



UUCVH MONTHLY NEWSLETTER

Unitarian Universalist Church of the Verdugo Hills

SUNDAY SERVICES NOVEMBER 2024

NOVEMBER 2024

4451 Dunsmore Ave.
La Crescenta, CA 91214
818.248.3954
uucvh@uuverdugo.org
www.uuverdugo.org

Join us on Sunday
at 10:30 AM

in person or on [ZOOM](#)
Meeting ID: 863 6623 2290
and Passcode: 338258

Our church is a progressive and inclusive community dedicated to respecting the inherent worth and dignity of everyone.

UUCVH Board of Trustees

- President: Mary Madill
- Vice President: Bill Poehner
- Secretary: Valerie Weston
- Treasurer: Alan Kleinsasser
- Trustee: Linda Hunt



11/3/24

APPREHENDING CHANGE - ERIC KLEINSASSER

People sometimes say “change is hard.” But what sort of change are they talking about? Today we explore the ways in which we understand change. The involuntary kind, but also the kind we create ourselves. To experience change at our best, we must truly apprehend it.

11/10/24

EMBRACING THE AWKWARD MOMENTS RU-LEE WELLER-PASSMAN

When we misspeak and hurt someone, we may react from a place of shame and defensiveness. When we are hurt by someone’s words, we may lash out or shut down to protect ourselves. But to build a resilient community, we must all learn to navigate these moments with humility and compassion. Maybe we’re struggling to understand a loved one’s new preferred pronouns. Maybe a coworker made a joke that struck you as tasteless and offensive. These moments feel awkward and overwhelming, but they are also opportunities to build trust instead of distance. How do we till the fertile ground of uncomfortable conversations so that our relationships and communities blossom?

11/17/24

LOVE UU STYLE - REV. GORDON C. BAILEY

Our Association has centered LOVE. Our Congregations have spoken about love and its many manifestations. Now we need to hear how LOVE is changing your life? How can we use a mantra of love today, love tomorrow, love for all times as the guiding principle of our lives? Join us as we attempt to open an honest assessment of love in our lives.

11/24/24

THE ART OF NOT TRYING

This video presentation is an overview of the Taoist philosophy. Lao-tzu wrote about living in harmony in the Tao Te Ching. It is a philosophy of life and the religious foundation of Taoism. Living in harmony requires not overthinking things or trying to control them, instead letting life unfold naturally. This path leads to the best results and maximum harmony.

12/1/24

Discussion Sunday in Fellowship Hall.



NOVEMBER 2024



NOTE: PRIVATE RENTALS ARE NOT INCLUDED IN THIS CALENDAR.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Services begin at 10:30 A.M. In Person or on Zoom Click here to join the meeting Meeting ID: 863 6623 2290 Passcode: 338258					1	2
3 10:30 service Apprehending Change Potluck Luncheon	4	5  ELECTION DAY 	6	7	8	9
10 10:30 service Embracing the Awkward Moments Social Justice Comm. Mtg.	11	12	13	14	15 12:00 noon Potluck Luncheon	16
17 10:30 service Love UU Style Board Meeting after service	18	19	20	21	22	23
24 10:30 service The Art of Not Trying	25 5:30 pm FRIENDS- GIVING  Newsletter Deadline	26	27	28 <i>Happy Thanksgiving</i> 	29	30



@UUVerdugo



818-248-3954



uucvh@uuverdugo.org



UUVerdugo



@VerdugoUU

Our Sunday services and weekly events are designed to inspire, educate, reassure, and foster thought and action.

We welcome you with open arms or join us on [ZOOM](#).

BOARD BRIEFS

Valerie Weston, Board Secretary
9/15/24



- Friendsgiving Celebration set for Monday, November 24
- We have had response from CV Weekly regarding Banned Books Service and Rummage Sale
- Our Sunday Tech Support resource is no longer available. We should still be receiving a report with suggestions on how to improve our system.
- The instructions on how to use the soundboard in the back of the church have been consolidated and upgraded. A training session will be scheduled soon.
- We'd like to do a Social Justice project for Christmas. Howard has set up a meeting for November 10
- Next Board meeting will be on November 17

PRESIDENT'S MESSAGE

MARY MADILL

October is behind us, along with daylight saving time this weekend. I hope your Halloween was full of treats and no tricks. I was lucky to be able to see the fall colors in Michigan when we were there for my niece's wedding. It was the first time California girl Mel had seen the trees change colors. It was amazing to watch the reds and yellows emerge during the days we were there.



Ascencia homeless shelter brought a banner and fliers to hand out at our rummage sale, to raise awareness of their services. We donated all the sale proceeds to the shelter. Ascencia may be marching in the Montrose Christmas parade and we have been invited to march with them. If you ever wanted to march in a parade, here is your chance! Let me know if you are interested.

It been so nice to have live music back in the building on Sundays. Elizabeth Alonso's beautiful playing and singing has been such a joy. We are happy she can fit us in between her travels. We will keep her music as long as we can!

We have a nice line up of speakers of this month with former member Eric Kleinsasser coming back to talk about change and Ministry candidate Ru-Lee to give some hints in those awkward faux pas moments.

Get a jumpstart on the Thanksgiving festivities by joining us for Friendsgiving. This year we are celebrating on Monday evening of Thanksgiving week. The potluck is open to all friends, families and those soon to be our friends. It was amazing last year that we ended up with a complete Thanksgiving dinner even though everyone just brought whatever they wanted. Well that is except for the Pumpkin Pie! We will make sure there is pie this year!

Best wishes to you all, family, friends and everyone else in your life as we head into the holiday season.
In Fellowship, Mary



HAPPENINGS AND EVENTS



Rummage Sale Success!!

Thanks to ALL who helped donate, sort, bake, set up, work, and clean up for the sale! It was a great experience working together and greeting members of the community. We are so pleased to donate all proceeds to Ascencia (specifically to their therapy services fund--see below). We were able to share information about Ascencia with many people who stopped by the sale and didn't know about this amazing non-profit in our community!

MESSAGE FROM ASCENCIA

Did you know that 67% of people experiencing homelessness nationwide currently have a mental illness, and 77% have had a mental illness at some point in their lives. This is much higher than the general population, where 13–15% of people have a psychiatric illness.

Ascencia offers comprehensive trauma therapy, psychiatry, occupational therapy, and children's art therapy to aid in our clients' healing. These services WORK, and are a large component of our success rate and 98% housing retention rate. **Last year, Ascencia provided 1,171 hours of therapy and psychiatry services!**

We rely on private donations from individual donations and grants for these programs, that sometimes are few and far between. This is why we need your help. **YOUR support will help us continue to offer these life-saving services.** Donate now to directly fund a session for an Ascencia client!

For Mental Illness Awareness Week, we are aiming to raise \$3,000 in order to fund about 30 hours of mental health support!



WE NEED YOUR IDEAS!

Do you have a favorite topic, hymn, Ted Talk, friend who plays music, or know someone with an interesting life story? Please bring your ideas to the **Sunday Service/Worship committee.**

We encourage everyone to share your thoughts and feedback. Send emails to UUCVH@UUVerdugo.org or contact Valerie at Services@UUVerdugo.org.

NEXT MEETING: December 1



A fun day at the Rummage Sale!



@UUVerdugo



818-248-3954



uucvh@uuverdugo.org



UUVerdugo



@VerdugoUU



Friendsgiving Potluck Dinner



Monday, Nov. 25

5:30 PM

Friendship Hall

*Watch for a sign-up sheet on
Sunday mornings during coffee
hour.*



VOTE NOV. 5

**UUJustice Ministry of California
(UJMC)**

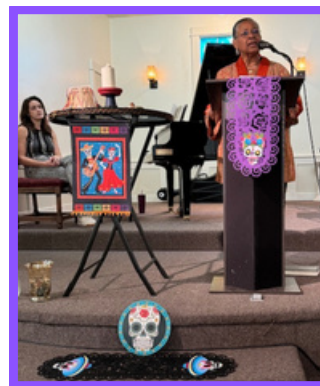
**Recommendations for the 2024
Ballot Propositions**

The UJMC has carefully researched the propositions to find out who is sponsoring the proposition and who benefits from the proposition. Their analysis is based on our shared UU values with an emphasis on justice and equity. Click this link for their recommendations:

[UJMC Voter Guide](#)

Our last service of October, just before Dia de los Muertos, was filled with inspiring words from Kikanza Nuri-Robins and uplifting music and singing from Elizabeth Alonso.

What a treat!



Social Justice meeting

Sun. Nov. 10 after the service

Come share ideas for future projects!

ASCENCIA HOMELESS SHELTER

Cooking every 5th Monday of the month. If interested in prepping, cooking, delivering, and /or serving a delicious meal, please contact Paula Hallowell. **Next date: December 30**

We will no longer be collecting recycling items
But there is still a basket in the kitchen for paper egg cartons and a jar for used batteries and print cartridges.

FOOD BANK COLLECTION EVERY SUNDAY



Remember to bring non-perishable food items on Sunday mornings. All contributions are delivered to our Food Bank partners, Making It Happen and Bailey Food Bank, each month.

Food item suggestions: Boxed non-perishable milk, cereal, peanut butter, healthy crackers, cooking oil, bagged beans, bagged rice. Clothing in good condition.