



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

# **Upcoming Sunday Services**

We continue our study of Karen Armstrong's *Twelve Steps to a Compassionate Life* with the eleventh step: "Recognition".

# July 6 — Love Reaches Out — Rev. Lora Brandís — "Love Reaches Out"

was the theme for this year's General Assembly (GA), the annual gathering of Unitarian Universalist Congregations. More than 4500 UUs gathered in Providence, RI to worship together, attend workshops and to vote on the business of our association. This Sunday we will reflect on some of the actions taken by our delegates and what it means to proclaim that love is central to a UU theology.

## July 13 — Transforming the World through Justice and

Compassion — Pamela Lopez— Outreach Director Pamela Lopez will explore the duality of that when we do acts of service we are not only transforming the world, but we are transforming ourselves. Join Pamela and other congregation members who engage in acts of service as they reflect on how those giving acts have transformed the world as well as their own lives.

## July 20 - Slowing Down for Compassion - Lora Barnett -

Suffering is all around us and it is tempting to push awareness of our own and others suffering to the periphery. But there is a cost to this denial and it is our ability to effectively act and respond. What is possible when instead of denying suffering, we embrace and cultivate the capacity to see our own suffering and connect it to that of others? Join guest speaker and seminary student Lora Barnett in exploring the eleventh step in building a compassionate life: Recognition.

## July 27 - Meeting the World's Deep Need - Carol Flanagan - As

we conclude our month of exploring the eleventh step to a compassionate life we are challenged by author Karen Armstrong to look deeply at our world and each find our mission, a need only we can fill. Armstrong's personal journey to find her mission, as shared in her autobiographical works, can inspire us as we struggle to recognize where we can be of service when, in the words of the poet W.B. Yeats, "Too many things are occurring for even a big heart to hold."

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This newsletter is published online monthly by members of the Conejo Valley Unitarian Universalist Fellowship. Download your copy at www.cvuuf.org.

Deadline for articles or photos is the next to last Sunday of each month at 6pm. Submissions are to be directed to: newsletter@cvuuf.org and may be edited at the sole discretion of the editor, Liza Diniakos.

Other ways to

## SHARE

information:

#### **News & Notes**

Email: newsandnotes@cvuuf.org

## Weekly e-Announcements

Fill out form at: <a href="mailto:cvuuf.org/news/">cvuuf.org/news/</a> announcereq

#### **Online Calendar**

Fill out form at: cvuuf.org/calendar/ request

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**CVUUF Sundays on CD:** Recordings of most Sunday services are available on audio CD. They may be purchased for a \$3 donation, made at time of order. All proceeds go to the Library Fund. Order yours at the Library bookcase in Social Hall and do remember to pick up the CDs you've ordered! Sunday recordings can also be heard at cvuuf.org, some can even be downloaded to your iPod.



# Muusings from Reverend Lora

Reality is wherever we find ourselves in the moment, and it's not as solid, not as certain, as we think. - Pema Chodron

When Frank and I started on this journey together when I entered seminary the plan was always for him to retire this year and come and join me wherever I was. That was always the plan and we have waited almost four years to make that plan a reality. But, as Pema reminds us "reality is not as certain as we think." Frank's move has been temporarily postponed until we see how a loved one's illness unfolds. My daughter Zoe will be joining me in July and Frank will join us when the time is right.

I look for spiritual guidance a lot in Pema Chodron's writings, in addition to other American Buddhist writers and of course to other traditions. I look to all of the world's religious traditions for spiritual guidance, partly because it is my job but mostly because I am looking for wisdom to inspire me and to open my heart wide to all that life delivers in any given, not-solid and uncertain moment.

I know that you all will have concerns about me and my family during this time. Please know that I feel the love that you have for us. Please also know that during this tender time I ask you to remember our covenant, which includes respecting my privacy. Our family has a lot of support right now. I have the support of colleagues and friends in which to confide. Please remember that your simple presence in my life is enough.

Lastly, I hope you all remember the game of telephone we played a couple of months ago when we were reflecting together on the eighth step to a compassionate life: "how should we speak to one another?" I led a game of telephone as the story for all ages to demonstrate how words get distorted the farther out they are from the source. If you are hearing this information from someone other than me than you may be engaging in a game of telephone. I encourage you to use the real telephone and call me and speak directly to me about this or any other aspect of our life together as minister and congregation.

I am writing this from Ministry Days in Providence. General Assembly will start Wednesday and I am excited to walk in the Service of the Living Tradition Friday for final fellowship. I will be back among you for a week after that and then I'll be on vacation and study leave from July 7 through August 3rd. If you are in need of pastoral care during that time, please contact someone on my pastoral care team: Beth Bierman, Judy Blades, Erik Halseth, Carol Jones or Sandy Miller. If there is an emergency the staff or board will get in touch with me.

From my heart to yours,

Lora

# President's Message



Poet Drew Dellinger wrote:

It's 3:23 in the morning, and I'm awake because my great, great, grandchildren won't let me sleep.

My great, great, grandchildren ask me in dreams what did you do, while the planet was plundered? what did you do, when the earth was unraveling? surely you did something when the seasons started failing as the mammals, reptiles, and birds were all dying? did you fill the streets with protest when democracy was stolen? what did you do once
you
knew

Dellinger's words are a powerful reminder of the interdependent web of all existence of which we are a part. The ways we treat our planet and the ways we encourage (or fail to encourage) justice and compassion have consequences, now and in the future.

In this time of great concern for our planet and the beings that live here, it's easy to feel discouraged and overwhelmed. That's why our church is here. Our community provides a place to find hope, cultivate courage, join with others to make a difference, and "Keep our Eyes on the Prize." Our faith encourages us to live mindfully, to be aware of how our actions affect the world and future generations, and to share that awareness to our children.

One thing is certain. Withdrawal or avoidance will not help to build a better world. We cannot afford to be asleep. Our lives are interconnected. We are all members of the human family. We are accountable to Drew Dellinger's question:

What did you do once you knew

I've just returned from the Unitarian Universalist General Assembly with batteries recharged from four uplifting days with thousands of UUs. We are in good company on our shared journey.

See you on Sunday!

Willie, president@cvuuf.org

We would like to thank the following folks who have ushered you into the sanctuary this year:

Claudia Bourgeois, Jo Ann Van Reenan, Bea Ornstein, Pat Meredith, Carol Rosenthal, Anahi Quiroz, Phoebe Rivera, Tom Bronzini, Craig and Hilary Rosen, Barry Blades, Thelma Williams, Christina Houlberg, Susan Stuart, Penny Smith, and Dalila Sankaran.

Jo Ann Van Reenan and Pat Meredith, Usher Coordinators.



Justine Fischer,
Director of
Religious
Education
(DRE)

# News From Religious Education

#### JULY RE

PreK through middle school meet at 9:15 and high school at 11:00 am.

July 6 – Recognition Overview

July 13 – Barack Obama

July 20 – Acceptance of One Another

July 27 – Humanist Teachings

#### **KUDOS**

...to all the spiritual nurturers in Religious Education.

# MIXTECO INDIGINA COMMUNIDAD ORGANIZATION PROYECTO (MICOP)

SAVE THE DATE: August 9, 2014-MICOP Annual Dinner "Night in Oaxaca." This fundraiser supports the Tequio Youth Scholarship Program.

*BACK TO SCHOOL:* Please bring new backpacks and school supplies for elementary and middle school age MICOP children. Drop off **through August 10** at the Religious Education office upstairs in Fellowship Hall.

### WE NEED EACH OTHER

It's that time of year – help is needed for summer and the 2014-2015 Religious Education year. Our program is ONLY possible by the kind donations of time, treasure and talent of our members.

For information regarding Religious Education, I can most easily be reached at dre@cvuuf.org.

Yours in faith, Justine



July
Birthdays
Carter
Castillo,
Troy
Darden,
Carolyn
Holland and
Mayori
Lopez.

## **Adult Religious Education**

## **Living Compassionately**

July 13 12:15-1:30pm

Rev. Lora and Justine co-facilitate the study group of Karen Armstrong's *Twelve Steps to a Compassionate Life* after the second service.

Drop-in!



# News From Our Outreach Director



Through Outreach we take what we care most about out into the community. What is it that lights you up and stirs your soul? Talk to me, and let's see what we can do.

Climate Action Team meeting – Wednesday, July 16th, 7:30pm, Board Room. This new group is busy making big plans and all are welcome to join. Coming up – join us on a Beach Clean-Up Day on September 20th. Climate Action will be hosting a Community Forum in November with the screening of the UU Justice Ministry film Thirsty For Justice – the Human Right to Water. We are exploring what is involved with creating a plastic bag ban in Thousand Oaks, monitoring what is happening legislatively on the local, state and national level, looking to create partnerships with local climate justice groups... and that's just for starters. Come see where you can make a difference for our community and the planet. If you have any questions, please contact me at outreachdirector@cvuuf.org.

**Community Forum** – Below are member-generated Community Forums coming up. Do you want to present your passion? Let us know, we'll help you make it happen!

**July 25th, "Let's Talk About Sex"** Robin Lindsey and her OWL team will present the documentary with a facilitated discussion about our excellent Our Whole Lives comprehensive sexual education program following.

August 15th, "Inequality for All" Michael Teasdale is taking the reigns for this presentation. September 12th, social justice issues facing the Native American community will be a topic led by Anahi Quiroz.

**UU Border Trip** (page 7) – Learn about the next obstacles faced by immigrant deportees. For more information, please click here.

**Overturning Citizens United** (page 7) – There is progress. Learn more about this vital issue. Contact: Howard Bierman.

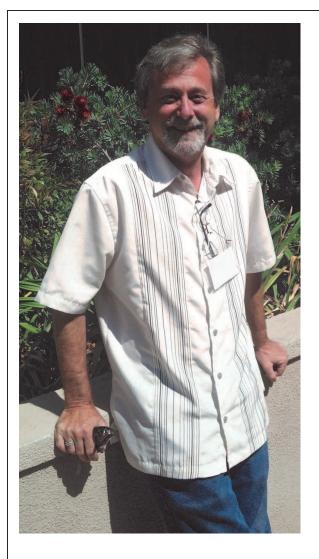
**Feeding Hands** – On the 1st Tuesday of each month, a monthly dinner is provided to those in need from our local community. Please contact me for more details.

**Mindful Eating** – Ongoing each 4th Sunday of the month in Fellowship Hall from 5-7pm. We share a meal together (generally potluck) and have a discussion or presentation with our meal. Topics vary by the passions of our members. All are welcome to join us for dinner. Contact: Dana Ryon.

## Job Opening: Organizer/Associate Director

Clergy and Laity United for Economic Justice - Ventura County (CLUE-VC) seeks a bilingual (English-Spanish), bi-cultural Organizer-Associate Director, full time. Must have community organizing experience, including demonstrated ability to recruit, train, and utilize volunteers; write clear reports and work plans; and delegate work to board members and other volunteers. Must live in or be familiar with Ventura County and its diverse communities. Experience working (paid or volunteer) in faith/interfaith communities desirable; multicultural sensitivity essential. Car, insurance and license essential. Assists in developing relationships with our network of congregations to advance the CLUE-VC mission of mobilizing clergy and lay people to influence public opinion and policy to achieve economic justice. CLUE-VC is currently focused on campaigns to achieve Justice for Immigrant Workers and Families; Low-Income Affordable Housing (including Farm Worker housing); and Worker Justice. To learn more about CLUE-VC, visit cluevc.org.

Salary range: \$35,000-\$38,000, based on experience. Request the complete Job Description via email from director@cluevc.org. No application deadline: Position open until filled, by Sept. 1, 2014, or ASAP.



# GETTING TO KNOW... TOM WOLF

Known as Papa to granddaughter Allie, Tom grew up in Massachusetts and attended Middlebury College in Vermont.

An English major with no plan, Tom went on a road trip across the northern US with college roommate and friend.

"Go West Young Man," Tom states as the reason for his adventure and move to California. During the road trip his friend wanted to settle in Sun Valley, Idaho, but Tom had a California inkling. When they arrived in California, Tom stayed and the roommate went to Sun Valley.

Tom was working at a restaurant when he met the woman who was to become his wife. Tom's last restaurant job was at Elephant Bar as Manager, in the mid 90's. Both Tom and his wife became school teachers. The Los Angeles Unified School District offered a 4-week intensive summer course to gain provisional teaching credentials to work in LAUSD for 2 years while attending evening workshops to gain full teaching credentials. Tom stayed in the district for an additional year, not wanting to be a teacher that just leaves after receiving full credentials. Tom now works in Somis as an elementary school teacher, because he likes children.

Allie is Tom's granddaughter. When Allie was born to her young mother, Tom's stepdaughter, Tom and his wife fought for legal

guardianship in 2004 and won. A year later Tom's wife was diagnosed with cancer and it quickly took her life. Tom, who had never been raised with any religion, found himself praying for the first time in the hospital. After his wife's death Tom found a local Presbyterian church to which he became a member. He was a member for 5 years until his beliefs didn't align with the direction the church was taking. He went church shopping and found CVUUF.

Tom and Allie love animals and boast an assortment of 4-legged creatures including 2 dogs, a cat, a hamster, a fish, a turtle and now Allie wants a snake. Tom's favorite is dogs. He and his "mid-size" dog, Bolt (not a white dog with a lightning mark) spend quiet time together everyday walking and visiting a local park. Tom and Bolt had just been out when I had the pleasure of getting to know Tom.

Tom enjoys leisure reading having finished *Sunset Express*, a Robert Crais mystery, and is currently enjoying Stephen King's *Mr. Mercedes*. Enjoying the pleasure of good old-fashioned books over e-reading, his favorite genre is mystery and favorite authors included American author Michael Connelly and Joe Nesbo from Norway.

Tom can be found playing with the CVUUF softball team (which I just learned we had) on Sunday nights, teaching the 3rd & 4th graders at Sunday school and helping out with the yearly Auction. He is also chair of CVUUFs' Personnel Committee.

NOTE: Are you happy to find the **Getting To Know You** section back? Please thank JessicaAnn, who is pinch hitting for Sloane Powers.

# WE are on the Side of Love

The national Standing on the Side of Love organization is "a community of people compelled to speak out against oppression, united in the common belief that love is the ultimate guiding force of our world."

If you believe that all people deserve dignity, find a seat at the following justice programs.

Learn about Immigrant Deportees

### UU Border Trip Thursday through Sunday July 11-14, 2014.

Are you ready to learn more about U.S. immigration policy from those directly affected? Are you open to growing spiritually?

Join the journey led by UU Justice Ministry-California. For more information, please <u>click here.</u>

BE IT RESOLVED

#### CONSTITUTIONAL CONVENTION

The California State Senate passed a resolution calling upon Congress to convene a constitutional convention pursuant to Article V of the Constitution.

This action makes California the second state, along with Vermont, to seek a legislative reversal of 'corporate personhood' enshrined in the Citizens United decision.

For Congress to convene a constitutional convention, two-thirds of U.S. states must call upon Congress to do so. Illinois is currently contemplating such a resolution. Thirty three states are needed to call for the action.

"Resolved by the Assembly and the Senate of the State of California, jointly, That the Legislature of the State of California, speaking on behalf of the people of the State of California, hereby applies to the United States Congress to call a constitutional convention pursuant to Article V of the United States Constitution for the sole purpose of proposing an amendment to the United States Constitution that would limit corporate personhood for purposes of campaign finance and political speech and would further declare that money does not constitute speech and may be democratically legislatively limited..."

Spread the word. Learn more or donate at https://my.mayday.us/t/92e7-Howard-Bierman/



We will again present a "This I Believe" service of lay speakers on **Sunday**, **August 24th**. We would like to invite four members to reflect on the theme of loving one's enemies.

If you are interested in taking part in the service, please contact Jo Ann Van Reenan. Each speaker presentation is roughly 6-7 minutes and will present at both services.

There's plenty of guidance on writing an essay that fits the bills at www.thisibelieve.org.

Join us at the CVUUF table for a positively fun night. Contact Justine for information.



HONORING INTERNATIONAL DAY
OF THE WORLD'S INDIGENOUS PEOPLES

AUGUST 9, 2014~6PM

OXNARD PERFORMING ARTS & CONVENTION CENTER



# 24 Farnsworth © UUA Relocation Update

As we designed our new building at 24 Farnsworth Street, it was very important to us that we visibly incorporate our principles into the space. We particularly wanted to ensure that our new faith home was healthy, sustainable, and accessible. The building features multiple pathways throughout the work areas to make it easy to access all spaces, Braille signage, hearing amplification systems in the Chapel and Multipurpose Room, gender-neutral bathrooms on all floors, and floor-specific color schemes for easier orientation.

To accomplish a green workspace, we enlisted one of the foremost experts on sustainable building, Jean Carroon of Goody Clancy. Under her guidance, we have moved into a space that is beautiful, inviting, and efficient. Here are some of the sustainable practices that were implemented in the design and operation of 24 Farnsworth Street:

- ☼ By reusing an existing building, we realized a tremendous reduction in the need for virgin materials, embodied energy, and environmental pollution;
- Over 35% of the materials and furnishings installed contain recycled content;
- Over 20% of the materials and furnishings installed were manufactured within 500 miles of Boston;
- A sophisticated lighting control system dims electric lights in response to the presence of daylight, and turns lights on and off based on occupancy;
- The use of energy-efficient light fixtures and a carefully designed lighting plan will reduce ongoing energy consumption for lighting by over 40%;
- We have worked with the current owners of the building to update toilet room fixtures to water efficient models. This will reduce ongoing water consumption by 35%;
- \* Over 90% of construction waste was diverted from the landfill by incorporating material recycling strategies.
- Having spent 87 years at 25 Beacon, first the American Unitarian Association, and then our UUA has a long history in buildings built for them. Infrequent moves help to conserve resources, reduce waste, and eliminate negative environmental impacts. We have invested wisely in the build-out of 24 Farnsworth, and we plan to be here for a long time;
- We have implemented a Green Cleaning Program to reduce the exposure of potentially hazardous products, equipment, or procedures associated with the cleaning and maintenance of the space;
- In order to ensure the best possible indoor air quality, all adhesives, sealants, paints, coatings, flooring materials, composite wood products, and furniture used within the space meet strict volatile organic compound (VOC) emissions limits:
- We have implemented an Energy Star Equipment Purchasing Policy that applies to the ongoing purchase of appliances, office equipment, and electronics. This policy has resulted in an over 90% Energy Star Equipment compliance rate;

I am proud of our sustainable, inviting space, and the impact that it will have for our staff, visitors, and the earth. I also want to commend our GA planning team on their extraordinary sustainability efforts. They have been nationally recognized for their work in green conference planning, and help to provide a positive and healthy experience for all who attend. You can learn more about their efforts on the Greening General Assembly page of uua.org.

In faith,

Rev. Harlan Limpert Chief Operating Officer

In May, thanks to our CVUUF
Hikers organizers, Pete
Hauger & Mary Freed, eight
of us took a boat to Santa
Cruz Island. The weather was
spectacular, and an
appearance by a blue
whale capped off an
unforgettable day.
[photo by Don Parker]





# July 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		6pm» Feeding Hands 7:30pm» Community Forum Planning Committee	9am» CVUUF Office Administrator hours 6pm» OA Meeting 6:30pm» Chalice Circle1W 7:15pm» Transitions Group 7:30pm» Meditation Group	9:45am» Jonquil Group 7:30pm» Choir Rehearsal	9am» CVUUF Office Administrator hours	
}	7	8	9	10	11	12
2:15am» Worship Service 10am» CVUUF Office Administrator hours 10:30am» Writing to Prisoners in Solitary 11am» Worship Service 12:30pm» Membership Committee meeting 2pm» Gaming Afternoon 5pm» Newcomer AA Meeting	6pm» OA Meeting 6:30pm» Finance Committee	9:45am» Gardenia Group 7pm» CVUUF Board of Trustees meeting 7:30pm» Drop-In Book Club		12:30pm» Chalice Circle2Th 7pm» Sapphire covenant group 7:30pm» Choir Rehearsal	9am» CVUUF Office Administrator hours	
13	14	15	16	17	18	19
2:15am» Worship Service 11am» Worship Service 12:15pm» Dharma Workshop 12:15pm» Adult RE: Living Compassionately 12:30pm» New UU class 5pm» Newcomer AA Meeting	6pm» OA Meeting 7pm» Women's Evening Group 7pm» LCC Meeting	7pm» Music Ministry meeting	9am» CVUUF Office Administrator hours 6pm» OA Meeting 7:30pm» Meditation Group 7:30pm» Climate Action Team	7am» Opal Covenant Group 9:45am» Jonquil Group 7:30pm» Choir Rehearsal	9am» CVUUF Office Administrator hours	
20	21	22	23	24	25	26
9:15am» Worship Service 10am» CVUUF Office Administrator hours 10:30am» Writing to Prisoners in Solitary 11am» Worship Service 5pm» Movie Group 3 5pm» Newcomer AA Meeting 5pm» NEWSLETTER DEADLINE	6pm» OA Meeting	9:45am» Gardenia Group	9am» CVUUF Office Administrator hours 6pm» OA Meeting 7:30pm» Meditation Group	7:30pm» Choir Rehearsal	7:30pm» Community Forum 7:30pm» Movie Group1 /UUF Campout-Jala	ama Beach
27	28	29	30	31		
9:15am» Worship Service 11am» Worship Service 12:15pm» Dharma Workshop 5pm» Mindful Eating 5pm» Newcomer AA Meeting	6pm» OA Meeting 7pm» Women's Evening Group		9am» CVUUF Office Administrator hours 6pm» OA Meeting 7:30pm» Meditation Group	7pm» Sapphire covenant group 7:30pm» Choir Rehearsal		
CVUUF Campout	1					

# 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

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#### additional UU resource links:

<u>Unitarian Universalist Association</u> (UUA)

The UUA serves 1,000+ congregations in the US and the world.

Pacific Southwest District (PSWD)

PSWD serves 50 Pacific Southwest congregations in California, Arizona and Nevada.

Sunday Service is 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!