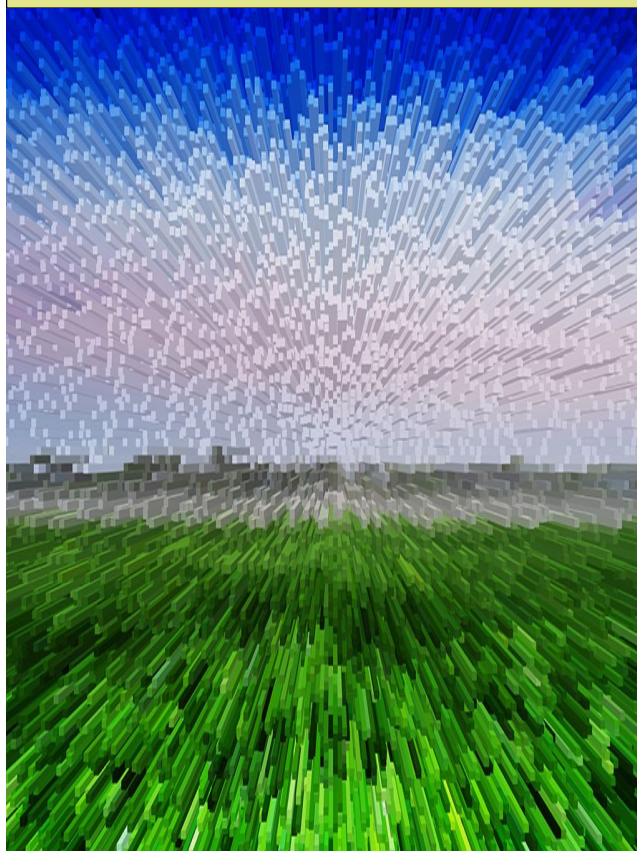


# The Acorn

March 7, 2021



## Living with Integrity

*Rev. Tamara Casanova Suzuki*

What does it mean when we say that our goal is to live a life of integrity? How do we know when we are in the presence of someone who is striving to live their own life with integrity? Today we explore what it might mean to live an integrated life of commitment. *\*IF YOU ARE ABLE: please have with you for today's service a long strip of paper (approximately 16" x 1.5" is good), a pen, and a bit of tape.*

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

### Sunday , March 7

8:45 A.M. Religious Exploration  
10:00 A.M. Worship Service

### Monday March 8

[9:00 A.M. Yoga](#)

### Tuesday March 9

[9:00 A.M. Yoga](#)  
2:00 P.M. Good Relations Ministry  
6:30 P.M. Worship Ministry

### Wednesday March 10

#### 9:00 A.M. Acorn deadline

[9:00 A.M. Yoga](#)  
9:00 A.M. Coordinating Team  
3:00 P.M. Social Justice  
5:00 P.M. Mid Week Meditation

### Thursday March 11

[9:00 A.M. Yoga](#)  
3:00P.M. Committee on Ministry

### Friday March 12

[9:00 A.M. Yoga](#)  
10:30 A.M. Hookers & Needlers

### Saturday March 13

11:00 A.M. Tech Rehearsal

### Sunday March 14

8:45 A.M. Religious Exploration  
10:00 A.M. Worship Service

<http://liveoakgoleta.org/events-calendar/>

"Is the spring coming?" he said. "What is it like?"... "It is the sun shining on the rain and the rain falling on the sunshine"....

-Frances Hodgson Burnett

"We sat in silence, letting the green in the air heal what it could."

-Erica Bauermeister

"Dead my old fine hopes  
And dry my dreaming  
but still...Iris, blue  
each spring"

-Shushiki

"The deep roots never doubt spring will come."

-Marty Rubin

# Worship Service 03.07.21

Live Oak Unitarian Universalist Congregation of Goleta  
Order of Service                      March 7, 2021

## *Living with Integrity*

Worship Service by the Reverend Tamara Casanova Suzuki  
A/V support: Marty Jenkins; Tech support: Drew Carter

**Music for Gathering** (*begins at 9:50 a.m.*)                      John Douglas, Music Director

### **Prelude**

**Welcome Song** ~ *Come, Come, Whoever You Are* #188  
Words adapt. Rumi, Music Lynn Adair Unger

**Welcome**    Megan Moyer, Worship Associate

### **Chalice Lighting**

### **Call to Worship**

**Opening Song** ~ *Wake, Now, My Senses* #298 (verses 1, 3, 4, 5)  
Words Thomas J.S. Mikelson, Music Traditional Irish melody

**Stewardship Season Sharing**                      Carrie Topliffe and Paul Maliszewski

### **Sharing of Joys and Sorrows**

### **Meditation**

## Worship Service 03.07.21

### Congregational Response ~ *Filled with Loving Kindness* #1031

Words: Traditional Buddhist Meditation; Music: Ian Riddell

### Homily

*Living with Integrity*

Rev. Tamara Casanova Suzuki

### Musical Response

### Sharing in Stewardship

Liz Zok

### Closing Song ~ *Pass on the Light*

Words: Jan Elicker; Music: Clif Hardin

### Benediction

### Postlude

***Five-minute break and then all are invited to re-gather for our after-service social hour.***

#### Live Oak Sunday Worship

**Time: March 7, 2021  
10:00 AM  
Pacific Time**

**Join Zoom Meeting**

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

**Meeting ID: 991 200 709**

**Dial by your location**

+1 253 215 8782 US

+1 301 715 8592 US

Find your local number:

<https://zoom.us/j/a3HkXnuGD>

## 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

### **March 14 *Solidarity and Racial Justice***

**Shelly Tochluk, joined by local UU ministers**

The last year brought multiple, ongoing crises to the forefront of our minds. Health inequities in the face of a global pandemic. Police violence against Black people. The spread of massive conspiracy theories leading to a white supremacist, anti-democratic insurrection. Calls to stand in solidarity for racial justice have been loud and clear. How do we take action? Many of us also feel unsure about what to do. Do we really want to abolish the police? How can we stand in solidarity if we feel conflicted? How do we bridge the divide?

Special Zoom link for this service only:

[https://zoom.us/j/209555249?  
pwd=dkVSdDElZWVh5dHBVcXo2ZHVkQUJkQT09](https://zoom.us/j/209555249?pwd=dkVSdDElZWVh5dHBVcXo2ZHVkQUJkQT09)

Meeting ID: 209 555 249

Passcode: 2020

One tap mobile

+16699006833

*This service will also stream live on Chalice UU's YouTube and FaceBook*

### **March 21 *Claiming Your Power***

**Rev. Tamara Casanova Suzuki**

Lao Tzu has written: "Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." Today we spend a bit of time considering the role of power, in its many forms, in our lives.



## Religious Exploration 03.07.21

Thank you to Melanie and Krystal for your time and energy last week with the kids, you are invaluable and lovely, who could ask for anything more?

THIS SUNDAY we will start in ZOOM, today is the humble beginnings of the ChUrchcraft curriculum. We will be talking about the Interfaith Temple that is the beginning point, and we will create it together. Again, we will start at 8:45 AM on Sunday to have maximum time, and we will be going onto the server before we end to see the diagram of the Interfaith Temple.

Again, we would like to offer a one-hour experience for Sunday, so in order to assure we all in, please arrive to RE this week, no later than 8:45 AM, we will need to end at 9:45 AM so Krystal and Steven can go into service (we lingered last week but this week we cannot, both Steven and Krystal have roles in service. Steven will open the zoom room at 8:30 for any early birds.

### **PLEASE BE ON TIME**

If you have not been on the USSB server or whitelisted, contact Steven at [dresteven@liveoakgoleta.org](mailto:dresteven@liveoakgoleta.org) if you are interested in coming this Sunday. You will not be able to get in and participate if this is not done in advance and we cannot do it Sunday morning.

We will meet Sunday on our usual zoom link.

Below is a link to a ChUrchcraft virtual world a congregation in Virginia built. It's very very cool if one asked me... check it out it's a little over 15 minutes.

<https://youtu.be/YXvW1wqHQhU>

### **Live Oak Religious Exploration**

**Time: March 7, 2020  
8:30 AM  
log in**

**Join Zoom Meeting**  
[Click Here](#)

**Meeting ID: 995 438 0524**

**Password: 007564**

## Social Justice Upcoming Activities

- **March 7, 4 pm** – *LO Talking Circle, Supporting Our Immigrant Neighbors*, join our zoom discussion and tell us what you think!! Join Zoom Meeting: <https://zoom.us/j/95910801433>
- **March 7-14** – *Love Your Neighbor Weekend*, sponsored by the Interfaith Sanctuary Alliance. Learn more here: <https://loveyourneighborsb.org>
- **March 11, Thursday, 7-8:30**, *Community Panel Discussion* about “What’s next on Immigration.” RSVP at <https://isasbwhatsnext.eventbrite.com>
- **March 13, Saturday, 7-8:30**, *Zoom documentary film on Immigrants’ Rights* and a discussion with local providers. RSVP at <https://isasbmovienight.eventbrite.com>
- **Join the Interfaith Sanctuary Alliance (ISA)** for a virtual film screening of movie sharing stories from our immigrant neighbors, to be followed by a panel discussion with representatives from Immigrant Hope SB, the Immigrant Legal Defense Center, and IMPORTA SB. Join us as we learn about ways to support our local immigrant neighbors in 2021 and beyond!

## “BIPOCedness” Monthly Meeting

The past four years have created some serious racial polarity. For many of us in the Tri-Counties, we are small islands of "BIPOCedness" finding solace in our communities of faith as Unitarian Universalists. What might be available if we were able to gather virtually as a BIPOC community monthly to allow for the exploration and development of creating a safe place? We would be able to: discuss our lives and experiences, share resources, play music, and foster an inclusive springboard for the faith we so ardently love?

Matt Chapa and Ayanna Gaines, two Chalice members, are eager to find out.

**Note: this is for people who identify as Black, Indigenous, or People of Color (BIPOC).**

Please join us on Thursday, March 11th from 7-8pm via Zoom for an informal get-together so that we might gauge the interest of our BIPOC siblings.

Join Zoom Meeting

<https://zoom.us/j/95532331455?pwd=TFI3b2MwUG96MmN0c1M5RHZiUXFsZz09>

One tap mobile+16699006833

Meeting ID: 955 3233 1455

Passcode: 305115

## Greetings From Your Fundraising Shepherds

Friends, you haven't heard from us for a while, and so we'd like to share a few thoughts with you. First of all, as shepherds we worked at the early stages with Peter Haslund on the Live Oak Giving Campaign. This effort, under Peter's masterful guidance, was extremely successful thanks to the great generosity of so many of you. Together, we raised over \$28,000, which will go a long way toward shoring up Live Oak's pandemic-impacted budget. Thanks once again to all who contributed (and those who plan to)!

Due to the success of the Giving Campaign we are postponing, for now, our Live Oak auction. On the heels of this campaign, we didn't want to come back right away to ask folks to come up with creative auction offerings. During the pandemic, both the auction itself and the auction events would need to be held virtually, of course. You've already been quite generous, and it seemed we shouldn't push an online auction at this time. Also, if we can hold in-person auction events at a later date, that will be much more fun! That being said, we want to thank Teka Penteriche for her willingness to still head up a future auction, whether the event is virtual or in-person. Additionally, the shepherds have found two other Live Oak members who are willing to be co-chairs with Teka sometime after May when they are both available. Stay tuned later in the spring for updates as to if and when we might hold our special annual FUN-draiser.

Your fundraising shepherds still have some other ideas in the works that can be functional even when we are in a lockdown. Here are two that we've mentioned previously in The Acorn:

1. **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 most recently, Priscilla Marchus and Glen Takaichi have 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.

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 & Wendy Morgan, Kristin Ingalls, Paula Bagalio*

# COVID-19 Vaccination Update

There are a couple of big, positive changes to the Santa Barbara County COVID-19 vaccine situation this week!

First is the news that the US Food and Drug Administration (FDA) gave Emergency Use Authorization (EUA) for the Johnson & Johnson COVID-19 vaccine this past weekend. This vaccine is the third approved for use in the United States (the other two are the Pfizer/BioNTech vaccine and the Moderna vaccine). It also has some characteristics that are very helpful. First, it is a single-dose vaccine, which is easier to schedule and also means that for the same amount of vaccine produced, twice as many people can get vaccinated compared to the Pfizer or Moderna vaccines (which both take two doses). Second, it can be stored at regular refrigeration temperatures -- no specialized freezer necessary. This expands the number of providers that can store the vaccine. It is also reported to have fewer side effects while still providing very high levels of protection against hospitalization and death. The pharmaceutical company Merck is going to help produce Johnson and Johnson's vaccine, further increasing the vaccine supply.

In addition, the groups eligible for vaccination in Santa Barbara County have also expanded. They now include agricultural and food industry workers, those working in education and child care, and emergency responders, as well as anyone who is 65 years old or older and health care workers. Because the supply of vaccine is still very limited, 30% of vaccine in the county will be reserved for the newly eligible groups, many of whom will receive their vaccines in special vaccination clinics. Not everyone who wants to be vaccinated will be able to get a vaccine right away, but appointments should become easier and easier to get as the supply of vaccine increases. At this point, people will probably not be able to choose which vaccine they receive -- you will get whatever is available at time of your appointment. The good news is that all the vaccines available in the US are very effective at preventing hospitalization and death from COVID-19.

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?**

Health care workers (and others in similar roles); AND

People who are 65 years old or older; AND

**Workers in the agricultural/food, education/childcare, and emergency responder industry sectors**

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

People are encouraged to first contact their primary health care provider to see if they are giving the vaccine to their patients.

Many local pharmacies also offer vaccination appointments

Local hospitals and larger clinics are also offering vaccination appointments



# COVID-19 Vaccination Update

## How can I make an appointment?

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

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.

Cottage Hospital has a website with information on their vaccine clinic here: <https://www.cottagehealth.org/coronavirus-covid-19/>

Lompoc Valley Medical Center is providing vaccinations to residents of the Lompoc Valley; more information can be found at: <https://lompocvmc.com/health-wellness/diseases-conditions/coronavirus/vaccinations>

Patients of Sansum Clinic should contact Sansum for more information about vaccine appointments: <https://covid19.sansumclinic.org/vaccine#info>

Marian Regional Medical Center in Santa Maria is also offering vaccination appointments. More information can be found here: <https://www.dignityhealth.org/central-coast/locations/marianregional/coronavirus>

## After vaccination:

Remember that you will still need to practice social distancing, wear a face cover, and take standard COVID-19 precautions after you are vaccinated and until the pandemic has subsided (though it sounds like the CDC is drafting guidelines for people who have been fully vaccinated and may release them later this week -- [see this article in Politico](#)). We do need to remember that right now being vaccinated is very much a privilege, one that most people in our community do not have at this time. We can help keep them safe by continuing to follow COVID-19 precautions. 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).



## Healing Justice Santa Barbara: March 7 Half-Basket

This week's half-basket collection will be donated to Healing Justice Santa Barbara, formerly known as Black Lives Matter SB.

Their mission statement reads:

***Healing Justice Santa Barbara aspires to uplift all Black/African-Americans to affirm that they are deserving of safety, love, equity, respect, and joy.***

GOALS include:

- creation of a Black/African-American Cultural Resource Center,
- the protection and preservation of black landmarks such as St. Paul African Methodist Episcopal Church
- funding for an annual Juneteenth celebration;
- a council declaration that racism is a public health emergency.

Please consider your generous support of this worthwhile organization.

**For more information about the organization please visit [hjsb.org](https://hjsb.org).**

## 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



Chalice is excited to invite California Central Coast cluster Unitarian Universalist Congregations to join us for a four-part online workshop series

# Witnessing Whiteness: The Need to Talk About Race and How to Do It

with

Shelly Tochluk, Ph.D.

Thursdays, April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> - 7:00-8:30 p.m.



This interactive workshop series will offer foundational grounding and skills-building practice opportunities for engaging in challenging conversations about race.

## **4/1 -Foundations**

- \*Know Thyself: Self-assessment and framework for engaging with other white people about racism
- \*Context Analysis: Critical awareness when engaging across race

## **4/8 -Becoming a Bridge**

- \*Developing “both/and” thinking as a tool
- \*The RACE Method, from the White Ally Toolkit

## **4/15-Engaging in Difficult Conversations**

- \*Strategies for effective engagement with family, friends, and coworkers

## **4/22-Developing our Emotional Capacity to Engage**

- \*Reducing Ego, Listening to the Radical

**Shelly Tochluk, Ph.D.**, author of *Witnessing Whiteness*, is an educator with a background in psychology who spent years as a researcher, counselor, and teacher in California’s public schools. Dr. Tochluk works with AWARE-LA (Alliance of White Anti-Racists Everywhere-Los Angeles) and trains teachers as a Professor of Education at Mount Saint Mary’s University-Los Angeles.

This workshop series is being offered to California Unitarian Universalist congregation members and friends committed to dismantling racism.

To help defray costs, a total donation of \$20 per household is requested.

However, no one will be turned away for lack of funds. Maximum participants: 200.

**Please register in advance here:** <http://bit.ly/WitnessingWhitenessWorkshopSeriesChaliceUU>

Our Chalice mission: *To nurture spiritually courageous people who transform the world through justice and compassion.*

## This Ring

### THIS RING

This plain, gold ring has not been taken off since the judge, exactly 80 years ago, asked my tall, lanky husband-to-be to slip it on the finger meant for it, a shiny symbol of the promise: "Until death do thee part."

Although death did, the ring is still there, worn to a fraction of its original width, secured now by a ring of shimmering turquoise, and crimson beads made for me by my gifted daughter. My finger, now as worn as my wedding ring, warmed by love come full circle.

Lisl Auf der Heide  
2/22/2021



## Art Exhibit Invitation

**Marie Arnold** invites you to come and see our new exhibit of large paintings "California Abstract Landscapes"

at Gallery 113, La Arcada Court, 1114 State St. Santa Barbara from March 1 to March 27 or view on Vimeo clicking on the link below.

Thanks to Michael Wittman for the photography and Luana Psaros for her expertise in virtual show.

<https://drive.google.com/file/d/1ITVpQdxeULxzE8E3ZJpi0bFFsmzbXs6P/view?usp=sharing>

### Happy Birthday to friends & members celebrating March birthdays !

Michael Wittman 3/4  
Hal Hill 3/4

Jim Pearson 3/5  
Roberta Weissglass 3/7

Laurette Valentine 3/17

Kate McGuinness 3/20

Lars Poulsen 3/22

Mary Ince 3/25

Ken Johnson 3/27

Sibyl Cabeen 3/28

Paris Psaros 3/29

Kristin Ingalls 3/29

## Live Oak Unitarian Universalist Congregation

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