

# The Acorn

October 15, 2021

## This Week's Events and Meetings

We need, in love, to practice only this: letting each other go. For holding on comes easily; we do not need to learn it.

Rainer Maria Rilke

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Buddha

They were like people who run to meet, holding out their arms, but their aim is wrong; they pass each other and keep running.

Anne Tyler



## “Holding Each Other”

**Rev. Tamara Casanova Suzuki**

James Baldwin wrote “The moment we cease to hold each other, the moment we break faith with one another, the sea engulfs us, and the light goes out.” Our Live Oak community has been through so much together these past months and we are still navigating our way forward. Come celebrate our beloved community and what it means to be in relationship with one another.

### Sunday Oct 17

10:00AM Worship Service  
4:00 PM Coming of Age (LO)

### Monday Oct 18

9:00 AM [Yoga](#)  
1:30 PM Covenant Group

### Tuesday Oct 19

9:00 AM [Yoga](#)  
1:00 PM Staff Meeting  
6:00 PM Board Meeting

### Wednesday Oct 20

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

### Thursday Oct 21

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

### Friday Oct 22

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

### Saturday Oct 23

8:30 AM Regather Task Force  
11:00 AM Tech Rehearsal

### Sunday Oct 24

10:00 A.M. Worship Service  
11:00 AM Town Hall Meeting  
4:00 PM Coming of Age (LO)

(ALL MEETINGS ARE VIRTUAL  
RIGHT NOW UNLESS NOTED)

[Google Calendar - October 2021](#)

Artist: Hannah Curren

**Worship Service 10.17.21****Live Oak Unitarian Universalist Congregation of Goleta****Order of Service****October 17, 2021*****Holding Each Other*****Worship Service by the Reverend Tamara Casanova Suzuki****A/V support: Marty Jenkins; Tech support: Drew Carter****Music for Gathering** (*begins at 9:50 a.m.*)

John Douglas, Music Director

**Prelude** ~ *Bridge Over Troubled Water*

Words and music: Paul Simon

Nansie Douglas-

**Welcome Song** ~ *We Gather Together* #349Words: Dorothy Senghas and Robert Senghas; Music: Adrian Valerius's *Nederlandsch Gedenckclanck***Welcome**

Jeanne Northsinger, Worship Associate

**Chalice Lighting****Call to Worship****Opening Song** ~ *Come, Sing a Song with Me* #346 (vs. 1, 2 & 4)

Words and music: Carolyn McDade

**Message for All Ages**

Steven Lovelace, Director of Religious Exploration

**Sharing of Joys and Sorrows**

## Worship Service 10.17.21

### Meditation

#### Congregational Response ~ *Filled with Loving Kindness* #1031

Words: Traditional Buddhist Meditation; Music: Ian Riddell

### Homily

*Holding Each Other*

Rev. Tamara Casanova Suzuki

#### Musical Response ~ *For Good* (from the musical *Wicked*)

Words and music: Stephen Schwartz

Naomi Casanova  
Suzuki & Ruth Kim

### Sharing in Stewardship

#### Closing Song ~ *We Laugh, We Cry* #354 (vs. 1, 2 & 4)

Words and music: Shelley Jackson Denham

### Benediction/Chalice Extinguishing

#### Postlude ~ *You Raise Me Up*

Words: Brendan Graham; Music: Rolf Løvland

Nansie Douglas-

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



### Live Oak Sunday Worship October 17, 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

### October 24 *Climate Justice: Food Equity and Sustainability* Rev. Tamara Casanova Suzuki

The reality of climate change can be overwhelming but there are many actions we can take both together in community and as individuals. Join us this Sunday as we explore the interconnection of topics related to our climate, our food, our politics, and what we can do to address this issue.



## Social Justice Upcoming Activities 10.17.21

**October 20, Uplifting Our Youth**, 6-7:30, Town Hall Webinar with panel of presenters on the state of education and African American Students in Santa Barbara County, presented by MLK Jr. Committee of SB and Gateway Educational Services. Zoom Registration required: <https://bit.ly/3nbelff>

**October 20, UCSB Arts & Lectures presents Paul Hawken**, "Regeneration: Ending the Climate Crisis in One Generation," 7:30 at Campbell Hall, free but you must register at Arts and Lectures.

**October 24, 28th Bread & Roses** Community Celebration in person and Fundraiser for Fund for Santa Barbara (which funds progressive causes in our community, Elings Park, 2-5 pm.

<https://www.fundforsantabarbara.org/events/breadandroses/>



### United Nations Climate Change Conference 2021

October 31-November 12, in Glasgow, Scotland. Please pay attention to what is said and done during this conference. This will bring parties together to accelerate action towards the goals of the Paris Agreement & the UN Framework Convention on Climate Change.

## Religious Exploration 10.17.21

### THIS WEEK IN RELIGIOUS EXPLORATION-Outdoor Space Clean Up Thank yous

We made really good headway at the two work parties last week. Just wanted to acknowledge the helpers that showed up for RE:

Deep gratitude to Marie Arnold, John and Nansie Douglas, Jane Gray, Owen Hall, Hal Hill, Lorenzo Lara, and Kendra Wise. Bless you and thank you for your love, time and energy.

### COMING OF AGE

The teens begin their second week this Sunday with Mary and Rachel. They will meet at Live Oak between 4:00 PM-5:00 PM again this week.

Teens need to be reaching out to their mentors to make their first meeting happen. The October meeting is an orientation between the teen and mentor, and the specific requirement conversations will begin at your November meeting.

The “UU Pocket Guide” arrived as I was putting the Acorn together. Teens can pick up on Sunday from Mary or Rachel. Mentors, I will be in touch with you.

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

## Pastoral Care-The Caring Network

The Caring Network, overseen by Pastoral Care Associates, provides logistical support for congregants as needed in times of trauma or challenges, such as post-operations, accidents or childbirth. This may be meals, rides or other support provided by volunteers in the congregation. Colleen Poulsen is the coordinator of the Caring Network, and keeps a list of volunteers who might be willing to respond. We need to update our list of volunteers that can be included in MealTrain signups for meals or rides. Please contact Colleen via text or phone to sign up at (805) 901-1745. This doesn't obligate you. You will have the option to say no for individual requests. Thank you to our wonderful volunteers!

## Sanctuary H-Vac and Fresh Air

### A Breath of Fresh Air

To take extra precautions for the health and safety of our Live Oak members and friends, we have upgraded our indoor heating-ventilation system in the Sanctuary. We have replaced the standard MERV 8 filters with all new, higher value MERV 13 filters specifically designed to eliminate circulation of airborne microbes. The system has been modified to use 100% outdoor air and eliminate the recirculation of inside air. The upper clerestory windows need to remain open. As a result, the furnace will not be able to keep the Sanctuary as warm as it formerly could when using heated recirculated air. This will mean that persons in the Sanctuary will need to wear warmer clothing during colder weather. **Reed Mechanical Systems Inc.** performed all the modifications. -Michael Wittman



## 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



## SJM-Choosing Our Half Baskets

On October 24, 2021, the Social Justice Ministry will hold an election at the Town Hall meeting to choose 6 charitable organizations to receive half-basket donations this year through August.

To be eligible to receive a special collection, the group must be (or be under the umbrella of) a 501(c)3 charitable organization, and the nominator must have some kind of personal involvement with the organization (member, volunteer, financial supporter, etc.). We will provide ballots with a short description of each organization. All those attending the meeting will vote for 6 organizations (and absentee ballots will be available). The top 6 vote-getters will each be scheduled for a Sunday in 2021-2.

How to nominate your favorite worthy organization for a half-basket: Write a paragraph of **150 words or less** describing the organization and email it to Carolyn Chaney [cchaney@sfsu.edu](mailto:cchaney@sfsu.edu) by October 21 at 5:00 pm. Please ask your computer to count the words. It helps to tell the charitable purposes of the organization and your own involvement in it. Both LOUUC members and friends are eligible to nominate. It is best to nominate one charity, but we don't have a rule prohibiting more. During the Town Hall meeting, you may also wish to comment for up to 1 minute about why members of our congregation should choose it to receive our offering.

In addition to the 6 elected organizations, SJM will save 2 collections for minister's choice (including the Minister's Discretionary Fund) and we will use half-baskets for our regular charities: Transition House, Camp de Benneville Pines, UJMC and Showers of Blessing. The remaining half baskets will be chosen by the SJM to be flexible with our giving, as need arises. Organizations not chosen in the October 24 election will be eligible for one of these half-baskets.

## Santa Barbara Botanical Gardens-Senior Day

**Senior Free Day @ SB Botanical Gardens**

**Wednesday, Oct. 20 | 10am-5:30pm**

For the sixth year in a row our generous sponsor, Welch-Ryce-Haider Funeral Chapels is providing six free admission days to **seniors 60 years of age +** in 2021.

*No reservations are required unless you have a group of 10 or more.*

**Live Oak  
October  
Birthdays**

Phil Norvell  
10/7

Kevin Rose  
10/9

Rebecca  
Cabeen 10/17

Peter Haslund  
10/19

Carter Morgan  
10/19

Jeanne  
Northsinger  
10/19

Barry Osborne  
10/19

Riley Drayton  
10/23

S. Krystal  
McCauley  
10/23

Liz Zok  
10/24

Sue Dixon  
10/25

**Live Oak Photo Gallery**



**LEFT:** Hal and his grandson Evan from Redlands, hanging out at Kid's World.

**RIGHT:** Feel free to check out the new "library" in the driveway behind Live Oak, compliments of our neighbors.



**LEFT:** Carter enjoys a brisk mountain morning on a recent trip he and Wendy made to Colorado to visit Kelly.

**RIGHT:** Petroglyphs in Colorado caves during a recent visit in Colorado by the Morgans.



**Live Oak  
Unitarian  
Universalist  
Congregation**

**Live Oak Staff and  
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