

# The Acorn

January 21, 2022

## This Week's Events and Meetings

World Kindness Day? Though seeming unusual, celebrating this day is valuable in promoting the principle of being kind to others and reinforcing the power of kindness in communities.

We at Live Oak view kindness as an integral part of our daily lives. Our lay pastoral care team furthers that kindness by attentive listening that allows for deep sharing. It is an act of kindness to listen without interruption or judgment and helps with the healing of past and present hurts and traumas. To quote Dr. Rachel Naomi Remen: "A loving silence often has far more power to heal and to connect than the most well-intentioned words."

While we don't have answers to another's problems, our listening fosters a deep feeling of trust between the speaker and listener. With this connection, it becomes easier to share life's successes, triumphs and joys with each other as well.  
- Sylvia Sullivan and Roberta Weissglass



## "Caring For Each Other" Pastoral Care Ministry

Caring for each other. How does our congregation promote and live this concept at Live Oak? Please join us as members of the Pastoral Care Ministry share their experiences and how increased connection leads to more appreciation and acceptance of each other. By listening and supporting with compassion, our community is strengthened.

### Sunday Jan 23

10:00 A.M. Worship Service  
11:15 AM Town Hall Mtg.  
3:00 PM Coming of Age

### Monday Jan 24

[9:00 AM Yoga](#)

### Tuesday Jan 25

[9:00 AM Yoga](#)  
5:00 PM RE Council

### Wednesday Jan 26

[9:00 AM Yoga](#)  
**9:00 AM Acorn deadline**

### Thursday Jan 27

[9:00 AM Yoga](#)  
7:00 PM Evening Book Club

### Friday Jan 28

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

### Saturday Jan 29

11:00 AM Tech Rehearsal

### Sunday Jan 30

10:00 A.M. Worship Service

[Google Calendar - January 2022](#)

Artist: John Chan

**Worship Service 01.23.22**

**Live Oak Unitarian Universalist Congregation of Goleta  
Order of Service January 23, 2022**

**“Caring For Each Other”**

**A Service Presented by Members of the Pastoral Care Ministry**

**A/V support: Michael Wittman; Tech support: Drew Carter**

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

John Douglas, Music Director

**Prelude** ~ *It's Alright to Cry*

Words and Music by Carol Hall

John Douglas

**Welcome Song** ~ *Enter, Rejoice, and Come In #361*

Words & music: Louise Ruspini

**Welcome**

Jim Wells, Worship Associate

**Chalice Lighting**

-Catherine Callahan

Cecilia Ramirez

As the chalice is lit let us come together into the sacred space we have created.

Let the cares of the day fall away and know that here is a place for quiet reflection,

For a pause in our lives, for breathing into our true selves.

Let what is said and felt here add richness to the dimensions of our lives and spiritual practices.

We are strong together in community.

We share the experience of being human.

Let the warmth of the chalice lit during our time together

Connect us and carry us into the world.

**Caring for One Another**

Roberta Weissglass

## Worship Service 01.23.22

### Opening Song ~ "How Could Anyone?" #1053

Words & music: Libby Roderick

### Message for All Ages

*The Boy, The Mole, The Fox and The Horse.*

by Charlie Mackesy

Kristin Otte

### *This Little Light of Mine*

### Sharing of Joys and Sorrows

Jim Wells

### Meditation "Feel That?"

By Gwen Matthews

Kristin Otte

### Congregational Response ~ *We Would Be One* #318

Words: Samuel Anthony Wright; Music: Jean Sebelius

### Homily~ *Caring for Each Other*

-Sylvia Sullivan, Colleen Poulsen, Priscilla Marchus

### Musical Response ~ *He Ain't Heavy, He's My Brother*

Words by Bob Russell; music by Bobby Scott

Nansie Douglas

### Sharing in Stewardship

Jim Wells

### Closing Song ~ *Lean On Me* #1021

Words & music: Bill Withers

### Benediction

Cecilia Ramirez

### Postlude ~ *Bridge Over Troubled Water*

Nansie Douglas

Words & music by Paul Simon

**Five-minute break and then all are invited to re-gather for our monthly Town Hall Meeting.**

**Live Oak Sunday Worship  
January 23, 2022 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>

## Upcoming Services

**January 30**

**The Intention Gap**

**Rev. Tamara Casanova Suzuki**

Our Live Oak Covenant Groups have been exploring the theme of living with intention through the month of January. Today's service will take one facet of this theme and delve a bit deeper into the various intentions in our lives and how those might play out in a broader context.

## Religious Exploration 01.23.22

### THIS WEEK IN RELIGIOUS EXPLORATION

**Coming of Age will meet with Steven this Sun. the 23rd, 3:00-5:00.**

This Sunday, the Coming of Age teens will meet and (socially distance) walk the UCSB Labyrinth. PLEASE drop your teen off at the WESTERN side of UCSB on Ocean Rd at the western end of the campus. There is a roundabout at the end by Manzanita Hall. This is the Isla Vista side of UCSB. I will be at the roundabout to receive them between 2:45-3:00. Pick up is at 5:00 PM. Sorry, unable to offer rides to anyone....covid-safety. They need to bring their journal and something to write with, a bottle of water, and they should also have a mask with them, of course .

We will walk the labyrinth and write about our impressions about it. Afterwards, we are going to talk CREDOS and their CoA requirements.

We have our service on May 1, 2022, so we are over half way through the Coming of Age process. Thanks for all your cooperation and commitment.

Contact Steven [dresteven@liveoakgoleta.org](mailto:dresteven@liveoakgoleta.org) for RE/kid related issues  
RE/kid related items

## Pastoral Care in January

Many thanks to those who make it possible for your minister to take much needed time off! Our Worship Ministry will be facilitating interesting and engaging Sunday services, and the Pastoral Care Ministry will cover any pastoral issues. If you need pastoral support this week between Jan 17-23, please contact Priscilla Marchus. Wishing you all a very happy and safe holiday season and may 2022 be kind to us all.

With love and blessings,  
Rev. Tamara

## Social Justice Upcoming Activities 01.21.22

**"If you are neutral in situations of injustice, you have chosen the side of the oppressor." ~Desmond Tutu**

1. **January 27, Activist Brown Bag Lunch** 12-1:30. Want to meet and share with fellow activists and organizers for a just and humane community. Join with The Fund for SB Activists. [Video Conference Link](#)
2. **Feb. 8, ECOFaith**, a coalition of local faith communities under the umbrella of the SB Interfaith Coalition, has started a new virtual speaker series this spring on the second Tuesday of the month from 12-1 pm. The first speaker is Stan Roden with the Citizens Climate Lobby speaking about "Carbon Tax/Dividends. Upcoming speakers: March 8, Art Cisneros, Chumash Fire-keeper; April 12, Naiyerah Kolkailah, from the Islamic Society; and May 10, White Buffalo Land Trust in Carpinteria. Eventbrite link for registering: <https://www.eventbrite.com/e/248370090627>
3. **Sunday Feb 13 – Discussion of *Breathe: A Letter to My Sons*** by Imani Perry, our Common Read at Live Oak Social Hour.
4. **The Homeless Point in Time Count**, used to provide data for services for our neighbors without homes, has been delayed this year because of Covid, and will happen February 23 between 5:30-8:30 am. Volunteers will be trained ahead to make contacts and give out information. Can you help with this? <https://countyofsb.pointintime.info/register.cfm>

## An Ask from Your Live Oak Board

Wonderful Members and Friends,  
We are looking for someone to take on our Stewardship campaign this year. We have reached out to some, but thought this could reach a larger number of you. The campaign this year will most likely be all online, as it was done last year so successfully by Carrie Topliffe. Carrie has even offered to help guide and support the person or persons who choose to take this on. Would you be willing to see this through? Please give it some thought and then reach out to any board member with your good news!

Thank you,  
Your Live Oak Board Members  
Megan Moyer, Mary Johnson, Teka Penteriche, Larry Bishop & Wendy Morgan

## 2021 Half Basket Summery

Hello, generous LO people. Here is a summary of our 2021 half-baskets, with an amazing total of \$10,798.11.

1/10	\$259.00	Coastal Band of Chumash Indians
1/24	\$254.00	SB ACT/Interfaith Sanctuary Alliance
2/07	\$531.00	Planned Parenthood
2/21	\$381.00	Storyteller Children's Center
3/07	\$500.00	Healing Justice
3/14	\$200.00	BLUU
3/21	\$250.00	805 Undocufund
4/04	\$761.50	Transition House
4/11	\$1110.00	San Marcos Foothills Preserve
5/02	\$250.00	Camp deBenneville Pines
5/16	\$200.00	Nature Track
5/23	\$1555.00	DACA Renewals
6/06	\$450.00	Isla Vista Youth Project
6/20	\$226.00	UUJMCA
7/04	\$160.00	Showers of Blessings
8/15	\$232.00	Water Protector Legal Collective
8/29	\$206.11	Isla Vista School
8/29	\$100.00	Operation School Bell/SB Assistance League
9/19	\$264.50	LOUU Disaster Fund
10/03	\$332.00	Alpha Resource Center/Slingshot Art Program
11/07	\$422.00	Wilderness Youth Project
11/21	\$409.00	CAUSE
12/05	\$630.00	Holiday Project (Trans House & Adam's Angels)
12/24	\$1115.00	Minister's Discretionary Fund

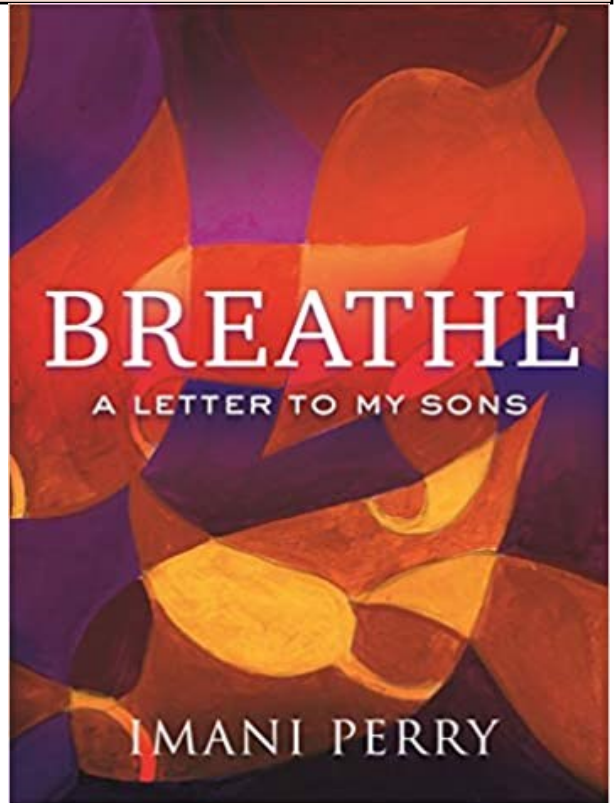
\$10,798.11

**Total Half Basket donations in 2021**



## LOUUC Common Read/Discussion

LOUUC Common Read: February 13, 2022 Join members of our Social Justice Ministry in a discussion of one of the UUA Common Read selections: *Breathe: A Letter to my Sons* by Imani Perry. In *Breathe*, Perry gives us a look into what it means to love her children—her Black sons—in a world that may not. What it means to arm them with information, history, culture, spirit, pride, and joy. What it means to celebrate with them the vastness of their lineage and the tight network of community, which affords them an impenetrable freedom to be. To just . . . be. You can buy it on-line from Amazon Smile, Available on Kindle, Amazon Smile, and Beacon Press. Only 163 pp., but a thoughtful read. Carolyn & Jan have copies and are willing to lend them out.



## Food Collection continues

Thanks as always to those of you who continue to generously contribute food to the Santa Barbara Food Bank. Your generosity is truly heartwarming! This terrific organization is filling an even larger-than-usual need in our community. We are glad to have Live Oak support their efforts, and workers at the Food Bank continue to express their appreciation!

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

Food may be donated in one of three ways on any day of the week.

- (1) You can drop off donations in boxes that we have put out at Live Oak on the patio just outside of the cottage;
  - (2) You can drop off donations in a box we have left outside of our front door at home: 6542 Camino Caseta in Goleta; or
  - (3) 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

**RIGHT:** Wilma takes us again down Memory Lane with this 1986 classic photo of an Intergenerational May Day Maypole service. Have to admit, it looks like fun. Thanks Wilma!!



## Live Oak January Birthdays

Gil Green  
1/4  
Pat Johnson  
1/6  
Colleen Poulsen  
1/9  
David Echols  
1/11  
Priscilla Marchus  
1/22  
John Douglas  
1/22  
Lura Pearson  
1/23  
Rashun Drayton  
1/23  
Kaia Drayton  
1/26  
Donald Martin  
1/31

**Thank you to all Live Oakers sending cards and love to our LO family:**

**Lyn Levine**, c/o Valle Verde  
900 Calle De Los Amigos, Room 307A  
Santa Barbara CA 93105

**Helen Gordon**, 5500 Calle Real, A202,  
Santa Barbara, CA 93111.

### Live Oak Announcements

**Volunteer Opportunities:** Coordinating Team, still looking to add one member to this important part of Live Oak leadership.

Live Oak is still looking to train 3-4 more folks as Rental Monitors, which also pays \$15 an hour. Any individuals who are interested or want to know more, contact [administrator@liveoakgoleta.org](mailto:administrator@liveoakgoleta.org)

**From Steven:** Because of the surge, the Live Oak computer is set up in Steven's home office. Open to meeting in person if there is a need and will be back at the office as soon as cases start to decline.

## Live Oak Unitarian Universalist Congregation

### 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  
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**Coordinating Team**  
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