

The Acorn

August 30, 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](#)



Change and Transformation at our Live Oak Sangha

Come hear members of our sangha tell
how participating has affected their
lives.

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
11:30 A.M. Music on the
Patio

Monday September 2

2:00 P.M. Book Group (C)
5:30 P.M. Yoga (S)

Tuesday September 3

7:00 P.M. Sangha (S)
7:00 P.M. Covenant Group
Facilitators Mtg. (C)

Wednesday September 4

11:00 A.M. Membership (C)
6:00 P.M. Adama (S)
6:30 P.M. Covenant Group

Thursday September 5

6:00 P.M. Auction Planning
Meeting (FH)

Friday September 6

10:30 A.M. Hookers &
Needlers (C)
7:00 P.M. Movie Night (S)

Saturday September 7

9:00 A.M. Yoga (S)

Sunday September 8

10:00 A.M. Water
Communion & Annual
Picnic at Stow Grove Park

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

Upcoming Sermons

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 WEEK IN RELIGIOUS EXPLORATION

It's official. School has started, and summer as we know it, is over. It is both sad and exciting for kids and adults alike. Sad at the ending of vacation and sleeping late... excited at the prospect of being in a higher grade, watching your kids maneuver in deeper waters as they start their next "passage" toward their inevitable graduation and ultimately, adulthood. But maybe I am getting a little too far ahead of myself... so back up to... end of summer....

It's time for new beginnings in RE as well.

Last year, RE accomplished a Coming of Age program, and explored the language of spirituality and hopefully opened up minds with the Soul Matters curriculum, which I am sure we will do again in a couple of years. This year, our journey, our "exploration" will take us once again into the topic and impact of World Religions. As so many of our kids are quickly inching toward and becoming young adults, it becomes more and more important that they are aware of the world and it's various modes and values, which often revolve around the belief systems.

Children's Religious Exploration Continued

We will be working with a UUA curriculum that is in the Tapestry of Faith series, called "Building Bridges". Building Bridges is written for Jr High/High School age students, and is written from a particular perspective. This is taken directly from the Tapestry of Faith about Building Bridges. This is what is said about BB in Tapestry of Faith.

Building Bridges is a world religions program to deepen youth's understanding of the dynamic, fascinating, and varied world in which they live. It seeks to broaden their knowledge of humanity and embolden their spiritual search.

The program is organized roughly chronologically, capturing the strong parallel between societal change and religious evolution over human history. The Religions Time Line helps illustrate the emergence of religions in clusters at different points in history. However, this is not a history course. It is a series of workshops that attempts to lovingly and reverently examine some of the closest kept treasures of the human heart. This exploration nurtures participants' positive outlook toward other faiths and the people who follow them.

I like the sound of this.

This week in Religious Exploration, we will do a general run down of religions and have a more informational conversation. Then we will set about writing and creating our OWN religion, ideas and values and time permitting, do a little artwork that represents this religion.

Our first "official day" of 19/20 Religious Exploration is Sunday Sept 15, when we will all meet together and covenant for the year. Then we will start building bridges to the other side of our lives.

- Religious Exploration is still looking for a few good teachers and assistance, so please let me know if you would be willing to work in RE some special Sundays. Reach out to me at dresteven@liveoakgoleta.org. Thank you
- There will be no Teacher Orientation on Sept 5 at 6:00, please come to the Fall Auction planning meeting instead. Thank you.

Half Basket

This Sunday we are donating our half basket to The Society for Fearless Grandmothers. Their Facebook page says, "We are a group of calm, peaceful, loving, courageous older women who understand that the time to stand up for current and future generations is now. We especially work for Climate Justice. We are committed to nonviolence. We are committed to keeping the younger generations safe. This includes keeping them safe during nonviolent direct actions. We are committed to be on the front lines to de-escalate tension and speak calmly to law enforcement. We understand that we take a risk in being on the front line between law enforcement and those standing behind us." The funds we collect will help start a Fearless Grandmothers group here in Goleta/Santa Barbara by helping to fund training. Please give generously!

To Find Out More: <https://www.facebook.com/fearlessgrandmothers/>

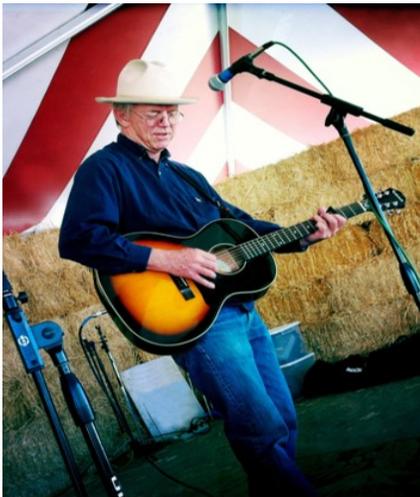
Joys & Sorrows

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

- Jim Pearson and Melanie Jacobson: Loving thought for Melanie's 92 year old dad, who has made the painful and courageous decision to shift his long and deep roots in San Diego to Goleta. He'll move into Maravilla in November and soak up Live Oak's love on Sundays.
- Steven Lovelace: Joyfully grateful to all who reached out during a family crisis. Jan is doing much better.
- Liz Zok: Asks for continued prayers and good thoughts for her mom, Janina, recovering from a severe case of shingles.
- Hall Hill: Mary and I are delighted to announce that we are celebrating our 1st anniversary today!



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 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.

Live Oak Movie Night

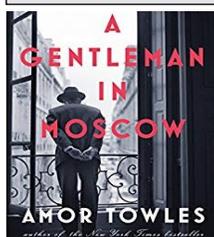


Friday, September 6th 7PM

The Upside (2017): Charmingly told story of a white quadriplegic aristocrat who hires Del, an African American parolee, to be his live-in caretaker. What begins as a professional relationship develops into a friendship as Del shows his grouchy charge that life is worth living. Based on the inspiring true story.

https://www.rottentomatoes.com/m/the_upside

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!

Adult Programs

Wednesday, September 11, 7:00 p.m.

On September 11th Live Oak's Adult Programs will be collaborating with the Addictions Ministry by showing the film "6 Balloons" with a discussion following.

Save the Date: October 9, 7:00p.m.
Forum on Medicare for All in Live Oak sanctuary.



August Half Basket Report

- **CAUSE** (Central Coast Alliance United For A Sustainable Economy) \$224.50
- **Border Angels** \$540.50

Live Oak Annual Water Communion & Picnic

Live Oak Unitarian
Universalist

Water Communion
& Annual Picnic

SEPTEMBER 8, 2019 AT 10 AM

Stow Grove Park
S La Patera Rd,
Goleta

When: Sunday, September 8,
10 am

Where: Stow Grove Park

Bring: Water from a
significant place or event

A dish to share - please sign
up at Sunday Service, [click
this link](#), or call Maureen.

Your own napkins, plates,
cups, utensils, lawn chair

For more information call
Maureen 970-903-0957

Yoga at Live Oak!



Natalie Dawn
Yoga & Ayurveda

Calling all yogis - whether you're a seasoned yoga practitioner or an enthusiastic beginner, you are welcome to participate. Two very talented veteran yoga instructors, Natalie Sampila (former owner of Better Days Yoga in Goleta) and Kim DiLoreto, teach weekly classes in the Live Oak sanctuary. Bring a yoga mat, make a \$10 donation, and then be ready for a special time of movement and meditation.

Classes will be held on Mondays from 5:30 - 6:45 PM and Saturdays from 9:00 - 10:15 AM.

Everyone is welcome - bring a friend or two. We hope that you will join us! If you have questions, please feel free to contact [Carter](#) Morgan.

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!



Rev Ranwa Hammamy is coming to Live Oak! Reverend Ranwa is the Executive Director of the UU Justice Ministry of California and comes to us from the Bay area. Her bio says **“She embodies a commitment to the intersection of pastoral and prophetic ministries, understanding both as interconnected means of healing and liberation.”** Rev Ranwa will lead a **workshop at LO on 9/14/19 from 2-5. “Deep Roots, Soaring Wings”** 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? We will reflect on the power that comes before, flows within, and surrounds us.

- **September 15: Rev Ranwa** will speak at Live Oak’s Worship service
- **Next Live Oak Social Justice Ministry Meeting**, September 18, 4:30 pm. Everyone is welcome in the Cottage!

Community Activities

- **September 12: SB Progressive Coalition, Climate Crisis** - Organizing a Global Demonstration in SB, 6-7:30, 2707 State Street, Santa Barbara
- **September 14: “Deep Roots, Soaring Wings”** workshop at Live Oak led by Rev. Ranwa Hammamy. 2:00 P.M.
- **September 15: Rev. Ranwa Hammamy** service at Live Oak.
- **September 20-27: Global Climate Strike**
- **October 20: Live Oak service on Beloved Conversations**



**NATIONAL
RECOVERY
MONTH 2019**

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.

**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 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 vs YELLOW JACKETS

The stinging, biting yellow jackets or meat bees attracted to our food have several local names but they are just one species. Michael Wittman Googled this and found some NATURAL ways we can discourage them. Use fresh cucumbers cut into many slices. Place them into aluminum pie plates. The cucumber reacts with the aluminum, giving off a chemical scent, undetectable to humans, that makes the insects flee. They dislike any mint. Plant spearmint in pots and place near food tables. One method suggests soaking cotton pads in peppermint oil then place them where nests are or have been. Other oils that are effective are thyme and a blend of lemongrass, geranium, and clove essential oils. Let's use the cucumber-aluminum method at coffee hour and whenever we set food out. Some of us are allergic to their stings.

-Wilma Seelye, Safety Chair



Live Oak Caring Network

Colleen Poulsen is the new coordinator for Live Oak's Caring Network - members of Live Oak who volunteer to provide meals, rides, childcare for members who are facing one of life's challenges (eg, surgery, illness, family crisis).

Please contact her if you'd like to provide support on an occasional basis to our members in need.

Last Summer BBQ!

Join us for summer potluck/BBQ this evening at 5:00 P.M. Look for the Live Oak Yellow Banner. Please bring: your own set of cutlery, plates, cups etc. and something to share. We will provide the briquettes and S'Mores. Don't forget to invite your friends and, oh yes, the children too.

-Marie Arnold and Michael Wittman



Happy Birthday to friends and members celebrating September birthdays !

Helen Gordon 9/7, Sandra Martin 9/11, Melanie Jacobson 9/20,
Ron Kronenberg 9/20, Ellen Hamilton 9/21, Mary Ann Kaestner 9/22, Jonathan Young 9/29

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