

# The Acorn

November 12, 2021

Go into this week with the attitude that your peace, your health of mind, and your heart mean more than getting everything else done. That your smile matters, That feeling rested matters. That holding the hand of your loved ones matter. So pause lots, function at a pace that doesn't pull you apart. Honor the things that make you feel good inside, the things that make you feel alive. Give time to those things this week. Make time the gift it is, by giving it to what really matters to you.  
— S.C. Lourie



## Right Regrets

**Rev. Tamara Casanova Suzuki**

It is said that maybe all one can do is hope to end up with the right regrets. This morning we explore this idea on multiple levels as we seek ways to free ourselves and move forward.

## This Week's Events and Meetings

### Sunday Nov 14

10:00 A.M. Worship Service  
11:30 AM RE-Elem. Ages (LO)  
4:00 PM Coming of Age (LO)

### Monday Nov 15

[9:00 AM Yoga](#)  
7:00 PM Covenant Group

### Tuesday Nov 16

[9:00 AM Yoga](#)  
2:00 PM Website Training  
6:00 PM Board MTG

### Wednesday Nov 17

[9:00 AM Yoga](#)  
**9:00 AM Acorn deadline**  
1:00 PM Coordinating Team  
7:00 PM Covenant Group Facilitators

### Thursday Nov 18

[9:00 AM Yoga](#)  
5:30 PM Covenant Group  
6:00 PM Book Group (LO)

### Friday Nov 19

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

### Saturday Nov 20

11:00 AM Tech Rehearsal

### Sunday Nov 21

10:00 A.M. Worship Service  
4:00 PM Coming of Age (LO)

(MEETINGS ARE VIRTUAL  
UNLESS NOTED  
LO=Live Oak)

[Google Calendar -  
November 2021](#)

Artist: Unknown

**Worship Service 11.14.21****Live Oak Unitarian Universalist Congregation of Goleta****Order of Service****November 14, 2021*****Right Regrets*****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** ~ *Yesterday*

Words &amp; music: Paul McCartney

Nansie Douglas-

**Welcome Song** ~ *Soon the Day Will Arrive (Bashanah)* #146

Words: Ehud Manor; Music: Nurit Hirsch

**Welcome**

Holly Drayton, Worship Associate

**Chalice Lighting****Call to Worship****Opening Song** ~ *We Are Dancing Sarah's Circle* #212 (vs. 1, 2, 4, 5)

Words: Carole Etzler; Music: African American spiritual

**Message for All Ages**

Steven Lovelace, Director of Religious Exploration

**Sharing of Joys and Sorrows****Meditation**

## Worship Service 11.14.21

### Congregational Response ~ *How Could Anyone* #1053

Words & music: Libby Roderick

### Homily

*Right Regrets*

Rev. Tamara Casanova Suzuki

### Musical Response ~ *Turn! Turn! Turn!*

Words: Ecclesiastes 3:1-8, adapted by Pete Seeger; Music: Pete Seeger

Nansie & John-

### Sharing in Stewardship

### Closing Song ~ *Swimming to the Other Side*

Words & music: Pat Humphries

### Benediction/Chalice Extinguishing

### Postlude ~ *Against the Wind*

Words & music: Bob Seeger

Nansie

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

**Live Oak Sunday Worship  
Nov. 14, 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>

## Upcoming Services

**November 21**

***Sacred Flexibility***

**Rev. Tamara Casanova Suzuki**

We are hoping today will be the first day in a long while that some Live Oakers are able to gather together for Sunday service. As we navigate this joyous yet difficult terrain, we must all exercise the utmost sacred flexibility and kindness toward each other.

Please make sure to read the *Acorn* newsletter for information about regathering and options offered for Sunday services. Our current plan to offer both on-site and streaming choices and, as always, we welcome constructive ideas and feedback as we move forward.

## Religious Exploration 11.14.21

**THIS WEEK IN RELIGIOUS EXPLORATION**

### COMING OF AGE

The teens will be back with Mary and Rachel at Live Oak on Sunday the 14th at 4:00, AND Sunday the 21st...at Live Oak. ALSO, it is November, so TEENS reach out to your mentor for your meeting on "Faith". Be sure to be in communication teens, if for some reason you cannot be at a required meeting.

### ELEMENTARY AGES

VERY EXCITING!! We will meet on the second Sunday of the month for RE for now. The Board has approved our meeting in person with the Guidelines that Coming of Age is following, mask, social distance, outdoors, signed waiver. Time: **11:30 A -12:15 P**. We will be down in the Outdoor Space. See you elementary families on **Nov 14th** when Gennie Badone Assili will be co-leading with me. We will be making ART and exploring the creative process.

### SUNDAY DECEMBER 12-RE MULTI-GEN

RE is looking for a potential Holiday pageant, with possibly 6-8 parts only, a span of holiday thoughts that are not exclusively Christmas related but more open. Thoughts, ideas or you are great at coming up with stuff...let Steven know. Thank you so much. Can't believe it's already November!!

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



## Meeting Protocol at Live Oak from your Board

*October 20, 2021 Subject to change as conditions change.*

Thank you from your Board of Trustees: Larry Bishop, Rev. Tamara Casanova Suzuki, Holly Drayton, Mary Johnson, Clacey Kahn, Wendy Morgan, Megan Moyer (President), Teka Penteriche

- Groups of up to twelve participants are currently allowed to meet in person at Live Oak.
- Provide remote option for any member wishing to attend via phone or Zoom.
- Please stay home if you're sick such as running a temperature and/or having cold like symptoms.
- Each meeting host is responsible for ensuring all participants have signed the Live Oak Waiver. Blank copies may be found on the desk in the Administrator Office. Leave filled in copies also on desk.
- Each meeting host is responsible for ensuring participants have not recently been exposed to someone with Covid and have no symptoms.
- Only vaccinated individuals (with boosters if eligible) should be meeting in person.
- Meeting outdoors is highly recommended. If members of the group choose to meet indoors, use the sanctuary or other well-ventilated room with windows and doors open.
- All must wear masks at all times, maintain social distancing, and observe hand hygiene.
- If necessary, please use restroom in Farmhouse closest to the kitchen and use the supplied items to clean up after yourself. We do not have a cleaning service employed at this time.
- No food or drink sharing please.
- Optional but recommended are to bring/use a portable air filter if meeting indoors, and encourage all to wear highly protective masks rather than cloth masks.



## Monitors Needed for Rentals

As we approach the idea of reopening, we also get closer to offering our Live Oak campus as a rental. We are already getting some calls, and we need to be prepared if we are back in the space rental market. What we need from our congregants are MONITORS.

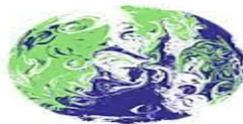
An Event Monitor greets the renter and stays on site during the event. They walk through the campus with the renter before and after their event to make sure everything is "as it should be". They are on site for emergencies. AND since your presence is a service to Live Oak, you would be paid-\$15 an hour. Usually, it is a minimum of three hours.

If you are interested, willing, or both, reach out to Steven at [administrator@liveoakgoleta.org](mailto:administrator@liveoakgoleta.org). Thank you so much.

## Social Justice Upcoming Activities 11.14.21

### Social Justice Upcoming Activities

1. **From Glasgow, COP 26.** "A Just Climate Change Adaptation Needs Arts and Culture" <https://yaleclimateconnections.org/2021/11/a-just-climate-change-adaptation-needs-arts-and-culture/>



**UN CLIMATE  
CHANGE  
CONFERENCE  
UK 2021**  
IN PARTNERSHIP WITH ITALY

2. National Resources Defense Council (NRDC) is asking Californians to **stand up to the Fossil Fuel Industry** and say #NoDrillingWhereWe'reLiving. [https://act.nrdc.org/letter/6248-ca-setbacks-comments-211104?source=EMOCADPET&tkd=3253999&utm\\_source=alert&utm\\_medium=text&utm\\_campaign=email&t=8&akid=16937%2E3253999%2EIKqZVK](https://act.nrdc.org/letter/6248-ca-setbacks-comments-211104?source=EMOCADPET&tkd=3253999&utm_source=alert&utm_medium=text&utm_campaign=email&t=8&akid=16937%2E3253999%2EIKqZVK)
3. **Nov 20, Transgender Day of Remembrance**, stay tuned for specific activities.



## 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.

Now that the painting project is completed at Live Oak, you can once again donate food in one of the three regular 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 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

## Birthday UPDATES

### 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 !!



## Announcements

**Our own Sue Smiley** is performing at SBCC in a student showcase of Christopher Durang plays. "Laughing with Durang" is under the direction of Matt Talbott, and features five Durang plays and an all-student cast. "Laughing with Durang" is playing at SBCC's Jurkowitz Theatre and runs from November 10-20, Wed-Sat at 7:30 PM; Sat & Sun @ 2:00 PM. These plays do have adult language and content.

All Covid protocols apply: masks worn inside of theatre, proof of vaccination or negative Covid test within 72 hours must be presented. Tickets you say?? [www.theatregroupsbcc.com](http://www.theatregroupsbcc.com) or call the Box Office at 805 965 5935.

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Another theatre offering with Live Oakers is "Love and Information" at Dos Pueblos High School Friday at 7:00 and Saturday at 2:00 and 7:00 on November 12 & 13. Coming of Age candidate **David Rose** is a 10th grader at DP and is a part of the cast of "Love and Information" directed by Clark Sayre. Tickets can be purchased at [https://dphs.myschoolcentral.com/asbworks/\(S\(of410upkya0rdvgtlxonk0hh\)\)/apps/webstore/pages/WebStore.aspx?org=14931](https://dphs.myschoolcentral.com/asbworks/(S(of410upkya0rdvgtlxonk0hh))/apps/webstore/pages/WebStore.aspx?org=14931) . Limited seating available and district Covid protocols are the same as the City College show listed above.

## Water Tower Rehab and Beautification

What a gift we have received. Major kudos and love to Jonathan Barnes, who just spent a week making the Water Tower usable and beautiful again. Jonathan is Mary Ince's son and dear friend to this congregation and RE. Please stroll down to our RE Outdoor Space and see the newly painted and repaired Water Tower and Youth Hangout.

In the land of gratitude and in particular, our RE Outdoor Sanctuary, Michael Wittman has been a tireless advocate. Michael was instrumental in Jonathan's involvement and rehab, orchestrating all the supplies and worked closely with Jonathan. How blessed are we to have these two creative and driven men to turn their attention to this major RE project. Blessings to you both and THANK YOU is such a small thing to say.

Check out photos on the next page (Live Oak Photo Gallery)



**Live Oak  
November  
Birthdays**

Marty  
Jenkins  
11/4

Diane Green  
11/12

Sheri Scott  
11/26

Lorenzo  
Lara  
11/26

**Live Oak Photo Gallery**



**Live Oak  
Unitarian  
Universalist  
Congregation**

**Live Oak Staff and  
Office Hours**

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**Coordinating Team**  
[coordinatingteam@liveoakgoleta.org](mailto:coordinatingteam@liveoakgoleta.org)

**TOP:** Water Tower exterior  
**MIDDLE:** Water Tower Floor Photographers:  
Left 2: Hal  
Right 2: Michael  
**BOTTOM:** Wilma offers the perspective of "where we've been" from Live Oak's humble beginnings.

