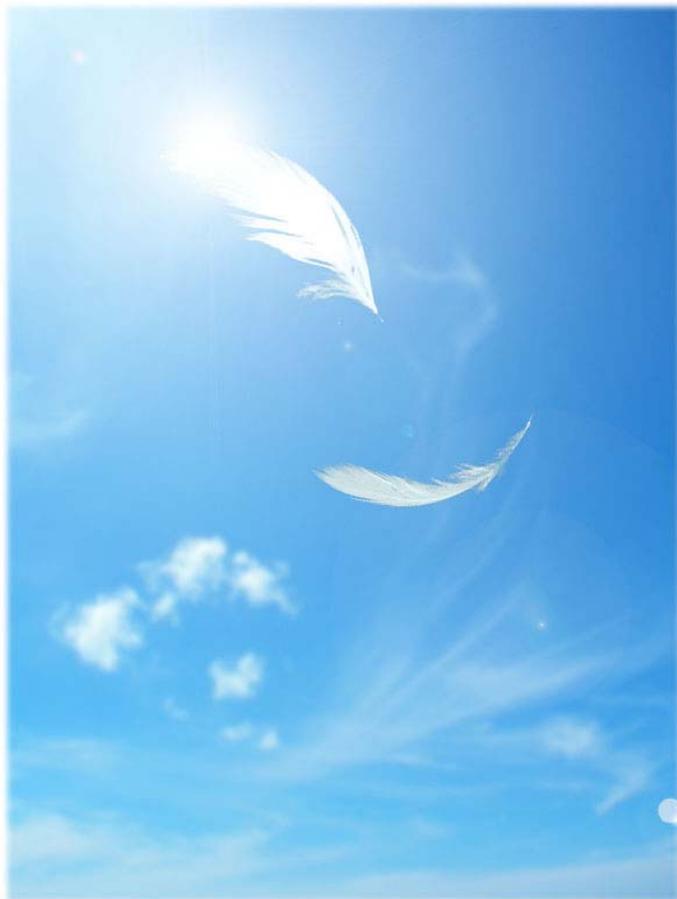


Compass Rose

March-May 2012



Looking Forward

Forgiveness and Letting Go

by Rev. Denise Tracy

Twenty years ago, I went in for a routine mammogram. No big deal. Had the test, went home. Received a phone call to return. Not good news. Cancer. More tests. Original diagnosis: stage four cancer. There it was. The news that would change my life, if not end it.

I went through the usual stages: shock, anger, bargaining...and along the way, I learned they had misdiagnosed me. I was only stage two...and my cancer was neither genetic nor hormonal. Instead it was caused by massive doses of radiation from X-rays I received to cure a life-threatening kidney illness as a teenager.

Good news-bad news. I was less sick than originally diagnosed, but the cancer could reoccur at any time, and there was nothing I could do about it. At that time, I made some decisions about my life. These were my promises to myself:

- Live every day as if it were my last. I do not waste a moment or put off things I desire or want to do.
- Hold onto what is good and let the other stuff go. I don't have time to be petty or to try to play interpersonal games. I work at being in line with my emotions as much as possible.
- I work at letting go of inconsequential angers and fears. Life is too short to gossip or be involved in drama of this kind. I forgive whenever or wherever possible.

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Mission, Vision, and Purposes

Unitarian Universalists of San Mateo

Mission

We are a religious community of open hearts and open minds working together to transform ourselves and the world.

Vision

We are a growing, welcoming, and diverse congregation, grounded in and living out our liberal religious values.

Purposes

Worshipping

A sense of transcending wonder inspires our life together as a religious community. Through a diversity of services and rituals, we open our hearts and minds, and are moved to take action in the world.

Caring

All people are welcomed, dialogues flourish, and relationships grow and deepen through joyous and difficult times. Individually and collectively, we exemplify love, compassion, respect, and hospitality, both within our congregation and in the greater community.

Connecting

We invite and encourage all congregants to participate in congregational life, and we create opportunities, through social and spiritual fellowship, for everyone to form deep and lasting connections. We create meaningful connections with other Unitarian Universalists, and with other religious and service groups.

Learning

We have a cohesive and engaging lifespan religious education program, which inspires us to understand Unitarian Universalism, to nurture our spiritual growth and identity, to live in accordance with Unitarian Universalist principles, and to develop our leadership abilities. Our religious education program attracts and serves the greater community.

Acting

We demonstrate our liberal religious values through effective social action, providing leadership and creating partnerships in the local community and beyond.

Giving

We are generous with our time, talent, and money. Through our stewardship, our congregation thrives, and we create greater justice, equity, and compassion in the local and global community.

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Compass Rose

A compass rose is a diagram, usually displaying the cardinal directions of north, south, east, and west, that appears in virtually all maps, charts, and other navigation systems. (The "rose" in the term refers to how the compass points resemble the petals of the flower.) It is our hope that *Compass Rose*, the quarterly journal of the Unitarian Universalists of San Mateo, will likewise serve as a guide to help you get your bearings as you travel in your spiritual journey.

Forgiveness and Letting Go

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These decisions have changed my life. I find myself in a type of work with people and in congregations where the holding on or letting go of issues or problems is essentially the most necessary task. When we look at the



story of a congregation, what has kept it from being its best? What issues are in the way of its potential? What are the stories that hold power and the lessons learned that can open the way to transformation? What do the leaders need to do to inspire and lead the way to new change? Who do we listen to and why? Whose voices in our midst are loudest, and what are they really communicating? Sometimes the loudest voices are those who wish things to remain the

same or who do not wish change to happen. Sometimes the quiet people are the ones who, in the time of transition, finally have the space to speak. The transition process asks us to stop and listen to everyone and to equalize the congregational process. All stories have power. All voices have a gift.

This is the work of transitional ministry. It is often chaotic and feels like there are more questions than answers, but if we stick with it, what emerges is a new resiliency and an attitude that the future is far brighter than we can imagine. Listening and supporting those who are struggling to let go along the way and trying to be patient with the differences in processing that occur within a congregation also are an important part of this

work. Not everybody knows the difference that holding on or letting go can make within our own lives or within the congregation.

When we let go of the stuff that is keeping the congregation (or us) from our full potential, it does not mean we forget when we let go or when we forgive. It means that we free ourselves from carrying the energy that it takes to hold ourselves captive. Being free in this way allows us to live more fully and to embrace our desires in a more meaningful way.

I would never have chosen to have cancer. Yet, I learned so much and I am appreciative about the lessons I learned along the way. Negative things, when held up to the light, often have a new, freeing power. It is up to us to see the potential and to make new meaning. This is a journey of faith and a journey of freedom.

Five more times, I have had surgeries to remove suspicious tissues after mammograms. I am lucky none have turned out to be cancer. What I do know is that whatever happens, I will have lived my life fully, according to my beliefs, and I hope I will have few regrets. I also am glad to be in this ministry, where change, holding on and letting go – all these lessons are part of my daily work.

These lessons are part of healing and wholeness, and for each of us on our path, we need to learn them and be in a community where together we can hold each other and know we are among friends.

It is a blessing to be among you.

Rev Denise Tracy,
Transition Minister

Ours is a caring community

If you are dealing with a difficult time or simply want someone to be present with you, please know that our ministers are here to support you spiritually, as are our Lay Chaplains. Our Lay Chaplains are coordinated by Ann Mason and Reeba Lynn. Please contact us at 650-342-5946 x 11 or office@uusanmateo.org so that we can provide you with the loving support of this congregation.



Towards a Healthy Sexuality

by Kathy van Leuwen, Co-Director of Religious Education



As Unitarian Universalists, we get to bring our whole selves to our faith: our minds, our spirits, and our bodies – even our sexuality. As a liberal tradition, we have the opportunity to offer a safe and caring environment to explore life's most intimate issues. We are fortunate that our faith's values of freedom, respect for the individual, and mutual responsibility allow us to address sexuality in a straightforward, inclusive, and comprehensive way.

Now more than ever, kids need to be informed about sexuality from an early age. Children are saturated with sexual images and language: on billboards, television, and computers; in magazines, music, and video games. The values inherent in these messages – about body image, gender, violence, and promiscuity – are often confusing and dangerous. One message is that “everyone is doing it.” And kids are, at younger and younger ages. In 1998, 17% of 7th to 8th Graders had had sexual intercourse.¹

The stakes for our kids are high. Rev. Amy Bowden Freedman writes:

Making safe choices about sex is a life or death issue. Many kids are misinformed about the risks of pregnancy, sexually transmitted diseases, date rape, and the transmission of AIDS...Gay youth in particular often struggle with their sexuality and without decent information and support can suffer from depression or even attempt suicide.

While many children receive basic facts about sex and reproduction in schools, they are not given the tools they need to negotiate relationships and sexual choices in real life, and the full spectrum of human sexuality is not represented.

At UUSM, we offer a comprehensive sexuality education curriculum for youth called “Our Whole Lives,” affectionately known as OWL. Through OWL, youth receive accurate, clear, and positive information about key sexuality issues. Participants learn about anatomy,

physical development, relationships, sexual activity, sexually transmitted diseases, contraception and STD prevention, sexual orientation, gender identity, and more.

OWL helps participants make informed and responsible decisions about their sexual health and behavior. In addition to equipping participants with accurate, age-appropriate information, kids have a unique opportunity to explore, clarify, and articulate their own values. They become comfortable talking about sexuality with their peers and trusted adults, and build valuable interpersonal skills. Grounded in a holistic view of sexuality, youth better understand the spiritual, emotional, and social aspects of sexuality.

OWL promotes a just sexual morality that rejects stereotypes, exploitation, and harassment.² Through OWL, youth are taught that being romantically and sexually attracted to both genders, the same gender, or another gender is natural in the range of human sexual experience.³ Youth hear directly from gay, lesbian, bisexual, and transgendered people who share their stories with the youth, talking about what it was like to come of age while coming to terms with their queer identity. Too often bullying and harassment are a theme of these testimonials.

OWL explicitly affirms every individual as a sexual person. Imagine being taught as a matter of faith that your sexuality – including your body, your gender identity, and your sexual orientation – is a sacred gift, a gift to be cherished and celebrated!

One very concrete way this message is conveyed is through the images of lovemaking that participants in 7th to 9th Graders view as part of program. Participants watch dozens of slides of pen and ink drawings of couples making love, in all the diverse ways in which human beings give and receive sexual pleasure. The slides include couples of a diverse range of ages, ethnicities, body types, sexual identities, and physical abilities. Some teens find this to be TMI – too much information. But it sends a powerful message, one that validates and normalizes the physical expressions of love of all peo-

ple. What I took away the first time I saw this presentation was that the full range of human sexual expression should be celebrated. In the context of caring and responsible relationships, sex is life affirming. I've had parents tell me that viewing the slides was life changing because they had never seen sexuality depicted as positive and natural, especially in a religious context.

OWL is not a value-free curriculum. The message to our youth is clear: sexual intercourse is best delayed to adulthood, when people are better equipped to handle the intense emotions and potential consequences that come with it. OWL promotes abstinence by giving the participants detailed information about the real-life consequences of sexual behavior and the interpersonal skills to manage relationships, not by teaching that sexuality is sinful or shameful.

I am grateful to be able to teach young people what it means to be in a mutually respectful and mature relationship, to communicate clearly, and to think for themselves. I am grateful that our faith accepts sexuality as normal and natural and encourages us, whoever we are, to express and enjoy sexuality in healthy and re-

sponsible ways throughout our lives. And I am grateful to have a religious home that calls us to be our best and *whole* selves.

¹ Bradley, Michael. *Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind*. Gig Harbor, WA: Harbor Press. 2003.

² Wilson, Pamela. *Our Whole Lives: Sexuality Education for Grades 7-9*. Boston: Unitarian Universalist Association. 1999.

³ Wilson, Pamela. *Our Whole Lives: Sexuality Education for Grades 7-9*. Boston: Unitarian Universalist Association. 1999.



Article Submissions

Articles for *Compass Rose* (max. 500 words) may be submitted for consideration to office@uusanmateo.org. (Contact the office if you have ideas for longer articles.) Poetry, photos, and art work are also welcome. Deadline for the next issue (covering June-August 2012): **May 10, 2012**.

Events and calendar items for *Compass Rose*, the UUSM website, and other UUSM publications may also be submitted at any time to office@uusanmateo.org. Please include a title, inclusive dates and times, location, description (max. 50 words), cost (if any), and contact information. Longer announcements may be considered – please contact the office.

All submissions are subject to editorial discretion and revision.

Things People Say to Over-extended Type A Personalities

by Nancy Jasa, Co-Director of Religious Education

"You work too much."

"You take on too many responsibilities."

"I worry about you."



"You need to take time to renew, take a break."

"What are you doing to renew?"

OK. So after a particularly contentious discussion with someone uttering all these things to me without really hearing what I was actually saying, I did a poll on Facebook and asked my friends this question:

"Excluding your one full-time job, how many hours a week do you spend raising your kids (time not for yourself or vegging) and/or working additional jobs, including your volunteer work?"

What I discovered was that I am not any more over-extended than many of the people I know, including some youth. I also discovered that while many, especially adults with children in their home, are taking time for themselves, they are multi-tasking the parenting job while doing so. In other words, there is very little time taken by most of us for ourselves.

This is something I have actually been thinking about and actively working on, this idea of doing things that renew or heal my energy and my spirit. Thinking about and toying with the notion of this concept for myself for months actually. Wondering about and trying on various types of activities or behaviors that might actually qualify so that I could lift them up when I get cornered with that question, "What are you doing to renew?"

First, I had to decide, what are the activities that actually give me energy or soothe me when I am weary? That took a few months. Partly because I had to find the time to actually spend time thinking about it! Second, I had to figure out either how to fit it into my schedule or implement some routine around it. Found a

Tai Chi class near my house. Re-introduced myself to my kitchen, where I really enjoy cooking meditation. Went through my podcasts and got rid of those I tend to not listen to and discovered some new ones.

Third, as you know, was the hard part – doing it.

For me that sound like New Year's resolutions. So, those renewal times and habits needed to be easy and something that could be part of my routine.

Here are a few things the youth said they do when their spirits need renewing. (Yes, I asked them.)

Dancing, music, yoga, meditation, nothing (being a blob in front of the TV), sitting and having a conversation with themselves about the stuff that is draining them, taking the stuff in their head that is getting them down and setting them in front of them and examining them (I liked the visual on that one).

I would add: standing at my backdoor, marveling at how spring just happens every year and somewhat suddenly. Noticing that the mockingbird couple is back this year and building their nest. Watching three (three! – there used to be only one) squirrels playing. Yes, they are playing tag in the yard. Sipping my coffee, being very aware of how the world around us is truly extraordinary.



How Do UU's Choose and Hire a Minister Anyway?

by Christy Conklin, Ministerial Search Committee

If you haven't been through a ministerial search before (as a lifelong UU, even I haven't!), there are many steps involved that are important for each of us to understand. Here is a brief synopsis and timeline.

Unitarian Universalism is congregational in its governance, so while the UUA provides support resources and recommendations regarding the hiring process for a new minister, it is up to each Search Committee to decide which of these services to use. Since most ordained UU ministers follow the UUA-developed process, UUSM's Search Committee has chosen to follow the recommended process, outlined below, so that we have the widest selection of UU candidates to choose from.

1. After a minister announces they are leaving a congregation, the congregation votes in a **Search Committee**, per their bylaws.
2. This Search Committee seeks extensive input from the congregation and staff about our strengths and weaknesses as a congregation, our hopes for the future, and what sort of minister we think will help us achieve our goals. This usually takes the form of **assessment meetings** and a **survey**. Areas of congregational life that need improvement are then worked on by the Board, relevant committees, and the congregation as a whole.



3. The Search Committee prepares a **Congregational Record (CR)**, which is a 15-20 page description of the congregation, past and present. Budgets, staffing, membership, and congregational strengths and challenges are all described in detail. This is posted on the UUA website for all ministers to see.
4. Soon thereafter, the Search Committee prepares a **Congregational Packet (The Packet)**, which is basically a 50-page marketing piece, complete with photos, showing who we are and what we want to become.
5. Ministers who are interested in us based on our CR will ask to **exchange packets** with us (they each prepare their own packets to tell congregations about themselves, too). This is all done digitally; we may exchange packets with 12-24 ministers, and the Search Committee will carefully read each one.
6. The Search Committee schedules **phone/Skype interviews** with perhaps 6-8 candidates to narrow the field.
7. The Search Committee then brings each of the 3-4 best candidates out to the Bay Area for a weekend to preach in a guest pulpit. Only the Search Committee meets these candidates, and this **pre-candidating period** is a quiet and confidential time for the Search Committee, though they are working very hard!
8. The Search Committee selects their first choice candidate and makes a salary/benefits offer to that person on the same day when all ministers-in-search receive such offers. If the offer is not accepted, the Search Committee can make an

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offer to one of the other final candidates. If no offer is accepted, the Search Committee will look for a new minister in the next round of candidating.

9. If the offer is accepted, this minister becomes **The Candidate** and comes to spend a week at UUSM, attending meetings and social events and preaching twice.
10. At the end of **Candidating Week**, there is a congregational vote. Ministers expect to receive a nearly unanimous vote in favor (95% or better) in order to feel they are called to this church and can begin their tenure with strong support. A lesser vote will most likely lead to an entirely new search, with a new Search Committee.
11. If the congregation votes in favor of The Candidate, he or she becomes our **called minister** and will move to San Mateo in the following month or two to begin his or her ministry with us!

So this is the process we are in. Right now we are in the thick of steps 2-6, where we must clearly define ourselves and come together around a shared vision for the future so that we can choose the right ministerial match. The Board and MSC are working together to determine whether an 18-month or 24-month search process will be in the best interests of the congregation. Please share your thoughts with any member of the Board or MSC.

The more we each do right now to come together around our shared mission and purpose, the more likely it is that our called minister will be a great match for us and will stay with us, in a productive and happy partnership, for many years.

Please participate in the discussions and work of this transition time in whatever way is right for you, so that together we can be ready for and excited to call our next minister!

18-Month Ministerial Search Timeline

Draft Congregational Record due	March 31
Final Congregational Record posted online	April 30
Draft Congregational Packet due	April 30
Congregational Packet finished	late May
Exchange packets with prospective ministers	May-June
Skype interviews with first-round ministers	June
Pre-candidating visits by 3-4 top candidates	August-September
Offer made to selected candidate	Sept. 15
Candidating week and congregational vote	October/November
Called minister starts	January 2013

24-Month Ministerial Search Timeline

2012

Draft Congregational Record due	Sept. 31
Final Congregational Record posted online	Oct. 30
Draft Congregational Packet due	Oct. 30
Congregational Packet finished	late November
Exchange packets with prospective ministers	November-December

2013

Skype interviews with first-round ministers	January
Pre-candidating visits by 3-4 top candidates	March-April
Offer made to selected candidate	May 15
Candidating week and congregational vote	June
Called minister starts	August

Voices

Stories, reflections, and inspiration from the UUSM community

Of Awes and Flaws

by Mike Williamson, Ministerial Search Committee

I remember a professor I'd had in chemical engineering whom I truly admired. You could even say he was a role model for me. He was an excellent instructor and respected in his field. I specifically remember an event at his house one night when, after he and his wife fed us a delicious meal, he played his harpsichord beautifully. He told us that he had built that harpsichord himself, because he wanted a particular detail of sound – I cannot recollect now – that could not be reproduced easily with something he purchased. He had no flaws that I can remember.

I also have some sense of similar awe in my mother when I was very young. My mom was the Energizer bunny, she knew so much, and she always made our home so much fun when my friends came over. She still has the energy of the Energizer bunny, and she is still a marvelous host, but I have come to recognize a few of her flaws. I still love my mom, but I know that she is not perfect. I have learned this through years of interaction with my mother. It is not merely that I have grown, nor that our relationship has grown, but that it has endured through many experiences.

I learned a great deal from my professor, none of which I could have learned from my mother. But I learned far more from my mother. More importantly, I have a strong relationship with my mom; she just spent four weeks with us during Christmas, and my wife Diana is still astonished at the way we rib and tease each other so casually. I cannot even remember the name of my old professor.



It is difficult to remain in awe of someone with whom you have become comfortable. Why do I spend so much time blathering about this? I think there is a tendency to want to be in awe of one's minister, to have a ready-made role model. Likewise, some ministers may enjoy filling this role. I feel, however, that setting up such an expectation for the relationship tends to limit the possibilities of the relationship. I can remember my old professor as flawless because I knew none of his flaws. I knew none of his flaws because I knew little of him. To have a strong, close, loving relationship requires, in part, an understanding of each other's flaws. I do not believe you have to "embrace the flaws" to love someone, maybe you can even love the person despite the flaws. Any fulfilling relationship will require accepting the flaws, however.

We on the Ministerial Search Committee are tasked with bringing a new minister to UUSM. We are spending a great deal of time in this search trying to understand our congregation and its needs, to put together a strong packet of information to showcase ourselves and our strengths at UUSM, and eventually we'll assess several ministers both from their packets and directly in person from watching their sermons and speaking with them. With all of this work – and it is a lot of work – one should expect perfection...or at least I worry that one might expect perfection. Yet, when my brain is wrapped around this properly, I face the inevitability that whatever minister we find will not be flawless; she or he will not be worthy of limitless adoration. I feel like all of our hard work will be a letdown to many of you, no matter whom we choose. Regardless of how much time or energy we put into this search, we will not find someone who is perfect.

However, I also face another, more optimistic inevitability. The relationship that we have with our next minister will be as great as we will allow it to be. If we tolerate, accept, or perhaps even embrace the flaws of our next minister, she will more openly tolerate or embrace ours. The sooner we see our next minister as a human, and the sooner we catch her up to speed with who we are – flaws and all – and who we wish to become, the stronger our relationship will be. So upon the arrival of our new minister, let's extend our fellowship circle as quickly as possible, and make that new relationship

continued next page

strong by accepting this new human being, charms, flaws, and all.

At the behest of my expert editor and wife, let me more directly offer up a few brief suggestions to help create the relationship I described above. We should speak up immediately when a disagreement arises between us and our minister, but in a tone, manner, and venue that will enhance the minister's opinion of us and herself. (How, specifically? Follow the Golden Rule, and use the tone and manner you would prefer if you were on the receiving end.) We should create the church we want to have, and include the minister as a major contributor to – but not driver of – that vision. Most importantly, we should recognize that relationships are subjective: they are as good as all the wonderful moments together or as bad as all the arguments that took place. So while this sounds hokey even as I write it, simply thinking the relationship is great can make it great.

The Healing Power of Standing on the Side of Love

by Connie Spearing

Last fall we held a series of five workshops on immigration entitled "Who Is Your Neighbor?" You probably attended one or more sessions; at least 45 of us did. More people paused to share their stories and ideas on immigration with me at Coffee Hour. Often you challenged me to consider different sides of the issue. You helped me render data on migration, border enforcement, and human rights down to problems of people in our community, especially health care and education. I began to learn lessons beyond the curriculum.

The first thing I learned is that integrating new comers into our society is not a painless experience. We had some difficult discussions on sharing our apparently shrinking pie of goods and services while desperate people are clamoring for the crumbs. I struggled to apply our principles and purposes of justice, equity, and compassion to the real-life situations of overwhelmed social services and impoverished school systems. I found myself deeply conflicted about how much we can or should help our new neighbors.

My greatest challenge came shortly before Christmas, when a family arrived in the United States from Guatemala on a U-Visa, a special visa issued to victims of a serious crime. Agustin Porras was deported in 2008 at age 14 in a major immigration raid on a meat-packing plant in Postville, Iowa. Our government offered him a U-Visa to return and testify in the prosecution of the

plant management for serious labor violations. With his wife and baby, he plans to settle in San Mateo, where she has a relative. We were asked by the Unitarian Universalist Church of Cedar Falls Iowa to assist in their resettlement.

My first response was "We can't do this! We have Congregational Assessments, the Ministerial Search Committee, and a Capital Campaign. We have our own problems, and I'm on vacation." I dreaded the thought of trying to help them find housing, health care, and financial support while they waited for their work permits, a process that could take months. At the same time my conscience wouldn't let me tell them, on the 22nd of December, that there was "no room at the inn." Reluctantly, I agreed to pick them up at the airport and deliver them to their relative. I found that he is himself struggling to survive. The situation looked bleak.

Then I learned I must always trust my healing, helping beloved community. As we welcomed the New Year, we also welcomed Agustin and his family into our neighborhood with classic UU warmth and generosity. We held a reception in Beck Hall and showed clips from the film *AbUSed: The Story of The Postville Raid*. The filmmaker gave a presentation, and representatives of the Guatemalan consulate attended. Agustin told his story, and support began to pour in. Soon they had a bed, a crib, diapers, clothes, and a little cash. Now he is learning English, and his baby is getting her immunizations. Food and rent are ongoing problems, but I am confident that together we will find the resources. After all, we are neighbors now.

Finally, I realized – no, more than that – I experienced what it means not to think alike but to love alike. We are a community of many different ideas, but we have just as many resources and a willingness to pool our energies for the good of the whole. If that's not Standing on the Side of Love, then I don't know what is.



Transition to Transformation to Transcendence: From Awful to Awe-full to Awesome

by Caryl Hughan, Social Justice Council Chair

UUSM is in a period of transition. Isn't it awful?! Human brains, of necessity, categorize and classify, reach for comfort levels, and strive for control. We love to sit in the same pew every Sunday (one less decision to



make), visit with our friends (it's sooo stressful to talk to strangers), get coffee after the service (we can count on it being there), and have someone else sit on the Board of Trustees (we are just tooo busy to take that on). Isn't it awful?!

Back in the day, when our children were little, our family guidelines were, "Get busy and happy," "Do the right thing," and "Bed time is 8:00 pm, but you can read as long as you want." The kids finally figured that what we meant was use your time well, control your attitude, be responsible for your own ethical actions, and read, read, read.

At UUSM, we can be busy and happy. We can work on at least one committee. It isn't always easy (that's why they call it work), but at the end of the church year, we can stand tall with others who have done the same. We can be happy because we can control our attitudes. One of our moral beacons, Viktor Frankl, said "Everything can be taken from (us) but...to choose one's attitude in any given set of circumstances." We can carp and complain or we can be positive and contribute to UUSM's mission of transforming the world and ourselves. Justice making in the world is tough, but transforming ourselves is herculean in the face of daily challenges.

During this ambiguous time of tension and transition, some of our members have withdrawn. "Who needs it?" they ask. Viktor Frankel replies: "It did not really matter what we expected from life, but rather what life expected from us...Our answer must consist, not in talk and meditation, but in right action and right conduct." Frankl was talking about life in a concentration camp. By comparison, our anxieties are minor; we are experiencing the typical congregational stress of living in transition while searching for a new minister. Frankl could not go home, but he did not abandon his faith in humanity. If you have left, literally or figuratively, have

faith in us and come back. We can do the right thing and stay, stick it out, and tell the truth to each other.

We can forgive any past hurts, heal any wounds, and rejoice in what we have in our spiritual home. If we regret any past choices or enabled some questionable actions, we can acknowledge them, forgive ourselves, ask forgiveness from others, and move on.

We can transform ourselves by rising above ourselves. We can give ourselves space and time to read and read and read. Try *Nonviolent Communication: A Language of Life* by Marshall B. Rosenberg and Arun Gandhi. (If you missed hearing Rev. Olivia Holmes on Sunday, Feb. 5, you missed hearing Reeba Lynn and Ann Mason in a skit in which we all saw ourselves.) You can read her sermon, "Compassionate Communication," and others, at <http://www.uusociety.org/Sermons?name=Reverend%20Olivia%20Holmes&speaker=250>.

Read *No Longer Strangers: The Practice of Radical Hospitality* by Rev. Wendy Taylor and Margaret Cross to see how to reach out to others. Read the Order of Service Announcements and our E-announcements. Be informed about our church activities and participate. If you cannot participate, send healing thoughts. Send cards to those who have inspired you and thank you notes and suggestions to those who are doing the hard work on the Ministerial Search and Transition Committees. Transform yourself through right action (helping the Auction and Pledge Drive succeed, for example), and it will transform our UUSM community. It can be awe-full.

And what about transcendence? If we get busy contributing to UUSM's progress, if we wake in the morning and intentionally set our autopilots to Positive, if we do the right thing in this spiritual community and forgive and let go, and if we raise our intellectual sights, we will transcend ourselves to a new level of confidence and faith in each other. It will be awesome.

Sources:

<http://www.webwinds.com/frankl/quotes.htm>

Man's Search for Meaning by Viktor E. Frankl, Washington Square Press, Simon and Schuster, NY. 1963

Worship Services

Service takes place on Sundays at 10:00 am unless otherwise noted.

Sunday, March 4

"Worship: The Art of Creativity"

Worship Leader: Rev. Denise Tracy
Worship Associate: Connie Spearing

Sunday, March 11

"Muslim Faith"

Worship Leader: Rev. Denise Tracy and Jasmina Ragoobeer
Worship Associate: Katherine Preston-Watson

This Sunday's special collection will benefit our Philippine Partner Church.

Sunday, March 18

TBA

Worship Leader: Rev. Lindi Ramsden
Worship Associate: Dick Davis

Rev. Lindi Ramsden is the Executive Director of UU Legislative Ministry in California (UULMCA). A reception will be held in her honor after the service.

Sunday, March 25

"Living the Generous Life"

Worship Leader: Rev. Denise Tracy
Worship Associate: Sam Watson

Sunday, April 1

"Robert Fulghum"

Worship Leader: Rev. Denise Tracy
Worship Associate: Joe Sandmeyer

Sunday, April 8

"Alleluia"

Worship Leader: Rev. Denise Tracy
Worship Associate: Cynthia Fernald

We will have a Spring Egg Hunt for the children after the service.

Sunday, April 15

"The Miracle of Friendship"

Worship Leader: Rev. Denise Tracy
Worship Associate: Chris Hazzard

This Sunday's special collection will benefit Habitat for Humanity Greater San Francisco. We hold our annual "Sundae Sunday" Mystery Friends Reveal after the service.

Sunday, April 22

"Soul at the White Heat: Emily Dickenson"

Worship Leader: Rev. Denise Tracy
Worship Associate: Pam Sachs

Sunday, April 29

TBA

Worship Leader: Susan Donham
Worship Associate: Marjorie Robinson

Sunday, May 6

TBA

Worship Leader: TBA
Worship Associate: Caryl Hughan

Sunday, May 13

"Why Mothers Have Wrinkles"

Worship Leader: Rev. Denise Tracy
Worship Associate: Katherine Preston-Watson

This Sunday's special collection will benefit the Unitarian Universalist Service Committee (UUSC).

Sunday, May 20

"The Mysteries of Ministry"

Worship Leader: Rev. Denise Tracy
Worship Associate: Regina Johnson

Sunday, May 27

TBA

Worship Leader: Patrice Curtis
Worship Associate: Joe Sandmeyer

For updates on upcoming services, please visit the website and click on Worshipping.

Announcements and Events

Religious Education

Spring Egg Hunt

Sunday, April 8, 11:15 am
Patio, Petite Sorbonne

On Easter Sunday, there will be a Spring Egg Hunt after the service. Children 6 years and younger meet at Petite Sorbonne; youngsters 7 years and older meet in the Patio by 11:15 am. Happy Hunting! There will be no Religious Education this Sunday.

Mystery Friends Reveal and Sundaes Sunday

Sunday April 15, 11:00 am-12:00 pm
Beck Hall

Mystery Friends will meet that special person they have been corresponding with for the past two months and get acquainted over an ice cream sundae of their own making. (There will be ice cream for non-Mystery Friends, and non-dairy treats for those with special dietary needs.) There will be no Religious Education this Sunday.

With Justice and Compassion: Immigration

Sundays, May 6, 13, 20, and 27,
10:00-11:15 am
Patio

Kathy van Leuwen and members of UUSM's Immigration Task Force will lead the kids in Grade 1 and up in exploring immigration in a variety of activities that spark compassion and curiosity. Each session will be grounded in the Buddhist Metta – or lovingkindness – meditation.

Religious Education Appreciation Sunday

Sunday, May 20, 12:30-2:00 pm
Patio

We will honor our talented and dedicated religious educators with a catered luncheon and enjoy one another's laughter and conversation.

Festival of Music

Sunday, June 3, 10:00-11:00 am
Sanctuary

This will be a multi-generational worship service. There will be no Religious Education this Sunday.

Partner Church Fair

Sunday, June 10, 11:15 am-12:00 pm
Beck Hall

This will be a multi-generational event. There will be no Religious Education this Sunday.

Community Events

First Friday Family Fun Nights

Every 1st Friday, 6:30-8:30 pm
(next dates: March 2, April 6, and May 4)
Beck Hall

Join this monthly multi-generational family night dinner with pizza and salad. Cost: \$5.00/adult, \$2.00/child, up to a maximum of \$15.00/family.

Congregational Meetings

Sunday, March 11 and April 8,
11:30 am-1:00 pm
Sanctuary

Mark your calendars for the upcoming Congregational Meetings. Childcare available. Stay tuned for more details.

Continuation of Circle Dinners

March 24 and April 21

Circle Dinners are informal Saturday night potlucks – a cherished tradition at UUSM. The remaining Circle Dinners take place on these dates.

Monarch Electric Jazz Band Concert

Saturday April 28, 7:00-9:00 pm
Sanctuary

Member Cody Stumpo presents his band in the second of a triennial series of jazz concerts. The focus for this concert is on Jazz Fusion. Tickets are \$10, available during Coffee Hour on the Sundays leading up to the event or at the door. For more info, visit <http://reverbnation.com/monarchjazz>.

Adult Enrichment

Understanding and Managing Conflict

Sunday, March 4
11:15 am-12:15 pm – The Basics
12:15-12:45 pm – Potluck Lunch
12:45-2:45 pm – What Will Help Our Congregation Process Conflict Differently?

Join this workshop designed to address one of the top concerns of UUSM members: how to resolve conflicts with skill and care. From this workshop, we hope to build a team that can help when the congregation or members are working with difficult issues. Please RSVP with the office at 650-342-5946 x 11 or office@uusanmateo.org. Childcare available.

continued next page

St. Patrick's Day Potluck Dinner and Dance

Saturday, March 17, 5:30-8:30 pm
Beck Hall

We'll have a great band, Daylight, and we'll be inviting members of our neighbor UU congregations to join us. Donations of \$10/person requested (kids under 12 free), no one turned away for lack of funds. Please bring the following dishes (based on the first letter of your last names):

A-F – Hot entrée for 6

G-K – Big salad dressed, or hot vegetable dish

L-P – Tray of cheeses, breads, dips, cut up veggies (with hummus, sour cream)

Q-Z – Drinks and dessert



Tai Chi with Denise

led by Rev. Denise Tracy
Every Wednesday, 6:00-6:45 pm
Beck Hall

Join this weekly, relaxing moving meditation. Wear loose and shoes or slippers with smooth soles (no treads).

Second Sunday Speaker Series

Every 2nd Sunday, 6:30-8:30 pm
(next dates: March 11, April, 8, and May 13)
Beck Hall

The next event in the series (March 11) will feature a presentation by UUSM's JUUST Food Group on issues of food justice. Events include Q&A and social hour. Goodwill donations appreciated.

In Her Name Circle

led by Joy Reichard
Usually every 2nd Friday (see dates below), 7:00-8:30 pm
Ann Benner Room

The group meets to celebrate the many manifestations of the Divine Feminine.



Pacific Central District (PCD) District Assembly 2012 Transforming Ourselves and the World!

April 27-29
Oakland Airport Hilton Hotel

Celebrating the 50th Anniversary of the Pacific Central District! Join 400 vibrant UU's for a weekend of laughing, learning, networking, and worship.

For more info, visit

<http://www.pcd-uaa.org/events/DA-2012/index.htm>

March 16 Sarasvati, Hindu Goddess of Wisdom and the Arts

April 13 Ixchel, Mayan Goddess of the Moon

May 11 Yemaya, Goddess of the Sea

For info, contact Joy at 415-819-8769 or joy@joyreichard.com.

Social Action

No Homework Tonight!

Friday, March 2, 6:00-9:00 pm
Congregational Church of San Mateo
225 Tilton Ave., San Mateo

Come to this fundraising event to support Homework Central. Excellent hors d'oeuvres will complement good wine as you participate in the silent auction. For info, call Frank Seebode at 650-347-1785.

Habitat for Humanity Workday

No prior building experience needed. To join the list of volunteers for a Saturday workday this spring, email John Berdoulay at johnberdoulay@sbcglobal.net. You must be at least 16 years old.

Social Justice Letter Signing

Every 3rd Sunday, 11:00 am-12:00 pm
(next dates: March 18, April 15, and May 20)
Beck Hall

Make your voice be heard! For info, contact Peter Cross at 650-591-3642 or civ2100@gmail.com.

Social Justice Council Meetings

Every 3rd Sunday, 11:00 am-12:00 pm
(next dates: April 15 and May 20 – no meeting on March 18)
Hemingway Lounge

Find out the many ways you can put your faith in action. For info, contact Caryl Hughan at 650-692-4147 or educaryl@gmail.com.

Ongoing

Handbell Choir

Every Sunday, 8:05-8:45 am
Sanctuary

All ages and handbell experience welcome, but ability to read music is strongly recommended. For info, contact Diana Chung at 408-250-0810 or ladidido@yahoo.com.

Knitters Group

Every Sunday, 11:00 am-12:00 pm
Loft (above Beck Hall)

Join us if you like to knit or would like to learn. For info, contact Christina Berdoulay at 650-343-5042 or csberdoulay@sbcglobal.net.

Newcomer's Circle

Every 1st Sunday, 11:00 am-12:00 pm
(next dates: March 4, April 1, and May 6)
Hemingway Lounge

This basic introduction gives people a chance to learn what UUSM is all about. All visitors welcome, no RSVP required.

UUSM Book Group

Sundays (see dates below), 11:00 am-12:30 pm
Hemingway Lounge

Schedule:

March 25 *The Gift of Rain* by Tan Twan Eng

April 22 We pick new books

For info, contact Anne Silver at 650-740-7221 or annehsilver@yahoo.com.

Walkie Talkies

Every 1st and 3rd Monday, 9:00-10:00 am
(next dates: March 5 and 19, April 2 and 16, May 7 and 21)
Offsite

Women's group strolls twice a month. For info, call Phyllis Mitchell at 650-340-9091 or Mary Ann Weisberg at 650-344-5951.

Women's Potluck

Every 1st Monday, 6:00-8:00 pm
(next dates: March 5, April 2, and May 7)
Beck Hall

All UUSM women are invited! Bring a potluck dish and a book to share. For info, call Phyllis Mitchell at 650-340-9091 or Sally Reed at 650-697-8433.

Age-ing to Sage-ing

Every other Tuesday, 1:30-3:30 pm
(next dates: March 13 and 27, April 10 and 24, May 8 and 22)
Hemingway Lounge

Seniors group meets to prove the adage that with age comes wisdom. For info, contact Kim Mortyn at 650-574-3250 or kmortyn@sbcglobal.net, or Dick Davis at 650-348-3966 or davisrlav@aol.com.



**A warm and happy place
where learning is nurtured with love.**

- Preschool & Kindergarten Ages 2.5-6
- Full & Half Day Programs
- Art, Music, Computer, and Chinese Classes
- 10% discount for the UUSM members

Open Enrollment

(650) 340-8819

300 E. Santa Inez, San Mateo
KinderAcademyMontessori.net

Women's Age-ing to Sage-ing

Every 2nd and 4th Tuesday,
7:00-8:30 pm
(next dates: March 13 and 27, April 10
and 24, May 8 and 22)
Hemingway Lounge

A Sage-ing group just for women. For
info, contact Lillian Barden at 650-401-
6089 or lillbarden@astound.net, or
Randi Paynter at 510-333-4746 or
randi.paynter@gmail.com

Choir Practice

Every Wednesday, 7:00-8:45 pm
Sanctuary

Join the choir and lift your voice in
song. For info, contact Shawn Reif-
schneider, Music Director, at 650-759-
5942 or music@uusanmateo.org. Child-
care available.

Women's Chalice Oval

Every 2nd and 4th Wednesday,
7:00-8:30 pm
(next dates: March 14 and 28, April 11
and 25, May 9 and 23)
Hemingway Lounge

This women's Chalice "Circle" continues!
For info, contact Debby Leschyn at 650-
591-6616 or dleschyn@gmail.com.

Men's BBQ Night

Every 3rd Thursday, 6:15-8:00 pm
(next dates: March 15, April 19, and
May 17)
Patio, Beck Hall

Join the UUSM men for a meal from the
grill and topical conversation. For info,
contact Randy Silver at 650-591-3056
or randy-silver-photo@juno.com.

**In the Wider UU
Community**

**Radical Hospitality: Creating
Beloved Community for All Children**
with Sally Patton

presented by the UU Fellowship of Los
Gatos and the Liberal Religious Educa-
tors Association (LREDA)
Saturday, March 17, 9:30 am-4:30 pm
(registration starts at 9:00 am)
UU Church of Palo Alto
505 East Charleston Road, Palo Alto

This workshop will offer effective tools,
strategies, training, and hands-on ac-
tivities that support the compassionate
inclusion of our special needs children
into full congregational life. Cost: \$30/
person; \$20/person if part of a team
(lunch provided). Childcare for \$10/child
if requested by March 3. Register by
March 12 with Rev. Lisa Wiggins at
uuminister@uufg.org.

**Balázs Scholars Program Spring
Transylvanian Tea**

Saturday, March 17, 3:30 pm
Starr King School for the Ministry
2441 Le Conte Ave., Berkeley.

Join this spring fundraiser, featuring
Rev. Zoltán Kopáncsi-Benczédi, 2011-
2012 Balázs Scholar, Minister in the Zsil
Valley, Transylvania. Suggested dona-
tion is \$25. Please RSVP to Arliss Ungar
at 925-283-3288 or balazs@ungar.us.

WhaleCoast Alaska 2012

See Alaska through the eyes of local
UU's in Anchorage, Fairbanks, Juneau,
and Sitka with friendly homestays and
unique tour activities. Programs led by
Dave Frey, member of the northernmost
UU congregation. For more info on your
Alaskan trip of a lifetime, call 907-322-
4966, email dfrey@whalecoastak.org, or
visit www.whalecoastAK.org.

**For more details on upcoming
events and an online calendar,
please visit www.uusanmateo.org.**

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300 East Santa Inez Ave.,
San Mateo, CA 94401
650-342-5946 ■ fax 650-342-1777
office@uusanmateo.org
www.uusanmateo.org

Office hours: Tuesday-Friday,
10:00 am-5:00 pm

If you wish to meet with the
minister, please contact her
for an appointment.

Unitarian Universalists of San Mateo

300 East Santa Inez
San Mateo, CA 94401

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Private Stewardship Event

Holly Near Open Rehearsal

Friday, March 9, 7:30 pm
Sanctuary

Singer, songwriter, and activist Holly Near is coming to UUSM for an open rehearsal and recording session. The event is private for contributing members and pledging friends of UUSM. In order to attend, return your pledge card by Sunday, March 4. (A letter has been mailed, with the pledge card. Read it and see how you can attend this event!). The music will be followed by a reception where Holly's CD's will be sold. We hope you will join us for this special opportunity.

