

The Acorn

March 26, 2021

This Week's Events and Meetings (All Virtual)

Sunday, March 28

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

Monday March 29

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

Tuesday March 30

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

Wednesday March 31

9:00 A.M. Acorn deadline

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

5:00 P.M. Mid Week
Meditation

Thursday April 1

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

Friday April 2

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

10:30 A.M. Hookers & Needlers

Saturday April 3

11:00 A.M. Tech Rehearsal

Sunday April 4

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

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

Cover Artwork:
Helen Gumenyuk

"In April, we cannot see sunflowers in France, so we might say the sunflowers do not exist. But the local farmers have already planted thousands of seeds, and when they look at the bare hills, they may be able to see the sunflowers already. The sunflowers are there. They lack only the conditions of sun, heat, rain and July. Just because we cannot see them does not mean that they do not exist."

- Thich Nhat Hanh



"Loved Into Being"

*Susan Frederick-Gray,
UUA Presiden, and friends*

Faith in Unitarian Universalism isn't just an intellectual exercise; it's "heart" work. In this service for the spring stewardship season, we will hear a sermon by UUA President Rev. Susan Frederick-Gray as well as vibrant music and storytelling that will help us to grow in spirit, in courage, and in generosity.

Worship Service 03.28.21

Live Oak Unitarian Universalist Congregation of Goleta

Order of Service

March 28, 2021

“Loved into Being”

Worship Service by the Rev. Susan Frederick-Gray and friends

“Love makes your soul crawl out from its hiding place.”

—Zora Neale Hurston

Live Oak Welcome

Jim Wells, Worship Associate

Prelude - *“Don’t Be Discouraged/Hold On”* Sung by the Women’s 8 of All Souls DC: Juliene James, Loyce Pace, Norah Quinn McCormick, Rochelle Rice, A. Tianna Scozarro, Melinda St. Louis, Jennie Wasserman, and Jen Hayman, director and accompanist.
by Glen Ballard and Chynna Phillips, arr. Trey McLaughlin. (©ASCAP/BMI)

Chalice Lighting-Story *“Madam Modifuss,”* as told by Rev. Susan Frederick-Gray

Musical Interlude *“Sometimes I Cry”* Shacara Rogers, vocals
John Lee, guitar, song by Chris Stapleton

Prayer and Ritual Rev. Chris Long

Sung Meditation *“Comfort Me”* #1002, Arranged and performed by Unfolding (Laura Weiss and Sarah Jebian); Song by Mimi Bornstein

Reading & Reflection Rev. Mariela Pérez-Simons,
reflecting on the words of Bernard Loomer

Musical Interlude *“Love’s Divine”* Rochelle Rice, vocals; Todd Simon, piano; Romeir Mendez, bass; Dante Pope, drums; and the Loved Into Being virtual choir, directed by Jen Hayman. Song by Mark Batson and Sealhenry Samuel

Live Oak Stewardship Pulpit Editorial Kendra Wise

Live Oak Stewardship Update Carrie Topliffe

Worship Service 03.28.21

Sermon

Rev. Susan Frederick-Gray

Invitation to Generosity

Rev. Vail Weller

Live Oak Sharing in Stewardship

Jim Wells

Music “Rise Up (for Something)” by Andra Day. (©ASCAP) Nicole Ru-meau, lead vocals; youth soloists; Todd Simon, piano; Romeir Mendez, bass; Dante Pope, drums; and the Loved Into Being virtual choir, directed by Jen Hayman.

Sending Forth Rev. Vail Weller, Rev. Erika Hewitt, Rev. Mariela Pérez-Simons, Rev. Chris Long, Jen Hayman, and Rev. Susan Frederick-Gray

Postlude “Nina Cried Power” Performed by the All Souls UU DC choir. Rochelle Rice and Shacara Rogers, soloists; Gordon Kent, piano; Corey Null, bass; Dante Pope, drums. Song by Andrew Hozier Byrne. (©BMI)

Live Oak Sunday Worship Sunday March 28, 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/j/a3HkXnuGD>

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

April 4 "Stories of Spring"

Rev. Tamara Casanova Suzuki

Spring and "springtime" refer to a season, and also to ideas of rebirth, renewal, resurrection and hope. Join us this Easter Sunday as we hear inspiring stories connected to this time of year.

Social Justice Upcoming Activities 03.28.21

Read: UUA Common Read for 2020-2021-Breathe: [A Letter to My Sons](#) by Imani Perry. This book reflects on race, racism, and the hope that one's child will be wholly known and valued by society. It is "an unforgettable lesson in Black resistance and resilience." To order go to [InSpirit: UU Book and Gift Shop](#) or [Amazon](#).

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>

Spring Cleaning Thank yous

Spring Cleaning Appreciation

I'd like to extend my thanks to Nansie and John Douglas, Larry Bishop, David Echols, Jeri Moulder, Wilma Seelye, Roberta Weissglass, and Eric Schug who were able to help on our Saturday Workday and Spring Cleaning. All followed safe protocols due to Covid-19. Projects completed were removal of items from the outside of the buildings in preparation for painting the buildings, replacement of a leaky kitchen faucet with a new faucet, installation of a new key lockbox at the downstairs storage room, moving tables and boxes, removal of outdated items from the bulletin board, reorganizing records in the office, and repaired the Live Oak street sign .

-Michael Wittman

Religious Exploration 03.28.21

Please join Krystal and Melanie in RE this week while Steven takes a short vacation. Hoping you all had a lovely Spring break and return to school physically after a year online.

Please show up and start your temple. Remember, if you choose the same religions as another student, you can work on your temple together. And it does NOT need to be a religion that is a part of the Interfaith Temple.

Hoping that Interfaith Temple gets finished this week and thanks to Sibyl, Kaia and Finn for helping out with it.

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 choose to decorate their Interfaith room and start on their Temple someplace nearby.

*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.

TUESDAYS IN APRIL

For the month of April, Steven will host a 30 minute to one hour "forum" called REFLECTIONS. They will be Tues. at 4:00 on April 6, 13, 20, and 27. It is also designed to be for one person or as many who show up.

We will be talking about topics that will potentially be a part of our RE Sunday, which will be Sunday May 30, and our theme will be "Self Portrait". Mark your calendar!

If you have not been attending RE on Sundays, consider this as an alternative. And of course, Easter is on Sunday April 4 this year...

Just for fun Lin Manuel-Miranda fans...check out his new video

<https://www.youtube.com/watch?v=-YiZW2sfurk>

Live Oak Religious Exploration

Time: March 28, 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 (3/24/21)

This week sees a continuation of vaccination opportunities for people who are already eligible, with no new groups eligible for vaccination at this time. However, there are several mass vaccination clinics scheduled to help make sure that everyone who is currently eligible for a vaccine and wants one can get one.

At yesterday's vaccine town hall, the Santa Barbara County Public Health Department announced that on Sunday it will be starting three weeks of mass vaccination clinics, with **1,350 appointments available per day**. The clinics will begin in Lompoc, then move to Santa Maria and then Santa Barbara. Appointments will be available through the County's Public Health website. For more information visit: <https://publichealthsb.org/vaccine/>

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; AND

Individuals aged 18-64 who have underlying health or other conditions that put them at very high risk of severe outcomes if they were to become infected with COVID-19; AND

Veterans who make appointments through the VA.

Where can people get the vaccine?

Contact your primary health care provider first to see if they are giving the vaccine to their patients.

Local pharmacies also offer vaccination appointments (CVS, Walgreens, RiteAid)

Local hospitals and larger clinics are also offering vaccination appointments

Industry-specific clinics are sometimes arranged through employers for workers in those industries.

Veterans may be eligible to be vaccinated through the VA.

How can I make an appointment?

The Santa Barbara County Public Health Department releases new appointment slots for vaccines on Monday mornings at 9 a.m. Visit the Public Health Department's vaccine website (<https://publichealthsb.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.

COVID-19 Vaccination Update

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>

Veterans in multiple age groups may be eligible for vaccination through the Veteran's Administration (VA). Contact the VA for more information.

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.

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

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.

Contact Hal at haroldhill770@hotmail.com or (805) 680-7528.

-Hal Hill

Theatre Performances

SBCC Theatre Arts is proud to present streaming performances from March 31st until April 17th, 2021

“Three Chapters” Directed by Maggie Mixsell

“Chapter 1: Family and Friends”-10 readers
(*including Sue Smiley*)

“Chapter 2: The Unexpected”-10 readers

“Chapter 3: The Discoveries”-10 readers

Tickets can be purchased online at www.sbtheatregroupsbcc.com or call 805 -965-5935.

The box office is open Monday through Friday.

\$10 general/ \$5 for seniors, staff and students
 (price per Chapter)

MARCH/APRIL LIVE OAK BIRTHDAYS

Laurette Valentine 3/17

Paris Psaros 3/29

Kate McGuinness 3/20

Kristin Ingalls 3/29

Lars Poulsen 3/22

Wendy Morgan 3/30

Mary Ince 3/25

Diane Cline 4/4

Ken Johnson 3/27

Terra Trevor 4/11

Sibyl Cabeen 3/28

**Live Oak Unitarian
 Universalist
 Congregation**

**Live Oak Staff and
 Office Hours**

**Rev. Tamara Casanova
 Suzuki**

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 by appointment

**Steven Lovelace,
 Director of
 Religious Exploration**

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