



Leadership Retreat Report, Film Series, APC Volunteer Opportunity, Kids & Charity, A Walk in the Park (Literally)

Greetings!

In this issue (in order):

- Live Oak Leadership Retreat (Longer-Range Planning)
- Children & Youth Religious Exploration Activities
- Volunteer at Alameda Point Collaborative -- Oct. 17: Kids and Adults!
- Watch & Discuss *Unnatural Causes*, Award-winning Documentary (This Sunday!)
- Gratitude: Recognizing Our Own
- Request from the Worship Team
- Botanical Garden Walk -- and What's Next
- Cosmos: A Personal Journey: Watch & Discuss on 3rd Fridays
- For Families: Weaving a Tapestry of Faith (cool on-line materials -- free!)

Leadership Retreat Focused on Money & Volunteer Time

Thirteen Live Oak'ers spent six very productive hours together on Saturday, October 3. They identified and discussed several key areas for our fellowship:

- Worship
- Music
- Children's & Youth Religious Exploration
- Outreach
- Infrastructure (administration, facilities, and governance)

Having established the areas that require the most time and money, they discussed the strengths, weaknesses, and stress points for each, while creating symbols of each area using Play-Doh (see photo right and below).



A fun, but challenging exercise (Broken Squares), helped focus

everyone on the importance of working as a team: communication, helping others, problem solving, and critical thinking.

In the afternoon, folks visualized both the money -- and the volunteer hours -- currently allocated to each of the key areas, using some poker chips to represent dollars and other chips to represent time. The group then considered two additional scenarios: 1) If Live Oak had to cut back on time and money, what would things look like then (they called that Plan B)? and 2) What might be possible to do with even more time and more money?

The group developed a plan on how to sustain what we are currently doing (specifically, Every Sunday Programming). They also created a contingency plan and a timeline for evaluating if/when Live Oak might choose to go to Plan B.

Many thanks to all of the retreat participants (listed below) for so generously giving their time and energy to our fellowship. And special thanks to **Kathryn Duke, Lisa Fry, and Jay Roller** who worked with Cilla Raughley, a terrific consultant who helped them design the day's agenda. You can see the [agenda for the day](#) here and/or [read the summary of the results](#) of the retreat (PDF).

- Bernadette Alexander
- Kathryn Duke
- Eric Fethe
- David Fry
- Lisa Fry
- Roger Hallsten
- Renee Harper
- Sally Kennedy
- Niels Kjellund
- Mary MacKay
- Darlene Pagano
- Jay Roller
- Richard Stromer





Children & Youth Religious Exploration (CYRE): Woot!



If you have been at Live Oak recently, you have probably noticed the children and youth busy in the kitchen. Our homemade popcorn balls and stone soup both got rave reviews at the potluck. Toward the end of October our food unit will shift focus a bit as we prepare for *Día de los Muertos*. We'll make sugar skulls (see photo, left) and other items to decorate the ofrenda (offering) we will use during our inter-generational worship service on November 1.

Children and youth at Live Oak also have two different ways to serve their communities this month.

1. *Love and Justice Project*: Each young person has to decide how he or she will bring more love and justice into the world with their \$15.00. It will be our pleasure to hear what they chose to do with their money during the service on October 18.

2. *Volunteering at Alameda Point Collaborative*: Saturday, 10/17 from 10-2. See article below.

Invitation to Volunteer at Alameda Point Collaborative: Adults and Children Welcome on Saturday, Oct. 17th

All grown-ups and kids are invited to live their values and join our effort to support

a place where families struggling with homelessness can find shelter, healthy food, and support.

We will be doing garden work in their Ploughshares Nursery from 10:00 a.m. to 2:00 p.m. (though you need not come for the whole time!), so dress for the occasion. For more info and to RSVP, contact Brooke (teacher_brooke@uuliveoak.org). Minimum age for volunteers is 6 years.



Social Justice & Service Group Presents a Film Series: Sundays at 4:00 p.m. in the Guild Room: Guests Welcome!

Our 2nd Sunday Film Series is a great chance to introduce friends and relatives to Live Oak. Let them know about our monthly documentary film series. The **Social Justice & Service Group** (SJSJG) team are excited to share [Unnatural Causes](#),



the acclaimed documentary broadcast by PBS and now used by thousands of organizations around the country to tackle the root causes of our alarming socio-economic and racial inequities in health.

Unnatural Causes crisscrosses the nation uncovering startling new findings that suggest there is much more to our health than bad habits, health care, or unlucky genes. The social circumstances in which we are born, live, and work can actually get under our skin and disrupt our physiology as much as germs and viruses.

Heartfelt Thanks to ...

All 13 Live Oak'ers (listed above) who gave up a lovely Saturday to help develop a Long-Range Plan for our Fellowship. We are blessed by our many volunteers!



Request from the Worship Team

The "Invitations" segment of our worship services -- in which we get to hear announcements about upcoming fellowship activities -- is meant to be rather short so we won't lose the spirit of being worshipful before we've ended the service. With that in mind, please try to keep "Invitations" in the range of 30 seconds or less. Many thanks!

Botanical Garden Walk

Roger Hallsten invited any Live Oak'ers to join him on a stroll through U.C. Berkeley's Botanical Garden on their monthly free day. And quite a few were delighted to participate, as you can see in the photo below: **Nancy Balassi, Judith Heller, Bill Hieb, Sally Kennedy, and Ximena, Renzo, & Bruno Rossi.**

The group met at noon on Wednesday, August 5, and enjoyed a lovely afternoon together in nature. All the participants eagerly look forward to another outing -- and welcome others to join them. They are thinking about going to the labyrinth in the Sibley Volcanic Regional Preserve next. Watch for information. Everyone is welcome!



Adult Education / Faith Development: Watch and Discuss Carl Sagan's Cosmos 3rd Fridays

On the 3rd Friday of each month, starting Friday, October 16, Live Oak adults will gather to watch one episode of Carl Sagan's [Cosmos: A Personal Journey](#). This show has been considered highly significant since its broadcast.



This month (October) we'll view the second episode, *"One Voice in the Cosmic Fugue."* Sagan uses the story of the Heike crab as an opening to a larger discussion of evolution through natural selection (and the pitfalls of intelligent design). Some other topics: the development of life; genetic replication, repairs, and mutation; the common biochemistry of terrestrial organisms; speculation on alien life; and the different roles of comets.

We will gather regularly on the third Friday of the month (*but not in December*). Come for one episode, a few, or all of them. We'll meet at a home in Oakland. [Email Lisa](#) for the location -- and to let us know you'll be coming.

Family Fun: Stories, Activities, Ideas from the UUA

We thought many of you would like to know about another resource for children, youth, and families. *Weave a Tapestry of Faith* is the color, pull-out section of *UU World* magazine with stories, activities, and reflections to share at home. (*Sample page below and to the right.*)

The UUA has made the contents of this family-oriented section available on-line. You'll find stories, parent reflections, and activities on a variety of topics, for example: Geology: The Study of Wondrous Transformations; Selma, 1965; The Whole World in Our Hands (Climate Change); Sacred Spaces We Create; and many more.

We encourage you to take a look at these on-line materials. Family pages have been archived as PDFs at <http://www.uua.org/re/families/uu-world-family-pages>. Enjoy!



Email options: We maintain two separate email lists. One gets ONLY reminder announcements of upcoming worship services. The other gets those notices, plus information about congregational meetings, activities, religious education, newsletters, and more. You are welcome to be on either list. Please let Lisa (lisafry@gmail.com) know if you wish to be moved from one list to the other -- or if you wish to be removed from our email list altogether. Note: We also have a listserv for members & friends of Live Oak. You may join it, at any time, by sending an email to uuliveoak-subscribe@yahoogroups.com.

