



CVUUF

March 2018

Conejo Valley Unitarian Universalist Fellowship

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

March 2018 Theme: Courage





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This newsletter is published monthly. View this copy on our website at www.cvuuf.org.

Deadline for articles or photos is the 25th day of each month at 6:00pm. Be sure to **email**

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:
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March 2018 Worship Service Descriptions:

Theme: Courage

March 4 – Spiritually Courageous

– Reverend Nica Eaton-Guinn

Our mission says we are 'spiritually courageous people'. But what does it actually mean to be spiritually courageous? This week we explore how to delve deeply into theology, ask ourselves hard questions, and perhaps find some courageous answers. We may even dare to explore the multi-faceted, powerful word 'G*d'! Join us to find out!

March 11 – Our Courageous Youth

– YRUU, Rev Nica Eaton-Guinn

Our young people today are faced with a fractious, scary, fast world. It takes tremendous courage to grow up in this time of 24/7 media, non-stop communication and alienation. Join us as some of our High School YRUU group, also known as the Young Religious Unitarian Universalists, share their stories of how and where they find courage to face the difficult task of becoming adults in today's world.

March 18 – Courageous Living

– Reverend Nica Eaton-Guinn

Life presents us with many challenges. We need courage in the face of illness, loss, divorce, unemployment, poverty, depression and many other circumstances. For some of us it takes courage just to get up and face another day. Today we will be exploring how to find courage when the path forward is daunting or unclear. Where and how do we find the resources to live courageously?

March 25 – The Courage of Immigrants

– Evan Junker, UU Justice Ministry of California

To journey away from family and a familiar country to a new environment requires courage. Join Evan Junker, Executive Director of the UU Justice Ministry of California as we explore the stories of immigrant families who have come to the US to make a home. Learn how our Unitarian Universalism calls us to act in solidarity and find out how you can make a difference.

March 30 – 8 pm – Good Friday Service – Going Within

– Reverend Nica Eaton-Guinn

Good Friday gives us the opportunity to go within and honor the quiet, dark places in our lives. Together we mourn the inevitable suffering in life. This intimate service will take place at CVUUF at night to honor the ending, mysterious time represented by Jesus' death on the cross, before emerging into rebirth and renewal on Easter Sunday. Join us for a UU exploration of this Christian tradition.



Minister's Message

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

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Theme—Courage

It seems to take more courage than ever nowadays to face the onslaught of challenges in our world. If you are an immigrant, or identify as LGBTQ, or if you are a person of color, our increasingly bigoted times require raised levels of courage. With the rise in school shootings, it even takes courage to send our children to school. It also requires courage for anyone to come out of the shadows to report sexual harassment. As leaders, educators, first-responders, parents and professionals we are all required to step forward with courage to help make the world a kinder, safer and more compassionate place for all. Sometimes it can feel like a daunting task. It's good to remember we are not alone and that we have each other's backs.

One of the ways in which we can show our courage is through being an ally to those who need support most. As a faith movement, we are waking up to the need for radical action around racial justice and healing. For white UUs, that work involves a deeper and more developed understanding of allyship. It is possibly the most courageous work to which we are called today. So this month, you are invited to begin or lean more intentionally into that work. Soul Matters, our thematic sharing circle, offers us ways to turn that work into a spiritual practice this month:

Listen and learn:

Make time this month to go through the list of videos and essays below.

Identify Your Resistance:

Notice where you find yourself pushing back while watching and reading the videos and essays. Try to avoid defensiveness. Also be sure to offer yourself compassion.

Identify and Commit to Your Work:

Maybe it's more learning. Perhaps it involves finding the courage to confront racism from a family member or co-worker. You might even be ready to invite someone into a courageous conversation. Take your time to figure it out. If you listen deeply to the videos and articles, your work will surely and clearly emerge.



Minister's Message

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

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Theme—Courage (continued)

Here are some powerful resources for courageous allyship. Please delve in!

- **Tips For White Allies:** <https://www.youtube.com/watch?v=2c5xeIPE8fc>
- **How To Be A White Ally - DON'T:** <https://www.youtube.com/watch?v=7sOPngK1DSc>
- **White Allies:** <https://www.youtube.com/watch?v=5X4r7XZFJU0>
- **Five Strategies for Courageous Conversations about Racism with friends, family & co-workers:**
https://www.youtube.com/watch?v=c6Wq7mc5PAg&index=37&list=PL8PINNxdxil6gcm6fxPDG9Yt_IMrMrluf
- **Eleven Ways White America Avoids Taking Responsibility for its Racism:**
<http://www.hopkinsmn.com/police/equity/pdf/11-ways-avoid-taking-responsibility.pdf>
- **Increase Your Racial Stamina: Take The Pledge:**
<https://notesfromanaspiringhumanitarian.com/white-people-increase-your-racial-stamina-take-the-pledge/>
- **We Need Co-conspirators, Not Allies:**
<https://www.theguardian.com/world/2015/jun/26/how-white-americans-can-fight-racism>
- **White People in Solidarity Against Racism:**
<https://www.youtube.com/watch?v=KahoDlihsKI>
- **What Are White People To Do? - A Forum on Racism and Being Part of the Solution - UU Tulsa:**
<https://www.youtube.com/watch?v=acx-PVNPDO0>

You are invited to explore these resources and learn more about what it means to be an ally. Allyship is courageous work indeed, whether we are allies to people of color, to our LGBTQ friends and family, to immigrants, to people with disabilities, children, or whomever we are called to be with in solidarity.

Please share your stories and ideas for what it means to be courageous on our Art Wall and in your small groups. And join us for our Worship services during which we'll be exploring courage from many different perspectives.

With courage and hope that we will be the change we wish to see in this world...

Reverend Nica

President's Message

Tom Wolf
president@cvuuf.org



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March comes in like a lion and out like a lamb. Right? Doesn't matter, really, because that line always seemed to me to be about a typical New England winter. Thank God I don't live there anymore. We all live in sunny Southern California, a more than adequate substitute. At this point I have lived out here for so long I consider myself a native Californian.

February at CVUUF was awesome though! First of all was the overwhelming vote for a Capital Campaign. What a great day, what a great meeting, what a great vote. I am sure we made the right decision, and I look forward to us seeing it through.

I want to give a shout out to the Capital Campaign Committee. You have probably already heard about Jason Hall and Hilary Rosen, or Hilary Rosen and Jason Hall. Either way, these two have really stepped up. But what maybe you haven't heard about is the whole committee, something like another dozen people who have pitched in with a wide variety of skills. I don't want to list them here, because I will probably forget someone. For the most part, their work has just begun. The official kick-off to the campaign is early April, the 8th I am pretty sure, so their next two months will be quite busy. Thanks a lot to each and every member of the committee.

The other amazing thing in February was the Auction, held just a few days ago as I write this. Again, a whole committee doing a huge amount of work. Thanks to all of them too for their time, skills, and dedication. The evening was a lot of fun, with tons of cool offers up for auction. I grabbed some really great things, and I hope that you did too. In fact, thanks also to any of you who came and played and purchased that Saturday night. Or who donated an item or a service. There are many ways to be generous, and all those who were generous with their time or their resources certainly deserve a thanks.

We will continue to thrive in March, because of all the amazing things so many of you do. As Rev. Nica says, we are a beloved community. I am incredibly proud to be a part of it, and I hope you feel the same way. I am confident that our future will be, with all that we give to CVUUF and the wider community, even more wonderful.

Tom Wolf



Religious Education News

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

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I recently re-watched the live action movie, Cinderella. The ongoing theme throughout the movie seems to me to stem from something said to Ella by her mother—"Have courage and be kind." It is such a simple statement yet carries so much weight. From what I witness, and from stories I overhear, every act of courage is an act of kindness. The courage of a child to stand up for a friend who is being pushed around is a kindness given to someone who can't speak up for themselves. The first responders who show up to the scene of an accident show kindness in seeing every life is precious. It takes courage to walk up to someone on the other side of the protest line and start a conversation with a completely open mind and heart, knowing a kindness is being given when the other person can feel like they are being heard, and can find the same courage to reciprocate that same kindness.

We are a courageous and kind people. It takes work. It can be exhausting. There are moments that seem the light at the end of the tunnel has been fogged over and you're not sure if you can push on. Living on this beautiful coastline, we certainly know the best deterrent for fog—sunshine! Be the light! If you feel yours dimming, look to those who are burning bright. The drive of those around us is contagious. The compassion right here at CVUUF is inspiring. We are a beacon of light and love. We are stronger together.

On March 11, I hope to see you all at the YRUU service. If you find yourself looking for inspiration, this is where you want to be! 'Our Courageous Youth' will offer a window into the lives of our teens. To hear them share their truths is refreshing. The world is just plain scary, and if we are to continue the battle for good, we need them, and they need us. Our Young Religious Unitarian Universalists have a passionate voice. Let's do our part to make sure they are heard.

Our future YRUU-ers who are currently in Coming of Age are about to embark on their own journey of courage. March 16 through the 18, this group of phenomenal youth will embark on their retreat at nearby Leo Carrillo State Park. Of course, fun will be had. (Can you say S'mores?) This is also the UU version of a vision quest. The youth will be left on their own (under the watchful eyes of their facilitators!), sans electronics, to just be. Left with their own thoughts and questions, in total silence, wrapped in the beauty of nature. This is a deep and eye-opening experience. I hope we will all get to hear of their experiences as they share their faith statements during the COA service coming up next month. Yet another service you do not want to miss.

It is experiences and people such as those I just spoke of that remind me of why CVUUF is here. They are my reason to be here. They are my reminder of hope and optimism. They are the ones who bolster my courage, who have taught me what kindness means. It is our job to offer them a safe haven, a place where they are free to express themselves, a home base to recharge the spirit when the rest of the world chooses to repress and silence. In a recent service we let the children know we have faith in them. For me, that was the honest-to-goodness truth. Let's continue to give them a reason to have faith in us.

Have courage and be kind.



The mission of the Conejo Valley Unitarian Universalist Fellowship is to nurture spiritually courageous people who transform the world through justice and compassion.

"The Story of Homelessness in Ventura County"

Friday, March 2 at 7:30 p.m.

Denise Cortes, Area Director,
Lutheran Social Services

- Homelessness – nationally and locally
- What are the causes?
- Who are the homeless? (myths and reality)
- What are their needs and what can we do?



Denise Cortes is the Area Director for Lutheran Social Services, Southern California, a non-profit organization dedicated to meeting human needs with compassion and helping people with comprehensive assistance to support independence. LSSSC annually serves hundreds of thousands of individuals and families throughout Southern California with over 50 different programs in education and training, mental and behavioral health, aging and senior programs, developmentally disabled programs, refugee and immigrant. For more information email: forum@cvuuf.org

PROGRAM IS FREE BUT DONATIONS ARE GRATEFULLY ACCEPTED

Conejo Valley Unitarian Universalist Fellowship

3327 Old Conejo Road, Newbury Park

Website: <http://forum.cvuuf.org>

Calling all CVUUF people interested in Social Justice - Quarterly Justice Meeting

On **Sunday, March 4 from 12:30 - 2** we will be holding one of our quarterly social justice reflection gatherings.

At that time we will do some more training for our Social Justice Ministry Teams, and reflect on our community's ongoing social justice work.

If you are not yet involved with one of our teams in Economic Equality, Gender/LGBTQ Equality or Racial Equality, this is the time to join us and learn more. Please join us in Fellowship Hall. Bring a sack lunch.

The **40th Annual Conejo Valley CROP Walk** will be held on **Sunday, March 4th, 2018**.

It begins and ends at the Lundring Events Center, California Lutheran University in Thousand Oaks. **Registration: Noon--1:00 pm, walk from 1:00--4:00 pm.** 10 km (6.2 miles) for the full walk with shorter options!



These events raise funds for Church World Service, an ecumenical organization in operation since 1946. Proceeds are split between local charities (including MANNA) and worldwide assistance for disaster relief, securing clean water, raising crops, refugee assistance and supporting homegrown solutions to poverty.

To make an online donation to the CVUUF "walk team" and/or to join as a walker, please visit [CV Unitarian Univ. Fellowship - Conejo Valley CROP Hunger Walk](#)

Envelopes will also be available during Coffee Hours for traditional check/cash donations. Questions? Please contact Mary Freed, (805) 795-3887, msmfreed@gmail.com.

Spring Equinox—March 10

Join us for a Spring Equinox ritual and potluck. March 10, 5:00 in the CVUUF sanctuary and Fellowship Hall. Bring flowers for the altar and a potluck dish to share!

Questions? Contact Robin Lindsey <robinbear3@yahoo.com>

MOVIE DISCUSSION NIGHT

with REV. NICA EATON-GUINN
Tuesday, March 13, 2018
7pm



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Join **Rev. Nica** in the Sanctuary **March 13** to watch and discuss video of the courageous **Rev. William Barber**, founder of the successful Moral Mondays movement in North Carolina. Rev. Barber spoke at the 2016 UU General Assembly and wrote, along with Jonathan Wilson-Hartgrove, “The Third Reconstruction.” He is also Pastor of the Greenleaf Christian Church of Goldsboro, North Carolina.

Rev. Barber is now leading ***Repairers of the Breach*** with the Kairos Center and hundreds of partners across America. They are launching a mass mobilization called the **Poor People's Campaign: A National Call for Moral Revival**. This is an organized movement to challenge the evils of systemic racism, poverty, the war economy, ecological devastation and the nation's distorted morality.

*UUA President **Rev. Susan Frederick-Gray** has proclaimed our denomination's support and full participation in this new Poor People's Campaign 50 years after Dr. Martin Luther King and others called for the original Poor People's Campaign. Tens of thousands of poor and disenfranchised people, clergy and moral leaders will engage in direct action at statehouses and the U.S. Capitol this spring – a six-week protest highlighted by one of the largest waves of civil disobedience in U.S. history.*

Now is the time to transform the political, economic and moral structures of our country.

Join us.

Caregivers Matter...Conejo Cares Caregiver Recognition Day

Friday, March 2, 2018

On Friday, March 2, 2018 Senior Concerns will host **Caregivers Matter...Conejo Cares**, a half-day program and luncheon honoring family caregivers who are caring for aging loved ones. Caregivers Matter...Conejo Cares will take place from 9:30-1:30 p.m. at Los Robles Greens, 209 Moorpark Road in Thousand Oaks. Admission is free. Reservations are required and may be made by visiting www.seniorconcerns.org or calling 805-497-0189. No walk-ins will be allowed. Limited free in-home respite is available by request upon reservation.

Today, as our elders are living longer with more complex health conditions, family caregiving is increasing in numbers and challenges. Nationally, about 66 million people report being a caregiver for someone over age 50. Family caregivers provide 80% of the long-term care services in the United States today, valued at \$577 billion or more than the total cost of Medicare. Those caring for loved ones are often thrust into unexpected roles that can be demanding, costly and stressful.

The free event encourages family caregivers to share their story, renew their spirit, embrace their fears, and relieve their stress from the challenges of caregiving. Among highlights will be an opening segment on the Power of Breathing led by Surreina.

Gallegos Gerbman, a YogaWorks Certified teacher and assistant trainer. Dr. Roy Steinberg will present the Key-note focusing on Embracing a Caregiver's Greatest Fear. Roy Steinberg, Ph.D. is a geriatric psychologist with a private practice devoted to serving older adults and their caregivers. He received his PhD from the California School of Professional Psychology at Berkeley, and is licensed in New Jersey, Pennsylvania, New York and California.

The program will also feature family caregivers sharing their own stories, as well as professionally facilitated table groups, providing those in attendance the opportunity to connect with other family caregivers and develop support networks. A panel discussion, moderated by Viki Kind, a clinical bioethicist, professional speaker and hospice volunteer, will focus on "How Am I Supposed to Feel." The panel will include, Laura Zempel RN, MSW, CHPN, a social worker and Palliative Care Nurse at Los Robles Hospital & Medical Center, and UCLA Staff Chaplain/Oncology Spiritual Care Specialist Michael Eselun.

Back by popular demand will be nationally-known comedienne and family caregiver Monica Piper with her look at The Lighter Side of Caregiving. In addition, family caregivers will have the opportunity to and participate in a non-denominational positive affirmation activity.

"Family caregivers play a vital role in caring for our large and growing senior population and are instrumental in keeping elders out of institutions and in the community. Yet, caregiving often takes a tremendous physical and emotional toll, leading to health issues, such as depression, and financial concerns," says Andrea Gallagher, CSA, President of Senior Concerns. "We hope Caregivers Matter...Conejo Cares will help family caregivers recognize they are not alone and an entire community stands ready to help with the support and resources they need."

For more information about Caregivers Matter...Conejo Cares or to reserve your spot at this FREE event, please visit www.seniorconcerns.org or contact us at 805-497-0189.

FREE DACA RENEWAL CLINIC

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BEING ACCEPTED
AGAIN!

COMPLETE DACA RENEWAL PAPERS ONSITE
FOR FREE ON A FIRST-COME FIRST-SERVED
BASIS WITH HELP FROM LOCAL
ATTORNEYS*

WHEN

MONDAY, MAR. 12

5:30 pm – 7:30 pm

(LAST INTAKE AT 7:00PM)

WHERE

**Pacifica High School
Cafeteria**

**600 E GONZALES RD,
OXNARD, CA 93036**

Applications are being accepted NOW
(before clinic) to **LC4DACA.org** to receive
a check for the full \$495 made out to
Department of Homeland Security.

** DACA Recipients are responsible to pay
mailing costs (\$6.95) and the renewal filing fee (\$495.00)

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SCHEDULE

- *5:00pm
Doors Open for
Volunteers*
- *5-5:50pm
Volunteer Training*
- *5:30-7:30 pm
Clinic*

HOW TO HELP

- *Donate Your Time
Volunteer!*
- *Donate Money
(sponsor a DACA
recipient's filing fee,
and mailing costs)*
- *Donate Food, Bottled
Water or Office Supplies*

Email Mark [co-chair at
Ventura County Legal Aid
Walk-in Clinic] at
markekirwinfrancislaw.com
or call (805)-650-1044

**Donations accepted
www.vclegalaid.org**

"REMEMBER, REMEMBER ALWAYS, THAT ALL OF US, YOU AND I ESPECIALLY, ARE
DESCENDED FROM IMMIGRANTS AND REVOLUTIONISTS."

FRANKLIN D. ROOSEVELT



2018 Pacific Western Regional Assembly Portland Oregon April 27-29

Plan to join attendees from 185 PWR congregations as the four districts of the Pacific Western Region convene in Portland, Oregon, April 27-29, for the 2018 Regional Assembly. Three dynamic speakers will address the theme, *Stories of Hope, Courage, Resistance, and Resilience*. The Rev. Dr. William Barber, a national figure in civil rights activism, will be in the pulpit for Sunday's worship service. Saturday's keynote speaker will be Congresswoman Pramila Jayapal, the first Indian-American woman to be elected to U.S. Congress. Jayapal has spent the last twenty years working internationally and domestically as a leading advocate for women's, immigrant, civil, and human rights. The Rev. Susan Frederick-Gray, UUA president, will speak at Friday evening's opening ceremony. Frederick-Gray will share her emerging vision for the future of the UUA and the wider movement.

Several workshops will be offered during Saturday's programming. If you prefer, you may opt to participate in a local social justice activity. Full details about workshops and the social justice activity will soon be posted on the Pacific Western Region website (www.uua.org/pwr).

All four districts of the Pacific Western Region will hold concurrent annual meetings on Saturday afternoon. Meeting materials and delegate information will be distributed in February/March.

Regional Assembly registration will be open by January 4. You will be able to access full details and the registration form through the Pacific Western Region website (www.uua.org/pwr).

The Portland DoubleTree by Hilton Hotel, site of the Regional Assembly, is offering discounted room rates through March 29. You can reserve your room [here](#). If you book through another link or by phone, be sure to use the group code, UU8. Full details will be posted on the PWR website before registration opens January 4.

PWR staff is working hard to keep registration costs low. An Early Bird adult registration fee will be available through January 31 and fees for young adults, youth, and children will be discounted. Still, could your congregation consider either subsidizing or fully funding the costs for at least one person to attend Regional Assembly? What a great opportunity for someone identified as a potential leader in your congregation!

Be sure to check the PWR website (www.uua.org/pwr) after the first of the year for full Regional Assembly details.

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 Shared 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.***

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Additional UU resource links:

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

Visitors are always welcome.