



UUCVH MONTHLY NEWSLETTER

Unitarian Universalist Church of the Verdugo Hills

SUNDAY SERVICES JANUARY 2025

JANUARY 2025

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

*Happy
New Year*



1/5/25

GOALS AND RESOLUTIONS HOWARD RICHMAN, LAY LEADER

An open discussion in the Friendship Hall will be hosted by Howard Richman. People make New Year's resolutions because the start of a new year signifies a fresh beginning: It provides a psychological "clean slate" to set goals for personal improvement, often focusing on areas they want to change or enhance in their lives, like health, relationships, or career with the motivation to start anew and achieve positive outcomes throughout the coming year. This is often referred to as the "fresh start effect."

1/12/25

THE MYSTERIOUS HISTORY OF MAGIC

In this recorded message we will learn about the fascinating history of the magical arts through time: its ancient origins, its development in various civilizations, its complex relationship with early spiritual practices, and its legacy kept alive by various secret societies throughout the centuries.

1/19/25

PAGANISM ANDREW GRYGUS

Andrew Grygus will give us a look into Paganism: its history, how it is a world view rather than a religion by the traditional definition and organization, its various sects and practices, and how spirituality and the afterlife are seen. Andrew is a Non-Theist Pagan.

1/26/25

BLESSINGS IN DISGUISE: MY DISNEY STORY DEBRA DELMAR

Debbie DelMar is a retired Disney executive and attorney. Today, she'll reflect on her early Disney career as a Walt Disney Imagineer -- how she received blessings but they were in disguise and did not reveal themselves until later. Romans 8:28: And we know that all things work together for good to those who love God, to those who are called according to His purpose.

2/2/25

Discussion Sunday and Potluck luncheon in Friendship Hall.



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
December 2024



- Treasurer - Investment portfolio is holding its value
- Membership - A few new people have been visiting regularly
- Ann will confirm with Phillip to take charge of movie night
- Agreed to hire John Delmar be our tech person for 2-3 Sundays a month, create written training materials
- Christine is taking vacation days in January. Jan 10 is confirmed with other days TBA.

PRESIDENT'S MESSAGE

MARY MADILL

January already? It's been an interesting year at UUCVH. In February, we decided to embrace a Fellowship model for the congregation. Our goal is to provide a community space where we can grow and share the best of us, working together. Being a fellowship requires more of each of us. It is only us deciding and delivering the Sunday Services. So far, I feel it is working. Everyone has embraced openness and exploring views. For example, several of the librarians in the group organized a Banned Books reading series that asked us "What makes a book banned and by whom?". We also investigated alternative world views with Indigenous Medicine Wheel, Pagan Wheel of the Year and "The Art of Doing Nothing" Qi Gong. But mostly we have opened space to share and listen to each other on this journey of life. Allowing lots of room for discussions and exploring change.

Feels like we are really getting the spirit back into the community of UUCVH, that maybe we had forgotten or lost in the separation of COVID times. Our discussion Sundays have been so enjoyable, interesting and engaging!

I like the emphasis we have been having on embracing change as positive while recognizing it can be uncomfortable. It is part of our weekly covenant to each other and will continue to drive our community. I think our Christmas service encapsulated it all. We read a scene from Charles Dickens' "A Christmas Carol". The whole congregation was involved as we read our parts. Anne started by setting the scene of what London was like in the days of Dickens. Lack of plumbing, smog from the coal burning fires, debtors' prisons and yet there was the joy of sharing with your family and community. So many changes from 100 or even 20 years ago and yet the thing we treasure most is sharing and supporting each other! All those people proclaiming doom and gloom, complaining that life isn't perfect. UUCVH isn't perfect but it feels like we are all working together to support each other. I can't wait to explore and share more next year.

Wishing you peace, health and kindness in 2025 with all the wonders that it brings.



WHAT'S HAPPENING



Debra DelMar, retired Disney executive and attorney, joins us on January 26 to speak about her early career experiences as a Walt Disney Imagineer. Come and hear about her experience with "*blessings in disguise*".

ASCENCIA "GUEST CHEF"



THANK YOU to Paula and her team for preparing dinner for Ascencia on December 30! Our next 5th Monday "Guest Chef" date will be **March 31**. Please let Paula know if you'd like to help!

GET INVOLVED

Enjoying our Sunday morning services? Do you have an idea of something you'd like to hear or talk about? As a Fellowship we plan together to create topics and themes for upcoming Sunday services. Please join us at our next Sunday Service/Worship committee meeting to add your ideas!

For further info and date of next meeting, contact Valerie at: valeriew@uuverdugo.org.

WHAT DO YOU BRING TO CHURCH?

While grabbing your hat and coat for church, please also grab a **can or box of non-perishable food**. All items are collected each week along with the Sunday morning offering. We deliver donations to our Food Bank partners: **Making It Happen** and **Bailey Food Bank in Tujunga**.

MOVIE NIGHT RETURNS!

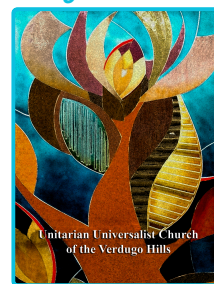
Friday, January 24

6:00 PM



Movie TBA !?

We'll see you on Sunday!



Unitarian Universalist Church
of the Verdugo Hills



"Write it on your heart that every day is the best day in the year".

Ralph Waldo Emerson



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