

The Acorn

PLEASE NOTE FOR 3/14

**Special Zoom link
for this service only:**

[https://zoom.us/
j/209555249?
pwd=dkVSdDElZWWh5d
HBVcXo2ZHVkQUJkQT
09](https://zoom.us/j/209555249?pwd=dkVSdDElZWWh5dHBVcXo2ZHVkQUJkQT09)

Meeting ID: 209 555
249

Passcode: 2020
One tap mobile
+16699006833

*This service will also
stream live on Chalice
UU's YouTube and Fa-
ceBook*

**Five-minute break and
then all are invited to
re-gather for our after-
service social hour,
which will be on our
“usual Sunday Link”**

[https://zoom.us/j/991200
709](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/a3HkX
nuGD](https://zoom.us/u/a3HkXnuGD)

March 12, 2021



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?

This Week's Events and Meetings (All Virtual)

Sunday , March 14

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

Monday March 15

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

Tuesday March 16

[9:00 A.M. Yoga](#)
6:00 P.M. Board Meeting

Wednesday March 17

9:00 A.M. Acorn deadline

[9:00 A.M. Yoga](#)
5:00 P.M. Mid Week
Meditation

Thursday March 18

[9:00 A.M. Yoga](#)
5:30 P.M. Covenant Group

Friday March 19

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

Saturday March 20

11:00 A.M. Tech Rehearsal

Sunday March 21

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

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

Cover Artwork: Allison B. Cook

Worship Service 03.14.21

Live Oak Unitarian Universalist Congregation of Goleta
March 14, 2021

Solidary and Racial Justice

Worship Service by 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? Join us this Sunday for this challenging and critical conversation.

NOTE:

Special Zoom link for this service only (Mar.14):

<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

Five-minute break and then all are invited to re-gather for our after-service social hour. Please log into our regular Sunday link for Live Oak after-service social hour.

Hope to see you there!!



Our usual Sunday Link for Social Hour Mar. 14

<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>



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 1st, 8th, 15th and 22nd - 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.*

Upcoming Services

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.

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

Social Justice Upcoming Activities 03.14.21

March 11-14 – Love Your Neighbor Weekend, sponsored by the Interfaith Sanctuary Alliance.

March 13, Saturday, 7-8:30, Zoom documentary **film on Immigrants' Rights** and a discussion with local providers. RSVP at:

<https://isasbmovienight.eventbrite.com>

Read: <https://www.whitehouse.gov/briefing-room/statements-releases/2021/01/20/fact-sheet-president-biden-sends-immigration-bill-to-congress-as-part-of-his-commitment-to-modernize-our-immigration-system/?eType=EmailBlastContent&eld=106a35a7-7899-45c1-bdd0-2c8593482543>

March 24, Wednesday 4:30-6 PDT, UU National Social Justice Webinar on history of Immigration Policy, and sharing their current priorities.

<https://uusj.salsalabs.org/HistoryofImmigration/index.html?eType=EmailBlastContent&eld=106a35a7-7899-45c1-bdd0-2c8593482543>

Religious Exploration 03.14.21

Seems like “thank you” is the word of every day right now to Krystal McCauley, for being the point person for Live Oak technology, and in our case, getting this Mine-craft/ChUurchcraft curriculum off the ground. It simply would not be happening without her, so especially to the 8 kids who are signed up for for this, don't be afraid to let her know how much you personally appreciate her time and energy.

THIS SUNDAY we will again start in ZOOM of course. Kudos to the busy bees for getting a HUGEEE start on the Interfaith Temple. We will most likely finish the temple and start on the individual religions alter rooms. We will again start at 8:45 AM on Sunday to have maximum time.

Inside the Interfaith Temple, there are a number of rooms designated for six of the world's major religions. These religions are Buddhism, Hinduism, Christianity, Islam, Judaism, and of course Unitarian Universalism. ***This Sunday, please have each “Crafter” think about which of these six religions they would like to “declare” to decorate their Interfaith room and start on their Temple someplace nearby.*** Look at the video below from a congregation in Virginia for some inspiration,

*If you have not been on the USSB server or whitelisted, contact Steven at 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.

This is a link to a ChUurchcraft virtual world a congregation in Virginia built. It's very very cool if one were asking me... check it out it's a little over 15 minutes.

[YXvW1wqHQhU](#)

WHOLE KIDS FOUNDATION

Parents/Teachers: Check out this website for potential \$3K grant on schools or non-profits offering garden experience to 10+ kids.

[Whole Kids Foundation | Garden Grant Program](#)



Live Oak Religious Exploration

Time: March 14, 2020
8:30 AM log in
8:45 AM start

Join Zoom Meeting

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

Meeting ID: 995 438 0524
Password: 007564

COVID-19 Vaccination Update

COVID-19 Vaccination Update (3/9/21)

After the big changes we saw last week (new vaccine approved, new groups of people eligible to receive COVID-19 vaccine,) this week is a bit quieter, but there are a few new developments to report.

First, the Public Health Department will be releasing their vaccine appointments for the week each Monday at 9 a.m. People in eligible categories can visit <https://publichealthsb.org/vaccine/> to find the links to register for appointments, or can call 2-1-1 and select option 4 for assistance in making a vaccine appointment.

Second, starting March 15, “healthcare providers may use their clinical judgement to vaccinate individuals age 16-64 who are deemed to be at the very highest risk for morbidity and mortality from COVID-19 as a direct result of several severe health conditions” (quoted from the Santa Barbara County Public Health Vaccine website). Individuals who believe they are in this group should contact their health care provider to discuss this option.

The CDC also released initial, interim guidelines for fully vaccinated people, which you can read here: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

Please keep in mind that in California, social gatherings are still limited to three or fewer households, outdoors, for less than 2 hours, with everyone practicing physical distancing between themselves and people they do not live with, and wearing masks when appropriate. This is more restrictive than the CDC guidance for vaccinated individuals. We don't know yet if the State will change its social gatherings guidance to align with the CDC's guidance.

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

Workers in special industry sectors may be able to get their vaccine through industry-specific clinics organized through their employer.

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. While more and more people are eligible for and receiving vaccines, most people in our community have not been vaccinated and cannot yet get one. 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.

Update on the Live Oak website

A team of Mary Ince, Kristin Otte, Hanna Princip, and Michael Wittman is reviewing the current website. Among discussions have been whether to keep the current site with revisions; or, create an entirely new one. Since the initial development, technology has advanced at lightning speed. All avenues are being considered. Stay tuned for updates.

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

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*

SmileAmazon 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, I have personally raised \$562.00 just from my Amazon purchases. All you have to do is sign up at smile. Amazon.com and designate Live Oak Unitarian Universalist Congregation as your chosen charity. And now you use smile. Amazon.com to order from, (it's 100% the same except a percentage of your purchase is a donation). It's been fun to watch my donation to Live Oak add up over the years and you can check it anytime you want. Easy peasy!! Thank you!! Steven

Spring Cleaning and Fixing Up Day

The Facilities Team is coordinating a Project Day on Saturday March 20th between 9:30 and 3pm. There are lots of small projects that need to be taken care of all around the campus, such as moving a lock box, replacing a kitchen sink, moving items from the attic to the storage space in the basement. cleaning cobwebs, trimming bushes away from buildings to get ready for painters, etc, etc. etc. Some require a minimal level of skill, some just grunt labor. If you would like to help out, please let me know when you would like to come. To be respectful of Covid issues we are limiting the number of people at any one time. We would also be thrilled if a team wanted to feed us, snacks/lunch, (nothing fancy).

For anyone who can't come on the 20th or doesn't feel comfortable gathering, we will send out an "Adopt -a-Project" list of items we didn't get to. You can choose something you'd like to do at Live Oak and just go whenever you want. We hope we are getting ready for the time when we can again gather on our beloved campus. Thank you!! *Jeri Moulder* jerimoulder@gmail.com

Help Create a Central Coast Public Bank

Hal Hill and John Douglas are seeking your help in getting the Board of Supervisors to agree to establish the Central Coast Public Bank. Soon the board will be asked to pass a resolution to take the first step towards joining the other Central Coast counties in forming a public bank. You can help by letting Hal know you are willing to send an email or letter to the member of the Board of Supervisors, representing your district, supporting formation of the Central Coast Public Bank or recommending someone you think would be willing to do so. Hal will make it easy for you by sending a script to you that you can modify to fit your ideas and personality and contact information. Just contact him at haroldhill770@hotmail.com or (805) 680-7528. -Hal Hill

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) 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

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/view?usp=sharing>

Live Oak Unitarian Universalist Congregation

Live Oak Staff and Office Hours

Rev. Tamara Casanova Suzuki

revtamarasuzuki@gmail.com

805.967.7867 x 1
by appointment

**Steven Lovelace,
Director of
Religious Exploration**

dresteven@liveoakgoleta.org

805.967.7867
by appointment

**John Douglas,
Music Director**

jed805@gmail.com
805.284.2082

Administrator
administrator@liveoakgoleta.org
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Janet Mocker, Bookkeeper
bookkeeper@liveoakgoleta.org

Coordinating Team
coordinating-team@liveoakgoleta.org

MARCH Live Oak 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

Wendy Morgan 3/30