



Mid-Columbia Unitarian
Universalist Fellowship
www.mcuuf.org

MCUUF Weekly eNews for October 21, 2020

Sunday Service

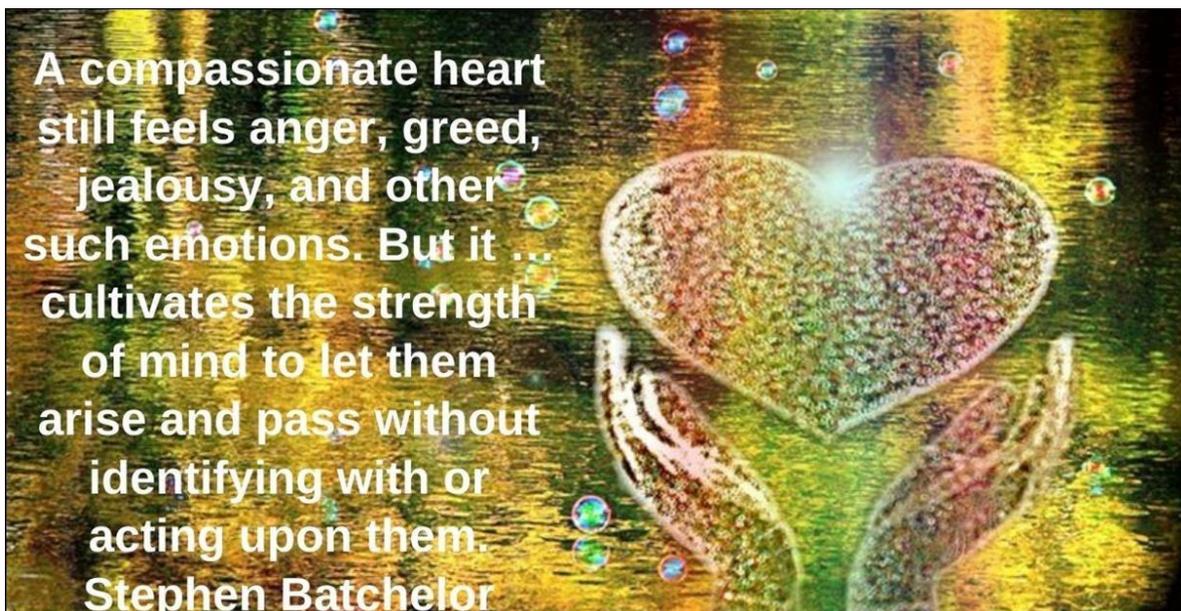
The theme for October: “Emotional Intelligence”

October 25, 2020: “Love and Anger,” Rev. Judy Zimmerman, with Adam P, celebrant. Where do you find yourself on the continuum of anger? Is anger a space you inhabit regularly? Or is it a space from which you flee? When is anger divisive? And how might anger be a bridge to greater connection and wholeness? Questions abound as we explore love, anger, and the role of emotional health in spiritual growth and community.

We will meet for worship in the fellowship’s “Zoom Room.”

Click on <https://zoom.us/j/767376780> to enter the online worship service.

To join by telephone, dial (253) 215-8782 and enter the meeting code 7673766780 followed by the pound sign.



Minister’s Message

October 21, 2020

What would you do if you were given the choice of having just one, small, tasty treat now or two of the same tasty treats several minutes later? What if you promised that you’d be willing to wait for the two treats but were left alone in a room with one of the tasty treats on a plate? Could you hold out and resist temptation?

This scenario describes a classic research study known as “the marshmallow test.” Preschoolers who were able to wait longer before eating the marshmallow showed better academic performance and handled stress and frustration better when they became teenagers. The capacity to control impulses and manage difficult feelings has consistently been shown to predict physical and emotional well-being and healthy relationships even into adulthood. This quality of *self-regulation* is not something we are born with or that requires that our family lives be perfect. Self-regulation can be learned.

Religious community has an important role to play in fostering this skill. Working together toward common goals helps with learning to delay gratification longer. Whether we’re working towards LGBTQ+ rights, to stop housing immigrant detainees in the local NORCOR jail, or to raise money for COVID relief, we’re honing our ability to self-regulate. Our well-being is bound with the liberation of others.

This fellowship is a community where the practice of mindfulness can be learned or sustained. Mindfulness helps us relate to our emotions in new ways as we focus on an emotion itself rather than squelching or changing it. Meditation in its many forms and contemplative prayer skim the surface of the array of spiritual practices that can develop mindfulness. Resuming our meditation group or starting a spiritual practice group of another kind are things we can do. If we have enough interested folks to make a team to guide this effort, we’ll move forward. Let me know.

May our explorations of this month’s theme of Emotional Intelligence bring wholeness and peace.

Yours in faith and love,

Rev. Judy

Want to meet? We can talk on the phone, do a Zoom call, have a socially distanced front-porch chat, or walk. Let’s set a time: jzimmerman@uuma.org 503.970.0564

Memorial Service

Frank See

Saturday, November 7 at 10 a.m.

The service will be held on Zoom

<https://us02web.zoom.us/j/83685251859>

Donations can be made to Thrive Hood River in lieu of flowers

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 jzimmerman@uuma.org by Thursday October 22.**



MCUUF is Hiring a New Religious Exploration Coordinator. MCUUF is seeking someone to work 40 hours per month/10 hours per week to lead our K-12 family religious education program. Applications accepted until the position is filled. If you are interested in applying or know someone who would be, please see the job description at [MidColumbia UU Coordinator RE](#). For more information contact Rev. Judy at jzimmerman@uuma.org

Connection

Are you wondering when we can meet together again?

As you may recall, your MCUUF board decided last spring to continue virtual-only Sunday services at least through the end of this calendar year. However, due to the persistence of the coronavirus and predictions that cases will continue to increase, the board has decided to follow the lead of almost all other UU congregations and—barring unforeseen good news—continue to hold virtual-only services through the end of the church year in June. You may also be wondering about small, in-person gatherings, now that cold weather is coming and the outdoor meetings for which we have developed protocols will no longer be feasible. The board is setting up a task force, under the leadership of Kathy J, to gather information about the process we would need to follow to have safe, indoor small group meetings. If you would like to be involved in this process, or if you have information or ideas you would like to share, please contact Kathy. Meanwhile, let's all enjoy these last few precious days of good weather.

Your MCUUF Board of Trustees (Ray K, president; Cindy A, treasurer; Elaine C, secretary; and Kathy J. and Pat E-B, trustees at large)

I'll take that Dinner! Here's your opportunity to get a home-cooked, delivered dinner! We have three chefs-in-waiting, so the first three people to contact Lori G. will soon be enjoying a yummy dinner. After you contact Lori, she will connect you with a chef to discuss quantity, food restrictions, and schedule the dinner date. After you enjoy the meal, you will make a donation to MCUUF in the amount that you feel the dinner is worth. So contact Lori quickly. This is going to taste SO good!

Social Action



By Cindy Allen

It's a wrap! Our UU the Vote project has ended with 4,700 completed letters! These letters were mailed by October 17, the recommended date of mailing by Vote Forward to underrepresented registered voters in Texas, encouraging them to vote. Vote Forward states that these letters have increased voter participation by 2% to 3%. We are making a difference by living our 5th principle. All people need a voice.

With deep gratitude and many thanks goes out to our 16 letter writers: Bonnie W, Tom K, Heidi V, Pam M, Debbie O, Stacey C, Ray K, Steve C, Chris D, Kori W, John N, Robin A, Aera A, Gail A, Rhiannon G. and Annie M. Besides letter writing, they helped pay for postage along with Lori G, Susan H, David S, and Joan W. And to all of us, please vote!



Peggy N. with her 560 letters.



Cindy A. with the letters written by our UU congregation and friends.

Learning

The following books were recommended following last Sunday's Worship Service that was shared with the McMinnville UU Fellowship. Kathy M. copied them from the chat box to pass on to the UU Book Group, but she believes all MCUUF readers would appreciate knowing about these.

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies, by Resmaa Menakem.

She Persisted: 13 American Women Who Changed the World, by Chelsea Clinton. It is a three-part series.

Audio book: **Tears We Cannot Stop: A Sermon to White America**, by Michael Dyson. It will make you cry but in the crying may you find strength to work on racism and dismantling white supremacy.

How Change Happens: Why Some Social Movements Succeed While Others Don't, by Leslie Crutchfield. (Be sure you get the book written by this author; there are others of the same name.)

Caste, by Isabel Wilkerson.

See No Stranger: A Memoir and Manifesto of Revolutionary Love, by Valerie Kaur

So You Want to Talk About Race, by Ijeoma Oluo.

1619 Project!! A project of The New York Times.

The New Jim Crow by Michelle Alexander

Just Mercy by Bryan Stevenson

Two authors whose works were recommended: Ibram X. Kendi's books, Ta-Nehisi Coates.

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 to put pole barn or cover over home
Need reliable Internet for schooling for 11 year old daughter

Elijah is employed as a professional woodworker. He is a carpenter and certified airplane mechanic
Twila is an individual personal caregiver, providing in-home care/respice
References available on request

Labor trade

Home care, yardwork, childcare, house repair, plumbing, electrical, cooking, gardening and farm animal husbandry

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

Curious about what's happening, when and where? Go to www.mcuuf.org

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To unsubscribe, do the same with the word "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 announcements to Brad at mcuuf1@gmail.com