

The Acorn

November 16, 2018

This Week's Events and Meetings

Sunday November 18

10:00 A.M. Worship
11:30 A.M. Getting to Know UU (C)

Monday November 19

No Scheduled Events

Tuesday November 20

7:00 P.M. Sangha (S)

Wednesday November 21

6:00 P.M. Adama (S)
7:00 P.M. Men's Connection (C)

Thursday November 22

Live Oak Office Closed
No Scheduled Event

Friday November 23

Live Oak Office Closed
10:30 A.M. Hookers & Needlers (C)

Saturday November 24

No Scheduled Events

Sunday November 25

10:00 A.M. Worship

S=Sanctuary, FH=Fellowship Hall,
C=Cottage

[http://liveoakgoleta.org/
events-calendar/](http://liveoakgoleta.org/events-calendar/)

The Live Oak Office will be closed November 22 & 23.

The Acorn deadline for Thanksgiving week will be Monday, November 19 at noon.

Thank you!



Artist: Charley Harper

With Thanksgiving

Rev. Tamara Casanova Suzuki

You are welcome to this service of thanksgiving for all the gifts in our lives. We especially welcome the gift of the many and varied people who have come to our land and helped to make our country strong.

Upcoming Sermons

November 25: We are Thankful for these Gifts Drew Carter

During the season of Thanksgiving, we will think about the gifts that we have received in our lives. We hope to respond with gratitude, humility, and generosity to the these things which have come to us unearned.

Children's Religious Exploration

Blessings and deep gratitude to Stephanie and Krystal for their time with our 3rd-7th graders, and to Mary and Kelly for leading the Coming of Age curriculum last week. It was a very good week in RE with lots of goodwill and support!

Our Coming of Age teens will be "off-site" this Sunday. We will be meeting at Live Oak by 10:00 and will head down to Trinity Episcopal Church to walk the labyrinth. Please turn in your field trip forms by Sunday morning if you haven't already. After our labyrinth time, we will head over and meet with mentors for lunch, then our official mentor/teen meeting at Alameda Park.

The 3rd-7th grade group will round out our Memory theme with the topic of Thanksgiving and appreciation. There is a story and a tribute to being "thankful", and we will actively thank someone we appreciate.

P.S. The Holiday Pageant is coming soon. I guess the whole holiday thing is coming. Yep... looked at a calendar, it is... Mark your calendars, Sunday December 9!! Be there!

CHILD CARE NEEDED IN RELIGIOUS EXPLORATION: Grace is leaving us and Live Oak will need a new Sunday Child Care person. This is a paid position, 2 hours per week during services, times 9:45-11:45. Must have experience with young children and babies through school age. Must be at least 18 years old and understand how to provide a safe and emotionally secure environment for our little ones. Reliable, welcoming, positive personality important, ability to communicate with parents and with children. Safe minded and aware. Contact Steven at dresteven@liveoakgoleta.org. Thank you.

COMPOST AT LIVE OAK: If you were not aware, Live Oak has a compost bin. Michael Wittman repurposed some of the "stuff" in the outdoor Sanctuary space. It's actually been there over a year now, I have been working to get it ready and it is more than ready to accept your compost now! It is located to the right of the water tower. If you cross over the new and more accessible bridge that Michael also created, and go straight down into the sanctuary (instead of turning left off the bridge and heading for the big area), the compost is on the south end of the space. Thank you!!

Children's Religious Exploration Continued

'**Thank you**' is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding." -Alice Walker

"Be thankful for what you have; **you'll end up having more**. If you concentrate on what you don't have, you will never, ever have enough." -Oprah Winfrey

Half Basket

This Sunday we are donating our Half-Basket to the Southern California Disaster Relief Fund which will support our low-income neighbors whose lives and livelihoods are affected by the current wildfires in Southern California. Created by United Way of Greater Los Angeles, in partnership with United Way of Ventura County, the fund primarily provides longer-term support to help low-income individuals and families rebuild their lives. Thank you for your generosity for people affected by these terrible fires.

To Find Out More: <https://www.unitedwayla.org/en/give/disaster-relief-fund/>

Joys & Sorrows

As a community we hold all in our loving thoughts and prayers



- Bruce Halverson: Joy that he and his wife are re- building their relationship.
- Marie Arnold: Joy for the success of the Auction where every item sold and many events were full!
- Gail Boehme: Shared that Jane George has been dealing with health issues and would appreciate cards.
- Carter Morgan: Joy for his friends whom he invited to the Auction. His friends had a great time and very much enjoyed our Live Oak community and they won the bid for the Hawaiian vacation.
- Sheri Scott: Expressed relief that her sister and family who live in Calabasas, evacuated, are safe, and so is their home.
- Rev. Tamara: Anne Smith is recovering from surgery and would appreciate cards and notes of support from her Live Oak community. No calls or visits please.

Live Oak Auction

It was a great evening with plenty of fun, good food, great drinks and wonderful people. It definitely takes a whole congregation to make an auction successful and you did it. So far we have sold more than \$14K worth of events, items, dinners and vacation homes. There are a few events still available and I will make those known to you as soon as possible, and now..... let's get ready for the Holiday Boutique! - Marie Arnold

Courage

Last Sunday I asked the congregation (including our children and youth!) to share where in your lives you feel you need more courage by writing your responses on cut-outs of oak leaves. These leaves were gathered and will form the foliage on a live oak in our sanctuary this coming Sunday. Thank you to Mary Ince for the assistance with the oak tree. We are indeed stronger together.

Love, Rev. Tamara

- Speak more truth
- Write your own story
- Fear of heights
- Lighting fire
- Speaking up to my friends
- Break free from hate
- Speak my truth
- In love
- Loss of control over my life of the pain of decline
- Understanding my own emotions
- Courage in times of difficult change
- Pursuing my dreams
- Believe in myself
- Being more adventurous
- Conquering fear of heights
- Being able to trust others to use good judgement regarding safety issues
- Courage to speak my truth
- Courage to follow my dreams
- Courage through loss and grief
- I would like to have more courage at work, to become the best, most
- loving teacher I can be
- Family relationships
- Love of self
- I want to have courage in helping my children face their challenges
- To face the clutter in our office and clean it up
- Interpersonal relationships
- Relationships and pathfinding
- Forgiving
- Seeking balance in my marriage
- Where will I live?
- Courage with health
- Courage with relationships
- Courage with finances
- I would like to initiate conversations with people who have a different political/social beliefs than I do
- Caring for my mother
- Courage for my inner critic
- Courage to be vulnerable
- Express my creativity
- Memory
- Being honest with those I love and myself
- Trying things I have not done before
- Making decisions and finding what is best for my children
- Loving relationships
- Facing loss
- Sharing my feelings with others
- The courage to speak up and speak my truth
- Self-reflection
- Create a new career path for myself
- Addressing family strife
- Healthy boundaries
- Love and health
- Courage to keep changing the world for the good
- To express my anger
- Death
- Courage to take time to take care of my needs and the planning for aging that needs to be done
- Hope that maybe this time will be different and

Courage Continued

- courage to hold on when letting go would be so much easier
- Dealing with those who hold opinions opposed to mine
- Family
- Aging
- Speaking my truth clearly
- Relationship
- Asking uncomfortable questions
- Sharing my stories
- Activism
- Love
- Need the discipline to get more exercise
- Courage to spend more time helping my fellow man
- Relationships
- Courage to trust and not control outcomes (esp. in parenting)
- Understanding
- Mentoring
- Bridge building
- Caretaking
- Peace building
- Companionship
- Activism
- Leadership
- Wayfinding
- Deciding where I want to live
- Leading and managing time, projects and especially people
- Buy a new lawn mower all by myself and mow the lawn
- Family
- Career
- Driving at night
- The courage to relate more deeply with my children
- Find the best path for my family
- Courage to carry on after loss
- Say no to fear
- Criticism
- Sing out
- Taking a stand when others may disagree – like politics
- Courage to accept all those who are not like me, as equals
- To express true feelings in a loud way
- Go high dive
- Fighting with my loved ones because they are limiting my potential
- Getting beyond fear.
- I love the beauty around me in Santa Barbara and the warmth of the community I love. I hope to become well again.
- In love
- Jumpstarting in a vocation



Pastoral Care News

Live Oak has two level parking spots designated as handicapped parking. We have several people who need to be dropped off because of mobility or other concerns. We request that drivers use these spaces as a drop off and pick up point thereby leaving the spaces available for others to use in this manner or for those who drive themselves and need the parking space. Using the spaces this way will contribute to the safety and ease of others.

- Your Pastoral Care Ministry

Social Justice News

Love Your Neighbor Weekend: Nov 29-Dec 2, The purpose of the weekend is to promote awareness and care for Santa Barbara County's immigrant community through a faith community-led campaign of compassion. Our hope is that people of all faiths and walks of life in Santa Barbara will come together to show their solidarity with our immigrant neighbors.

Thursday, November 29: Vigil at De la Guerra Plaza 5:30-6, then on State St from 6-6:30

Sunday, December 2: Festival at Harding School with music, food, fun! Come join us!

Volunteers needed for the 2019 Homeless Point In Time Count, Thursday, January 24, 2019 at 5 AM – 8:30 AM. Sign up on our website www.commongroundsbcb.org. Volunteer trainings will be held in January.

LO Social Justice Ministry Meeting on November 28 at 4:30-6:30. Everyone is welcome in the Cottage!

Community Activities

- **November 20: Transgender Day of Remembrance**, 5-6:30 , Courthouse Archway
- **November 20: SB Interfaith Thanksgiving Service**, 7pm at First Methodist
- **November 29: Vigil for Love Your Neighbor Weekend** at De La Guerra Plaza 5:30 to 6:30 pm
- **December 2: Love Your Neighbor Festival**, 2:00 to 5:00 pm, at Harding School campus. Food, music and more.
- **December 10: PFLAG SB meeting**, 7-8:30 "How LGBTQ Families can Thrive during the Holidays"

Action Alerts: Putting our UU Values into Action

IMMIGRATION: Please watch and respond with care. The caravan of immigrants from Honduras and points south continues to make its way through Mexico toward the US border. 5000 troops have been deployed to the Border. Some right wing militia groups are also showing up there. There is great concern over what will happen when the caravan gets to the border. Let our Congress people know how you feel about this. Also there are a couple of new caravans making their way toward the US southern border.

Our Members of Congress

- Dianne Feinstein - LA office 310-914-7300, Washington office 202-224-3841 senator@feinstein.senate.gov.
- Kamala Harris - Sacramento 916-448-2787, Washington 202-224-3553 senator@harris.senate.gov.
- Salud Carbajal - Congressman-24th district, Washington 202-225-3601, San Luis Obispo office 888-202-8934, Contact through his site

**Live Oak Unitarian
Universalist
Congregation**

**Live Oak Staff and
Office Hours**

Rev. Tamara Casanova Suzuki
revtamarasuzuki@gmail.com
805.967.7867 x 2
by appointment

**Steven Lovelace, Director of
Religious Exploration**
dresteven@liveoakgoleta.org
805.967.7867
by appointment

John Douglas, Music Director
jed805@gmail.com
805.284.2082

Clacey Kahn, Administrator
administrator@liveoakgoleta.org
805.967.7867 x 1
M– F 10:00 a.m. to 2:00 p.m.

Janet Mocker, Bookkeeper
bookkeeper@liveoakgoleta.org

Coordinating Team
[coordinating-
team@liveoakgoleta.org](mailto:coordinating-team@liveoakgoleta.org)

Afternoon Book Group

Monday, December 3rd, 2PM in the cottage at Live Oak, we will discuss *Can't Wait To Get To Heaven* by Fannie Flagg.

Guests are welcome.

For Information please contact Jeanne Northsinger
805-898-1085 jnorthsinger@gmail.com.

Supporting Our Members

The Nombres: This Saturday night, November 17, at Cold Spring Tavern Carter Morgan's band The Nombres will be playing from 6:00-9:00, and would love to see you there for music, dancing, and friendship.

Aletha Solter will lead a 4-hour workshop for parents in Santa Barbara on Saturday, November 17, sponsored by SBCC School of Extended Learning. The topic is "Connecting with your teenager."

For more information: [https://sbccextendedlearningfee.org/
classes-programs/special-topics-classes/](https://sbccextendedlearningfee.org/classes-programs/special-topics-classes/)



HOLIDAY BOUTIQUE 2018

Please join us for our
Holiday Boutique at the
Live Oak U.U.
Congregation
820 North Fairview
Goleta, CA 93117

Arts and craft items, knitted items,
homemade "goodies", jewelry, artwork,
and paintings will be offered in our
annual Boutique.

Saturday December 1 10:00 a.m to 1:00 p.m.
Sunday December 2 11:30 a.m. to 1:00 p.m.

Contact person:
Marie Arnold marie.arnold@verizon.net

Happy Birthday to friends and members celebrating upcoming birthdays !



Diane Green 11/12, Bev Troon 11/21, Sheri Scott 11/26,
Lorenzo Lara 11/26

Consider renting Live Oak for your next event! Call 805-967-7867.