



# UUCVH Monthly Newsletter

## UUVerdugo

Unitarian Universalist Church  
of the Verdugo Hills

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La Crescenta, CA 91214  
818.248.3954  
info@uuverdugo.org

Our church is a progressive and inclusive community dedicated to respecting the inherent worth and dignity of everyone. Our Sunday services and weekly events are designed to inspire, educate, reassure, and foster thought and action. We welcome you with open arms or join us on zoom:

<https://us02web.zoom.us/j/86366232290?pwd=b1dYU3dkTEloRzc3NU5xYkZRcGhmQT09>

...or Meeting ID: 863 6623  
2290 and Passcode: 338258 on  
your Zoom app.

Do you have a favorite topic, hymn, Ted Talk, friend who plays music, or know someone with an interesting life story?

Please bring your ideas to the Sunday Service/Worship committee. We encourage everyone to share your thoughts and feedback. Send emails to [UUCVH@UUVerdugo.org](mailto:UUCVH@UUVerdugo.org) or contact Howard at [Services@UUVerdugo.org](mailto:Services@UUVerdugo.org).

## Sunday Services May 2024

May 5:

### **And the Survey Says!**

Last month we discussed the history of UUCVH with a focus on budgets and spending. This month we review the survey results to inform the way we want to move forward together next year.

May 12:

Mother's  
Day!

### **Local History, Rockhaven Sanitarium for Women**

Rockhaven Sanitarium, located in Montrose, California, was a pioneering psychiatric facility for women. Founded in 1923 by nurse Agnes Richards, Rockhaven was known for its innovative and humane approach to treating mental illness. Presented by Mike Lawler of the Historical Society of the Crescenta Valley. (See page 4)

May 19:

### **As the Wheel turns so does the Sun and the Moon**

The Wheel of the Year defines many pagan calendars and ceremonies. Join Scott K Smith, Minister of Temple of Witchcraft exploring how the Sun and the Moon with their equinoxes and solstices define Mother Earth's seasons and celebrations.

May 26:

### **"You are perfect the way you are ... and you could use a little improvement"**

Writes Japanese Zen teacher Shunryu Suzuki. This sermon, given at the Unitarian Church of Seattle WA on July 9, 2023, explores our interior sense of being both judged and accepted. By Rev Bruce Bode

June 2:

### **Annual Meeting**


Join us for our annual meeting where members set the direction for the next year. The Budget, the Board and the By-Laws are all on the agenda. Lunch will be catered after all that voting!

# Calendar of Events



# May



SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5 <b>Potluck</b> 10:30 And the Survey Says!	6	7	8	9	10	11
12 <b>Mother's Day</b> 10:30 Local History, Rockhaven	13	14	15	16	17 Noon Friday Potluck	18
19 10:30 Board Meeting As the Wheel turns so does the Sun and the Moon	20	21	22	23 Newsletter Submissions Due	24	25
26 10:30 You are perfect the way you are .. and you could use a little <b>improvement"</b>	27 <b>Memorial Day</b>	28	29	30	31  June 1 LA Canada Pride in the Park (Memorial) June 1 12:00pm to 2:00pm Foothills Pride June 1, 12-4pm at Sunland Park	June 1

Note: Private Rentals are not included in this calendar

## June 2 – Annual Board Meeting

Come and vote for the next year! **Board, Budget and By-Laws**  
Followed by a catered lunch



# What's Coming Up

For May 12<sup>th</sup>: Happy Mother's Day!

## Local History: Rockhaven Sanitarium for Women

Mike Lawler, the first president of the Historical Society of the Crescenta Valley, will present on Mother's Day about Rockhaven.

Rockhaven Sanitarium, located in Montrose, California, was a pioneering psychiatric facility for women. Founded in 1923 by nurse Agnes Richards, Rockhaven was known for its innovative and humane approach to treating mental illness. Situated in a tranquil and picturesque setting, the sanitarium provided a peaceful and homelike environment for its residents.

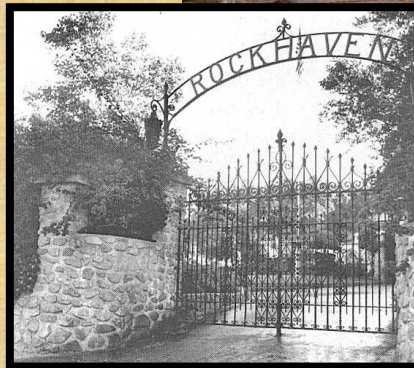
Agnes Richards established Rockhaven Sanitarium with the aim of providing compassionate care and treatment for women with mental illness. She wanted to create an environment that felt more like a home than an institution.

Over the years, Rockhaven housed many women from diverse backgrounds, including actresses, artists, and writers. Among its famous residents were Billie Burke (who played Glinda the Good Witch in "The Wizard of Oz") and Blanche Sweet (a silent film star).

Rockhaven operated for over 80 years before closing its doors in 2006.

Despite efforts to preserve the site, the property was sold and has undergone redevelopment. However, there is ongoing interest in preserving the historic buildings and the legacy of Rockhaven.

Rockhaven Sanitarium remains an important part of the history of mental health care in California, known for its compassionate and progressive approach to treating women with mental illness.



By Joanna Linkhorst - Friends of Rockhaven, CC BY-SA 3.0,  
<https://commons.wikimedia.org/w/index.php?curid=50473252>



# Happenings and Events

## Braver Angels



Vivian, Joy and Linc from Braver Angels spoke at the Sunday April 29 service. Braver Angels bring Americans together to bridge the partisan gap. Their message is much the same as ours as UUs.

- **Respect**
- **Humility**
- **Honesty**
- **Responsible Citizenship**



**Help Make a Difference!**

- [Braverangels.org](https://braverangels.org)
- Text BA to 66866

Scan for  
Take Home  
Tips!



## Board Briefs

The latest from your UUCVH Boards of Trustees

The UUVH Board of Directors met on April 14, 2024.

- Membership Committee welcomed 3 new members.
- Finance committee is preparing the Budget for the fiscal year that begins July 1.
- Nominating committee has assembled a slate of nominees for congregational vote at the June annual meeting.
- Worship committee will meet to plan the Sunday Services for May, June and July.
- The motion to authorize a deep cleaning of the interior of the building was approved.
- The motion to submit \$2,500 to the UUA as our support for fiscal year 2025 was approved. The June 2 Annual Meeting agenda and the contents of the Annual Report were discussed.
- A draft of the proposed Bylaws changes was reviewed. Mary will send out the updated documents for final approval by the Board.
- The next regular Board meeting was set for Sunday, May 12 at 12:30 in Friendship Hall.

**FLORENCE CHASE, BOARD SECRETARY**



Pride Month Neighborhood events  
Come and join us!



**La Canada Pride in the Park June 1, 12- 2pm Memorial Park**  
More info at [www.lcfpride.com](http://www.lcfpride.com)

**Foothills Pride June 1, 12-4pm at Sunland Park**  
More info at [stforward.org/pride2024](http://stforward.org/pride2024)

## Sign Up Today!

See Madeline Dow  
[arpeggiata@yahoo.com](mailto:arpeggiata@yahoo.com)

Postcards to voters will add an estimated 125,000 votes —three times the number that clinched President Biden’s victory in 2020.

Postcard writing also brings tens of thousands of first-time volunteers into activism!



POSTCARDS  
SPOTLIGHT



Arizona 2022

Our volunteers wrote more than 933,000 postcards to voters in Arizona, where Democratic Attorney General Kris Mayes won by just 280 votes.

There’s no question that without our postcards, a right-wing Republican would be able to undermine voting rights in one of the most critical swing states.

**933,000+**  
Postcards written to Arizona voters

**280 votes**

Margin of victory in Attorney General race

**Recycle** your cans and bottles in the blue crates in the kitchen. Proceeds go to SJ projects! Basket for paper egg cartons, jar for used batteries, print cartridges.

**Making It Happen” and Bailey Food Banks** in the rear of the sanctuary

Food items suggestions: Boxed non-perishable milk, cereal, peanut butter, healthy crackers, cooking oil, bagged beans, bagged rice.

Clothing in good condition

**Ascencia Homeless Shelter: Cooking every 5th Monday of the month.**

If interested in prepping, cooking, delivering, and/or serving a delicious meal. please contact the office. Dinner Prep 2:00 PM-4:00 PM, Delivery and/or Dinner Service 4:00 PM-6:00 PM. In this case, more cooks = more fun! 2024 dates: July 29, September 30, December 30.