



MCUUF NEWSLETTER—January 2018

MINISTER'S MESSAGE

On Christmas Eve a friend sent a photo of a peace sign etched into the snow on the parking lot outside our NORCOR regional jail. This heartwarming message was most welcome but temporary. How long would it be before the sign melted on the blacktop? And its message lost?

The successes in our lives are often like that sign in the snow. We take note of them but then shrug them off. They're an aberration in our lives, a deviation from mediocrity, a stroke of sheer luck. They won't be repeated, or so we think. On the other hand, when we make a big mistake or fail in some way, it's as though we've carved them in solid stone. We won't let ourselves forget them. Failures become a permanent fixture, defining who we are and how we think of ourselves.

What might happen if we switched things up and wrote our failures in the snow and our successes in stone? We start the New Year making resolutions, intending to keep them. Yet more often than not, we don't. We will fail. Again and again. Those mistakes are part of striving. They're an essential feature of a spiritual path. In many respects, mistakes *are* the path. What matters in moving towards spiritual growth is re-setting our intention and beginning again. Scratching our mistakes into the snow keeps us going in the continual process of re-setting intention. That's how self-compassion is cultivated. We'll need plenty of that if we're going to dust the snow off ourselves and begin again.

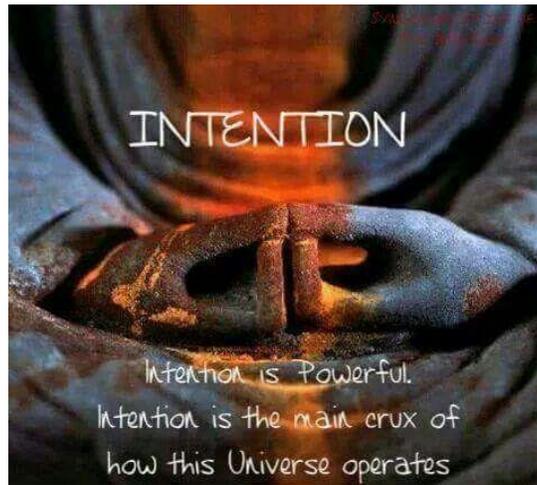
When mistakes get engraved into stone, they impede our ability to reset intention. Self-compassion is a lot harder to come by when we think we *are* our mistakes, when we think we're not capable of anything more. The very fact that you are reading this newsletter and are part of a spiritual community is evidence of a deeper impulse that drives each of us towards wholeness. Deeper self knows a different story.

So as we move into the New Year, why not begin each day with something to help renew intention? Instead of rolling out of bed and bumbling along until you've had that cup of coffee or tea, or instead of bolting out of bed and sprinting into the day, why not take a few moments to whisper a silent prayer? That prayer might be as simple as saying "thank you" for the gift of waking up to live another day, setting intention to note things to be thankful for during the day. Intention can be activated by noting one of your most cherished values and pledging to keep that in the forefront of your mind that day. Each act and thought can be weighed against that value. And if you miss tracking a thought or action, write that in snow -- and start again. These practices can be one way to take hold of your day, before the day takes hold of you!

May 2018 begin with intention and self-compassion.

In love and faith,

Rev. Judy



MESSAGE FROM THE BOARD

I am excited to invite you to participate in the 2018 Pacific Western Regional Assembly, where thought-provoking speakers the Reverend Dr. William Barber and Congresswoman Pramila Jayapal will be speaking on *Stories of Hope, Courage, and Resistance*. The event will take place the weekend of April 27-29 in Portland. Programming for the weekend includes workshops, worship, district meetings, an optional social justice activity, and an opening ceremony Friday evening featuring newly elected UUA President Reverend Susan Frederick-Gray, who will share her emerging vision for the future of the UUA and the wider movement. Many MCUUF members have attended the Regional Assembly before and loved it. Board member Peggy N. says, “It was inspiring; I took three youth with me and they enjoyed the youth activities. I am definitely considering going to the assembly in Portland because it is so close.” Discount lodging is available at the Portland DoubleTree by Hilton Hotel, site of the Regional Assembly. Childcare and youth programming will be available. Registration will open January 4. An early-bird adult registration fee will be available through January 31 to keep registration costs low. All updates will be posted on the PWR website: www.uua.org/pwr. I encourage you to take part in this amazing weekend. It will be heartwarming to gather, worship, learn, and act together with fellow Unitarian Universalists.

Leah G. MCUUF Board of Trustees

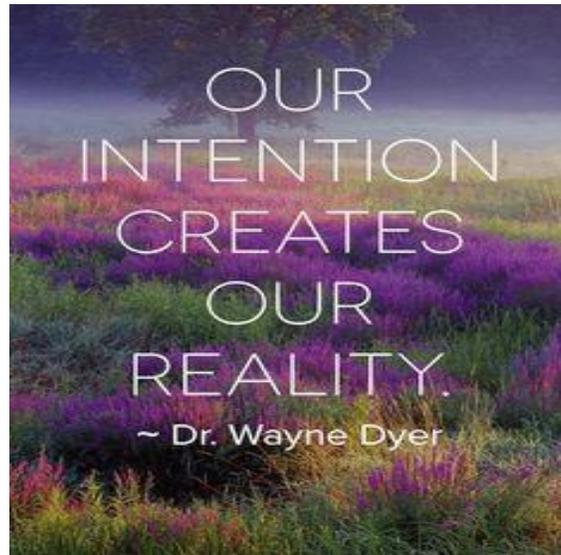
SUNDAY SERVICES ***10 a.m. at the Rockford Grange*** ***This month's theme: “Intention”***

January 7: “Smoothing the Stones” Rev. Judy Zimmerman with Kimberly H., celebrant. Unitarian minister and theologian James Luther Adams described five principles that form a basis for our liberal religion. We’ll reflect on these touchstones and how they might help us deal with the perils in our lives and reignite our faith and practice.

January 14: “#MeToo” Rev. Judy Zimmerman with Todd D., celebrant. Over ten years ago, Tarana Burke started a grassroots movement to support women of color who had survived sexual assault. Burke used the hashtag #MeToo to name this effort. Her foresight and courage have changed this world forever, and women are breaking silence and coming forward with their stories of surviving sexual misconduct. We’ll explore the #MeToo movement and prepare a path for listening, comfort, and healing.

January 21: “Immigrant Stories” Steve H. with Dan B. What does it mean to be a citizen of a town, state or nation? What makes one native to a place? How does the status of being labeled “immigrant” inform these categories? Is there a spiritual connection on the road to becoming known as a local? On 1/21, we’ll hear immigrant stories of some valued citizens, natives and locals.

Sunday, January 28: “How Much for Myself, How Much for Others?” – Elaine C. Compared with most of the people in the world, we lead very privileged lives. We know that our UU principles call on us to share this bounty of time and resources with those less fortunate. But how much do we give? And to what extent is it OK for us to enjoy our own unearned gifts in the midst of so much human need? Let us grapple together with these difficult questions.



MOMENTS IN UU HISTORY

By Bonnie W.

“Nevertheless, She Persisted!”

If you are looking for a UU woman for a role model, you need look no further than Olympia Brown. But beware. This feisty little woman will ask much of you. Olympia was born in a Universalist household on January 5, 1835, and her upbringing led her to pursue education beyond high school. It was then that she became fully aware of the barriers women faced in American society. Olympia was faced with rejection at every turn—no to theological seminary, no to ordination, no to being installed in a church. Each rejection was overcome by her persistence and skill.

Olympia Brown became the first woman in the United States to be fully ordained by denominational authority. She served Universalist churches in five states, including Racine, Wisconsin. The Racine church, not unlike others which called her, was in a sorry state. She wryly noted that the more stable churches were in the hands of men, and she was assigned the difficult ones. When she left the Racine Universalist Church, it was thriving as a beacon of social justice in the community, and it remains so to this day, where it proudly bears her name.

Throughout and beyond her ministerial career, Olympia was deeply involved in the Women’s Suffrage Movement. After working with Susan B. Anthony and Elizabeth Cady Stanton, she was disappointed in the second generation of leadership and joined forces with the more militant National Woman’s Party. During a cold, snowy, demonstration at the White House in 1917, with Woodrow Wilson off to France, tiny, 83-year-old Olympia Brown burned a copy of his speech in front of a cheering crowd.

Olympia was the only one of the original suffragists to live long enough to vote in 1920, the year she gave her last sermon in Racine, in which she said,

“Dear Friends, stand by this faith. Work for it and sacrifice for it. There is nothing in all the world so important to you as to be loyal to this faith which placed before you the loftiest ideals, which has comforted you in sorrow, strengthened you for noble duty and made the world beautiful for you.”



Olympia Brown died in 1926 at age 91.

ANNOUNCEMENTS

Immigrant Welcoming Resolution. Should MCUUF make a formal declaration that we defend and support immigrant justice? Two town halls will be held to discuss a proposed resolution prior to a congregational vote on February 4. **Gather on January 7 after worship** to engage our democratic process. Questions? Contact Bruce B. or Pam M.

Revising our Covenant of Right Relations. At the congregational meeting on February 4, the MCUUF board will be holding an up-or-down vote on our proposed new Covenant of Right Relations (by whatever name we end up choosing to call it). Your Committee on Ministry will be hosting a gathering prior to this vote to provide a final opportunity to express your questions, concerns, and suggestions about this proposed new document. This meeting will be held on **January 21** immediately following the service. Please mark your calendars now to ensure that your voice is heard.

Rev. Dr. Martin Luther King, Jr. Celebration. The life, work and dreams of Rev. Dr. Martin Luther King Jr. will be commemorated on **Monday, January 15th**, at Riverside Community Church in Hood River. The theme of this year's celebration, sponsored by Gorge Ecumenical Ministries and Somos Uno, is *“The Dreams of Martin Luther King Jr. Live On: Building a Community with Justice for All.”* This year's event will include:

4:15-5:30 p.m.: **“Conoce tus Derechos” (Know Your Rights) workshop** with attorneys MariRuth Petzing and Garrett Sharp. This workshop will be primarily in Spanish.

4:15-5:30 p.m.: **Stories of immigrant detainees held at NORCOR**, presented by clergy chaplains who visit detainees. This workshop will be in English.

5:30 -6:30 p.m.: Celebration of Martin Luther King, with a featured speaker. The program will also feature music by *Los Amigos de la Sierra* and a community-wide gospel choir convened by Evelyn Charity and Bill Weiler. Anyone interested in being a part of the choir should contact Evelyn Charity: ninicharity@gmail.com.

6:30 p.m.: Potluck community dinner.

The celebration is free and open to the public. *Somos Uno* hats and t-shirts will be available for purchase. Donations will be accepted to support Somos Uno's justice work in the Gorge. For further information contact MCUUF's representative to Somos Uno, Tom K.

New Feature: "Community Corner." Do you have an anniversary or other milestone in your life that you'd like to share? Do you know of a community event in line with our UU values and MCUUF mission that you want others to know about? Do you want to connect with other MCUUFers and attend a community happening together? Please send your contributions to the "Community Corner" at mcuuf1@gmail.com. When you do so, please tell our editor that the submission is for this area.

SOCIAL JUSTICE

The MCUUF FISH Food Bank team needs new leader. MCUUF provides the team of volunteers operating the FISH Food Bank on Monday, Wednesday and Friday of one week per month. Our FISH Food Bank effort needs a new leader starting in January. The main task is to send out emails before each monthly MCUUF volunteer week to fill the volunteer positions for each of the three days. Susan T. is stepping down from leading our FISH food bank team because of her overwhelming involvement with the warming shelter, but Susan will gladly help you get started. This is a must-have position for our MCUUF FISH Food Bank effort! Please consider volunteering to lead our team. For more information, contact Susan.

Winter Schedule for NORCOR Vigils: Monday-Saturday, noon to 1 p.m. at the NORCOR regional jail in The Dalles, 211 Webber Street. On Sundays the vigil is noon to 1 p.m. at 6th & Cherry Heights in The Dalles. Please park in the Cascade Square lot on Sundays. Gather with the Gorge ICE Resistance coalition and members of Gorge Ecumenical Ministries congregations to protest conditions for Immigration and Customs Enforcement (ICE) detainees at NORCOR. Vigils demand termination of NORCOR's contract with ICE and aim to raise awareness of conditions under which detainees are confined.

Hood River Warming Shelter Volunteers Wanted: The Hood River Warming Shelter has more training dates available for those who would like to start volunteering. The shelter has been hosting up to 17 guests on some nights and has been very successful in the Riverside Church location. Please consider joining the MCUUF volunteer team by attending one of these trainings:

January 21 (Sunday) 2-4 p.m. at Riverside Church, in the Pioneer Room,
January 23 (Tuesday) 6-8 p.m. at Immanuel Lutheran.

PASTORAL CARE & CONNECTION:

UU Men's Group. The first meeting of the new UU Men's Group was a rousing success. Seven UU men met at the Rockford Grange on the night of Dec. 4 and went over a number of topics they would like to discuss in the future. They agreed to meet at the Grange on the second Wednesday of the month from 6:30 to 8:30 p.m. **The next meeting will be Jan. 10 at 6:30 p.m.** The topics will be, "What is meaningful in my life?" and "How do I find meaning in life?" The group is still forming and is open to all UU men. Please come to the next meeting if you are interested in participating.

Women's Awareness Circle. The Women's Awareness Circle will meet on Friday, Jan. 12, from 4-5:30 p.m. in the home of Jodie H. The question for conversation will be: How do we negotiate difficult situations? All UU women are welcome. Please RSVP to Debbie O.

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 know if you would like to help coordinate this effort.

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.

MCUUF Care Team: Our MCUUF Care Team responds to members and friends in case of a significant loss, illness, or other personal difficulty. No one 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:

GENEROSITY AND GIVING

Report on MCUUF's participation in the Hood River County Christmas Project:

MCUUF, ably led by Trish Leighton and Cindy Allen, raised \$1,120 and provided a bountiful Christmas for four Gorge families totaling 16 people. Three of the families were from the HRC Christmas Project, and one family was from WGAP (Washington Gorge Action Program). Many thanks to MCUUFers who helped with shopping, gift wrapping, phone calling, and deliveries—Willow, Rowan, Savannah, Claire, Steve, Shelley, Debbie, and Eliza. Congratulations, Cindy and Trish, on this great success; THANK YOU for your able leadership!

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

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

Just send an email to mcuuf1@gmail.com with the word "subscribe" in the subject line.

To unsubscribe from MCUUF emails, please send an email to mcuuf1@gmail.com with "unsubscribe" in the subject line.

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 submissions to Brad at mcuuf1@gmail.com