



## ***MCUUF NEWSLETTER—February 2020***

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

At a soccer match last year, a player's hijab slipped off her head while she was dribbling the ball, showing her hair. Instead of taking advantage of the moment, the opposing team encircled her so that she could put her hijab back on. Score one for religious solidarity. Score two for generosity of spirit. Our common human needs triumphed over difference.

When we act with generosity, we break down barriers. Each month we have an opportunity to do that when we Share the Plate (STP) and donate half of the offering to a nonprofit program in our community. Your gifts to the NORCOR immigrant detainee's phone fund, the Warming Shelter, or Helping Hands Against Violence—some of our STP recipients this year—convey that we are part of one human family. Others' needs have an imperative equal to our own.

"A generous heart is never lonesome. A generous heart has luck. The lonesomeness of contemporary life is partly due to the failure of generosity," says John O'Donohue. Generosity enlarges the circle of belonging, something sorely needed in a society that is losing the art of fostering community. So often I hear newcomers and longtime members speak of how the longing for community brought them to MCUUF. MCUUF is like a laboratory where we learn and practice ways of love that form a healthy community. Love is more than a feeling. It moves us to action. Generosity is one important manifestation of love.

When we volunteer to bring a dish to share at coffee hour, hold a hymnal so a parent with a young one can sing, share a reading on Sunday or attend worship though our week was full, we show generosity that is the foundation of this community. When we offer our talents as part of a team or committee, we are generosity made visible.

The annual Fellowship Drive provides an opportunity to put love into action. Your financial support enables the good work of cultivating an environment that supports our spiritual growth, service to one another and our Gorge neighborhood and wider world. MCUUF is a force that changes lives. ***Together we thrive!***

In love and faith,

Rev. Judy

*I am touched by the generosity of heart you have shown with cards, calls, and expressions of condolence and care since my mother's passing. Thank you.*

*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.*



It is the heart that does the giving;  
the fingers only let go.  
Nigerian proverb

Photo by Júnior Ferreira on Unsplash

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

The weather outside might be cold and gray, but MCUUF these days seems filled with a spirit of warmth and community. Those of us fortunate enough to be at last Sunday's service were treated to an event that was both spirited and spirit-filled—the perfect kickoff to our Fellowship Drive.

And if you wish to continue to experience this “light of truth, warmth of community, and fire of commitment,” attend one of the Cottage Meetings scheduled for February 7, 12, and 15. These will be a great opportunity to connect with fellow MCUUF'ers and share some of the things that make our religious community so special.

In addition to supporting the Generosity Team in this important work, your board is continuing to focus on the changes to our Religious Education program and budgeting for the coming fiscal year. (Your generous response to the Fellowship Drive will make this task much easier!).

If you have feedback about these or any other issues, please feel free to contact any of your board members: Ray K. (President), Cindy A. (Treasurer), Elaine C. (Secretary), and Peggy N. and Kathy J. (Trustees at Large). In addition, we now have a system through which you can email feedback or suggestions. Just click on <https://goo.gl/forms/U7e4IW1jBnqfugX2> to leave your comment; the link is also included on our website at mcuuf.org.

And as always, you are more than welcome to attend our board meetings. The next one is scheduled for **Tuesday, February 11, 5:30 to 7:30 p.m.** in the home of Peggy N.

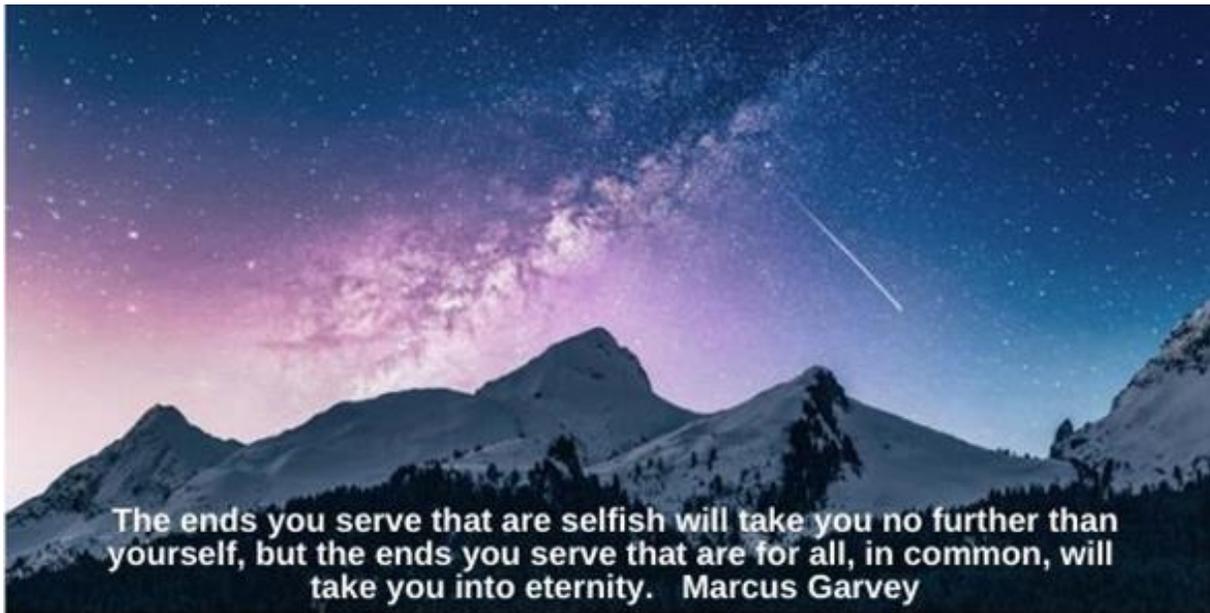


Photo by Benjamin Voros on Unsplash

## ***SUNDAY SERVICES*** ***10 a.m. at the Rockford Grange*** ***This Month's Theme: "Generosity"***

***February 2: "Sharing Our Stories of Generosity," Elaine C.*** In our Fellowship Drive this year, we are focusing on the many forms that generosity can take—generosity of money, of course, but also of time, talents, and care, both within our congregation and in the larger world. Come and join us as several members of our fellowship share their own personal experiences of giving, and receiving, generosity.

***February 9: "Be the Gift," Kathleen LaFlamme.*** What does it mean to be a gift to others? How can we know the moments when we, and we alone, can meet another's need? Being a positive force does not take special powers or a saintly character. It means learning to see the moments when nobody else can give what we can. How can we be a gift to others while maintaining our own strength and boundaries? Come join our guest speaker from the Washington County UU Church as we explore this timely topic.

***February 16: "What's So Bad About Feeling Good?" Rev. Judy Zimmerman,*** with Sullivan M, celebrant. Frederick Buechner tells of "the place where your deep gladness and the world's deep hunger meet." Where generosity is concerned, gladness isn't typically considered part of the equation. "No pain, no gain" might seem to be the rule if generosity is to help us grow spiritually. This morning's service will offer challenges to common myths about emotions and generosity.

***February 23: "Singing our History, Part 2," Dick W, presenter,*** with Bonnie W, celebrant. In Part 1 (December 29), we met some of the hymn writers and hymns that reflected the theological and social perspectives of our Unitarian and Universalist forebears in the 19th Century. In Part 2, we move into the 20th Century and learn (and sing) how the shared hymns of each denomination helped to lay the groundwork for merger of the two churches 59 years ago.

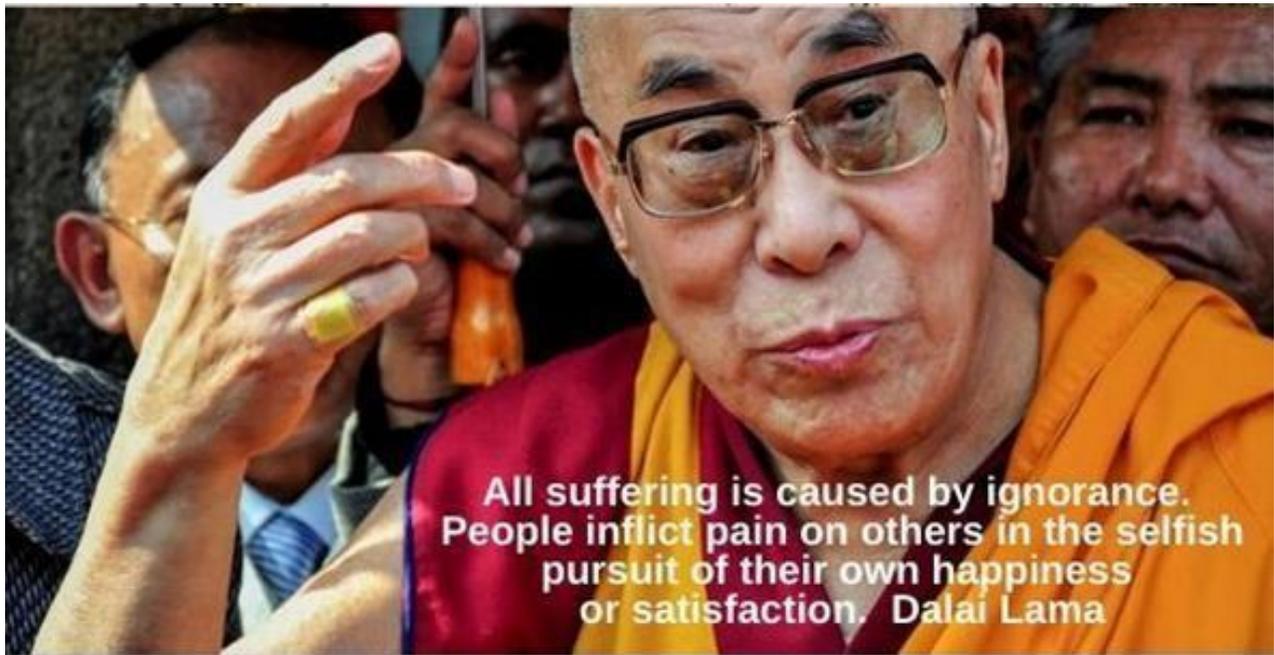


Photo by Norbu Gyachung on Unsplash

## ***RELIGIOUS EXPLORATION***

Dear Friends in Fellowship,

Religious Exploration is changing and evolving, just like the young ones we serve! We are preparing for more of the Dr. Seuss curriculum as it's so user friendly and was very well received by our young members. I will have a curriculum binder available, not just for RE on Sunday, but for parents to grab a lesson \*to go\* as well. I feel that the books so easily open a larger conversation for us to explore gratitude, leadership, kindness, advocacy and so much more.

Our UU playground is still in the planning and preparing stages and is coming along nicely. I am purchasing quiet tactiles for young ones to occupy their hands during worship. I've found some locally and continue to search for more. I also have sent out search requests for a sturdy, comfy rocker which was identified as a supportive item to have available for families as well.

Thank you for your time, input during our recent Virtual Town Hall and in your conversations during this transitional phase of Religious Exploration.

Peace and Love,

Rheva  
Acting Coordinator of Religious Exploration

# **MOMENTS IN UU HISTORY**

By Bonnie W.

All I ever knew about Lydia Pinkham I learned from a rousing (bawdy) fraternity song:

*“The benefactress of the human race.  
She invented a vegetable compound,  
And now all papers print her face.”*

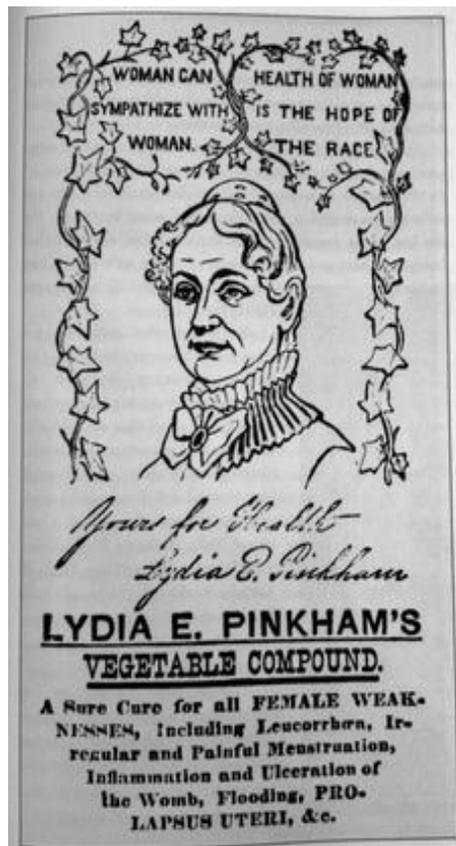
But there is much more to Lydia Pinkham than her patent medicine (18% alcohol). Lydia Estes Pinkham was born on February 9, 1819, in Lynn, Massachusetts. Her family left the Quaker religion because of their cold reception of African Americans and turned to the Universalist Church. There, Lydia joined the Female Anti-Slavery Society and organized a debating society that welcomed everyone and every idea. It was called the Freeman’s Institute.

Her work as an unpaid visiting nurse led her to develop a compound to relieve all manner of female complaints. She went on to market Lydia Pinkham’s Vegetable Compound to great success. Advertising copy encouraged women to write to her newspaper with their questions and all were answered, even years after her death!

Her concern for the education of women regarding their reproductive health led her to write two books, one on “facts of life” and another on the complete system of reproduction.

While many discounted her tonic as quackery, we now understand the medicinal qualities of the herbs that were included in her recipe. A modified version is still sold—without the solid shot of alcohol.

Lydia Pinkham died in 1883. Her legacy lives on to this day at the Lydia Pinkham Memorial Clinic in Salem, Massachusetts.



# ANNOUNCEMENTS

The **Meditation Group** meets 9 to 9:45 a.m. at the Rockford Grange, in the downstairs level, 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).

**The UU Men's Group** will meet Wednesday, February 12 from 6:30 to 8:00 at the Rockford Grange. The topic has not been decided. All UU men are welcome to attend. For more information contact Brad A. at [mcuuf1@gmail.com](mailto:mcuuf1@gmail.com).

## SAVE THE DATE: WE ARE HAVING A PARTY!

**SATURDAY, May 2, 2020, 6 to 8 p.m.**

**Location: Mt Hood Winery with live music**

It's a service auction fundraiser for MCUUF, and it's a party! There will be wine, desserts, finger foods, socializing, and laughter. Jamba Marimba will provide the musical entertainment with happy, upbeat African sounds. We will have event sign ups, a silent auction, and a live auction!

But before we party, we need donated auction items and services from you! Here are some ideas to get you thinking:

Do you like to cook, have gatherings or theme parties?

Do you have a talent, passion or skill you could share? Could you teach pickle ball, lead a hike or a mushroom hunt?

How about offering yard work, babysitting, or access to your secret getaway?

Do you have a cherished item you no longer need? (No garage sale items, please)

Do you have a service you'd like to request? Are you willing to donate a dessert or finger food?

For event ideas, please check out last year's listings from the UU Church of the Palouse:

<https://palouseuu.org/connection/donate/service-auction/service-auction-events/>

For service ideas, check out:

<https://palouseuu.org/connection/donate/service-auction/services-offered/>

We have a fellowship full of talented and generous people. Please donate and/or volunteer to help on the day of the party!

Contact Martha K. or Keri B.

**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.

## WhaleCoast Alaska 2020

Have you ever dreamed of visiting Alaska? If so, **WhaleCoast Alaska 2020** is for you. Four Alaska UU congregations invite you to experience our unique environmental/cultural/spiritual program this summer. See Alaska through the eyes of local UUs, with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, sea lions, etc. Visit

Denali National Park. Experience Native Alaskan culture. Forget the cruise ships—our program is truly the best way to visit Alaska. Tours are led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert.

Find out more about this Alaskan trip of a lifetime by going to: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org) or send an email to [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org) or call 907-322-4966. Discount for groups of eight or more. We would love to share our Alaska with you!

David Frey  
WhaleCoast Alaska Tour Director  
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[dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org)  
907-322-4966



## 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 submissions to Brad at [mcuuf1@gmail.com](mailto:mcuuf1@gmail.com)**