

Healing and the Great Political Divide

Soon we'll be in the final month of the presidential election. Every night, I listen to news podcasts as I take my evening walk and I am incredulous at the content about this election. The focus on the candidates' personalities is relentless. A surprising number of people continue to deny what I perceive to be indisputable facts, including President Obama's American citizenship. There's nothing new about candidates telling the truth but telling it, in the words of Emily Dickenson, "slant," but the incline of the slant is so steep that I wonder how anyone could believe it.

If the poll numbers are correct, either candidate could receive the majority of the popular vote. I've had to accept that there are more people who see the world from an entirely different perspective from me. When I listen carefully, I realize that our disagreement is as fundamental as our understanding of human nature. When the election has passed, we will need to grapple with an ever-increasing divide among the American people.

This month, I've chosen the Soul Matters spiritual practice exercise of exploring how each of us deal with political differences. Some feel as if those who share our beliefs are strangers in a strange land. Is it possible to avoid becoming estranged? *Come to Diving Deep: Open Your Eyes to a Politics of Healing, Oct. 26, 7:15–8:30pm, in the UU Library* (read more on page 3).

– Rev. Beth Banks, Senior Minister



Harry Potter fans know that his magical world has spells and potions to heal broken bones faster than in our muggle (non-magical) world. Yet, there are no spells for emotional and psychological healing: mourning, mistrust, and discovering ourselves. Throughout life, and as Unitarian Universalists, we celebrate these lessons: love is stronger than hate; friendships matter; respect for each other—and for all creatures—is important. Love, friendship, and respect can heal broken hearts, uncertainty, and (some might say) heal our souls. In this congregation, we seek to support each other in our healing. Someone might visit or bring a meal while you heal psychically, and there is someone to listen when you are healing your soul.

In the coming weeks, an Adult Religious Exploration class will invite you to explore becoming a Caring Companion: ready to offer a listening ear and a supportive presence. You will also be invited to join Small Group Ministry (expanding on our TIE groups), to create intentional group exploration of a variety of topics in our lives. Magic is made when we come together to create a community of support; healing happens naturally in such a community. I am grateful to make magic with all of you. Blessings, Rev. Morgan McLean, Assistant Minister for Congregational Life

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Sunday Worship, 9:30 & 11:15am

October 2, *Honoring the In-Between*, Rev. Morgan McLean; Ben Bazor, Worship Associate. In our society we expect quick fixes, yet we know changes do not happen overnight. We must honor the time we take to heal our minds, bodies, and emotions. We'll explore the in-between time of healing in our lives. 9:30am Humans and service animals only.

11:15am Multigenerational Worship: Annual Blessing of the Animals: children join us in the sanctuary for this service. We welcome well-socialized animals. Please leash dogs and crate other animals. Stuffed animals and photos are welcome as surrogates. There will be an altar for photos or mementos of pets that have died.

2016-17 Spirited Collection (chosen by the children and youth of UUCD): To be announced this Sunday!

October 9, *And Then They Were Free*, Rev. Beth Banks, Elli Norris, Worship Associate. We'll learn about the free black population in Capay Valley, starting in the 1850s, when the new state of California passed a law making slavery illegal. *Thanks to Robin Datel for making a bounty of research books available.*

Music for this service features spirituals by three African-American composers: Charles Albert Tindley (1851-1933), J. Rosamond Johnson (1873-1954) and William Dawson (1989-1990). Tindley's parents were slaves, although he was free. He was self-educated (often the only choice for free blacks in his generation). He learned by asking for help from tutors of all specialties (learning Hebrew and Greek), became a minister by exam (rather than seminary), and founded one of the largest African-American Methodist churches. He composed many songs and is one of the first writers of gospel songs. His songs were about triumphing over adversity and having hope and faith for a better life to come (common themes in spirituals). The choir will perform one of Tindley's best-known songs: "The Storm is Passing Over" (arranged by Barbara Baker).

October 16, *Ceremonial Sound Practitioner & Healing Performance Artist*, René Jenkins; Rev. Banks, Worship Leader. If you attended the last Vocal Art Ensemble concert, you experienced René Jenkins' music. Sometimes the audience was profoundly still. Sometimes there was an audible intake of breath. In every moment, we focused on the sounds, feelings and sights. Oct. 16 will be an experience of healing and worship. Arrive ready to feel something that moves through the body, and lifts the heart. *"René's music . . . remind you of times past, or to allow you to briefly experience that which you never actually witnessed. He harnesses instruments most people have likely never seen, yet through them he sings ancient, compelling melodies that dig to our common ancestral roots. It is transporting to feel the actual vibrations coursing through you, as if they are harmonious with our very life force. . . . it's just amazingly cool!"* – Tracia Barbieri, Vocal Art Ensemble Director

Special Collection – Yolo Interfaith Immigration Network (YIIN) is a group of people serving and advocating for immigrants in Yolo County. By working together, we can make our community a better place for all of us.
<http://nilsen716.wix.com/yiin> Make checks out to UUCD, memo YIIN. <http://tinyurl.com/DonateUUCD>

1-3pm, Diving Deep: Sound Blessing: René Jenkins for a longer session, details on page 3.

October 16, 4-5pm, Annual UUCD Memorial Service, Rev. Morgan McLean, Rev. Beth Banks, Elizabeth Assenza. We begin in the Sanctuary and end in the redesigned Memorial Grove with a flower communion. Someone from the life of each of the twelve people we're remembering shares a memory. The Celebration of Life Team provides a light reception following the service.

October 23, *Cultivating Joy*, Elizabeth Assenza; Tamara Range, WA. We'll explore how we notice the moments of joy in our lives and where they may lead us on a journey of healing.

October 30, Revs. Beth Banks & Morgan McLean; Bob Hathaway, Worship Associate. *11:15 Service: first 30 min. are multigenerational.* On the Day of the Dead the veil between the dead and the living dissolves and we are together in the graveyard, or at altars in our homes. The favorite food of loved ones who have passed is placed on the altar with items that represent the individual. It is as if we could be with them for that day and night. *If you were to write a letter to someone who has passed, who would that be? What would you say? If you write a letter, you may add it to our altar to burn in the fire pit following the 11:15 service.* Special Hymn: "Juntos Cantamos" by Elizabeth Scribner/Christine Lucas (*New hymn from UUMN Silliman Hymn Competition*) Public domain image: <https://pixabay.com/en/marigold-calendula-officinalis-237828/>

Act **Refugee Assistance:** Have months of negativity left you depressed? Have threats to reject refugees torn at your heart? Begin healing your spirit by giving some love to a refugee family. UUCD is partnering with the International Rescue Committee, a local resettlement agency, to collect basic household supplies for welcome kits to assist newly arrived refugee families. Sign up to contribute or to help staff the Welcome Kit table in the Social Hall, October 9 through collection day, November 13. Questions: Barbara Clutter or Betty Hesters, snoopsscooby@att.net

Share **Healing in a Community of Celebration,** Sukkah (temporary shelter) Decoration & Potluck: Oct. 17, 6pm, west of the Social Hall. The walls of our sukkah (honoring the Jewish holiday of Sukkot) will be in place, the roof decked with branches. Sukkot is a holiday for rejoicing, celebrating, and remembering the impermanence of life. Tables and chairs will be ready: help create a potluck dinner to eat in and around the sukkah. *Thanks to Leanne Friedman and Claire Bradley for preparing the fabric walls. The sukkah will be waiting for you any time of day through Oct. 23. Beth will be there Monday and Wednesday at 6pm with her dinner. Eat outside under, near the sukkah: you never know who might join you.*

Diving Deep: Open Your Eyes to a Politics of Healing, with Rev. Beth Banks. *An Adult Exploration Offering.* As the political race nears its end, everyone is focused on winning, on beating the other side. However, none of us “win” if we fail to find the healing that comes with understanding the other side. Psychologist, Jonathan Haidt, offers a unique frame for the Left-Right political divide. Read these articles, then join us with a story about how looking anew at “the other side” healed an actual relationship in your life. <http://www.scientificamerican.com/article/calling-truce-political-wars/>
<http://www.bloomberg.com/view/articles/2016-07-20/the-republican-convention-translated-for-liberals>

Attend **Diving Deep: Sound Blessing:** Oct. 16, 1-3pm, Sanctuary. Renée Jenkins, Ceremonial Sound Practitioner & Healing Performance Artist. Suggested donation, \$30. *An Adult Exploration Offering.* Sound Blessing is a lively talk about ancient instruments and their historic metaphysical healing properties, Peruvian cosmology and ancestral wisdom, followed by a 90 min. sound healing experience. Instruments are played around and sometimes upon the body with the intention to clear, and/or call in energy as it is appropriate for each person. The Quechua word, “Munay” (meaning “Love”) most accurately describes the energy offered to participants for their greater health and well-being. The sounds are played rhythmically and melodically to promote an introspective, ecstatic state of awareness from which visions & deeper insight spring. The workshop is always profoundly energizing for the community.

Listen Download or stream edited Sunday services at www.uudavispodcast.org

Brené Brown considers why we blame, how it affects relationships, and why we need to heal the damage of blame. https://www.youtube.com/watch?v=RZWF2_2L2v8

“Disarming a Robbery . . . with a Glass of Wine” Alix Spiegel, of NPR's "Invisibilia" podcast, explains the concept of non-complementary behavior. Healing by not responding in-kind. <http://www.karmatube.org/videos.php?id=7201>

Watch **“Dolphin Tale”** is a family-friendly movie centered around an injured Dolphin who needs a new tail. There are many layers of physical and emotional healing to dive deeper into the theme with your family.

“Wild” (based on the book by Cheryl Strayed) Her marriage dissolves, her mother dies, and (after years of reckless, destructive behavior) Cheryl decides to hike the Pacific Crest Trail alone, and it heals her.

Read **Amazon.com** list of books about healing for children: <https://amzn.com/w/39N5UTK7073E6>

Coming Back to Life, by Joanna Macy and Moly Brown, inspires action from a belief that there is reason to hope. It is used as a resource to expand Joanna Macy's previous work to children, young people, and activists of color.

Moral Ground: Ethical Action for a Planet in Peril, by Kathleen Dean More & Michael Nelson, essays by spiritual leaders, activists, political leaders from many countries. At the end of each section, there is a reflection on ethical action.

The Role of Spirit in the #blacklivesmatter Movement: A Conversation with Activist and Artist Patrisse Cullors. Spiritual practice that makes use of the language of health and wellness to impart meaning, heal grief and trauma, combat burn-out, and encourage organizational efficiency. <http://religiondispatches.org/the-role-of-spirit-in-the-blacklivesmatter-movement-a-conversation-with-activist-and-artist-patrisse-cullors/>

Unconscious Reactions Separate Liberals and Conservatives
<http://www.scientificamerican.com/article/calling-truce-political-wars/>

SOUND BLESSING

WITH ANCIENT INDIGENOUS INSTRUMENTS

BASED ON PERUVIAN COSMOLOGY, ANCESTRAL WISDOM
AND MODERN HEALING PRINCIPLES

Sunday, October 16th 2016

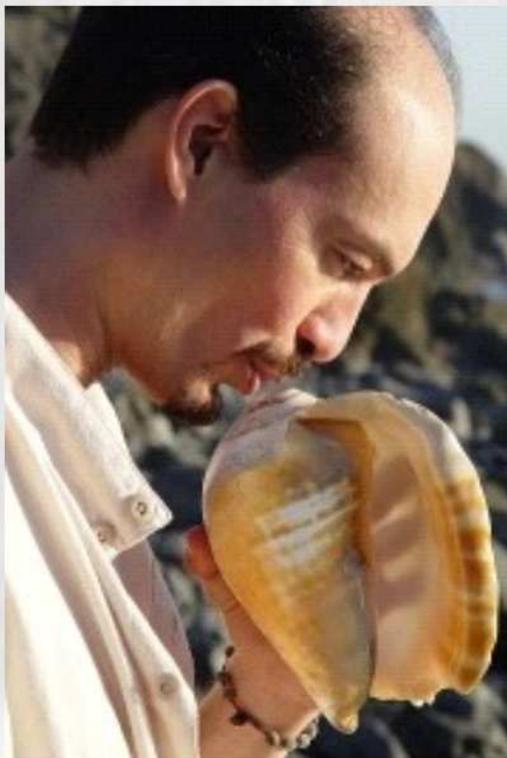
GUEST SPEAKER / MUSICIAN ♦ 9:30 & 11:15 AM

SPECIAL SOUND BLESSING ♦ 1:00 TO 3:00 PM

SUGGESTED DONATION FOR SOUND BLESSING \$30 ~ NO ONE TURNED AWAY ~

UNITARIAN UNIVERSALIST CHURCH OF DAVIS

27074 PATWIN RD, DAVIS, CA



René Jenkins is a Ceremonial Sound Practitioner, professional musician and Healing Performance Artist from Sonoma, CA. Since 1993, René performs blessings with sacred sounds of ancestral instruments from the Americas, Australia & Asia, integrating cross-cultural studies, Breema-Shiatsu, Reiki and more, to raise well being and the vibration of consciousness through intention and sound.

Instrument Allies: Didjeridu, Condor Quill Antara, Mayan, Peruvian, Zapotec & Hawaiian Ritual flutes, Chimu Whistling Water Vessels, Conch Shell, Tibetan Bowls, organic percussion & more!

***Sound Blessing** is a unique blend of healing modalities with the beautiful sounds of ancient ritual instruments, Love, and the power of healing touch, creating a higher resonance of Peace & Vitality, elevating consciousness, and strengthening your connection with Source.*

For more info, call **Unitarian Universalist Church @ (530) 753-2581**, and for more about René Jenkins, visit www.VibeTherapy.org ~ Blessings to you!

