

# The Acorn

April 23, 2021

## This Week's Events and Meetings (All Virtual)

### Sunday April 25

8:45 AM Religious Exploration  
10:00 AM Worship Service

### Monday April 26

[9:00 AM Yoga](#)  
7:00 PM Mon. Covenant Group

### Tuesday April 27

[9:00 AM Yoga](#)  
4:00 PM Reflections-RE

### Wednesday April 28

**9:00 AM Acorn deadline**  
[9:00 AM Yoga](#)  
5:00 PM Mid Week Meditation  
7:00 PM Wed. Covenant Group

### Thursday April 29

[9:00 AM Yoga](#)

### Friday April 30

[9:00 AM Yoga](#)  
10:30 AM Hookers & Needlers

### Saturday May 1

11:00 AM Tech Rehearsal

### Sunday May 2

9:00 AM Religious Exploration  
10:00 A.M. Worship Service

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

Artist: Unknown

## April 25 Service Links

### Join Zoom Sunday Service

[https://  
uuma.zoom.us/  
j/6159064009](https://uuma.zoom.us/j/6159064009)

Meeting ID: 615 906  
4009

One tap mobile

+16699006833,,61590  
64009# US (San Jose)

### Join Zoom Gathering for Live Oak Town Hall immediately after Sunday service

[https://zoom.us/  
j/991200709](https://zoom.us/j/991200709)

Meeting ID: 991 200  
709

One tap mobile

+16699006833,,99120  
0709# US (San Jose)



## “In the Moment”

*LEA Morris, joined by Rev. Tamara  
and local UU ministers*

Come join UU Musician LEA Morris as she speaks and sings on the topic of living in the present. She writes: *Not only is there no time like the present. There is no time but the present.*

**NOTE: YOU MUST LOG IN TO THIS GATHERING  
USING THE LINK IN LEFT SIDEBAR.**

**Worship Service 04.25.21****Live Oak Unitarian Universalist Congregation**  
**LEA Morris, joined by Rev. Tamara and local UU ministers**  
**25 April 2021**  
***“In the Moment”***

**Prelude** (Begins at 9:50 AM)

**Welcome** Rev. Dana Worsnop

**Chalice Lighting** Worship Associate

**Call To Worship** Rev. Dana

**Hymn** Lea Morris

**Story** *“Waiting for Our Souls to Catch Up”*

**Offering** Rev. Betty Stapleford

**Offertory** Lea

**Reading** Rev. Tamara Casanova Suzuki

**Meditation** Rev. Nica Eaton-Guinn

**Musical Message** Lea

**Prayer** Rev. Dana

## Worship Service 04.25.21

**Extinguishing The Chalice**

Worship Associate

**Musical Benediction**

Lea

**Postlude**



Please use the Live Oak link to join our Live Oak Town Hall meeting and after service social hour. The link should be provided in the chat at the end of this service, or you can use the weekly link provided here or on our website.

### Live Oak Sunday Worship

**Time: April 25, 2021**

**10:00 AM**

**Pacific Time**

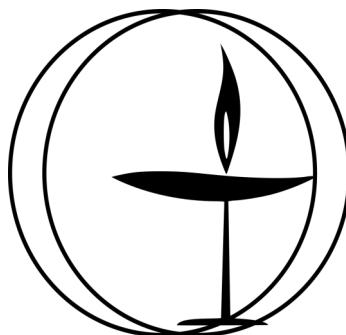
**Join Zoom Meeting**

<https://uuma.zoom.us/j/6159064009>

Meeting ID: 615 906 4009

One tap mobile

+16699006833,,6159064009# US  
(San Jose)



### Town Hall Meeting

**Time: April 25, 2021**

**11:15 AM**

**Join Zoom Meeting**

<https://zoom.us/j/991200709>

Meeting ID: 991 200 709

One tap mobile

+16699006833,,991200709# US  
(San Jose)

## Mid-Week Meditation and Sharing continues!

We will continue to meet virtually for our Mid-Week Meditation and Sharing gatherings. Please join us every Wednesday at 5:00. Link is in the Acorn or on the home-page of the Live Oak website.

**Join Zoom Meeting—Meeting ID: 592 669 597**

<https://zoom.us/j/592669597>

**Dial by your location**

+1 253 215 8782 US +1 301 715 8592 US

## Upcoming Services

### “Telling Our Stories”

**May 2**

**Rev. Tamara Casanova Suzuki**

Maya Angelou has said, “There is no greater agony than bearing an untold story inside you.” Telling our stories helps to define our lives and the world we live in. Today we look at how the stories we tell and hear affect what we perceive to be real in our world.

**WE WILL BE ENGAGING IN A SHORT WRITING PIECE DURING SERVICE TODAY SO PLEASE HAVE SOMETHING AVAILABLE TO CAPTURE YOUR RESPONSES.**

### Live Oak Ministries! BUDGET REQUESTS & ANNUAL REPORTS!!

Dear Live Oak Ministries,

It is that time of the year again to be thinking about your **ANNUAL REPORTS!!** Once you’ve thought about it, please gather, collect, compose and submit your Ministry’s **ANNUAL REPORT** before or on the “drop dead” deadline of **MAY 15, 2021** at noon. Please send to: [administrator@liveoakgoleta.org](mailto:administrator@liveoakgoleta.org)

Also, a reminder that ministries need to submit their request for our upcoming fiscal year. All requests should be sent to our Live Oak Treasurer, Janet Mocker, **by April 30** . Send to: [bookkeeper@liveoakgoleta.org](mailto:bookkeeper@liveoakgoleta.org) Thank you so much!!

### Social Justice Upcoming Activities 04.23.21

Find out what is happening with immigrants in our community!

**April 29 at 7-8:30 Interfaith Sanctuary Alliance All Call Meeting on zoom.**

Register here: [RSVP](#)

UCSB Arts & Lectures Race to Justice Virtual Events (each \$10) Treat yourself to one or more and help our country move toward Racial Justice.

-4/30 Bryan Stephenson “American Injustice: Mercy, Humanity and Making a Difference”

-5/4 Heather McGhee “The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together”

-5/12 Patrisse Cullors “When They Call You a Terrorist: A Black Lives Matter Dialogue”

## Happy Earth Day Recommendations

### Earth Day: Suggestions from the Social Justice Ministry that we can all do.

Every April 22, we celebrate Earth Day! Caring for nature, plants, and the land is integral to our own health and individual responsibility lies with each of us. Here are **ways that you can help to care for our planet.**

- 1) Take a bag with you on your walk and pick up litter. The beach is a great place to be safe in nature and help clean the shore.
- 2) Help our pollinators. Plant a native plant or some wildflowers. Don't use chemicals, especially systemic "neonicotinoids" that are so harmful to bees.
- 3) Swap out some kitchen products for biodegradable ones. Check out "[If You Care](#)" for such products.
- 4) Conserve water. Put a bucket in the shower to catch the water till it warms up. If you have room, install a rain barrel. Water plants at the soil level, instead of overhead. Replace thirsty plants with natives that don't need much water.
- 5) Consider going meat-free one or two days a week. Kids who help care for vegetable plants tend to eat more vegetables.

## Food Collection During Sheltering in Place

Thanks so much to those of you who have generously contributed food to the Santa Barbara Food Bank. As you probably know, this is a terrific organization that is filling an even larger-than-usual need in our community. We are glad to have Live Oak support their efforts!

**Items that are particularly appreciated include:** canned goods such as tuna, fruit, beans, and soups; peanut butter; pasta; rice; cereal. We will gather items every Monday.

You can donate food in one of three ways any day of the week:

- You can drop off donations in boxes that we have put out at Live Oak on the patio just outside of the cottage;
- You can drop off in a box we have left outside of our front door at home: 6542 Camino Caseta in Goleta; or
- You can get in touch with us via email ([morganfamily1@cox.net](mailto:morganfamily1@cox.net)) for a pickup at your home. Just leave food donations in a bag (preferably paper) outside of your door.

Thanks for your support of families in our community!

*-Carter and Wendy Morgan*

# COVID-19 Vaccination Update

COVID-19 Vaccination Update (4/21/21)

Welcome to the Orange Tier! On Wednesday, Santa Barbara County entered the State's Orange Tier, showing real progress as a community towards reducing the spread of COVID-19. This success is due to diligent mask wearing, social distancing and vaccination. Thanks to everyone for taking the steps necessary to get this far. We are making a difference!

COVID-19 vaccines are available without charge to everyone age 16 and over. The Public Health Department, Cottage Health Systems, Lompoc Valley Medical Center, many healthcare providers and many pharmacies are all offering vaccines county-wide. The supply of vaccine remains strong and there is enough vaccine for everyone who wants one.

Please remember that for persons aged 16-18, the only vaccine currently approved is the Pfizer BioNTech vaccine. This may reduce the number of locations that can vaccinate people in this age group, as that vaccine has more stringent cold-holding requirements than other vaccine options.

The Johnson & Johnson one-shot vaccine (Janssen vaccine) remains on pause while reports of possible rare blood clots are evaluated. **Please note that these clots are very rare – six have been reported in the entire United States, about one case for every one million doses of the Johnson & Johnson vaccine administered** -- and at this time appear to have only been reported in women. More information will be shared here as it becomes available.

As the vaccine (and pandemic) situation is changing constantly, this information will be updated weekly in the Acorn.

## **Who can get the vaccine in Santa Barbara County at this time?**

Anyone aged 16 or older

## **Where can people get the vaccine?**

Primary care providers and clinics are offering vaccines to their patients.

Local pharmacies offer vaccination appointments

Local hospitals, especially Cottage and Lompoc Valley Medical Center, are hosting community vaccination clinics.

The Public Health Department continues its public vaccination clinics

Veterans may be eligible to be vaccinated through the VA.



# COVID-19 Vaccination Update

## How can I make an appointment?

Visit the Public Health Department's vaccine website for links to scheduling sites for a wide range of vaccine providers, including area hospitals, special clinics, and pharmacies offering vaccination: <https://publichealthsbcc.org/vaccine/>

If you are not able to go online or need additional assistance, you can call 2-1-1, select your language preference, then select option 4 to be transferred to an operator who can help you make an appointment

**The State's My Turn website available and can be used to book appointments locally. The website is: <https://myturn.ca.gov/>**

## After vaccination:

Remember that we all still need to practice social distancing, wear a face cover, and take standard COVID-19 precautions after we are vaccinated and until the pandemic has subsided. If you do choose to gather with others, **outdoors is safer than indoors**. Vaccination greatly reduces your risk of contracting COVID-19, but it is not perfect. Continuing to follow masking and social distancing guidance while the pandemic is ongoing protects both people who are still waiting to get the vaccine as well as those who have received it.

The California Department of Public Health has issued guidance for fully vaccinated persons that may be helpful as you consider what activities to participate in. It can be found at:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Public-Health-Recommendations-for-Fully-Vaccinated-People.aspx>

Let's keep taking care of each other -- until we are all taken care of. If you have specific questions, please contact Kendra Wise at [kendrawise@gmail.com](mailto:kendrawise@gmail.com).



## Religious Exploration 04.25.21

This Sunday in RE... final "official" Churchcraft class for this academic year that ends in June. Log in at 8:45 AM. We may continue to work on this in summer and possible May "play date" with downtown.

Shift gears on Sunday, May 2. We will start our Self-Portraits. Bring art supplies of your choice on May 2 or let Steven know what you need so he can deliver it to you.

We have one more "Reflections" class on Tuesday April 27 @ 4:00. Reflections is the theme title for this year's RE Sunday service on May 30. This is based on a full year of "online-edness" that we have all experienced this year, hoping that the isolation served us by helping us reflect on life and what is important.

**Live Oak Religious  
Exploration**

**Time: April 25, 2020**

**Join Zoom Meeting**

**<https://zoom.us/j/9954380524?pwd=UzZORVVKbnhBamtqT2craHE0Y255UT09>**

**Meeting ID: 995 438  
0524 Password: 007564**

We the People of Religious Exploration, will offer up of ourselves a Self Portrait, and please notice the one extra question....

*"Has JUSTICE been served in our quest for Social Justice, and briefly say why or why not...?"* in addition to the three questions that have already been revealed... 1. Name a person who inspires you and at least one reason why. 2. What is your "favorite" principle and why?

3. What is the first thing you want to do when this pandemic is over?

None of your answers need to be long and in fact, I would say keep what you might say to a paragraph or two.

### SELF PORTRAIT

Creating an art piece that is a self portrait is more about who you are and what makes you who you are and less about making a likeness of yourself. Truly, you can reveal yourself to others without needing to do a likeness of your face. Also know that you are not limited to a piece of paper and something you draw or paint with. We will explore options for creating Self Portrait in our May 2 class.

Steven: [dresteven@liveoakgoleta.org](mailto:dresteven@liveoakgoleta.org)



## Greetings From Your Fundraising Shepherds

Your fundraising shepherds once again want to share some ideas that can be functional even when we are in a lockdown. Here are two that we've mentioned previously in The Acorn:

**Sell items** to Live Oak members by advertising in The Acorn. For example, Kristin Ingalls has shown and sold two beautiful handmade tapestries in this way and then donated the proceeds to Live Oak. Thank you, Kristin! And just last month, Priscilla Marchus and Glen Takaichi generously donated their condo on Kauai for a week to a Live Oak family with the proceeds going to Live Oak. Thanks so much, Priscilla and Glen!

Is there something that you feel would be of interest to offer in The Acorn? Or you can . . .

2. **Sell items** on outside sites such as Next Door, Facebook Marketplace, or Craigslist. This is the “no shlepping” rummage sale you saw advertised in The Acorn during the fall.

**Bottom line:** these sorts of sales are easy and free to advertise, with the profits going to Live Oak. Of course, using outside sites allows for money to come not from other Live Oak members but from outside of the congregation.



Carter and Wendy Morgan recently sold this dresser (\$130) on Facebook Marketplace and this mirror

(\$30) on NextDoor. The full proceeds of

These sales(\$160) has been donated to

Live Oak. What do YOU want to sell?

Please feel free to post a sale item (with a

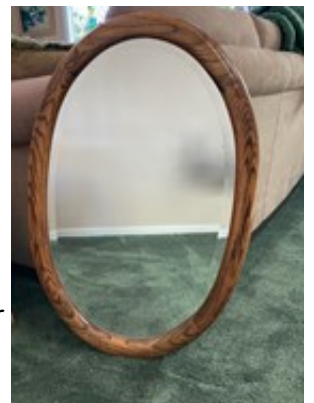
photo) in The Acorn. Or you can contact

any of the Fundraising Shepherds if you

would like to discuss items for sale or other

creative fundraising ideas that you may

have. Thank you!!!



-Your shepherds - Carter and Wendy Morgan, Kristin Ingalls, Paula Bagalio



## Panel on Watershed Health and Homelessness

-----You are invited to attend the May 5th, 2021 IRWM Summit on the topic of Watershed Health and People Experiencing Homelessness: Spotlight on the Central Coast and Ventura Counties, Statewide Impact. This event brings together key elected leaders, agency leaders, professionals and practitioners in California and at the Federal level to discuss challenges, opportunities and successes around this important and complex topic. The registration information is attached and because we would like this to be interactive, we are encouraging you to submit a question or two for our panelists and/or for general discussion. You may do this on the registration page.

This event is being sponsored by the Santa Barbara County IRWM, Santa Cruz IRWM, Santa Clara Valley Water District, Pajaro River Watershed IRWM, City of Watsonville, County of Santa Barbara, Watersheds Coalition of Ventura County and the Local Government Commission.

Please feel free to distribute the invitation widely.

If you have questions, please do not hesitate to contact me and we look forward to your participation and attendance.

-Jane Gray [jgray@dudek.com](mailto:jgray@dudek.com) Register at [https://dudek.zoom.us/webinar/register/WN\\_-gphY-dZRQmQDFUjo9sjlQ](https://dudek.zoom.us/webinar/register/WN_-gphY-dZRQmQDFUjo9sjlQ)

## Help Create a Central Coast Public Bank

Creation a public bank as a depository and lending bank for public agencies could save Santa Barbara County millions of dollars per year and improve our quality of life. Hal Hill and John Douglas are working as part of a five-county advocacy group to form a public bank. Santa Cruz County Supervisor Zach Friend has sent an email to the Santa Barbara County Board of Supervisors asking them to pass a resolution declaring it's intent to join with the other Central Coast counties in their effort to form a public bank.

Hal needs you to step up and agree to give a three-minute speech to the Board, via Zoom, on this matter. Please contact Hal at [harold-hill770@hotmail.com](mailto:harold-hill770@hotmail.com) or (805) 680-7528 and he will send a draft script to you and instructions on how to participate in the meeting webinar with the SB County Board of Supervisors on May 4. Thank you –Hal Hill

## Smile.Amazon Fundraises for Live Oak

Since FUNDRAISING is such an issue right now because of this pandemic, and Amazon has been such an easy way to shop and stay completely safe, it's a good time to consider signing up for Smile.Amazon. It is a free service through Amazon.com that donates a percentage of your purchases to your favorite charity (an organization like say....LIVE OAK).

I signed up about three years ago after I found out and as of today, we have raised \$562.00 just from Amazon purchases. All you have to do is sign up at [smile.Amazon.com](https://smile.amazon.com) (live link) and designate Live Oak Unitarian Universalist Congregation as your chosen charity. And now you use Smile.Amazon.com to order from and it's 100% the same except a percentage of your purchase is a donation. It's been fun to watch donations to Live Oak add up over the years and you can check it anytime you want. Easy peasy!! Thank you!! Steven

## Chairs for Sale- \$\$ for Live Oak

Two Relax the Back motorized recliner chairs for sale. All money donated to Live Oak.

Brand new, the chairs were 3K each, they have been well-loved and are in great mechanical shape. We have them a while and we just want new ones, and will sell these two to the highest bidder.

Send your bid to [administrator@liveoakgoleta.org](mailto:administrator@liveoakgoleta.org), the new owner(s) of the chairs will be announced **May 1**. Questions about the chairs or to arrange a viewing, call or text Ron at 805 280 9918. The chairs will be released to the highest bidder at the beginning of May (New chairs delivered the first week of May, still using them while we wait for the new ones). Minimum bid for a chair \$150, and can be sold separately. -Ron and Wilma



# FUNDRAISING

