

# The Acorn

April 30, 2021

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

### THE POWER OF POETRY

Only a poem  
can reach ears  
contaminated  
by the ominous clamor,  
the stilted language  
of mercenaries.

Only poems  
have the power  
of merging  
the shortest words  
to the largest wonder.

Only a poem  
born in the slow simmer  
of decades  
dares transcend  
the tyranny of time.

Only poems,  
without ever using  
the word,  
can spell love  
using letters  
forged by fire.

Only a poem  
passionate enough  
to impregnate the earth  
will heal  
the world's wounds.

Lisl Auf der Heide  
3/8/2019



## “Telling Our Stories”

*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.**

### Sunday May 2

9:00 AM Religious Exploration  
10:00 AM Worship Service

### Monday May 3

[9:00 AM Yoga](#)

### Tuesday May 4

[9:00 AM Yoga](#)  
4:00 PM Pastoral Care  
5:00 PM Facilities  
7:00 PM Covenant Group Facilitators

### Wednesday May 5

8:00 AM Coordinating Team  
**9:00 AM Acorn deadline**  
[9:00 AM Yoga](#)  
11:00 AM Membership Ministry  
5:00 PM Mid Week Meditation  
7:00 PM Wed. Covenant Group

### Thursday May 6

[9:00 AM Yoga](#)

### Friday May 7

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

### Saturday May 8

11:00 AM Tech Rehearsal

### Sunday May 9

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

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

Artist: Karim Abu Shakra Hamzeh

## Worship Service 05.02.21

Live Oak Unitarian Universalist Congregation of Goleta

Order of Service

May 2, 2021

*Telling Our Stories*

Worship Service by the Reverend Tamara Casanova Suzuki

A/V support: Michael Wittman; Tech support: Paris Psaros

**Music for Gathering** (*begins at 9:50 a.m.*)

John Douglas, Music Director

**Prelude**

**Welcome Song** ~ *Do You Hear* #112

Words: Emily Thorn; Music: William Caldwell

**Welcome**

Gloria Liggett, Worship Associate

**Chalice Lighting**

**Call to Worship**

**Opening Song** ~ *When Our Heart Is in a Holy Place* #1008

Words and music: Joyce Poley

**Message for All Ages**

Steven Lovelace, Director of Religious Exploration

**Sharing of Joys and Sorrows**

**Meditation**

**Live Oak Sunday Worship**  
**Sunday May 2, 2021**

**10:00 AM**

<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/u/a3HkXnuGD>

## Worship Service 05.02.21

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

Words: Traditional Buddhist Meditation; Music: Ian Riddell

### **Homily**

*Telling Our Stories*

Rev. Tamara Casanova Suzuki

### **Musical Response**

### **Sharing in Stewardship**

Melanie Jacobson

### **Closing Song** ~ *There's a River Flowin' in My Soul* #1007

Words and music: Rose Sanders

### **Benediction**

### **Postlude**

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



## **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

### ***“Loss—Holding On and Letting Go”***

**May 9**

**Michael Eselun**

Moving together through these challenging times, we find ourselves confronted by loss in so many dimensions. What might be there for us? Do we hold on or let go? UCLA Oncology Chaplain and popular guest speaker, Michael Eselun will share reflections on these questions.

## Social Justice Upcoming Activities 05.02.21

Friday, April 30 at 4:30. Santa Barbara County African American Life, Culture, Contributions, 1890-1990 -a panel discussion on the new virtual exhibit Santa Barbara African American Life, Culture, and Contributions, 1890-1990 created by the Santa Barbara County Genealogical Society (SBCGS). You will hear from some of the featured African American participants in the exhibit who generously shared their stories, photographs, and historical documents, as well as a few members from SBCGS who put the exhibit together. The exhibit will run through June. Register for the panel at SB Public Library site.

- 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

The artists of The Oak Group will hold its annual exhibition and sale at SB Art Gallery, 1321 State St May 1-28. It will benefit SB Wildlife Care Network who educate about living in harmony with wildlife. The show can also be seen online through the month of May at these sites: [www.oakgroup.org](http://www.oakgroup.org); [www.sbwcn.org](http://www.sbwcn.org); [www.santabarbarafineart.com](http://www.santabarbarafineart.com).

**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, **AND THEY ARE DUE TODAY April 30 :)** Send to: [bookkeeper@liveoakgoleta.org](mailto:bookkeeper@liveoakgoleta.org) Thank you so much!!

**Camp DeBenneville Pines-May 2 Half-basket**

Camp De Benneville Pines, our Pacific Southwest Region UU camp has special meaning to many of us at LOUUC. Nestled in the San Bernardino Mountains near Big Bear, Camp De Benneville has been a UU home-away-from-home for 60 years. Enthusiasts here at Live Oak put the camp on our family map when Lura and Aidan were small, and we revelled in the restorative fun this intergenerational retreat offers. Like so many who discover De Benneville Pines, we keep going back. The ongoing COVID-19 pandemic and the El Dorado Fire last fall, however, have prevented in-person camping there, posing a major financial drain. Nonetheless, Camp Connect - the virtual "stand in" for the real thing - continues to reach youth and adults. Donations from UUs across our region keep this magical place afloat. I hope we will do our part to help the camp re-open - hopefully this fall. Click [HERE](#) the link for more information on programs at Camp De Benneville Pines.

- Melanie Jacobson

**LIVE OAK BIRTHDAYS!!****Updating our Birthday List**

If you started at Live Oak after August 2018, or have not seen your birthday in the Acorn, let us know at [administrator@liveoakgoleta.org](mailto:administrator@liveoakgoleta.org)

Thank you and Happy Birthday

## COVID-19 Vaccination Update

Santa Barbara County remains in the Orange Tier this week, and 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 FDA has allowed use of the Johnson & Johnson one-shot vaccine (Janssen vaccine) to resume, after a pause to evaluate reports of very rare blood clots in some recipients.

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

### **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://publichealthsb.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



## COVID-19 Vaccination Update

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).

## 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

## Religious Exploration 05.02.21

It's almost MAY and that means summer is right around the corner. It also means that RE Sunday is upon us.

### For Sunday:

So ChUurchcraft is done for the moment. It's possible that we continue to work in our "world", just needs to be discussed with USSB.

### **RE will start at 9:00 AM on Sunday.**

#### This Sunday-ART PROJECT

Bring your art supplies, whatever you like working with. We will be working on our Self-Portraits. We will share ideas about what a self-portrait is, and what goes into creating one. REMEMBER: If you have photos of yourself or your life, make copies of them, it's not necessary to use actual photos. Also print photos in B&W and add color to them, it looks so cool. But not all self-portraits involve images of you, but can be a compilation of things you love or that really represent you.

As we move towards RE Sunday at the end of May, here is what I would like from each of you...

1. A good photo of your art Self Portrait
2. A short paragraph on your feelings around
  - a. A person who inspires you.
  - b. Your favorite UU principle, or the one that you resonate with, and why?
  - c. What do you look most forward to when the pandemic is over?
  - d. Has JUSTICE been served in our quest for Social Justice and briefly say why or why not?

#### Live Oak Religious Exploration

Time: May 2, 2021  
9:00 AM

Join Zoom Meeting

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

Meeting ID: 995 438 0524  
Password: 007564

Hope to see you all **9:00 on Sunday**. Be sure to thank Krystal if you see her, we could not have done ChUurchcraft without her.

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.

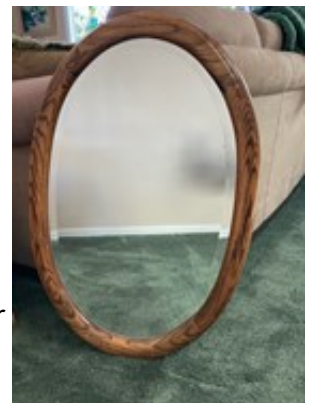


Carter and Wendy Morgan recently sold this dresser (\$130) on Facebook Marketplace and this mirror

(\$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.

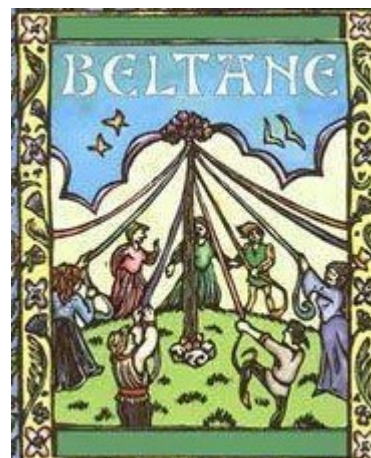
-Jane Gray [jgray@dudek.com](mailto:jgray@dudek.com) Register at [https://dudek.zoom.us/webinar/register/WN\\_-gphY-dZRQmQDFUjo9sjlQ](https://dudek.zoom.us/webinar/register/WN_-gphY-dZRQmQDFUjo9sjlQ)

## Earth-Based Ministry– Happy Beltane!!

Beltane Blessings!

May Day or Beltane is a cross-quarter Earth holiday between Spring Equinox and Summer Solstice - a brilliant moment in the Wheel of the Year to bring ideas, hopes and dreams into action, savor the Earth's sensual abundance and revel in our creative capacities.

Until we can celebrate Earth holidays in person again, Live Oak Congregation's Earth Based Ministry sends an informational and inspirational message on Solstices, Equinoxes and the cross-quarters. If you would like to be added to the list to receive these, please email [jnorthsinger@gmail.com](mailto:jnorthsinger@gmail.com).



## 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*



Thank you Pat for sharing your beautiful artwork with us! Rose done in watercolor.



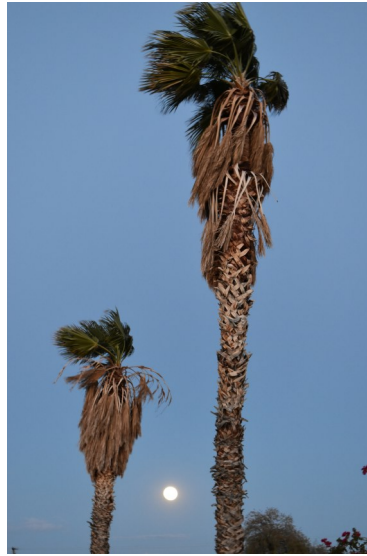
# Live Oak Photo/Creative Gallery

**Live Oak Unitarian  
Universalist  
Congregation**



**LEFT:** Marie & Mary at Gallery opening of Mary's niece Holli (photo :Michael)

**BELOW:** Pink Moon over the Mojave (Photo: Steven)



**LEFT:** Hal's garden in full explosion!

**BELOW:** Cloud formation over Hal and Mary's house. Photos: Hal



## Live Oak Staff and Office Hours

**Rev. Tamara Casanova Suzuki**  
[revtamarasuzuki@gmail.com](mailto:revtamarasuzuki@gmail.com)  
805.967.7867 x 1  
by appointment

**Steven Lovelace, Director of Religious Exploration**  
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by appointment

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**LIVE OAK  
LATE  
APRIL/EARLY  
MAY  
BIRTHDAYS**

Reverend Tamara 4/19  
Wilma Seelye 4/26  
Barb Finch 5/1  
Wilson Hubble 5/4  
James Wells 5/4  
Barbara Kuhn 5/5  
Aidan Pearson 5/9