



December



2018

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Summary of Sunday Services

10:30 AM

December 2: "Moving Towards Our Own Fullness!"

Rev. Pratima Dharm

Inadequacies and our own deep-seated fears can prevent self-confidence within us at times. Rev. Pratima Dharm will speak on 2nd of December on the topic of 'Confidence' and the necessary steps we need to take in order to embrace all of our fabulous selves so we could lead intentionally fuller, purposeful and meaningful lives!

December 9: **Would You Like to Hold the Baby?**

Amy Randall and Rev. Pratima Dharm

Envision a place where unacceptable folks are barred and religious intolerance is prevalent. Sound like the current news? This is actually an ancient story commonly known as the Nativity Story. Share in the retelling of this tale through a Unitarian Universalist lens. The familiar characters will be played by our own congregants, along with music by our choir. Join us as we celebrate the holidays and embrace the deepest meaning that Christmas holds for each one of us.

December 16: **A Musical Offering For the Holiday Ears!**

Worship Associate: Chris Sanchez

Director of Music: Lily Popova

Please join us in celebrating this Holiday Season by listening to a wide array and repertoire of delightful musical selections drawn from hundreds of years of Western Sacred Music tradition (including some modern ones as well!) that capture the Holiday Spirit of good cheer and joy! It will be presented by the Monte Vista Choir on the 16th of December with the goal of enhancing our liturgical celebrations with beautiful music found within the depths of Unitarian Universalist Worship. The service will be led by Chris Sanchez and Lily Popova the Director of Music at Monte Vista.



Summary of Sunday Services (Continued)

December 23: "Love in a Box!"

Rev. Pratima Dharm

Rev. Pratima Dharm will lead service at Monte Vista on 23rd December and speak on the topic of the power of love and reconciliation to counter gun violence in our society today. The loving principles behind the 'Sandbox' project will be showcased at this service.

December 24: "The Hope for All Our Children!"

Rev. Pratima Dharm

Come and worship with us on Christmas Eve! The service will showcase special music by Lily Popova, songs by the Monte Vista Choir and a message of hope for all our children and the children of this world by Rev. Pratima Dharm. Service will begin at 7pm. So let us gather to not only celebrate this special season but also to usher in the New Year with a spirit of love, hope and unity!

December 30 "A Potluck of Poems"

Guest Leader: Maribel Dana

Worship Associate: Jeanne Coats

During this crack between two years, join us for a conversation and a sharing of truths and wisdom between generations--the past, the present, and the future. Let us be cheered, opened, and awakened! Bring one of your favorite poems or one of your own creations. No epics, please. We will remember some of our own MVUUC poets as well.



Rev. Pratima Dharm's Message

It is almost my 19th winter living in this country! But this year is different because it is for the first time in as many years that I am living in such warm weather (a strong reminder of the warmer climes of India)! And compared to the East Coast (which is where, I was living all these years!) the weather is distinctively different and my body continues to acclimatize to this change. Though I struggled with snow and the bone chilling winds on the East Coast for years, it was something my body and

mind had come to expect like clockwork. Come September, I expected snow, rain, slush, messy porches and messier kids! This year, though, the winter of my expectation is absent and yet my body is adjusting to this beautiful weather with reactive headaches, stuffy nose and dry skin! In other words, my body, not experiencing what it had come to expect for years has in fact become more sensitive, as it faces probably the most perfect winter weather to be found in the US. I am truly hoping that by next year I would have adapted better to my new surroundings!

Talking about 'expectation', as we come nearer to the end of 2018 and stand at the precipice of 2019, I am preparing to set my intention for the New Year! In the soon approaching New Year, I am hoping to readjust my expectations of myself and of others around me. Perhaps with 'fewer' expectations, I would 'live' more in the coming year (but not without the initial hiccup or adjustment period as I have experienced with the weather here!). I am consciously reorienting my mind to see and approach life more as a journey rather than a set of goals to be achieved by setting my intention to live with more kindness, more love, more conscious breathing, less worrying or thinking and more letting go! I draw inspiration from the words of Brandon Sanderson, "Expectations are like fine pottery. The harder you hold them, the more likely they are to crack." However, more than anything or anyone else, it is we who crack or break down under the stresses or pressures of unreasonable expectations!

Instead of embracing this Holiday season to relax and to slow down, we can fill it with the self-imposed expectations of throwing the best parties, buying gifts for family and friends (who perhaps do not need them) or simply decide to undertake another project with a belief that it would make a difference in our lives! But I wonder what would be the result of re-evaluating our expectations? Maybe we could breathe better and deeper leading to improved physical, emotional and spiritual health! Maybe we would have more time to listen to classical music, read the books we have wanted to read for years, take up pottery, painting or something that ignites the child in us, like tap dancing, drumming or flute playing! Why not make the effort to explore and find out for ourselves?

As for me, I truly want to smile more and along the way, strive less for perfection from self and others. And who knows even find the elusive happiness that remains on some higher or undiscovered shelf somewhere. As Walt Whitman wrote, "Do anything, but let it produce joy." Maybe as we strive to live, really live, we may even discover the happiness, joy and grace we have perhaps always craved for on our life's journey!

Love and Blessings,
Rev. Pratima Dharm



Presidents' Message

Beloved CommUUnity,

As we are in the midst of the holiday season, we have some happy events on the calendar. Among them are a Christmas play performed by the children of MVUUC on December 9, for the Sunday morning service and the traditional Christmas Eve carol singing on Monday, December 24. The Sunday following Christmas, MVUUC will have the "Poetry Potluck" where congregants share poems.

We look forward to the coming year as one filled with opportunities to combine our efforts to meet needs in the community, and find more reasons to celebrate. Let us cultivate gardens and friendships, building happy memories and fostering kindness.

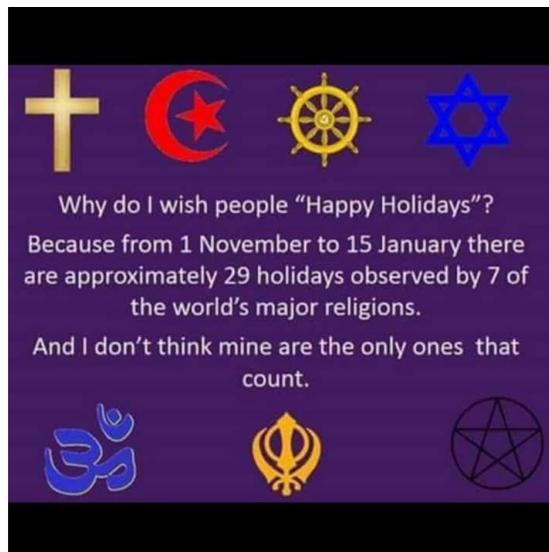
To your health, collectively, with much love,

Cynthia Allaire
MVUUC Board President

RE flections



In the past month, I have seen this statement several times on social media:



This time of year may be stressful for Unitarian Universalist families for different reasons. Theological issues may conflict with family traditions or needs. Or you want to move away from all the consumerism, or you just don't know how to celebrate with children, or any other numerous reasons.

But you can look at this time of year as an opportunity. Families that don't consider themselves Christian or Jewish may still celebrate Christmas or Hanukkah and even tell the traditional stories as a celebration of rebirth and renewal or to reinforce the value of giving to others. Even if you are not Pagan, you can celebrate the Winter Solstice by discussing how the darkness of winter is a natural progression of the year, and what that means. Or you can learn about the other 26 holidays that can be observed.

And don't forget about Chalice. "CHALICA is an unofficial holiday originally conceived by Daylene Marshall of Vancouver, BC as a way to celebrate and put into intentional practice the Seven Principles of the Unitarian Universalist tradition - one a night, for seven nights. The celebration begins on the first Monday of December, and is marked by the lighting of a chalice each day (or evening)."

I think the most important part of this holiday season is that it is a time to stop and focus on the positive aspects of the winter holidays for your family. You can use events from your childhood, invent new traditions, or combine ideas. Whatever your family does, this season should be a time to celebrate, a time to be open to new opportunities, and not be a time to stress. Enjoy!

Happy Holidays!

Faithfully Yours,
Amy Randall
Director of Lifespan Religious Exploration
Credentialed Associate



MVUUC ANNUAL GOODS AND SERVICES AUCTION

Night of Stars Goods and Services Auction Event Opportunities - You weren't able to attend the auction but don't want to miss out on the fun? It's not too late. Seats are still available at several AWESOME events throughout the year! Click this link [Post Auction Events](#) to our website or check the list on the green table at the back of the sanctuary to see what's available. Contact Maribel Dana or Rita Salama to reserve your spot.

Would you like to access your **Auction Statement** to see your purchases and your donations? Go to www.togetherauction.com/montevistauu. Click on **LOG IN** in the upper right-hand corner, follow the directions on the log in page. Then scroll to the bottom of the page, click on **STATEMENT** in the lower right-hand corner. Questions? Contact Maribel Dana or Rita Salama. Net auction profit will be announced soon!

Chalice Lighter Grant

Helping Our Member Congregations

In the last several months the Board of Trustees encouraged members to sign up for the Chalice Lighter program. They planned to apply for a Chalice Lighter Grant as soon as we had enough members contributing as Chalice Lighter supporters. In order to receive a grant, we must have 20% of members contributing to 3 yearly calls of \$20 per call. Currently only 19% of members are participating. This was an increase of 1% over June. At this time, we are still unqualified to be an honor congregation. If more can sign up and maintain that for a year, we should be able to apply for a grant next year. See the link for the online signup.

Please visit the page below and learn about all the good your help can provide for congregations in our Pacific Southwest District. You will also be helping our own congregation with fundraising for our growth. MVUUC may be applying for a grant next summer.

Flyer with detailed description of Chalice Lighters:

<http://www.pswduua.org/wp-content/uploads/2015/03/CL-Flyer-2017.pdf>

Online Chalice Lighter Enrollment: (Be sure to enroll in the Pacific Southwest District’s program.)

<https://register.pwruua.org/chalice-lighter-enrolment/>

MVUUC Calendar – December 2018

MVUUC Calendar, Founders' Room, Minister's Office, Patio / Outdoors, Room 1, Room 3, Room 8, Sanctuary, Dec 2018 (Pacific Time - Los Angeles) Worship

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2 8:45am - Freethinkers 10:30am - "Moving 12pm - Interest Groups 12pm - RE Council 12pm - RE Council 12:30pm - RE Coming 2pm - African Drum	3	4 7pm - Council of Chairs	5 4pm - Personnel 7pm - Finance	6 1pm - Rehearsal - 6pm - Choir Set-up and 6pm - Worship and 7:30pm - Choir	7 10:15am - Staff 1pm - Rehearsal -	8 9am - Rev. Dharm's
9 8:30am - Men's Group 10:30am - Would You 2pm - African Drum	10	11 10am - Buuk Group @ 6pm - Montessori	12 6:30pm - Board of	13 6pm - Choir Set-up and 6pm - Facilities 7:30pm - Choir	14 10:15am - Staff 6pm - Private @ 7pm - CUUPs Liquid 9pm - Private @	15
16 8:45am - Freethinkers 10:30am - Choir Winter 12pm - Social Justice 2pm - African Drum	17 6pm - Committee on	18	19	20 6pm - Choir Set-up and 6pm - Membership 7:30pm - Choir	21 10:15am - Staff	22
23 8:30am - Men's Group 10:30am - "Love in a 2pm - African Drum	24 7pm - "The Hope for All	25 Merry Christmas	26	27 4pm - Social Justice 6pm - Choir Set-up and 7:30pm - Choir	28 10:15am - Staff	29
30 10:30am - "A Potluck of 2pm - African Drum	31	1	2	3	4	5

GENERAL INFORMATION

Office Hours: Monday, Thursday, Friday - 8:00 AM to 1:00 PM
Telephone: 909-626-0520, Office email: officeadmin@montevistauu.org

Rev. Pratima Dharm - Thursday, Friday: 10:00 AM – 1:00 PM
Director of Lifespan Religious Exploration: Amy Randall - Friday - 9:30 AM - 12:00 PM
Office Administrator: Tricia French - Monday, Thursday, Friday: 8:00 AM - 1:00 PM
Bookkeeper: Tracy Batres - Monday, Tuesday: 12:30 - 4:30 PM
Facilities Assistant: Joyce Armenta - Tuesday, Friday: 6:30 AM - 11:30 AM

Membership

We encourage all inquiries about becoming part of this wonderful, warm and welcoming community.

For more information, please contact

Mary Darrow at mlbdarrow@gmail.com or 909-608-2363
or Sara Langford at sarailangford@gmail.com



Send newsletter articles to officeadmin@montevistauu.org by the 23rd of the month.



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