



MCUUF NEWSLETTER—October 2016

THE MINISTER'S MESSAGE

Religious community can be like the wings that help us soar, or like weight that drags us down. When we're in need of healing, it can be hard to tell the difference between healthy and unhealthy religious community. Facing times of change and loss, seeking out others, and finding tools for building a life that matters are ways we act on that still small voice that our Transcendentalist forebears believed would set us right. How might we notice a healthy religious community once we've arrived?

Healthy communities foster healing by supporting their members in facing reality, not retreating from it. They are communities that are actively engaged in healing work outside the walls of their meeting space. They recognize that personal healing doesn't penetrate the deeper layers of our spirits or last long if we live in a wider community that does not thrive.

We all have shortcomings, and as the Jewish practice of Teshuvah reminds, the path toward healing means we take stock of how we have behaved and commit to doing better. This moves us towards wholeness and reconciliation. Healthy communities encourage appropriate dissatisfaction with what we've done—not who we are. Growth-blocking communities create harmful criticism that promotes brokenness and shame—rejection of who we are at our core.

Health-enabling religious communities have a number of ways to help members develop deeper relationships that encourage one another's growth. Let's-not-rock-the-boat or touch on difficult or controversial matters are unofficial rules in growth-blocking communities. Relationships of growth and healing, on the other hand, face problems directly. This is possible where members have abiding trust in each other. This is the ground out of which love grows.

Like an accomplished singer doing warm-up exercises, or runners doing weight training to stay at the top of their game, we've been tuning up our Covenant of Right Relations and will continue this process in coming months. Continued growth and healing means just that. In workshops this past weekend, we shared the values we hold dear—values that form the foundation of what this community is all about. May these and the goodwill between us offer sustenance as we develop a new covenant that will guide us towards becoming an even healthier and more vital congregation.

In faith and love,
Rev. Judy

Want to meet with me? Please call (503.970.0564) or email jzimmerman@uuma.org and let's find a time that works.

BOARD PRESIDENT'S MESSAGE

Prior to Friday's workshop, I had no idea what a "Covenant of Right Relations" was and how it related to me or to UU. Now I'm more knowledgeable, though still feeling my way into it. It's good to have a covenant, an agreement that we will all follow this list of ways to interact with others within

our congregation. But more concrete, and more informative, is the discussion that leads up to the development of this covenant. If you read the current covenant, you'll quite likely say "Well of course, this is the way that we should interact with others." However, I think that truly understanding the intricacies of this fine covenant, and ingraining it into your consciousness and actions, is best learned through being part of the process in creating it. What's the best way to respond to someone who pulls into the Grange parking lot and dumps a couple of beer cans out the window before proceeding to Sunday service? How do you react when your child tells you he's joining another religion and is donating all of his savings to it? Is it possible to still love your neighbor if he or she is a supporter of a different political view?

If you find the opportunity to add to the development of the Covenant of Right Relations, I encourage you to participate. It could be a satisfying, enlightening, and even warm-and-fuzzy experience.

Lori Golze, Acting Board President

Questions to Live By

Are you ready to let yourself be forgiven? Is it possible that you are the only one who thinks you don't deserve healing?

Have you been running on empty for so long that you no longer notice?

Is it time to tell others you are in pain? Could it be time to take a risk and move towards greater authenticity?

Might you be assuming that others should be able to read your mind, and increasing your discomfort because of unrealistic expectations?

Are you looking for love in all the wrong places? Is love's power to heal and make whole eluding you because your definition of it is too narrow?

SUNDAY SERVICES

This month's worship theme is "Healing"

October 9: Columbia Gorge Peace Village comes to MCUUF. CGPV is brought to you by parents, grandparents, artists, musicians, teachers, sponsors and members of the UU congregation. Join us in celebrating this important work as we learn about and discover CGPV's Principles of Peace: Authentic Self Expression, Connection, and Empowerment. Together we will enjoy some typical CGPV fun and peace-making practices from various world traditions.

October 16: The Reverend Emily A. Champagne will speak about "Hagar, the Mother Alone." Great biblical stories have sometimes been twisted in later interpretation and eventually nearly forgotten. Yet the story's kernel of spirituality and truth has prevailed and still lives among us today. Emily will speak about this woman Hagar—as seen through Jewish, Christian, and Muslim eyes. Emily served Unitarian Universalist congregations in La Canada, CA, the Sierra Foothills near Sacramento, and Reno, NV. She also taught Bible classes at the Lake Tahoe Community College and Clark College in Vancouver, WA.

Oct. 23: Rev. Judy Zimmerman, “Desert Times: Coping with Economic Stress.” The grasses and trees may be dry as a bone now that summer has ended. Desert-like times of financial distress have become the new normal for many of us. How can we grow spiritually, when we’re fighting for our very survival? And what does it mean to be a community of healing for those living in desert times?

Oct. 30: “Natural Death Care.” Visiting minister Holly Pruett talks about alternatives to mainstream burial.

ANNOUNCEMENTS

Thank you to all who participated in our workshops where we began the process of revising our Covenant of Right Relations. Big thanks go to Aera A. for coordinating hospitality, our home host Kristen D, and our facilitator Rev. Millie Rochester. Please take time after the October Sunday services to look at the ideas that were generated and to comment on them downstairs at coffee hour. – the Committee on Ministry: Elaine C, Kimberly H, Tom K, and Rev. Judy Zimmerman

Call for Volunteers: Our Religious Education program needs a few volunteers to help paint the nursery upstairs. Taping, primer, and final paint may be a three-day process, so multiple volunteers are needed. Please contact Alicia B. to chat about October date possibilities.

Religious Education

As more students have joined our RE program we are continuing the registration process. If you have not registered your student with staff, forms can be found with the teachers during pick up. We have a few volunteer opportunities for the month. We need someone to bring snack for class on the 23rd and the 30th. Sign up with Alicia B.

This month’s kids and youth schedule:

Oct. 9th: Multigenerational service, Peace Village.

Oct. 16th: OWL-Youth, Kids-Healing through the principles.

Oct. 23rd: Kids-Healing through healthy eating.

Oct. 30th: OWL-Youth, Kids- physical healing through First Aid.

The City of Hood River has declared the second Monday in October “Indigenous People’s Day” in the city, joining Portland, Spokane, Eugene and many other progressive cities and states. Come help the mayor and our Native American neighbors celebrate the first annual day at **5 p.m. October 10** at the Salmon Fountain, 2nd and State streets.

Writing the Spirit: Telling Your Story. Within each of us lie stories that are touchpoints of our spiritual lives. Within each of our lives wisdom and insight are found, as well as values that orient us towards what is important. In this workshop we will develop tools to write from our lives and bring those stories into the spoken word or a sermon. This day of spiritual renewal is open to anyone in our congregation. Join us **Saturday, October 15**, from 9 a.m. to 1 p.m. at the Mt. Hood Town Hall, 6575 Highway 35, Parkdale. Please RSVP so we can plan for materials and refreshments. – Rev. Judy

Path to Membership. Becoming a member is a mutual expression of commitment between you and the fellowship. We welcome you among us and commit to support you and your religious and spiritual growth. You commit to participating actively in the life of our group and to supporting the ministries of the fellowship. Several times a year we officially welcome new members who have been participating regularly with us. The path to membership this fall will include a Newcomer’s Circle conversation after our **October 16** service, followed by a get-acquainted potluck at Debbie O’s home on **November 5**, and it will conclude with the membership ceremony on Sunday, **November 20**. Persons interested in joining the fellowship this fall may contact Debbie O. for further information.

The Women's Awareness Circle will meet **Friday, October 14**, from 4-5:30 p.m. at the home of Jodie H. Discussion will center on the question: What was a significant turning point in your life? All UU women are welcome. Please RSVP to Debbie O.

Opportunities for Involvement are suggested to help new friends find a way to become more involved in our Mid-Columbia Unitarian Universalist Fellowship. Each week a different opportunity will be highlighted. Please ask Debbie O. or Steve C. for contact information or look in the blue booklet, available at the visitor table, for more information. This week's involvement opportunity: **Meet-up: An email list of people who like to get together and share events with others. Anyone can initiate a UU meet-up by sending an email announcing the opportunity to the email list.**

Care Team—MCUUF strives to be a community that supports each other. If you or someone you know in the fellowship has a need because of a loss, illness, or other difficulty, please notify Rev. Judy or any other member of our Care Team: Shelley B, Aera A, or Tom P. The team will do its best to organize respectful and appropriate help for our members and friends who need it.

COMMUNITY ACTION

Saturday, October 15. The Oregon UU Voices for Justice Annual Meeting meets in Salem on this day. UUV is a statewide advocacy network that mobilizes UUs and their congregations to work for public policies in Oregon that embody our UU principles. For more info and registration go to www.uuvoicesoregon.org

Join MCUUF's Volunteer Hood River Shelter (Warming and Cooling Shelter) Services Team. Make a difference in the lives of others and our community by serving those who are without a house or heat. Please join the UU shelter team this winter season that starts on November 13. For new volunteers, orientation for the winter season is **October 26**, 6:30-9:30 p.m. in the Fellowship Hall at the Hood River Valley Christian Church. To volunteer and for details, please contact Fran F.

Join: Want to help on the Community Action committee? Have a project you want to lead? Contact Bonnie N.

MCUUF

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The deadline for inclusion in the weekly eNews is midnight Monday. The deadline for inclusion in the monthly newsletter (which comes out on the first Wednesday of the month) is midnight on the last Monday of the month. Please send your announcements to Brad A. at mcuuf1@gmail.com