



**"Zest" has energy and edginess to offer.** Consider some of the synonyms, spice, guts, get-up-and-go, savor, piquancy, tang, eagerness, fervor, zeal, delectation, zap, zip.

In June, we'll have celebrations and rites of passage to honor individuals and shared work. Celebrating *us* is one of the best ways we can openly show our appreciation for each other and recognize that we are always undergoing change.

As we honor zest, may we both give and receive just the right measure of the spice of life.

— Rev. Beth Banks, Senior Minister



**A few years ago**, Daniel and I decided to try out some gourmet recipes to take our home cooking to the next level. At first, the recipes start like any others - with olive oil and garlic! But we quickly learned that what elevated the recipe was zest. We got a special tool to grate the rinds of oranges, lemons, and limes.

Zest added subtle flavor to everything - meats, pasta, salads, even baked goods. Zest lightened heavy flavors, added a brightness, and often balanced two competing ingredients.

Is this what zest does in our lives? To me, zest isn't a way of being, it is something we add in to elevate our experiences. It means bringing an intentional pop! Maybe that's an extra positive attitude to help a group have a more productive meeting. Maybe it's boosting the energy of a family vacation, or channeling a youthful curiosity in a new experience. Maybe it's more subtle, like an extra effort wrapping a gift, or an especially effusive compliment, or an extra accessory.

I hope you will consider how you might use this gourmet to add a little extra something, a little zest, to your lives.

—Rev. Morgan McLean, Assistant Minister for Congregational Life

❖ [www.uudavis.org](http://www.uudavis.org) → Events/Publications → 2016-17, June – Zest ❖

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## Summer Sunday Worship, 10am ONLY

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**June 4**, *Becoming: Courageous Space*; Rev. Beth Banks; Elli Norris, Worship Associate. Progress Ranch Quilt Blessing Ceremony. Juuliebells performs. May 27, a message about “Becoming” will be delivered at the Ordination of Laura Thompson, our 2015-16 intern. Laura requested that the sermon address a certain kind of learning she experienced at UUCD. This learning style is at once demanding and life-giving, and would give us what she wishes for herself and for our communities. Beth will be deliver a sermon that is both for Laura and for our congregation.

**Spirited Collection: World Wildlife Fund.**  
Make checks out to UUCD, memo: WWF.

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**June 11**, *Together Our Gifts Can Bless the World*; Rev. Beth Banks; Mari Perla, Board Chair 2016-17; Carol Corbett, Board Chair 2017-18. Celebrate the many gifts we offer each other: from the service of governance to the magic of singing, ringing, flipping veggie burgers, or being a part of a memorial reception. At this service, everyone has time to consider what has happened in this past church year. This is a service of celebration and invitation.

**A Bagel Reception** follows the service; small donation requested.

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**June 18**, *A Pinch of This, A Dash of That*, Elizabeth Assenza's final service as UUCD's Intern and Campus Minister. In a recipe, zest is one small ingredient. Remove it and the recipe will still hold, but you may find yourself saying, "something's missing." Over the life of a church, each person is one small ingredient who may add zest! Like lemon zest in a tart, the members and friends of this congregation have shaped the recipe of Elizabeth's person and ministry. Let's celebrate our time together and the zest we've brought one another.

**Special Collection – Davis Arts Center** is a place for dynamic engagement with the arts. Classes and programs for the region. The Arts Center inspires creative expression in people of all ages and fosters an environment for the arts to flourish. [www.davisartscenter.org](http://www.davisartscenter.org) Make checks out to UUCD, memo Art.

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**Goodbye Reception for Intern, Elizabeth Assenza**, 11:15am Hosts: Internship & Campus Ministry Committees

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**June 25**, *Waking Up Alive*; Kirk Ridgeway; Tamara Range, Worship Associate. Life comes from darkness and returns to darkness. Each day we experience this circle as we wake in the morning and go to sleep at night. When we wake, are we really awake or do we only allow part of our self to be present as we journey through our days? What would it be like to wake up fully alive, fully present, endowed with gratitude, generosity, and belongingness...a state of grace? This service is an invitation to that aliveness, to stay vital and in love with life, no matter the hardships.

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**Reflect**     **The Committee on Ministry** (Stefan Harvey, Hiram Jackson, Lisa Oakes, Kirk Ridgeway, Susan Steinbach) invites you to make the theme part of your spiritual practice:

*“For a while the hobbits continued to talk and think of the past journey and of the perils that lay ahead; but such was the virtue of the land of Rivendell that soon all fear and anxiety was lifted from their minds. The future, good or ill, was not forgotten, but ceased to have any power over the present. Health and hope grew strong in them, and they were content with each good day as it came, taking pleasure in every meal, and in every word and song.”* — J.R.R. Tolkien, *The Fellowship of the Ring*

Being content with each good day and taking pleasure in all things is as good as any description of what zest for life might look like. This month, pay attention to the good days. How might you make any day a good day? How can pleasure be experienced in the small and grand things of your life? What is your responsibility in creating your health and hope?

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