

The Acorn

November 26, 2021

This Week's Events and Meetings

5 Strategies for Adapting to Change

1. **Change your mindset.** Our power of choice enables us to activate positive change in our lives.
2. **Find meaning in life.** Meaning in life gives you the courage to leave your comfort zone – which is where you will find change and the opportunities it can offer to you.
3. **Let go of your regrets.** Regrets have a huge impact on responding to change and they hold you back in life.
4. **Write a list of scary things to do, then go do them.**
Speaks for itself.
5. **Focus on living a balanced and healthy life.** Living a balanced and healthy active life builds our resilience and ability to successfully manage stress.



Adapting to the Moment

Drew Carter and Kendra Wise

Live Oak members Kendra Wise and Drew Carter will share their reflections on a year of pandemics and lock downs. We'll celebrate the sometimes invisible ways that our community holds us up as we've adapted to a new way of living and working together.

Sunday Nov 28

10:00 A.M. Worship Service

Monday Nov 29

[9:00 AM Yoga](#)

7:00 PM Covenant Group

Tuesday Nov 30

[9:00 AM Yoga](#)

Wednesday Dec 1

[9:00 AM Yoga](#)

9:00 AM Acorn deadline

11:00 AM Membership

6:45 PM Covenant Group

Thursday Dec 2

[9:00 AM Yoga](#)

7:00 PM Facilities

Friday Dec 3

[9:00 AM Yoga](#)

10:30 Hookers & Needlers

Saturday Dec 4

10:00 AM Tech Rehearsal

(Note time change this wk)

12:00-3:00 RENTAL

Sunday Dec 5

10:00 A.M. Worship Service

(MEETINGS ARE VIRTUAL
UNLESS NOTED
LO=Live Oak)

[Google Calendar -
November 2021](#)

Artist: Leong Wan Kok

Worship Service 11.28.21**Live Oak Unitarian Universalist Congregation of Goleta****Order of Service****November 28, 2021*****Adapting to the Moment*****Worship Service by Drew Carter & Kendra Wise****A/V support: Marty Jenkins; Tech support: Krystal McCauley****Music for Gathering** (begins at 9:50 a.m.)

John Douglas, Music Director

Prelude ~ *Raindrops Keep Fallin' on My Head*

words: Hal David; music: Burt Bacharach

Nansie Douglas

Welcome Song ~ *Tis a Gift to be Simple #16*

words: Joseph Brackett; music: American Shaker tune

Welcome

Megan Moyer, Worship Associate

Chalice Lighting

Megan Moyer

Call to Worship

Drew Carter

Opening Song ~ *For All That Is Our Life #128*

words: Bruce Findlow; music: Patrick L. Rickey

Message for All Ages

Steven Lovelace, Director of Religious Exploration

Sharing of Joys and Sorrows**Meditation**

Worship Service 11.28.21

Congregational Response ~ *We Give Thanks #1010*

words & music: Wendy Luella Perkins

Homily

Adapting to the Moment

Drew Carter & Kendra Wise

Musical Response ~ *Love is Still the Answer*

words and music: Jason Mraz

Nansie

Sharing in Stewardship

Closing Song ~ *We're Gonna Sit at the Welcome Table #407*

words and music: Traditional

Benediction/Chalice Extinguishing

Postlude ~ *I Can See Clearly Now*

words and music: Johnny Nash

Nansie

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

**Live Oak Sunday Worship
Nov. 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/u/a3HkXnuGD>

Upcoming Services

December 5

Breathing Joy

Rev. Tamara Casanova Suzuki

Grounding ourselves in an attitude of joy is ultimately a revolutionary choice of mind, heart, and spirit. Today we focus on what it means to live and breathe joy as a spiritual practice in a time of stress and challenges.

Live Oak on-site protocol when attending in person

Aiming for our first in-person and Zoom service on December 5 Live Oak Sunday Service on-site protocol

- Please stay home and join the service via Zoom if you are sick (running a temperature and/or having cold like symptoms) or have been exposed recently to someone with Covid.
- Only fully vaccinated individuals (with boosters) are able to gather in person.
- Everyone must wear masks at all times (N95 or surgical), maintain social distancing, and observe hand hygiene.
- Please arrive early to be screened (show proof of vaccination record and affix clearance sticker on name badge) Thank you!

Coordinating Team addition

Hey Live Oakers,

The Coordinating Team is looking to expand by adding a third lay person to the team. The Coordinating Team (CTeam) meets monthly and looks at the Operational concerns of Live Oak.

Interested congregants should contact Board President Megan Moyer at meganwmoyer@gmail.com. Thank you so much!



Religious Exploration 11.28.21

THIS WEEK IN RELIGIOUS EXPLORATION

COMING OF AGE

This is the first “official” week off for the Coming of Age teens. They will be roaring into action during our Dec. 12th RE MultiGen service, appearing (hopefully) LIVE in the sanctuary and playing various holiday spirits reflecting on “light”.

ELEMENTARY AGES

Gennie and Steven will have an RE class directly after the MultiGen service on Sunday Dec. 12 from 11:30-12:15. This will be a “Holiday” class for the elementary ages, and we will again have an art project since everyone did such amazing work last class. Friends are welcome. This would be a good time to invite them to join us. For ages 5-12 years.

SUNDAY DECEMBER 12-RE MULTI-GEN

Please join us on Sunday Dec. 12 for the Religious Exploration MultiGenerational service at 10:00 AM. Our plan is to do a live pageant in the Sanctuary. “December Spirits” is a thoughtful take on holidays and all the light they require.

Contact Steven dresteven@liveoakgoleta.org for RE/kid related items

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. Some training necessary.

If you are interested, willing, or both, reach out to Steven at administrator@liveoakgoleta.org. Thank you so much.

PWR Regional Assembly in February

PWR Regional Assembly is that inspirational, radically inclusive, beyond-the-congregation UU community we've missed. February 4-6, we can engage fully, wherever we are. Whether onsite at the Hyatt along the bay in San Diego, or online in the comfort of our own homes, we will have opportunities for connection in small groups, inspirational worship, transformative learning, and just plain community fun.

[Join in the community](#)



Social Justice Upcoming Activities 11.28.21

1. Dec 7, launch of the **Regional Equity Initiative "Towards a Just and Equitable Central Coast"** sponsored by the Fund for SB and UCSB Blum Center. Virtual kick off 3-4:30; FREE. For more info and to register: <https://fundforsantabarbara.org/event/central-coast-regional-equity-study-towards-a-just-and-equitable-central-coast/>
2. Coming up: **January 14, Angela Davis in a Community Conversation** sponsored by Fielding University, The Fund for SB and Healing Justice at 6pm. This will be both in person and virtual. Watch for more details!
3. 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

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! (cont'd)

Food Collection Continues pt. 2

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) 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

Live Oak Holiday Project

The holidays will soon be upon us!

Our SJ Ministry has decided on 3 options for our Live Oak Holiday Project this year. You can:

A) Participate in Transition House's Secret Santa program by purchasing children's wish list items online which will be shipped directly to TH. Do this at:

<https://www.transitionhouse.com/holidaygiving/>

B) Donate a NEW sweater or sweatshirt, socks or sleeping bag for needy families served by Adam's Angels. You can drop these off at Live Oak (there is a box outside the social hall) or at Liz Zok's house (elazok@gmail.com) by Dec. 10. Or pack a gently used purse or backpack with toiletries for Adam's Angels. See suggested items for the purse project here: <https://adamsangels.life/donate/purse-project/>

C) Give generously in the half basket on Dec. 5, to be split between the two programs.

Thank you for your generosity!

Announcements

It's beginning to look a LOT like the holidays, and of course that means performances, which were in short supply last winter due to the pandemic.

If you are looking to get out and about this season, consider the Revels, who do a holiday show every year with community members in all the parts. And this year, our own **Lorenzo Lara** is participating in this year's offering "*The Christman's Revels - An Early California Celebration of the Winter Solstice*". This production will be at the Lobero Theatre on Dec. 18 & 19. The Revels website is <https://santabarbararevels.org/> . Let's support Lorenzo and the SB performing arts community. Tickets available at the Lobero Theatre box office and website.

"**Mo Maliszewski** is having health issues and invites you to get updates at <https://www.caringbridge.org/>. Type in maureenmaliszewski in the search box. You can also send Mo messages from that site."

Congratulations to our own **Janet Mocker** who was acknowledged by her employer, Santa Barbara Foundation, for her volunteer time at Live Oak. Well deserved and how nice to be valued like this at your work place

<https://www.sbfoundation.org/sbf-gives-back-volunteer-highlights/>

Here are some crocheted Christmas Trees I have made and they are for sale as a fundraiser for Live Oak. Prices: Lg. green (dark or light) = \$13. Sm. + \$8, Set of 3 (2 lg. + 1 sm) = \$30. Fancy White and gold trees \$15. I have limited quantities so call early. **Jeri Moulder** 805-966-6461



**Live Oak
November
Birthdays**

Live Oak Photo Gallery

**Live Oak
Unitarian
Universalist
Congregation**

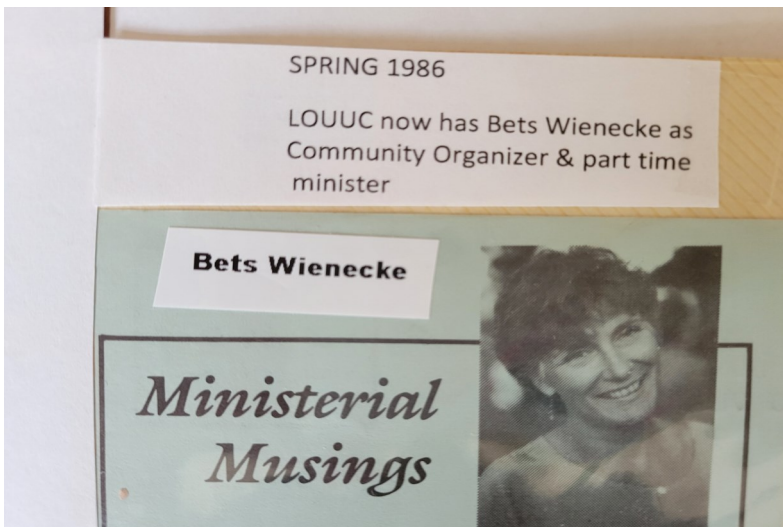
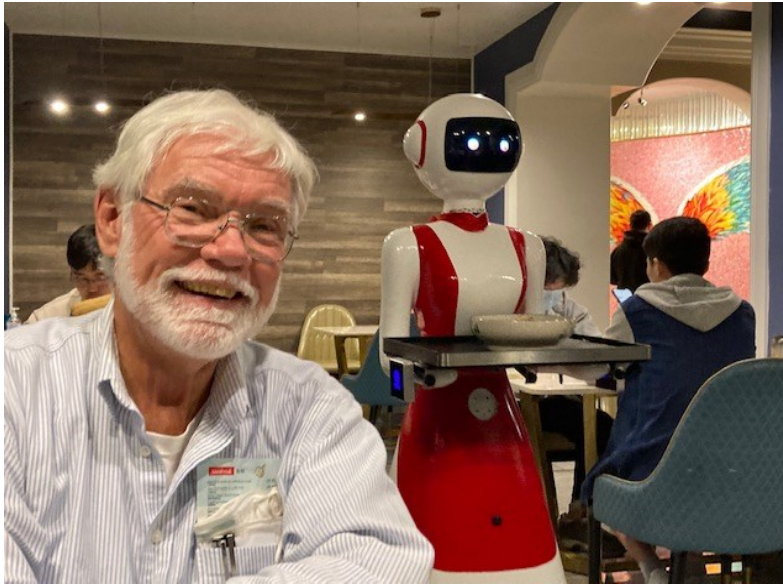
Marty
Jenkins
11/4

Diane Green
11/12

Sheri Scott
11/26

Lorenzo
Lara
11/26

**No Live Oak
birthdays in
December
before the
7th**



**Live Oak Staff and
Office Hours**

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**Janet Mocker,
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Coordinating Team
coordinatingteam@liveoakgoleta.org

TOP: Curt and Carolyn have dinner at the new Chinese place downtown, interesting wait staff, "Meetup Chinese"

MIDDLE: Wilma walks us down Memory Lane again with *Ministerial Musings* with Rev Bets.

BOTTOM: Hal shares a photo of a couple of his "feathered friends", herons looking for a meal.

