



## MCUUF NEWSLETTER—February 2016

*The next meeting of the MCUUF Board will be Tuesday, February 9, at 6 p.m., downstairs at the Grange. All are welcome to attend.*

### LEADERSHIP LETTER

February is a month that doesn't seem to have a clear identity. It's a winter month but not part of the holiday months, although there is that one "hallmark holiday," which for me comes with sweet sentiments from my husband and children, so I am a fan. February is also known as a calendar anomaly when we add an extra day every 4 years. If you didn't know already, this year happens to be a leap year. Fun! Otherwise, February is just known as that last month before spring.

Historically in February, I start to look forward to spring. Maybe do some garden planning, order my seeds and even gets starts going inside. These small tasks are in anticipation of, and part of, the waiting for days to slowly lengthen and warmer weather to pull me outside. In the past few years I have grown to love not just the promise of spring but the quiet and special quality of February. My family tends to hunker down. We have movie nights, cozy up with books, and play games. We enjoy this time together when our weekends are not dictated by kids' sports.

MCUUF is holding an event this weekend that I think fits right in to my notion of February. It is an opportunity to gather together and share in each other's company. To dance together and hold that special space before the bursting energy of spring is upon us. If you haven't signed up, the event will be at the Grange on Saturday, Feb 6. It is a potluck dinner followed by a dance (the dancing of course is optional). I encourage you to join the fun with your fellow MCUUFers.

Enjoy the last month of winter!

In faith,  
Stacey C.  
President, Board of Trustees

### THE MINISTER'S MESSAGE

This last week I was finally able to see the stones on the patio at my home. They've been covered in snow, sometimes two feet deep, since early December. As the white blanket of winter's snow begins to lift, tiny green shoots are emerging from the soil. These tender plants are eager to grow and serve life. They don't resist.

The voice of resistance within tells us to dig in our heels. Business as usual is just fine. Changing and adapting takes time and energy. We've coasted along rather effortlessly, riding the current of the status quo. "If it ain't broke, don't fix it!" says resistance.

Our resistance to change arises most readily when we are called to greatness. "Who, me?" we say. "I'm not worth noticing. I'm not capable." Fears and anxieties try to cast a shadow over the potential that the wise heart of our true nature knows is there. It's as though we live two lives: the life we live, and the unlive life within us. Might resistance lie between the two?

Learning to say “yes” and overcome resistance means accepting some risk. There is no change without it. Understanding and moving beyond resistance is spiritual work. Doing so is an act of *we*—not me. So much more is possible with the help of others, with people to cheer us on, and friends to hold us accountable. Such are the blessings of healthy religious community.

This month we’ll be exploring resistance in its many forms. Sometimes it means taking a small step forward after facing a setback. Sometimes it means speaking truth to power, and taking the high road by doing this in love. Sometimes it means joining with others to dismantle systems that maintain injustice. And sometimes the most courageous thing to do is accept that things cannot change, that what we want is not going to happen.

May the harbingers of spring and their ability to endure embolden us as we seek new understandings of resistance.

With love, Rev. Judy



## **RESISTANCE**

### **-- Questions to Live With --**

***Martin Luther King, Jr. wrote,  
“Our lives begin to end the day we become silent  
about things that matter.”***

***How is life asking you to end your silence?***

***Is it really an insurmountable and futile challenge?  
Or just a matter of taking the next small step in front of you?***

***Are your efforts to save the world leaving room to savor it?***

***Is it possible that your refusal to give up and give in  
may be a way of avoiding the pain?***

***Is labeling them the enemy defeating both them and you?***

***The psychiatrist Carl Jung wrote, “What you resist, persists.”***

***So, is it possible that your resistance  
is the source of the struggle you are in?***

***Would the fight end if you stopped fighting?***

***Would the wall fall down if you stopped pushing on it?***

## SUNDAY SERVICES

### Worship Theme - Resistance

#### **February 7: Kay Crider, “Generosity in All Things.”**

How can we infuse generosity into all our interactions? Stewardship coach Kay Crider will ask us to explore praise and gratitude, assumption of good faith around process, attentive listening, mentorship, and embracing change, all through the lens of generosity.

#### **February 14: Rev. Judy Zimmerman, “Legacy of Love”**

An unknown river filled with wise counsel flows through our faith--a river whose course is informed by life's fragility. Black folk have been part of Unitarian and Universalist history, yet their stories remain largely unknown. How have our spirits been affected by this exclusion? This morning we'll look at pioneers whose lives touch us downstream.

#### **February 21: Rev. Judy Zimmerman, “Courageous Love”**

In this second Sunday lifting up Black Unitarians and Universalists, we'll look to recent history and the Black Empowerment Controversy of the late 1960s. What does this mean for Unitarian Universalism and our lives today? How do we “stay woke” and avoid looking away from racial injustice? How do we persist?

#### **February 28: “Songs of Resistance”**

Come sing and listen along with some of the great folk songs of the movement.



## ANNOUNCEMENTS

**The Woman's Awareness Circle** will meet Friday, February 19, from 4 to 5:30 at the home of Jodie H. Our topic will be “Joy.” All UU women are welcome. Please RSVP to Debbie O.

*A memorial service for Fred K.  
will be held at 2 p.m. Saturday, February 13,  
at the Rockford Grange.*

**Parent Night Out February 13<sup>th</sup>** - MCUUF is taking a look at how it honors families and how best it can serve them. We know sometimes having time for yourself and/or your partner seems limited, and we want to make sure you are taking that time for self-care. Our RE program will be offering care for children 0-14 years and will be staffed by our current RE staff and volunteers on February 13th at 5:30pm. We will have a sign-in sheet for when you arrive, and staff will be there to check in with you for any special instructions regarding your children (bottle feeding, homework help, potty training instructions, etc.). Dinner will be provided.

### **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**

**Sponsor an OSU dinner and cooking class.** Oregon State University Extension Service is presenting a monthly dinner and cooking classes as the education component to go along with Gorge Grown's "Veggie Rx" program. The first one was packed! While open to all, the target audience is low-income folks who are food-insecure. OSU (through Gorge Ecumenical Ministries) is looking for congregations to sponsor a dinner by donating \$100 and providing 6-8 volunteers to help with the food preparation, serving, and cleanup for that one dinner.

If you'd like to volunteer for the UU dinner team, please contact Bonnie: [bnew1@live.com](mailto:bnew1@live.com), 541-490-9919. If you'd like to contribute for the \$100, we'll have a collection pot downstairs on Sundays, or you can mail a check to Bonnie N. Dinner will be the second Monday of the month (month TBD), at FISH Food Bank in Hood River.



### **MCUUF**

Curious about what's happening, when, and where? Go to [www.mcuuf.org](http://www.mcuuf.org)

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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](mailto:mcuuf1@gmail.com)**