



Mid-Columbia Unitarian
Universalist Fellowship
www.mcuuf.org

MCUUF Weekly eNews for October 14, 2020

Sunday Service

The theme for October: “Emotional Intelligence”

October 18: Service Share with McMinnville UU Fellowship. Professional musician, Unitarian Universalist seminary student, and ministerial candidate Clovice Lewis will be speaking to us. He will discuss the challenges of institutionalized and systemic racism directed towards African Americans. Through a starkly honest and highly personal account, he examines the corrosive effects of white supremacy in all levels of American society. Clovice concludes with heart-based solutions to the moral and spiritual turmoil that has seized our nation.

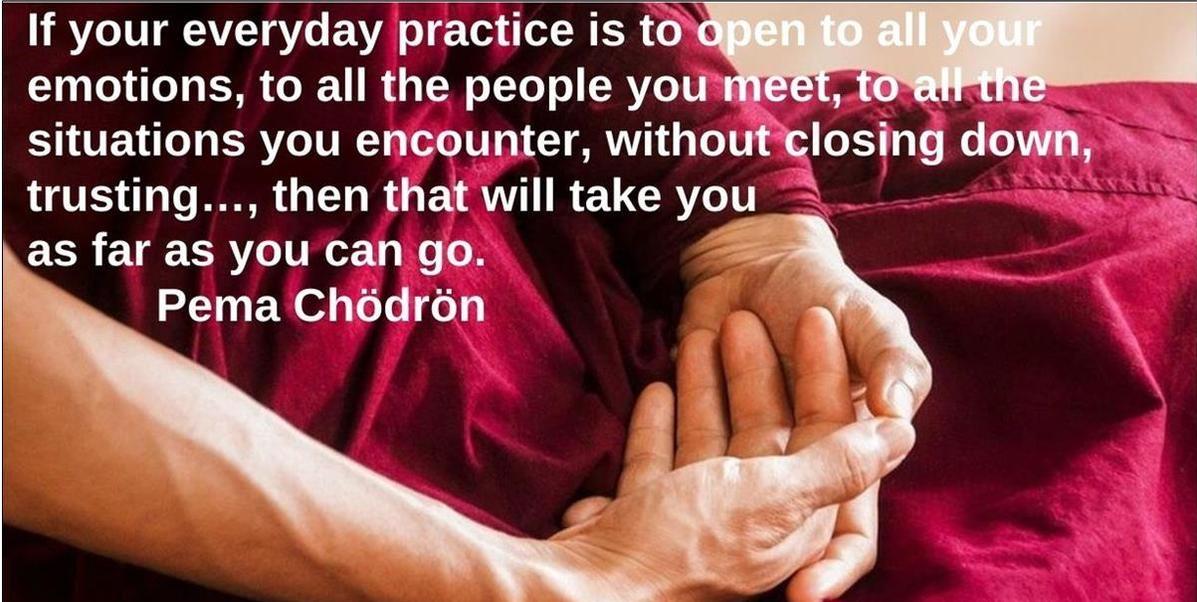
Please note that the service begins at 10:30 a.m., not our usual 10:00 am.

The login link is <https://zoom.us/j/97684509813>.

To join by phone, dial 253 215 8782 and enter the meeting ID 976 8450 9813.

VESPERS SERVICE: Thursdays, 7:30-8:00 p.m.

Come and refresh your spirit in this heart-centered, contemplative worship service. Join by using this link to enter the Zoom sanctuary: [Midweek Vespers](#)
Questions? Contact Rev. Judy at jzimmerman@uuma.org



If your everyday practice is to open to all your emotions, to all the people you meet, to all the situations you encounter, without closing down, trusting..., then that will take you as far as you can go.

Pema Chödrön

Minister's Message

October 14, 2020

When I was grocery shopping recently, I saw a parent's face turn beet red as their preschooler had a meltdown. The child was wailing and inconsolable. I felt badly for this little one, who was at the mercy of their emotions. Teens and adults have times not too far removed from this little one's.

When it seems as though we're no more than a tangled ball of feelings, remembering our first principle is hard: "The inherent worth and dignity of every person. What? I'm not feeling too dignified right now! This part of being human is horrible!" we might say.

Meltdowns come on, no matter what our age, when we're under-resourced. Tired. Tight on time. Stressed. Overdue to eat. Under these circumstances, one seemingly small thing tips the apple cart.

When life's hassles confront us--they cannot be eliminated--we fall back onto habits, as did the child in the grocery store. One gift of our (adult) humanity is being able to willfully modify habits. Somewhere between a stressful event and our response lies a tiny gap, a place where a less habitual response is possible, if we notice and step into that gap. In this place of mystery and miracle, we are no longer gripped by emotion.

Many contemplative spiritual practices cultivate this skill of stepping into the gap. With practice, over time, awareness of that gap increases. The path towards entering it becomes well-worn, even when we're nearing our wits' end and under-resourced.

With all that's swirling about in this nation as we approach the election, and the challenges of just making it through another day, may we mind the gap. Hope lives there.

In love and faith,

Rev. Judy

Religious Exploration

The first MCUUF Religious Exploration meetup will take place on Saturday, October 24, when we'll decorate and carve pumpkins at the Hood River Marina Park shelter picnic area. The shelter is covered, so we can gather rain or shine.

We'll have pumpkins, tracing patterns, and some disposable cutting tools on hand. You're encouraged to bring your own cutting implements.

So that we can honor MCUUF Policy and public health guidelines, we ask that you sign up for one of two sessions: 1:30 to 2:30, or 3:00 to 4:00. We'll show our care for one another by wearing a mask and practicing healthful distancing. Please RSVP to zimmerman@uuma.org



Seeking volunteers for FISH food bank

We need volunteers for our UU service dates at the Hood River FISH Food Bank, November 2, 4, and 6. The Food Bank is having trouble getting volunteers, so we are needed! Some people have asked, "How safe is it to work at FISH?" The Food Bank has taken effective measures to prevent the spread of COVID. The number of volunteers is limited to maintain social distancing, and disposable gloves are provided. The clients stay in their cars and are checked in from their cars, with social distancing. Volunteers say loading bags of packaged dry goods and refrigerated items into carts is "super low risk." If you prefer, you can specifically volunteer to load the bags. We need two volunteers for each of our three service days. If you can serve, please contact Steve C.

Your MCUUF Board proposes expanding Covid-19 relief fund.

The COVID-19 Relief Fund was established by your Board of Trustees during the early days of the pandemic to respond to local needs arising from the COVID-19 virus, and MCUUF members and friends have been very generous with their donations. The fund currently stands at \$2,418, and as previously reported we have donated \$1,300 to the GEM Grocery Card Program, the Oregon Migrant Relief Fund, and the UUA Disaster Relief Fund.

But the wildfires and smoke that have recently devastated our Oregon and Washington communities have made it clear that needs go beyond the effects of the virus. For example, our farmworkers, indigenous neighbors, and other people of color have been disproportionately impacted by all of these disasters.

Therefore, the board is proposing that we expand this fund and rename it the Emergency Relief Fund. This would allow us to respond to a broader range of needs, focusing on our immediate Gorge community but expanding our reach as needed.

If you have any objections to the money you have already donated being used to meet these broader needs, please let one of our board members know as soon as possible. And if you have any suggestions of organizations or programs that should receive some of these funds, please contact any member of our Social Action Committee (Cindy Allen, Trish Leighton, and Aera Atkins). Thanks again for the generosity you have shown in helping our neighbors during this extraordinary time.

In faith,

Your MCUUF Board of Trustees

UU Action – Fire Relief

The fires in Southern Oregon have left many families without homes and clothing. Gorge Ecumenical Ministries (GEM), of which our Rev. Judy is the chair, has partnered with the relief arm of the Quaker church to provide some of the needed items to help our southern neighbors during this critical time. Please go to the GEM website, gorgeem.org/wildfire-relief, to find a list of needed items and drop-off locations. Donations will be accepted through this Thursday afternoon, October 15.

Did you know there are affinity groups within the Unitarian Universalist Association that gather people interested in exploring a theology in greater depth? Here are two to begin. More in the weeks to come:



CUUPS.ORG



Unitarian Universalist Buddhist Fellowship

WINTER HOME

FAMILY NEEDS PLACE TO PARK AND LIVE IN A '79 CHEVY BEAVER MOTOR HOME

\$500/mo or labor trade

Need hook-up to water and power and would like to build pole barn over home

Need reliable Internet for schooling for 11- and 7-year-old daughters

Labor trade

Diligent, hard working builder/plumber/electrician

Experienced in haybale, cobb, brick and mortar, board, plaster and log building

Owens full woodworking shop

Certified airplane mechanic

In-home care/respite

Loyal and kind companion

Reading, puzzles, art, cooking, organic gardening, music, pencil/painting, communication

Both adults are experienced in family, social and economic crisis and learn from every experience.

Contact Twila



**Stay woke.
Work together.
Demand change.**

A peaceful gathering, to remember, to learn and to build the Beloved Community: a society based on justice, equal opportunity, and love for all.

When: Every Tuesday, 5:00-6:00pm

Where: The Salmon Fountain at 2nd and State Street
Downtown Hood River

Including: Remembering – 9 minutes of silence kneeling, sitting or standing
Singing, Sharing and Standing in Solidarity

To show our love for our neighbors, we will wear masks and keep a distance of 6 feet between us

“Injustice anywhere is a threat to justice everywhere.”

-Martin Luther King, Jr.



Hosted by Somos Uno/Building Community Connections
A committee of Gorge Ecumenical Ministries

Mid-Columbia Unitarian Universalist Fellowship

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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