

The Acorn

August 23, 2019

This Week's Events and Meetings

Office Hours

Monday thru
Friday

8-12

4th Sunday of the
month

Calling all Live Oakers!

Live Oak Annual Auction Planning Meeting

September 5th at
6:00 P.M. in the
Fellowship Hall

Fun volunteer opportunities for everyone!

Questions?
Contact
administrator

[Clacey Kahn](mailto:clacey@liveoakgoleta.org)



A Summer's Chat

Rev. Tamara Casanova Suzuki
with Al Ronyecz

As the summer winds down, we'll spend this Sunday morning in a more casual "interview" format hearing from our minister.

Come enjoy!



Friday August 23

10:30 A.M. Hookers & Needlers (C)
3:30 P.M. C.O.M.(C)
5:00 P.M. Summer BBQ at Goleta Beach
6:00 P.M. Board Retreat

Saturday August 24

9:00 A.M. Yoga (S)
9:00 A.M. Board Retreat

Sunday August 25

Admin on Site

10:00 A.M. Worship
11:30 A.M. Town Hall (S)
11:30 A.M. Addictions Ministry Meeting (C)

Monday August 26

Live Oak Office Closed

5:30 P.M. Yoga (S)
7:00 P.M. Covenant Group

Tuesday August 27

4:00 P.M. Facility Mtg. (C)
7:00 P.M. Sangha (S)

Wednesday August 28

4:30 P.M. Social Justice (C)
6:00 P.M. Adama (S)
7:00 P.M. Men's Conn. (C)
7:00 P.M. Covenant Group

Thursday August 29

No Scheduled Events

Friday August 30

10:30 A.M. Hookers & Needlers (C)
5:00 P.M. Summer BBQ at Goleta Beach

Saturday August 31

9:00 A.M. Yoga (S)

Sunday September 1

10:00 A.M. Worship (S)

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

Upcoming Sermons

September 1: *Change and Transformation at our Live Oak Sangha* Live Oak Sangha
Come hear members of our sangha tell how participating has affected their lives.

September 8: *Water Communion and Annual Congregational Picnic at Stow Grove Park*
Rev. Tamara Casanova Suzuki
Come join together for our annual multigenerational "homecoming" water service and pot-luck picnic lunch. **You are invited to bring a small amount of water from an event or location which was significant to you this summer to share in our water communion.**

Please note that we are gathering for both our service and our annual picnic at **Stow Grove Park**. Our site is accessible for those with rolling assistance equipment. There may be limited shade so prepare for a bit of sun and fun. **Also, please remember to let Mo Maliszewski know what you are bringing to the pot-luck picnic.**

September 15: *Predictions, Prophecies, and Promises*

Rev. Ranwa Hammamy, Executive Director of the UU Justice Ministry of California.
The headlines today can create an atmosphere of fear, despair, and chaos. The course of our lives may feel uncertain and even out of our control. Drawing inspiration from Harry Potter and the Order of the Phoenix, we will explore the power of predictions, prophecies, and promises in these times, and their relevance to our Unitarian Universalist faith.

Rev. Hammamy will be presenting a free workshop, *Deep Roots, Soaring Wings*, at Live Oak on Saturday, September 14, 2:00-5:00.

"Ancestors watching, I know they're watching. Ancestors watching, I know, I know." These words from a song out of the Black Youth Project 100's activism reminds us that our work for liberation today is part of a generations-long movement and evolution. So who are our ancestors in the work of justice and love? How do we connect our stories, values, and strategies to their efforts? How do we hold onto our deep roots in the stormiest of time? Join Rev. Ranwa Hammamy as we reflect on the power that comes before, flows within, and surrounds us.

Children's Religious Exploration

This Sunday is our final summer RE class, and we will finish up our exploration of the 7 Principles by comparing both the children and adult versions of the Seventh Principle. Then... you know it... we will play a game.

There are TWO more Friday night beach picnics, hosted by Michael and Marie from 4:00-8:00. Join in the fun the next two Fridays on Aug. 23 and 30th, bring something to share, to grill and your own plates and cutlery, and friends too. M&M will provide the briquettes for cooking and S'mores ingredients.

CAMP DE BENNEVILLE PINES

When I was hired as the Live Oak DRE, I inherited a relationship with Camp DeBenneville Pines, the UU Camp in the San Bernardino Mountains. I regularly received notices and announcements for the various camps offered there. I did eventually find out more from Rev. Tamara and a couple of families who have attended in the past from Live Oak. I've

Children's Religious Exploration Continued

been here almost 3 years now and I felt like I really needed to visit there in order to be able to speak about this experience. There just happened to be an "Adult Camp" this month that was timed perfectly, so I decided to attend. All I can say to that is this... I got more than I bargained for... so much more.

The drive up the mountain is certainly worth writing home about, but just arriving...being there, for me was sacred from the get-go. The spirit of the incoming campers was somewhere between contemplative and giddy at being back to this paradise. We made name tags, a woman named Amy brought out her glitter pens, and here is my first impression of DeBenneville ...sharing and laughing and being creative. Wearing my new name tag so I don't get lost, I meandered to my cabin to unpack and meet more new people along the way.

At 5:00 everyday, there was a singing circle complete with song books, led by Tom. What a joyful hour every day before dinner, singing old songs, some harmonies, (some notes I had never heard before). Singing was a spiritual practice at DeBenneville, as were the wonderful daily meals lovingly prepared to accommodate all the food issues one can imagine. The Lodge was surely the nucleus of daily life and the hub of activity.

The list of activities was impressive. I did yoga daily, a painting class, a mindfulness workshop as well as a discussion on toxins in our home. I also used my time at DeBenneville as retreat time, to have contemplation and reflection. I was able to read a whole book in 4 days, something I have not done in several years. What a treat.

So now I know. I know about DeBenneville Pines. I can tell you, it will NOT be my last trip. It is the first time I have been to a gathering of UUs outside of Santa Barbara, so I will say this... I LOVED being at a gathering of UUs!! I showed up and knew no one, and I left with friends who will become family to me. It is a great place to truly explore one's own UU identity. It's also a great place to take your kids or go to a gathering of like-minded adults. Oh, and the best part...it's beautiful and welcoming. If you are curious about DeBenneville Pines, ask me. For right now, I am so filled with it's spirit, a part of me is still there. Maybe that's okay....

There is a camp for our "cluster group" Friday Sept 27-Sun Sept 29, and there are other gatherings too, so just check it out at: <https://debennevillepines.org>.

Half Basket



This Sunday we are donating our half basket to Border Angels. This organization provides migrant outreach which includes food and water drops, border rescue stations and day labor outreach. They also do immigration consultation and educational programs. Thank you for giving generously and helping the many stranded humans who are at our border.

To Find Out More: <https://www.borderangels.org/>

Joys & Sorrows

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

- Aletha Solter expressed gratitude for all those who attended her sister's Memorial Service and for all those who helped and supported the event, especially Reverend Tamara, who interrupted her sabbatical to lead the Service, so that family from Switzerland could attend.
- Gail Boehme expressed joy for the birthday of her son who was born over a half century ago.
- Pat Johnson expressed her and Ken's joy upon becoming grandparents.
- Sue Dixon expressed amazement at the Memorial Service for her late husband which exceeded her wildest dreams of what was possible, and gratitude for the many people who helped, especially Reverend Tamara, John Douglas, Carter Morgan and Eric Schug.
- Lisl shared that her daughter who had visited her just last week was traveling with her daughter-in-law and grandchildren, helping her son make a move, when their car was totaled by a truck hitting them from behind. Lisl is grateful that all of her family members survived, although, sadly, two cats were thrown from the car and could not be found.
- Kendra Wise expressed her wish that, this week when the Public Schools start, the teachers be insightful and compassionate.



1st Sunday Music on the Patio - September 1



As you probably know, Live Oak's Membership Ministry has embarked on a new idea to attract visitors to our campus. Our goal is to have musicians perform on the patio during coffee hour once a month. We are advertising through The Acorn, NextDoor, and The Independent. We need your help too, so please spread the word!

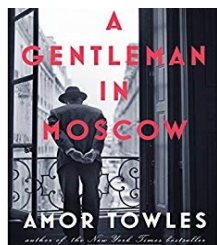
Thanks to those of you who stayed after the service on August 4 and enjoyed the wonderful music of *Nate Latta*. This terrific singer/songwriter entertained us, and we saw that he enjoyed himself too. As expected, our Live Oak audience was generous with tips in the donation jar - thank you. Of course, what musicians especially enjoy is an appreciative audience, so plan to stick around if you can each month for *Music on the Patio*. Let your friends and neighbors know about our "coffee hour music" program. Through a variety of music, we hope to share the beauty of

1st Sunday Music on the Patio - September 1

Live Oak as well as the friendliness of our congregation. Visitors may wish to come just for coffee and music, but of course they are welcome to join us for the service also; and maybe some will do just that as they get to know us.

To make it easy to remember, we hope to schedule *Music on the Patio* on the first Sunday of the month. On **Sunday, September 1, we will host Randall Lamb, here with us all the way from Buellton.** Randall is a folksinger and songwriter (and husband of former L.O. member Patty Lamb). His musical influences include Bob Dylan, Hank Williams, Johnny Cash, and Woody Guthrie. George Loosley, music promoter for Off The Cuff Improv. in Cedar City, Utah, describes Randall in this way: *One of my favorite Americana singer-songwriters. His 2017 album, Songs of Freedom, was my favorite of the year!* If you're in the mood for some rustic Americana and traditional folk music, Randall is sure to tickle your fancy! So mark your calendar now and join us on Sunday, September 1. Be sure to let your friends know about this fun program! And stay tuned for word of other musical groups coming to Live Oak in future months.

Daytime Book Club



Monday, September 9th, 2PM in the cottage, we will discuss *A Gentleman In Moscow* by Amor Towles. A transporting novel and nonstop pleasure full of charm, personal wisdom, and philosophic insight. Guests are welcome.

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

Women's Full Moon Hot Tub Gathering

Women's Full Moon Hot Tub Gathering at Carrie Topliffe's House

If you've attended one of these events before, you know you want to do it again! Enjoy wine and chocolates and a full moon gathering on Saturday, September 14 from 7 pm to 11 pm. Tickets for this event were offered for \$15 at the last Live Oak auction and some seats still remain! Please contact Carrie (ctopliffe@gmail.com) to sign up and be prepared to make a \$15 contribution to Live Oak. Hope to see you there!

Goleta Beach Picnics

Friday nights at 5:00

Join us for summer potluck/BBQ at Goleta Beach Friday nights from July 12 through August 30. Please bring: your own set of cutlery, plates, cups etc. and something to share. We will provide the briquettes and S'Mores. Look for the Live Oak Yellow banner. Don't forget to invite your friends and, oh yes, the children too!



-Marie Arnold and Michael Wittman

Social Justice News



Concert to support Asylum Seekers! September 7 at 7:00 P.M. at the SB Unitarian Society. Live Oak is co-sponsoring. We are working to help legal asylum seekers find housing and community outside of detention centers, especially vulnerable people such as folks who are LGBTQIA. If you can make cookies/brownies/etc. for refreshments, please let Jan Ross know. Come enjoy the music and build hope!

There is a new chapter of an advocacy support group forming in Goleta/SB area called "Society of Fearless Grandmothers." This is a support group to help others during rallies, vigils, etc. Let Jan Ross know if you would like to receive information about an organizing meeting. Here is more information: <https://www.facebook.com/fearlessgrandmothers/>.

- **Next LO Social Justice Ministry Meeting**, August 28, 4:30 P.M. Everyone is welcome in the Cottage!

Community Activities

- **August 24: Pride Festival and Love.Period**
- **September 12: SB Progressive Coalition, Climate Crisis** - Organizing a Global Demonstration in SB, 6-7:30, 2707 State Street, Santa Barbara
- **September 15: Rev. Ranwa Hammamy** preaches to Live Oak, and afternoon workshop
- **September 20-27: Global Climate Strike**
- **October 20: Live Oak service on Beloved Conversations**

National Recovery Month



National Recovery Month sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. This observance

celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially discouraging others from seeking help.

For Sale



Camper for sale! It is a 1992 fifth wheel which we purchased new. It is in good condition and we will sell it to the best offer and donate 50% to Live Oak. If interested contact Ron or Wilma.

Live Oak Unitarian
Universalist
Congregation

Live Oak Annual Water Communion & Picnic

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 8:00 a.m. to 12:00 p.m.

Janet Mocker, Bookkeeper
bookkeeper@liveoakgoleta.org

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

LIVE OAK UU
CONGREGATION

WATER
COMMUNION
&

ANNUAL PICNIC

SEPTEMBER 8, 2019
10 AM

Stow Grove Park
S La Patera Rd,
Goleta

BRING:

.....your own napkins,
plates,
silverware, cups, lawn
chair

.....a dish to share – click
the link to the right.

Please list the ingredients
and make enough for at
least 6 servings. Coolers
will be available for
perishable food.

SIGN UP: Use this [link](#) to
sign up

- bring a dish to share
- bring a game or cooler
- volunteer to help

Sign up sheet will also be
available at Live Oak on
Sundays.

Escorts will be available
for those needing
assistance from/to the
parking lot.

For more information
contact Maureen at
970-903-0957.



Happy Birthday to friends and members celebrating August birthdays !

Fermina Murray 8/10, Mary Johnson 8/12, Mary Dochterman 8/15,
Holly Cook 8/18, Christina Cabeen 8/20, Janet Mocker 8/20, Barbara Hodgdon 8/22,
Debbie Mackie 8/26, Alexandra Williams 8/27