after a beautiful performance. Groups filled with passion for a cause that moves them to act. Homes are opened to those needing a place to be. A gentle kiss on the forehead of a new baby. A door held open for someone carrying a full load. Laughter. Please. Thank you. Congratulations. Welcome. I'm sorry. I love you.

You can't walk through the doors of our buildings and not notice the heart, kindness, and compassion that fill every corner of every room, rain or shine. We stand on the side of love, and practice random acts of kindness, and revel in the challenge that 30 days of love can give us, because we know that there is always room for more, even if it is not easy. My favorite part? Every action we practice, from our youngest friends to our most seasoned members, is done unconditionally. We act in love, not seeking anything in return. We do it purely because it feels good.

Cue the trumpets, and all together now. All you need is love...

News From Our Social Action Director

[Home](#)

Pamela Lopez
outreachdirector@cvuuf.org



Wow! Our community knows how to show up! Here's what we did last month!

We had over 100 people in attendance learning and practicing non-violent communication and exploring techniques on how to reach across this terrible gulf. More practice is needed of course, but this was an excellent start in creating loving community.

About 30 members of our congregation served our monthly dinner to 100 of our hungry neighbors.

For the past two months between seven and fifteen CVUUF members have been faithfully attending CVUSD School Board meetings every other week to stand for the LGBTQ+ students in our community. We are facing a long battle with a conservative board that does not want to acknowledge the contributions of all our citizens. We are there advocating for the separation of church and state, ensuring all students feel safe and respected at school.

Members of our Racial Justice Committee attended both the MLK March and Celebration, and a demonstration at the Puente Power Project California Energy Commission meeting opposing the proposal to build a 4th fossil fueled power plant on Oxnard shores.

Close to fifty of us attended the Women's March rallies in Ventura, Los Angeles, Fargo, ND, and Washington DC.

We attended the annual Roe v Wade event put on by the Ventura County Reproductive Rights Network, where we are a contributing member.

This Friday, February 3, at 7:00PM come to our Community Forum and hear our member Dick Elsley & Helen Cox, director of Sustainability for the City of Thousand Oaks present How We Can Solve Climate Change and Strengthen Our Economy.

And remember, we'd love to have a great turn-out for this year's Justice District Assembly in Arizona from March 31-April 2nd with both our adult members and youth – especially YRUU. This will be a weekend long immersion into the immigration issues we face as a country. Please see Rev. Nica or me for more details about this exciting event or go to this link: <http://justiceda2017.weebly.com/>

Are you interested in getting involved in any of our ongoing projects or creating your own? Contact me at outreach@cvuuf.org.

Upcoming Events



Super Bowl Party and Chili Cook off Sunday, February 5, 2:00pm

Join us for a Super Bowl party and chili cook off right here in the sanctuary. We will be live streaming the game on the big screen. If you have no interest in football come for the chili cook off and party anyway! Bring your best chili- there will be judges! If you would like to be a judge, and you eat all kinds of chili, contact Dana Ryon.



Newcomer Orientation Sunday, February 5, 12:30 - 1:30pm in the Sanctuary

Are you new here or have you been coming for a few months and want to know more? You are cordially invited to an orientation for friends and visitors of the Conejo Valley Unitarian Universalist Fellowship on Sunday, February 5, from 12:30 to 1:30 p.m, in the Sanctuary. Come and meet with our minister, Rev. Nica Eaton-Guinn, as well as representatives from our Board of Directors and Membership Committee for a general orientation, introduction to UUism and facility tour. Light refreshments will be served.

Please R.S.V.P. to Nancy Cooper at ngrbm@aol.com or call our office on 805.498.9548. We hope to see you there!



Community Conversation with the Minister & Board Sunday, February 26 , 1:00 - 2:30pm

This is an opportunity to gather as a congregation and ask questions and listen to our concerns and hopes. Our Minister and Board leaders will be there for a group conversation, input, ideas and collaboration. Please join us in the Sanctuary and bring a bag lunch.



**CVUUF Annual Auction Night
Saturday, March 11, 5:30 to 9:30pm**

This year's auction will take place in the Sanctuary and Fellowship Hall on March 11th from 5:30 to 9:30 PM. This year's theme is the Disco era, so it's time to deck yourself out with 80s duds and dance. Prizes will be awarded for the best costumes.

The auction committee is soliciting members to donate unused gift cards as raffle items or silent auction items. In-home dinners are always big draws as well as time-share days, sports tickets, and new or gently used items. **Offer as many items as you can.** If you are offering a dinner, please provide the date and time of the event.

Donation slips are available at a table in Fellowship Hall. Place filled out ones in the basket provided by Feb. 19th. There will be pre-bidding for auction items once the site is up (late February) **except for dinners.**

Among events you won't want to miss bidding on this year is a cabaret evening featuring our own Rev. Nica, her husband, Michael Guinn and our new music director, Joel Rieke.

Childcare will be provided for young children.

There will be finger food. We will have wine for sale and non-alcoholic beverages available.

As in past auctions, there will be silent auction items and live auction items and a raffle.

Bring a friend – first time attendees receive free raffle tickets.

In the meantime, please contact auction@cvuuf.org to make donations and/or to volunteer your assistance.

What is Implicit Bias?

Where do our unconscious prejudices come from?
How do these gut level fears and stereotypes affect teachers, students,
and whole communities?
What can we do to change this?

Social Justice Fund for Ventura County

invites you to learn more at a free interactive workshop
for concerned individuals and community leaders

Hidden Prejudice:



Barriers to Success in Education

Join the conversation about reducing prejudice and racism in our community and join the Social Justice Fund as we launch our 2017 Grantmaking Campaign.

Saturday, February 25, 2017

9:00 AM – 12:15

Ventura County Community Foundation
4001 Mission Oaks Boulevard, Camarillo

Visit socialjusticefundvc.org to RSVP



How We Can Solve Climate Change and Strengthen Our Nation's Economy

Friday, February 3, 7:00pm

Presenters: Dr. Richard Elsley and Dr. Helen Cox, Helping Your Government Act.

Burning fossil fuels (coal, petroleum and natural gas) releases Carbon Dioxide (CO₂) and other greenhouse gasses that trap the Sun's heat, warming the Earth. This harms our health, our economy and our national security. The solution is to gradually switch to sustainable, renewable energy.

We can do this by gradually making renewable energy cheaper than carbon-based energy. This will strengthen our economy, improve national security and leave our grandchildren with a healthier planet.



CVUUF Chalice Players Auditions Sunday, February 5 or Sunday, February 12

Chalice Players will hold auditions on Sunday, February 5th (or if you miss that day) Sunday, February 12th.

Five people are needed. Fill out an audition form in the Social Hall between services or call Mary Ellen Bruskotter

(805) 987-5897. No previous experience is necessary. Call backs will be held at the end of February. The presentation will be May 21st for two services with "gratitude" as the theme. Rehearsals, beginning in March, will work within the actors' schedules.

Chalice Players is a CVUUF group presenting topics relevant to the congregation for the past fifteen years. The last presentation of "A Congregation" received a standing ovation at our Fellowship and the Ventura UU as well. Become part of a dynamic and entertaining ensemble within our community in 2017!

Singing Circle with Carolyn McDade ~ Friday Eve and Saturday, February 24-25

Please save the date for "Sacred Emerging," our annual singing circle with Carolyn McDade at UCC, Simi Valley.

As we begin this new year of change and challenge, we lean into the circle of women's energy and deep song for support, strength and courage for the living of these days. We hope you will join us for our 18th year of circling with Carolyn. Bring a friend.

"In the places that reek of impossibility" we gather...
Dawn and Joanie for "Sacred Emerging"

"In the best of struggles, our lives must be lived."
Carolyn McDade

Carolyn McDade wrote ***Spirit of Life; We'll Build A Land; Come Sing a Song*** just to name a few wonderful songs.

For more information and registration forms, see Ellen Learned or Mary Freed. They have attended some of these singing circles and have found them amazing and inspiring.

Calling all Angels!

Do you enjoy being with children? Are you looking for a fun way to contribute your time to our congregation?

Guardian Angels is a new volunteer group being formed here at CVUUF. You will be providing a service to families who would love to participate in the many groups and activities we offer but are unable due to a need for childcare.

This would not be a regular volunteer position, but rather on an as needed basis. You would get to sit the kids in one of our wonderful children's spaces at CVUUF. This is a great opportunity to get to know and spend time with our magnificent youth while supporting our parents.

Remember, it takes a village! If interested in being a Guardian Angel, please speak with Sam Dickerson dre@cvuuf.org. All Guardian Angels will go through our standard background check procedure and there will always be at least 2 people working with the children. Thank you!

Give Our Fellowship a Hand on Facebook

1. Check in - let people know you're here, you'd be surprised how effective it is!
2. When you see events on our Facebook page, like them if you find them interesting, even if you can't attend.
3. Comment, comment!! The wider the circle of people who are talking about our events, the more people we will attract.
4. Continue the Sunday morning conversation. We love hearing what you got out of the service and how it impacted you. When you share on Facebook, you can start a whole conversation with all of us (positive, uplifting, cheerful, funny).
5. Post photos—when you attend an event, post photos and tag your friends; It's fun to see.

Donation Letters Being Prepared

CVUUF will be sending out charitable contribution letters to those donors who made a single donation of \$250 or more in 2016, in accordance with IRS requirements. Due to the mid-year change in accounting software, these letters will require considerable manual labor which is being performed by Arlene Bloom and Frances Pardee. We are appreciative of their efforts in taking on this task. If you have questions regarding your charitable contributions to CVUUF in 2016, please contact Arlene at bloom.arlene@gmail.com.

Social Justice Art Exhibition Mass Appeal: The Art of Corita Kent

January 27 - April 3, 2017

Wed. - Sat., 10am-4pm

California Museum of Art Thousand Oaks (CMATO), 1948 Thousand Oaks Bl.



Corita Kent was an artist, educator and advocate for social justice. Her serigraphs in this exhibition focus on her "Love" prints, her spiritual message of rejoicing in the everyday and her 1960's political posters.



February 16 - 19, 2017 - Last Chance to Register!

Now more than ever UU women need to come together and be heard. Since its inception the International UU Women's Convocation has worked steadfastly to provide leadership training for women. With your support, we can continue to empower women to guide communities in several countries to a safer, more inclusive, and loving environment.

At this critical time, we need connection and community. Let's come together to transform this moment into a call for action. Please join Reverend Nica and many like-minded women at the Third UU Women's Convocation in Asilomar, CA to forge the future we all want to see. This is one of the rare times that this conference is happening in the US and in California. Let's gather a large group of women here! For more information, please go to www.IntlWomensConvo.org

Justice District Assembly 2017

March 31 — April 2 Sonora Arizona and Mexico

February 15 - "Early Bird" registration ends!



To view video, visit

<http://justiceda2017.weebly.com/>

The Unitarian Universalist congregations in Southern Arizona invite you to join us for a different kind of District Assembly. This assembly begins now, right where you are with education about migrant and

borderland justice in Southern Arizona. Join us next spring in the Sonoran Desert as thirty partner organizations offer interactive immersion experiences designed to connect you to the social environmental and spiritual facets of immigration justice. Then, gather with over 300 Unitarian Universalists for worship at the border wall as the transformative capstone of our gathering. We invite you to join us as we learn, connect, and transform our hearts, minds, and spirits together.

Please contact the Project Coordinator with questions, the Rev. Matthew Funke Crary, at funkecrary@gmail.com. Or go to: <http://justiceda2017.weebly.com/>

Conejo Valley Unitarian Universalist Fellowship

COVENANT OF GOOD RELATIONS

In order to assist us in fulfilling our mission to nurture spiritually courageous people who transform the world through justice and compassion, we the members and friends of the Conejo Valley Unitarian Universalist Fellowship enter into this Covenant of Good Relations.

We, the members and friends of this congregation, value:

- Opening our hearts and minds to those who have traveled journeys unlike ours and whose strengths and challenges may be different from ours.
- A welcoming space for all to speak their truth respectfully.
- The importance of deep listening and respect for each other.
- Relationships with others of all ages, and the gifts that each generation brings to our community.
- The democratic process, through which we give voice to concerns and offer our time and energy to arrive at solutions.

In the wider community, we honor our responsibilities for upholding spiritual ideals, engaging in civil discourse with those of other religious traditions, and promoting our UU values.

In my interactions with others in this congregation, I will:

- Speak honestly and directly to the person(s) with whom I have a concern, using thoughtful, compassionate language.
- Forgive the errors and shortcomings of myself and others as we contribute to our shared ministry and express gratitude for the many gifts we bring.
- Assume good intentions in those with whom I disagree and examine my own part in the disagreement.
- Listen deeply to, and actively seek resolution with those concerned before engaging the Conflict Resolution Committee, Committee on Ministry, the Council or the Board of Trustees in conflict mediation.
- Expect divergent beliefs and opinions and persist in respectful dialogue—especially in times of uncertainty—remaining open to new understandings while doing my part to sustain this Covenant.
- Respect the minister and staff's professionalism, time and privacy.
- Assume responsibility for understanding the church structure and governance model.
- Assume responsibility for keeping informed of church business.

Through this Covenant of Good Relations, it is our intention to foster healthy and productive relations within our church community as we work together to achieve our mission.



Conejo Valley Unitarian Universalist Fellowship

3327 Old Conejo Road
Newbury Park CA 91320 ([map](#))
805-498-9548
www.cvuuf.org

[Home](#)

***A Welcoming Community to all persons regardless of their race, nationality,
sexual orientation or gender identity.***

Staff

Reverend Nica Eaton-Guinn minister@cvuuf.org
Samantha Dickerson, Director of Religious Education, dre@cvuuf.org
Joel Rieke, Music Director, musicdirector@cvuuf.org
Dianna Mueller, Administrator, admin@cvuuf.org

Board of Trustees 2016-2017

Tom Wolf, Board President, president@cvuuf.org
David Barker, Vice President
Kathleen Holland, Secretary
Peter Schlaus, Treasurer
At-Large Trustees: Arlene Bloom, Kelly Castillo, Tim Snowber

Additional UU resource links:

[Unitarian Universalist Association](#)

[\(UUA\)](#) The UUA serves 1,000+ congregations in the US and the world.

[Pacific Southwest District \(PSWD\)](#)

PSWD serves Pacific Southwest congregations including the States of California, Arizona and Nevada.

Sunday Services are held at 9:15 & 11:00 am, with Coffee Hour following each service. Children's Religious Education is held during the 9:15am service. Childcare is provided and YRUU (our high school RE program) meets during the 11:00am service.

Visitors are always welcome!