

The Acorn

September 6, 2019

This Week's Events and Meetings

Office Hours

Monday thru
Friday

8-12

4th Sunday of the
month

Thank you to
everyone who
showed up to the
Auction Planning
Meeting Last
Night!

We are
expecting 100 %
participation this
year and Nov.
2nd is quickly
approaching!

Please look for
Clacey on
Sundays after
service to sign
up!

Questions?
Contact
administrator

[Clacey Kahn](#)



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.

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**

Monday September 9

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

Tuesday September 10

2:00 P.M. Good Relations
4:00 P.M. Pastoral Care (C)
6:30 P.M. Worship Ministry
7:00 P.M. Sangha (S)

Wednesday September 11

10:00 A.M. Staff Mtg.
7:00 P.M. Adult Programs

Thursday September 12

No Scheduled Events

Friday September 13

10:30 A.M. Hookers & Needlers (C)
6:30 P.M. Game Night

Saturday September 14

9:00 A.M. Yoga (S)
2:00 P.M. Workshop: Deep Roots, Soaring Wings (S)

Sunday September 15

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

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

Upcoming Sermons

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.

September 22: Global Climate Strike Rev. Tamara Casanova Suzuki

On September 20 and 27 we join with people young and older around the world to demand an end to the age of fossil fuels and a beginning of climate justice for everyone. (As of 9/5, we are asked to disrupt "business as usual" and walk out of our homes or work on Friday, 9/20; at noon on Friday, 9/27 there is a rally at De La Guerra plaza.)

In our Live Oak service today, we will explore the climate crisis from a different angle as well as gather strength and spiritual grounding in beloved community.

Children's Religious Exploration

THIS WEEK IN RELIGIOUS EXPLORATION: Thanks to Melanie for her time in Religious Exploration this week. We had a few more returnees from summer and looking forward to all of us converging again going into our new academic year.

I am certain it is all over this Acorn, but we do not have a "regular" week at all. Like last year on this particular week, we met at Stow Grove Park on La Patera and Cathedral Oaks, and had our Intergenerational Water Communion service out with the Great Mother Nature. It was followed by our congregational Picnic/Pot Luck. There will be a few games around for some fun in the sun, RE is also bringing some outdoor games, and art possibilities. Please join us hanging out and enjoy the beautiful almost-Fall weather.

Please remember to NOT come to Live Oak as we know it at 820 N. Fairview. We hope to see you at the park for the Congregational Spirit of Live Oak, out in the great outdoors in our beautiful Goleta foothills, moving into Autumn. It will be a beautiful day, may it be so.

SUNDAY SEPTEMBER 15: Truly, I hope for one particular day to have as many RE kids as possible, our first "official" Religious Exploration kick off on September 15. We will covenant for this year together, have an art project and there might even be something yummy for everyone to snack on.

PARENTS: Please look for an email at the beginning of next week with the RE sign up paperwork. It was crazy getting everyone to stop long enough to fill these out, so let's try

Children's Religious Exploration Continued

email...print... and fill out at home and bring to RE on Sept 15 or on your first day back, and I thank you with all my heart xo Steven

RE IS LOOKING FOR... 6 foot circle area rug, comfy arm chair...not too big and a few additional teachers or assistants

DeBENNEVILLE PINES WEEKEND SEPT 27-29: Encouraging our congregants to put DeBenneville Pines on your radar, especially if you have kids. Our cluster group weekend is coming up soon, Friday Sept 27 through Sun Sept 29. We share this weekend with our friends at Conejo Valley in Thousand Oaks and Monte Vista UU in Claremont.

I recently attended for the first time and was so swept away with the beauty of those mountains and the energy of being with other UU's. I truly hope we can support this amazing place and all it is to Unitarian Universalists in Southern California. Here is the link https://www.uucamp.org/camp-calendar/?event_id1=3841

(Ask Rev Tamara, the McCauleys or the Pearsons about DeBenneville...or me, Steven, if you want to know more!!)

Joys & Sorrows

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

- Wendy and Carter Morgan: Expressed joy about their daughter Sydney's wedding. Sydney was very active in Live Oak's Youth group but is now a Christian as is her husband who read a prayer he wrote for human rights, especially concerning LGBTQ issues. Their other daughter, Kelly, has moved to Denver and is happily working as a Nanny.
- Gloria Liggett: Had a phone conversation with a friend she has known since they were 10. Her friend has terminal cancer. A second friend, Roberta Corderro had a massive stroke and is currently at Samarkand.
- Linda Lacunza and Christian Marx: Shared the joy that they recently became engaged and will be raising an 11 year old son.
- Michael Wittman: Shared about the memorial service for his sister in Los Angeles held in the Fashion District.
- Lisl Auf der Heide: Expressed joy that she was able to attend Live Oak after battling a migraine headache. Attending Live Oak means so much to her. She is sad that her granddaughter, Laura, who has played piano for us, is dealing with depression. She asked for us to hold Laura in our thoughts.
- Fermina Murray: Was not able to participate in the sangha service today although she is an integral part of this group. She needed to be with her mother-in-law who was admitted into a hospital.
- Kristin Ingalls: Shared joy that although a package she sent to her grand twins went to the wrong address a complete stranger went to a great effort to get the package personally to them!

Live Oak Movie Night



Friday, September 6th 7PM

The Upside (2017): Charming 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 at jnorthsinger@gmail.com.

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.

Yoga at Live Oak

Calling all yogis - whether you're a seasoned yoga practitioner or an enthusiastic beginner, you are welcome to participate. Yoga has been taking place at Live Oak since April, and it is going well. Our 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 (very reasonable) \$10 donation, and then be ready for a special time of movement and meditation.

Classes are held each Monday from 5:30 - 6:45 PM and Saturday 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, contact Carter Morgan: morganfamily1@cox.net.

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. 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.

- **Next Live Oak Social Justice Ministry Meeting**, September 18, 4:30 pm. Everyone is welcome in the Cottage!



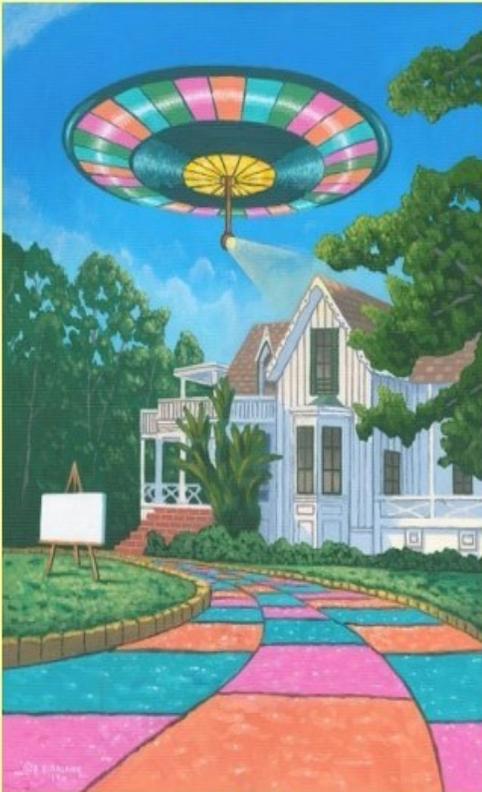
September 27: 12 noon at De La Guerra Plaza! This September, millions of people across the world will walk out of our workplaces & homes to join climate strikers on the streets and demand an end to the age of fossil fuels. Our community has already seen the fatal and destructive consequences of climate change firsthand. We cannot afford to wait any longer for climate justice. Join us to

demand immediate action from our municipal, county, state, and federal governments to stop climate change.

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** 1 2-2 pm, De La Guerra Plaza rally and March.
- **October 20: Live Oak service on Beloved Conversations**

Your Invited to the Goleta Valley Art Association's 15th Annual Stow House Art Festival!



Painting by Bruce Birkland

Saturday, September 14, 2019
11am - 4:30pm
304 N Los Carneros Rd. Goleta

Have a Close Encounter with Art

Come enjoy the Music, Food, and a Painting Demonstration.
Raffle Proceeds support the Goleta Valley After School Art Program.

Supporting Our Members

Marie Arnold will have her artwork at Goleta Valley Art Association's 15th Annual Stow House Art Festival. Saturday, September 4 from 11:00 A.M. to 4:30 P.M.

Carter Morgan's band, The Nombres, will be performing at the Carhartt Vineyard tasting room in Los Olivos on Friday, September 13, from 4:30 - 7:30. Come join them for a glass of wine and some fun, upbeat music.

Experience the Labyrinth

Presented by Megan Woodward Moyer, Antioch Graduate Student and Trained Labyrinth Facilitator

Please join me for a labyrinth event on Saturday, September 21, 2019, from 1:00 to 4:00 at Antioch University, Santa Barbara! As part of my graduate work for my Masters' Degree in Psychology, I will be presenting an event titled, *Experience the Labyrinth*. The labyrinth is a metaphor for life's journey as well as a mindfulness meditation tool. I will talk about the history and the meaning of the labyrinth and facilitate a labyrinth walk. I look forward to seeing you there.

Where: Antioch University, Santa Barbara, 602 Anacapa Street, Santa Barbara, CA



Cool photos from the September 1st Music on the Patio with Randall Lamb



-Thank you Liz Z.

**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
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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 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.

Head Start

The Head Start folks wish to convey their continued appreciation of Live Oak's Sunday food donations. Their only other source is the Food Bank.

These items are especially desired:

Cereal, rice, cans of tuna fish, peanut butter & jelly or jam, spaghetti sauce, pasta (all except lasagna), beans (all except black beans).

Black beans are extremely unpopular at Head Start. Please consider donating pinto beans instead.

They cannot accept expired foods.
Thanks for your support.



Classifieds

If you are selling your car, please contact Sylvia Sullivan at 805-451-3195 or sylvia805@cox.net. Looking for a fuel-efficient car to replace my Subaru...thanks!

Long time Live Oak Gardener Alex and his family, is needing to move from Lompoc down to the Santa Barbara are. He is looking to rent an apartment or house with a min of 2-bedrooms. If anyone knows of any available housing, Alex can be reached at 805-636-2924.



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.