Summar of Sunday Services

10:30 am

Nov. 3, 2019 Celebrating el Dia de Los Muertos: Once Again In Love

Amigos! Join us for one of Monte Vista’s favorite Services as we celebrate the Day of the Dead: a beautiful and culturally rich Mexican holiday that has caught on and now celebrated by different cultures worldwide. This holiday is about coming together in love to remember friends and family members who have passed on and celebrate their life with music, food, laughter and fun. You are encouraged to bring pictures, stories and favorite items of your dearly departed to place on the altar and stay for the Mexican goodies and sharing of stories during fellowship. All are welcome!!! Thank you so much! In service, The MVUUC Worship Team

10th November, 2019 Reflection: 'Celebration of All our Light!'

Rev. Pratima Dharm will lead the Service at Monte Vista on the 10th of November which will celebrate the Indian ‘Festival of Light’ called ‘Deepavalli’ or ‘Diwali’. She will speak on the importance of our individual and collective ‘light’ with the hopes of creating a healthier community for us all. Indian Samosas or patties with tea or ‘Chai’ will be served for all attendees after the service.


Rev. Pratima Dharm will speak on the perspective of sound and music as understood through the ancient yogic philosophy of chakras, colors and notes that can affect our physical, emotional and spiritual rhythm and health.

Nov. 24, 2019: ‘To The Turkey With Thanks!’

Rev. Pratima Dharm will lead the service to celebrate the message of ‘gratitude’ especially within the celebrations leading up to ‘Thanksgiving!’ Please bring a dish to share with others as we will share a meal reminiscent of all things ‘Harvest’ during fellowship time!
Minister's Message

My beloved Monte Vista Community!

Last Sunday, as we shared the news of Harry’s passing during Joys and Sorrows, Cynthia Allaire spoke about how her nephew’s appeal had been denied. As a result he will continue to serve a 26 year sentence in prison for a crime he presumably committed when he was 18 years old with a 36 year old accomplice. I am incredibly grieved by the judge’s decision to deny a young man clemency, especially when he is remorseful and acknowledges his wrongdoing. It is indeed unfortunate that he was in the wrong place, at the wrong time with the wrong people. And, it is also true that many of us can and have found ourselves in similar dire or unusual circumstances. But, by some mysterious grace, managed to escape the harsh consequences from the law for our actions. Is it fair then, for him to serve a 26 year sentence in jail or wouldn’t it be better for him to be in a more humane environment that would actually allow him to take responsibility for his action at a deeper level while also offering him the compassionate and necessary help that he truly needs!

The truth is that I grew up in a world which usually did not allow me to meet people who had had a fatal brush with the law. But as I moved away from my own roots and travelled to live in different cultures and societies, I met people with a prison background or as they say, ‘a colorful past’! However, my own research in conjunction with my experiences have led me to understand and shift my perspective to believing that the so-called ‘criminals’ are not always at fault and that our present legal system can usually tend to be more unjust than just! More and more, our legal system smells and reeks of over punishment rather than a sincere attempt to reinstate and rehabilitate people with a criminal history. So they can be truly set on a path to freedom from a past blunder, mistake or wrongdoing, offering them the timely help and move them towards a long term restitution!

Hosea Ballou, the father of Universalist theology, correctly argued that all persons will ultimately be saved. Even when we choose or circumstances takes us towards a life of crime, there is no eternal punishment or hell on earth (a prison for example) that can save our souls, hearts and minds on a permanent basis. In the long run, it is only a loving community that holds within its sacred circle the abundant grace that allows this process of change and transformation to take place within the individual. This way the community also gets a chance at experiencing a ‘conversion’ and become whole. It is in this graceful and loving exchange that a person concerned is given the opportunity to take responsibility for their actions, have a shot at becoming a new person and starting anew! In the meantime, my sincerest prayers are for
Cynthia’s nephew and many like him who remain in prison serving a harsh punishment for a crime they did not perhaps commit! May we hope together that they may walk towards a greater justice of loving kindness and forgiveness someday soon!

Love and Blessings,

Rev. Dharm

*****************************************************************************************

Presidents’ Message

Dear Beloved CommUUnity,

We’ve been in a season of loss and sadness, but we are thankful for the years we’ve had with dear members of our congregation recently passed. I remember Harry Ragland speaking of his friendship with Coretta Scott King when they were both college students, and both active in the Civil Rights Movement. I will always cherish the memory of him playing piano, and the time he and I were asked to play “Brother, Can You Spare a Dime,” for the congregation some years ago. One of his favorite tunes he loved to play and sing was, “It Ain’t Necessarily So.”

I also remember the great conversations he lead for the Freethinkers - Adult Forum when I attended, and the plays he wrote the script for of the "Meeting of Great Minds," inspired by the prominent Humanist Steve Allen. He recruited the Adult Forum members to play the various parts, and it was always illuminating and enjoyable.

I was fortunate to be at some of the small group dinners when he and Nella were also present, and he guaranteed good conversation and an important perspective. He also took part in discussions in the Social Justice Committee, with a unique knowledge of history. Mental health consequences for the sufferer, family and community was an issue he highlighted for our congregation, bringing in a guest speaker representing NAMI - the National Alliance for the Mentally Ill.

Though he was a serious thinker, passionate in his concerns, he would be light-hearted, too. It was fun to be on hand while he was at the piano during the Summer Solstice parties of years past, and New Year’s Eve celebrations. I count myself lucky to have known Harry and Nella.

Love,
Cynthia Allaire

*****************************************************************************************
REflections

We are in the month of November. And during this month, we celebrate Thanksgiving. According to Wikipedia, Thanksgiving “began as a day of giving thanks and sacrifice for the blessing of the harvest and of the preceding year.”

Many people think of Thanksgiving as a time to give thanks, and at many holiday dinners, folks tell what they are thankful for. Although I do think this is important, I also believe gratitude should be done every day of the year, and be taught to our children.

Some tips for instilling gratitude in children include:

- **Naming your blessings** – **have each family member spend a** moment each day sharing something they’re thankful for. This can be at a meal, bedtime, driving, or whenever it is convenient. Adults should also name what they are thankful for.
- **Have them pitch in when they want something** - have your child participate in buying some of the things they want. When children take the time to save up money, they have more ownership in the purchase, feel more gratitude, and understand the value of a dollar.
- **Set a good example by saying ”thank you” sincerely and often** - the values that our children embrace are the ones they see us living out. There are numerous opportunities every day for us to model gratitude for our children, and when they see us expressing sincere thanks all the time, they’ll be more inclined to do it too
- **Encourage them to give back** – as it really does feel great to help someone else out. When children give their time and energy to help others, they are less likely to take things like health, home, and family for granted.
- **Find the silver lining** - it can be helpful to try to find a response that looks on the bright side, when children complain. This is called an “attitude of gratitude” for a reason -- it's about perspective more than circumstance. Sometimes it's tempting to wallow lingeringly in self-pity.

The other day, I was waiting about 15-20 minutes for something (and waiting is not my strong point). As I was just about to start expressing my frustrations (to myself), I changed my thoughts and started naming things that I was grateful for. I was grateful for being able to wait, for being able to drive, for having a car to drive, etc. Before long, that frustration subsided, and I was feeling a lot better. And I have science to proof it.

A study conducted by Dr. Robert A. Emmons, professor of psychology at the University of California, Davis, shows that cultivating gratitude can increase happiness levels by around 25 percent. He also found that practicing gratitude causes individuals to live happier lives and enjoy increased levels of self-esteem, hope, empathy, and optimism.

We should all adopt the “attitude of gratitude” and pass it on to our children as well. Imagine how different life would be for everyone!

Happy Thanksgiving
Practice Gratitude
There is no Wheel of the Year Celebration in November, but, in these troubled times, it behooves all of us, Pagans as well as "Muggles" to reserve time for giving thanks and offering gratitude for the bounty in our lives. Autumn has been, and still is, in many cultures, a time of harvest; a time of plenty, and a time to celebrate and give thanks.

Whether or not you believe the story of our first Thanksgiving, this day has become traditional in the USA, including some modern-day rituals the Pilgrims never would have recognized: the Macy’s Parade and endless football to name two. (not to mention Black Friday) Even the dinner wasn’t the same. Our modern feast of turkey, candied yams, mashed potatoes and pumpkin pie would have been, instead, venison, wild greens, turnips, and maybe corn pudding. The one facet that remains the same is the word “Thanksgiving,” although for some moderns, even that has degenerated into “Turkey Day.”

Let us put gratitude back into Thanksgiving Day with full force, and let us also remember that gratitude needs to be a part of our lives every day of the year.

For us at MVUUC, this may seem difficult in light of the sad losses we have recently incurred. To my beloved MVUUC community, please know that our dear Barbara and Tricia will be remembered at the CUUPS Samhain Ritual to be held on October 25. As I explained in last month’s article, this is the time for Pagans to honor their beloved dead, and Barbara and Tricia will be so honored. This will be a time for us to remember, with deepest gratitude, their irreplaceable presence in our lives, and to send them with blessings through the veil.

For all of us still on this side of the veil, let us look to the people whom we love and cherish, the activities and things which give us pleasure, the situations that have turned out well, and breathe words of profound thanks for what we have been given. With a full heart I wish you a most meaningful Thanksgiving Season.

Until next time,
Blessed Be
Jeanne Coats
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 am - RE-FRESH</td>
<td>8:30 am - Men’s</td>
<td>6 pm - IMS School</td>
<td>6 pm - Choir Set-</td>
<td>10:30 am - Staff</td>
<td>9 am - Yoga Class</td>
<td>10:30 am - Dia de</td>
</tr>
<tr>
<td>10:30 am - Worsh</td>
<td>12 pm - Adult RE</td>
<td>12 pm - Owl Class</td>
<td>7:30 pm - Choir</td>
<td>10:30 am - Staff</td>
<td>8 am - Facilities</td>
<td>9 am - Yoga Class</td>
</tr>
<tr>
<td>12 pm - Owl Class</td>
<td>12 pm - RE</td>
<td>12:15 pm - Poetr</td>
<td>6 pm - Worship</td>
<td>6 pm - Private @</td>
<td>9 am - Yoga Class</td>
<td>1 pm - Memorial</td>
</tr>
<tr>
<td>2 pm - African</td>
<td>3 pm - Concert &amp;</td>
<td>3 pm - Concert &amp;</td>
<td>7:30 pm - Choir</td>
<td>7 pm - CHAO</td>
<td>6 pm - Private @</td>
<td>9 am - Yoga Class</td>
</tr>
<tr>
<td>8:45 am - Freethi</td>
<td>10:30 am - 'Celeb</td>
<td>10 am - Book</td>
<td>8:30 am - Men’s</td>
<td>6 pm - Choir Set-</td>
<td>10:30 am - Staff</td>
<td>Quinceanera @</td>
</tr>
<tr>
<td>10:30 am - 'The</td>
<td>12 pm - Adult RE</td>
<td>6:30 pm - Board</td>
<td>10:30 am - Staff</td>
<td>6 pm - Facilities</td>
<td>9 am - Yoga Class</td>
<td>7 pm - CUUPs</td>
</tr>
<tr>
<td>12 pm - Owl Class</td>
<td>12 pm - Social</td>
<td>9 am - CHAO</td>
<td>6 pm - Private @</td>
<td>7:30 pm - Choir</td>
<td>9 pm - Private @</td>
<td>1 pm - Quinceane</td>
</tr>
<tr>
<td>2 pm - African</td>
<td>2 pm - African</td>
<td>7:15 pm - Meditat</td>
<td>6 pm - Choir Set-</td>
<td>7:30 pm - Choir</td>
<td>9 am - Yoga Class</td>
<td>1 pm - Quinceane</td>
</tr>
<tr>
<td>8:45 am - Freethi</td>
<td>10:30 am - 'The</td>
<td>6 pm - Choir Set-</td>
<td>10:30 am - Staff</td>
<td>6 pm - Private @</td>
<td>9 am - Yoga Class</td>
<td>7 pm - CUUPs</td>
</tr>
<tr>
<td>10:30 am - 'The</td>
<td>12 pm - Social</td>
<td>6 pm - Personnel</td>
<td>6 pm - Private @</td>
<td>7 pm - CUUPs</td>
<td>9 pm - Private @</td>
<td>1 pm - Quinceane</td>
</tr>
<tr>
<td>1 pm - Communit</td>
<td>2 pm - African</td>
<td>7:30 pm - Choir</td>
<td>10:30 am - Staff</td>
<td>4 pm - Social</td>
<td>9 am - Yoga Class</td>
<td>1 pm - Quinceane</td>
</tr>
<tr>
<td>2 pm - African</td>
<td>2 pm - African</td>
<td>7:30 pm - Choir</td>
<td>10:30 am - Staff</td>
<td>6 pm - Choir Set-</td>
<td>9 am - Yoga Class</td>
<td>1 pm - Quinceane</td>
</tr>
</tbody>
</table>