



## ***MCUUF NEWSLETTER—November 2017***

**Reminder: Turn your clocks *back* one hour  
this Saturday night, November 4.**

### ***MINISTER'S MESSAGE***

With the winter holiday season approaching, we'll be getting plenty of reminders of how popular culture and religion exist on different wavelengths. Even though we're only just beyond Halloween, stores have already put out Christmas decorations. Stores wouldn't put these items out unless they knew people would buy them. I've even caught myself wondering if I should take a look and score a deal, even though I don't need more Christmas decorations. That's how strong the power of suggestion is. On the other hand, a core teaching across world religions is that simplicity leads to happiness. Appreciating what you have and reducing cravings for more will foster spiritual growth.

That's hard to do when life's challenges make us feel like we're wading in murky water up to our knees. The temptation is to focus on what we're standing in. With our eyes locked downward, we ignore the bright blue sky overhead.

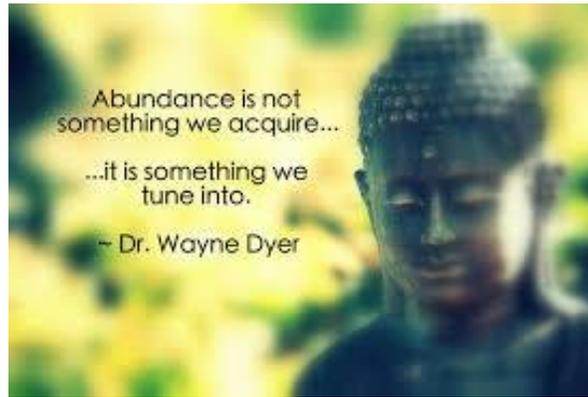
When life is steady and reliable, feeling grateful is relatively simple. Joy is abundant. The spiritual rubber meets the road when we feel gratitude and are not overwhelmed by what life brings us. Finding gifts in the midst of adversity, without making light of distress or ignoring it, is important to spiritual growth. Since I broke my arm recently, the arm I use to write with, I've been seeing this as a chance to slow down and reduce some of the busy-ness of life. Would that have happened otherwise?

Developing abundance might mean turning attention away from what is missing and aim it toward noticing and appreciating our good qualities, making them even stronger. A muddy stream is made clearer when silt and debris stop getting poured into it. Our challenge is to stop feeding our weaknesses and grow our gifts.

When we see abundance as an inner state, our emotional life becomes less turbulent, less subject to the vicissitudes of life. That's a gift to ourselves, one that better enables us to be a vital and helpful presence to our loved ones and our world.

In love and faith,

*Rev. Judy*



## ***MESSAGE FROM THE MCUUF BOARD***

### **Update on “Share the Plate”**

By Peggy N, MCUUF Treasurer

Each Sunday our fellowship passes a collection basket to support “good works of our fellowship and others in our community.” The celebrant reminds us that this is a sacred practice of our free faith and that half the funds collected will be donated to an organization working in our community.

Last May at our Congregational Meeting, the fellowship discussed changing the way we select which organizations shall receive “half the plate.” The board had recommended the changes for several reasons, including simplifying the process, getting our members more involved, and getting the funds out to charities faster. Participants in the May meeting asked the board to come up with a plan and a process. To do this, the board worked to align our giving with organizations that address our seven principles and serve the communities of our members. The board selected the below charities for the coming months. If you have questions about this, please contact [mcuuf.treasurer@gmail.com](mailto:mcuuf.treasurer@gmail.com). And if you would like to help the MCUUF Social Action Committee with any projects, please contact Bonnie N.

**September: Washington Gorge Action Program Food Bank** received \$568.83

**October: Hood River Warming Shelter**

**November: Hood River County Christmas Project**

Principle: Justice, equity and compassion in human relations

**December: Needs of NORCOR Detainees @ the Minister’s Discretion & Minister’s Discretionary Fund at Christmas Eve Service**

Principle: Justice, equity and compassion in human relations

**January: Hood River Warming Shelter**

Principle: The inherent worth and dignity of every person

**February: Youth Empowerment Shelter (The Dalles)**

Principle: Justice, equity and compassion in human relations

**March: Washington Gorge Action Programs**

Principle: The inherent worth and dignity of every person

**April: UU Washington and UU Oregon Voices for Justice**

Principle: The right of conscience and the use of the democratic process within our congregations and in society at large

## **May: Radio Tierra**

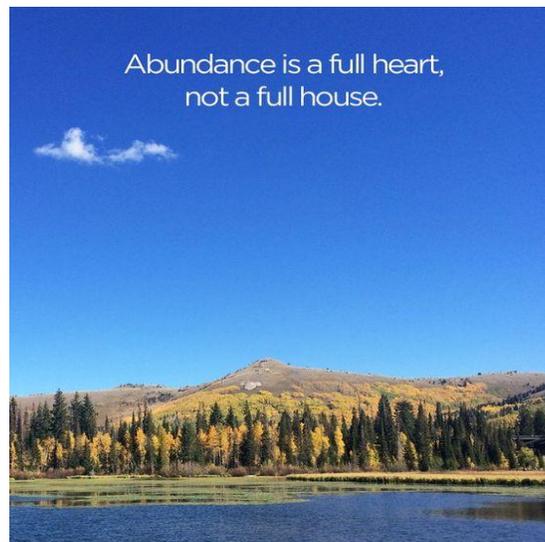
Principle: The goal of world community with peace, liberty, and justice for all

## **June: Columbia Riverkeepers Latino Outreach Program**

Principle: Respect for the interdependent web of all existence of which we are a part

## **Minister/Congregation Evaluation**

The board will soon be evaluating our minister as part of a required process for new UU ministers. This will be our third and final year of doing an evaluation. If you would like to add your input, please contact [MCUUFPrez@gmail.com](mailto:MCUUFPrez@gmail.com) and request a form, which needs to be returned by December 1. The form requires your name, but input to the minister will be confidential.



## ***SUNDAY SERVICES*** ***10 a.m. at the Rockford Grange*** ***This month's theme: "Abundance"***

**November 5:** *"May your cup runneth over,"* Mandi Rae P. with Kristen D, celebrant. Mandi Rae shares her experience with poverty and how it brought her to her life's purpose. How can you take from the overflow and abundance in your life and fill your neighbor's cup? As we will explore food justice in the Gorge, **we encourage you to bring a food donation to be given to the Fish Food Bank.**

**Religious Education:** PreK-3<sup>rd</sup>: Lifecycles; 4<sup>th</sup>-7<sup>th</sup>: The Blessing of Imperfection; UUth: Self Directed

**November 12:** *"Bring a Friend to Church."* We Unitarian Universalists are generally uncomfortable with proselytizing; we deeply value our own religious freedom and respect that of others. But that does not mean we have to hide our light under a bushel. Most of us have found the MCUUF community—and the values for which it stands—to be central to our own lives. We want others to know about this wonderful place, but we question how to talk about our fellowship without sounding like we're proselytizing. One answer is to invite someone to our "Bring a Friend to Church" Sunday, which will be November 12. The goal is not to try to convert anyone to Unitarian Universalism but to offer our friends the opportunity to experience something important to us. For example, we might say something like this:

“As you may know, the UU fellowship in Hood River is very important to me. I feel at home there and it supports my values. Since I value you as a friend, I’d like to invite you to experience our fellowship for yourself. On November 12, we are having a service that you may like. Dr. James Mason will present “Ouch: Interrupting Bias,” with coffee, light snacks, and conversation afterwards. Would you accept an invitation to visit with me on that Sunday?”

We hope that through Bring a Friend to Church Sunday we can all grow in the challenge of talking about religion with friends and make genuine dialog and invitation a part of how we interact with others. Thanks from your Membership Engagement Team: Debbie O, Pam Z-M, Kathy J, Mandi Rae P, Steve C.

**Religious Education:** PreK-3<sup>rd</sup>: Decomposition; UUth: Self Directed

**November 19: Seth Moran** is the director of the Cascades Volcano Observatory in Vancouver, WA (and a member of the UU Church of Vancouver). His sermon, “The spiritual practice of risk perception” goes from earthquakes to Black Lives Matter.

**Religious Education:** All ages downstairs Thanksgiving

**November 26: Rev. Judy Zimmerman: "Contemplating Abundance."** Rev. Judy and Sullivan M, celebrant. Join us for a Taize-style service as we reflect upon how to craft a life with greater spiritual abundance.

**Religious Education:** PreK-3<sup>rd</sup>: Making a family plan; UUth: Self Directed

## ***MOMENTS IN UU HISTORY***

By Bonnie W.

**November 16, 1806:** Let’s celebrate the birthday of Mary Tyler Peabody Mann, the middle member of the extraordinary trio of Peabody sisters who were tireless activists in mid-19<sup>th</sup> century New England. Mary, with her sister, Elizabeth, were pioneers in a kind of educational theory that survives in the best of our school systems today. Mary favored taking children into nature to teach botany and history, conducting individualized instruction, and following a curriculum based on nurture. She and Elizabeth wrote *Moral Culture of Infancy, and Kindergarten Guide, with Music for the Plays* (1863). She was married to the famed editor and educator Horace Mann, and she home-schooled their three sons. Her last book was a health-conscious cookbook, the first of its kind. The three sisters—Mary, Sophia (wife of Nathaniel Hawthorne), and Elizabeth—were all life-long Unitarians. These few highlights hardly do justice to this amazing life. I recommend her biography at <http://www.anb.org/articles/16/16-03585.html> or, if you have time, the 2006 book by Megan Marshall, *The Peabody Sisters: Three Women Who Ignited American Romanticism*.



## ***SOCIAL JUSTICE***

***Volunteers wanted for the Hood River Warming Shelter and training.*** Please join MCUUF volunteers and friends in serving this winter at the Warming Shelter beginning November 19. We will once again reserve a MCUUF night twice a month so we can assist our unhoused community members with food, shelter, and companionship. If you are new to volunteering at the Warming Shelter, please attend one of the required orientations: **November 13 from 6 to 8 p.m., or November 12 from 2 to 4 p.m.**, both at Riverside Church, where the Warming Shelter will be. Bring a friend! To volunteer or have questions, please contact Fran F.

***Immigration Justice at NORCOR.*** Every Thursday from 5 to 6 p.m., members of Gorge Ecumenical Ministries (of which MCUUF is a member) gather in vigil with the Gorge ICE Resistance coalition at the NORCOR regional jail in The Dalles, where Immigration and Customs Enforcement (ICE) detainees are confined. The vigil aims to keep attention focused on the inhumane conditions for the detainees. NORCOR is at 211 Webber St. Signs are available on-site, or bring your own. Vigils are also held every M-F 5-6 p.m. and Saturdays and Sundays from 11 a.m. to noon.

## ***PASTORAL CARE & CONNECTION***

***Your MCUUF Care Team is sponsoring a Ride-Share-to-Fellowship List.*** We are collecting names of people who are willing to pick up members and friends who may need a ride to fellowship and other UU Events. Contact **Shelley B.** if you would like to be on the list. Also, let us you would like to help coordinate this effort.

***MCUUF Care Team:*** Our MCUUF Care Team responds to members and friends in case of a significant loss, illness, or other personal difficulty. None in our community should feel isolated or abandoned. The team offers opportunities for our fellowship members and friends to help each other in time of need. For example, the team coordinates rides to fellowship and doctor appointments, hospital and home visits, calls and cards. If necessary, the team helps to coordinate care with friends from the fellowship.

The Care Team relies on members to let us know if someone may need assistance. The team then ascertains if the person in need would like help, and if so what kind. Confidentiality is paramount. If you or someone you know needs help, contact any of the team's members:

***The Women's Awareness Circle*** will meet in the home of Jodie H. on Friday, November 10, from 4 to 5:30 p.m. Our subject for discussion will be "Achieving balance in our lives." All UU women are welcome. Please RSVP to Debbie O.

### ***Wheelchair Available at the Grange:***

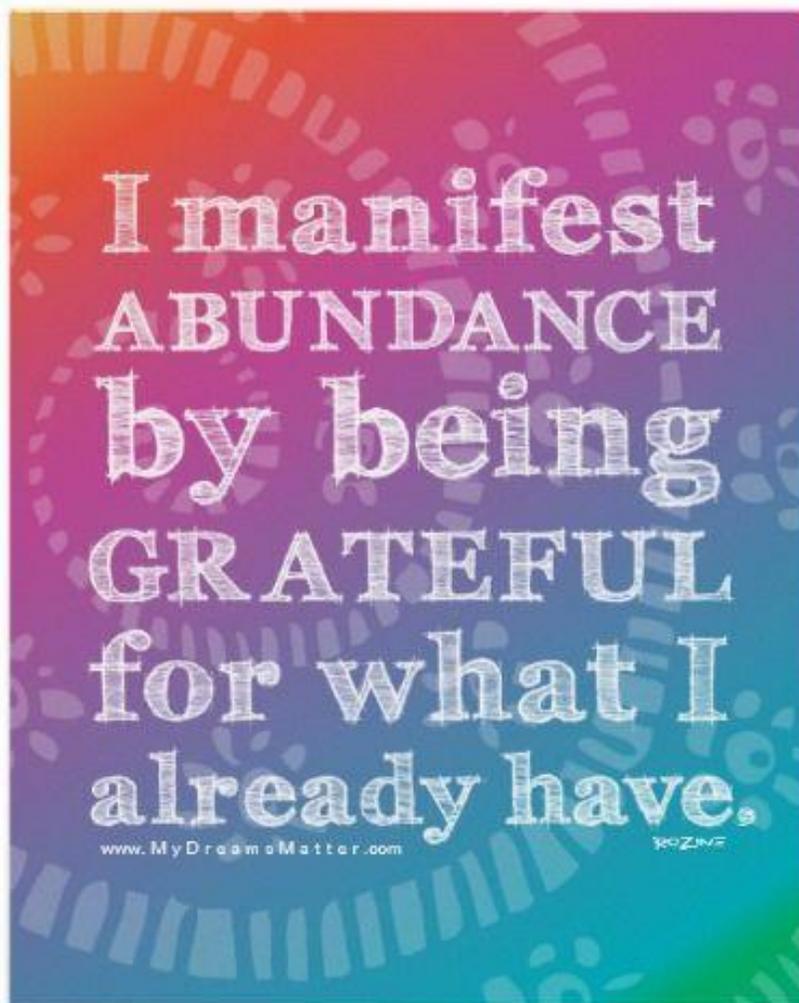
We are encouraging anyone having difficulty negotiating stairs or the outside ramp at the Grange to ask for the use of the wheelchair that is stored in the basement furnace room. Have the greeters alerted of the need when you arrive, and we will be pleased to assist you. You may also contact the Care Team.

## ***GENEROSITY AND GIVING***

**You can honor our UU values by participating in the Christmas Project!** Throughout our community, many families will be in need this winter, and we can help by sponsoring them through

the Christmas Project. With your contributions to this worthy cause, we can reach our goal of \$1,000 over the next few months. Every Sunday, decorative donation envelopes will be available at the greeter's table so you can put your envelope in the offering basket. Watch the "Christmas stocking thermometer" rise from your generosity! You can also donate by mailing a check to MCUUF and note that it is for the Christmas Project.

**Giving Envelopes:** For the convenience of our members and visitors, we have giving envelopes located on the visitor's table and in the offering baskets. You're welcome to take them home and mail in your contribution.



## Mid-Columbia Unitarian Universalist Fellowship

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

Would you like to subscribe to this newsletter and the weekly eNews?

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**The deadline for inclusion in the weekly eNews is midnight (11:59 p.m.) Monday. The MCUUF Newsletter comes out on the first Wednesday of each month (unless otherwise announced).**

**The deadline for inclusion is midnight of the prior Monday.**

**Please send your announcements to Brad at [mcuuf1@gmail.com](mailto:mcuuf1@gmail.com)**

