



## ***MCUUF NEWSLETTER—October 2019***

### ***MINISTER’S MESSAGE***

Comedian Rich Hall coined the term “sniglets” to refer to often humorous words that should be in the dictionary but are not. He’s compiled these into several books, and I have some of them. There’s a new sniglet I would like to nominate should there be another volume: *overwhelmiditis*. I learned of this new sniglet from my dear colleague Rev. Rick Davis.

Overwhelmiditis speaks to feeling chronically besieged and exhausted. It highlights the sense of anxiety and dread that has been floating around us like the cloud of dust around Pigpen, the Peanuts comic strip character. Overwhelmiditis began after the November 2016 election and has increased to epic levels since formal impeachment proceedings began last week. The fear and fatigue of overwhelmiditis have taken their toll on our civic, religious, and family lives. We feel depleted and find it harder to engage. We worry for our loved ones and our nation’s future. I urge us to give voice to the distress that lingers and is unacknowledged. That is an important step in living faithfully and healthfully. In this religious community, we are here for one another. We do not walk alone.

It is oddly prescient that Corruption of Democracy was ratified as a Congregational Study Action Issue at the 2016 Unitarian Universalist Association General Assembly. The resolution was passed in June of that year, four months prior to the general election. Several of the concerns raised in the [resolution](#) remain today. The resolution stated: “Democratic government should include: . . . an independent judiciary and adherence to the rule of law . . . free, fair, competitive and frequent elections . . . freedom from influence of foreign or external powers.”

Unitarian Universalism values democracy so highly that it is expressed in our fifth principle: “The right of conscience and the use of the democratic process within our congregations and in society at large.” Democracy is a form of governance that is especially suited to promoting human flourishing. Democracy can only occur in a climate of trust. We must trust each other’s conscience and capabilities. That implies we value one another deeply.

Healthy religious communities create a milieu that fosters valuing and trusting. In our religious education programming and the whole of congregational life, children and teens have experiences that tell them they are important and that affirm their agency. They learn fair, compassionate, and age-appropriate ways of making decisions. Our governance structures and policies in the congregation embody the transparency that is essential to building and maintaining trust. We practice democracy. With this understanding, democracy can be a spiritual undertaking.

This month our theme for worship and congregational life is democracy. I look forward to conversation with you about this in the days to come.

With love,  
Rev. Judy

*Want to meet? Please call (503-970-0564) or email [jzimmerman@uuma.org](mailto:jzimmerman@uuma.org)  
and let’s find a time that works.*

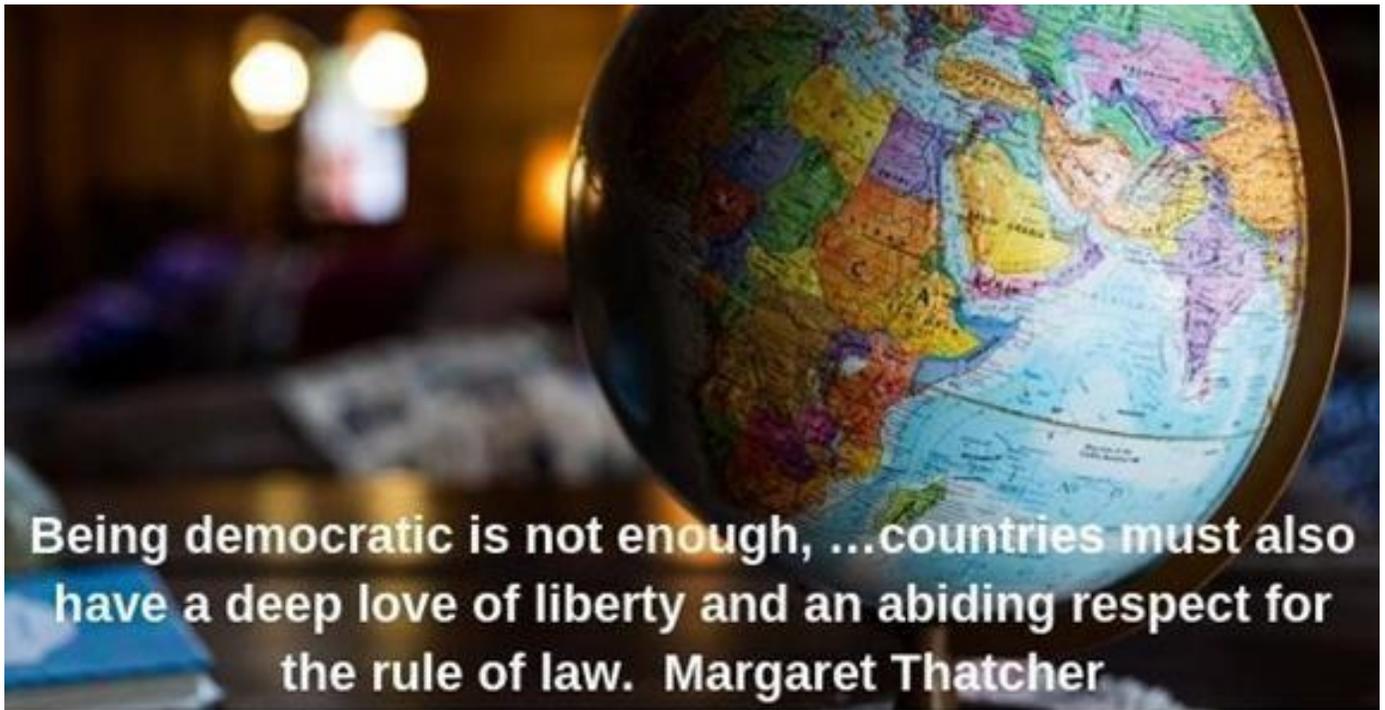


Photo by Kyle Glenn on Unsplash

## ***NEWS FROM YOUR BOARD OF TRUSTEES***

Our new church year is off to a great start! This was obvious in the joy and excitement of our annual animal-blessing service on September 29; it was filled with kids, dogs, Bob's music, and Judy's thoughtful comments. And your Board of Trustees is working on ways to keep this positive energy going throughout the year. We will begin with our all-day board retreat, which will be October 2. It will give us uninterrupted time to focus on our board functioning and on congregational priorities for the coming year. These priorities, in turn, will be based on the results of the Dream Team process from last year. Stay tuned for more news. Our next regular board meeting will be at the Grange October 17 from 5:30 to 7:30. All are welcome to attend. And as always, we encourage you to contact any board member—Ray K. (president), Cindy A. (treasurer), Elaine C. (secretary), and Peggy N. and Kathy J. (trustees-at-large)—with any questions, comments, or concerns.

## ***SUNDAY SERVICES***

***10 a.m. at the Rockford Grange  
This Month's Theme: "Democracy"***

***October 6, "The Democracy Principle," Dan B,*** with Elaine C, celebrant. In our fifth principle, we Unitarian Universalists covenant to affirm and promote "the right of conscience and the use of the democratic process." Yet not in recent memory have our democratic institutions seemed so under attack. Let's explore together how our UU principles might inspire us to stand up and fight for our cherished democratic values.

***October 13, 2019. "The Final Frontier: Star Trek and Democracy," Rev. Judy Zimmerman,*** with Dan B, celebrant. Star Trek showed us a vision of a better society. On this voyage of the starship MCUUF, we'll explore how Unitarian Universalist values are thriving in the Federation. Let us boldly go where this congregation has not gone before. Beam us up, Scotty!

**October 20: ‘Everything I Needed to Know I Learned from African Drumming’ Rev. Amy Beltaine**, with Bonnie W, celebrant. It began because the drum teacher did not allow spectators. Now, after 30 years learning, performing, and teaching West African drum-song, the insights, ecstasy, and depth of the tradition have inexorably changed Rev. Amy’s soul for the better. She will share stories and lessons from her journey of expressing joy and sorrow and of building community.

**October 27, 2019. Service of Remembrance, Rev. Judy Zimmerman**, with Elaine C, celebrant. These final days of October and early November are filled with holy days—across world religions—that call us to remember our beloved dead. The intersection of these holy days speaks to a deep human need to honor our finitude and those who have passed in this congregation. Please bring a photo or memento to place on our common altar. This will be pianist Bob Schwarz’ last day playing for MCUUF before he moves out of the area. There will be a reception for him after the service.



Photo by Lubo Minar on Unsplash

## ***RELIGIOUS EDUCATION***

Dear Friends in Fellowship,

Hello from RE world! As we move into autumn, please remember volunteers to support our youth Sunday mornings are needed and much appreciated. This month we will mirror the service topic of democracy. Please feel free to email, text or call me with any questions.

Rev. Judy and I will meet after the service this Sunday, October 6, to discover more about your wishes, hopes and dreams for RE. If you weren't able attend on September 25, we hope to see you this Sunday. Later, we will share what we've learned and talked about.

--Peace and love, Rheva W, acting coordinator of religious education

### ***PNWD Fall Youth Con, October 25-27, Camp Cispus, Randle, WA:***

A youth conference or “con,” is a weekend retreat planned and run as a collaboration between high school youth and supporting adults. The theme of each con involves worship, small-group ministry, and workshops. Youth pledge to uphold their standards; the con is a chance for them to live within the

UU community as they design it. The con may be held at a camp or a church and draw from 60-200 people, with a youth-to-adult ratio no higher than 7:1. Cons are radically inclusive, spiritually deep, and religiously contagious. Contact Rheva W [rhwren@gmail.com](mailto:rhwren@gmail.com) for more information or to register.

***Re-Imagining Religious Education (RE) at MCUUF.*** What is it about your experiences in child, youth, or adult religious education at MCUUF that makes you smile? If you're new to UU or MCUUF, or a longer-timer, what are your hopes for RE in the fellowship? Join us for a discussion session where we will begin re-imagining RE at MCUUF: **Sunday October 6 11:45-12:45.** Adults with and without children in their care and teens/tweens are encouraged to participate. Questions? Contact Rheva W, acting director of religious education.

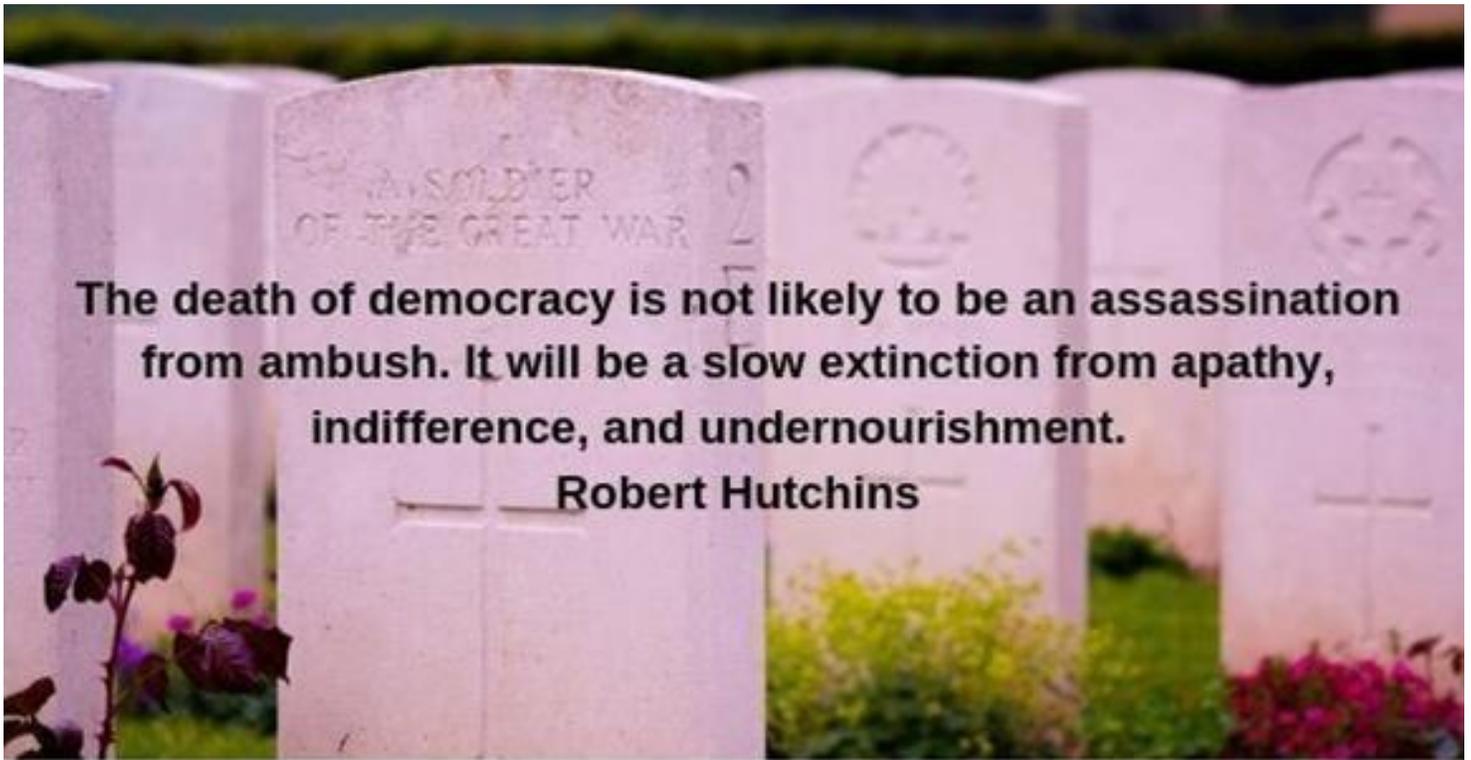


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## ***MOMENTS IN UU HISTORY***

By Bonnie W.

The name “Eliot” is prominent in UU history and we can proudly claim two members of this large clan for their Hood River connections. Thomas Lamb Eliot was born on October 13, 1841, in St. Louis, Missouri. Shortly after graduation from Harvard Divinity School, he headed to the frontier town of Portland, OR, (population 6,000) to head the new Unitarian Church.

Not only did he build the congregation; he also founded Reed College, headed the Oregon Humane Society, did temperance work, and supported women’s suffrage. His many duties taxed his health, so he headed east with his family to spend summers in Hood River. From a fairly modest cabin in earlier years, he went on to buy 160 acres of land on the west bank of Hood River. Here he built his lovely summer home, “Shushulah,” (photo below) keeping the trees and land as he found them.

For many years, he returned to Hood River to enjoy his family (eight children) and neighbors. He would, from time to time, preach in the schoolhouse to enthusiastic response. Eliot gave his property to the community; hence we have Eliot Park and other landmarks. For much more information, check out the MCCUF history files at our website <http://www.mcuuf.org/mcuuf-history.html>.



“Shushulah”–Eliot’s Hood River House, which burned down in 1905

## ***ANNOUNCEMENTS***

### **CONNECTION**

**Organize Circle Suppers?** Everyone loves Circle Suppers! For those new to the fellowship, these are small potluck dinners held in members’ homes and are a wonderful opportunity to get to know one another. But Elaine C, the longtime organizer of these dinners, is growing weary. Is there anyone willing to step up to help? Elaine will happily provide consultation and logistical help. If you are interested, please contact Elaine. We are hoping to initially get another round of suppers organized for the last week or so in October.

### **Learn more about UU and MCUUF (“UU101”) Sunday, October 20,**

**11:30 to 1:30.** Do you want to learn more about the Unitarian Universalist faith tradition? Would you like to become more involved in the life of the fellowship? Might you be interested in becoming a member of MCUUF? Then you are invited to attend “UU 101,” our introduction to membership class, which will be held after the service on Sunday, October 20, from 11:30 to 1:30. Lunch and child care will be provided. It is especially important to attend this class if you are new to Unitarian Universalism and think you might want to become a member at our next New Member Ceremony: November 17. But whether you are ready to join or not, we would welcome you to come to the class and learn more about us. If you are interested in attending, please contact Rev. Judy Zimmerman at [jzimmerman@uuma.org](mailto:jzimmerman@uuma.org) or Steve C.

The **Meditation Group** meets 9 to 9:45 a.m. at the Rockford Grange, before Sunday worship. For all skill levels, from beginners to experienced practitioners. We follow a simple mindfulness practice and vary that with occasional guided, recorded meditations. Childcare upon request. Questions? Contact Rev. Judy at [jzimmerman@uuma.org](mailto:jzimmerman@uuma.org).

## ***“OctSoberFest”***

Fellowship member Dick W. has been organizing “OctSoberFest” on Saturday, October 26, at the Trout Lake Abbey to celebrate and support recovery from alcoholism and addiction. The weekend is sponsored by the Mt. Adams Zen Center and will focus on spiritual growth and mindfulness in recovery.

A whole weekend of events is planned, and all activities are open to the public and free of charge (contributions are not discouraged). There are two main events on Saturday, the 26th. The first will be a keynote address at 10:30 a.m. featuring Gary Sanders, a founder of Refuge Recovery and

a leader of the newly created national Recovery Dharma program. The second is an old-fashioned barbecue from 1 to 5 p.m. with music, Abbey tours, and more.

Additionally, a new short documentary, called "Cultivate: Compassion," about six residents of the Gorge who are in recovery, will be shown and discussed.

Everyone is warmly invited to attend some or all of the weekend and to support their neighbors in recovery. For more details or a full program of weekend activities, contact Dick W.



The Labyrinth at Trout Lake Abbey

## PASTORAL CARE

***When to Contact the Care Team:*** Our Care Team stands ready to help anyone in our UU community. They may be in a tight squeeze and wondering if they can make rent this month. Their moving help may have fallen through. They may need a ride to MCUUF events or Sunday Service. They may be laid up for a while from surgery or illness. They may be having difficulty caring for a loved one. These are but a few of the circumstances where our Care Team coordinates assistance with fellowship members, a private conversation with our minister or a care team member, or a referral to community or social services. We walk through the challenges of life together. You are not alone.

## SOCIAL JUSTICE

**ADVOCATING FOR JUSTICE AND EQUITY FOR ALL—*Oregon UU Voices for Justice Annual Meeting.*** You are invited to an exciting meeting for UUs of Oregon to help stem the tide of fascism, global warming, racism, sexism, human rights violations, and economic hardship.

**WHEN:** Saturday, October 19, 2019, 9:30-4:00

**WHERE:** Unitarian Universalist Church in Eugene, 1685 W 13th Ave.

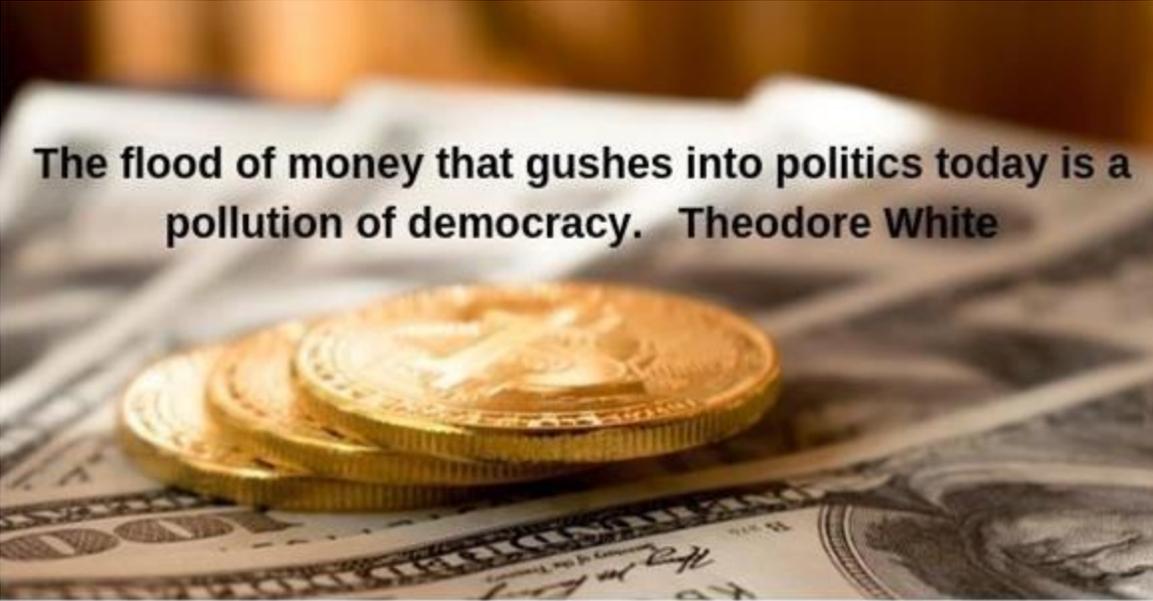
### **SPEAKERS:**

**Human Rights:** Reverend Richard Davis - Unitarian Universalist Congregation of Salem

**Immigration:** Alaide Vilchis Ibarra - executive director, Interfaith Movement for Immigrant Justice

**Climate Justice:** Leonard Higgins, climate activist and board member UU Ministry for Earth

**Deepening Our Democracy:** David Delk, board member, Oregon UU Voices for Justice, and co-founder of Oregon Honest Elections. **Register** <https://www.uuvoicesoregon.org/>



**The flood of money that gushes into politics today is a  
pollution of democracy. Theodore White**

Photo by Dmitry Demidko on Unsplash

## Mid-Columbia Unitarian Universalist Fellowship

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

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