



Mid-Columbia Unitarian
Universalist Fellowship
www.mcuuf.org

MCUUF Weekly eNews for January 20, 2021

Sunday Service is online at 10:00 a.m.
(see the link below)

**WE WILL BE JOINING WITH THE WY'EST UU FELLOWSHIP IN PORTLAND
FOR A VERY SPECIAL MUSICAL SERVICE THIS SUNDAY.
PLEASE NOTE THAT THE SERVICE STARTS AT **10:30 AM**.**

January 24: “It Takes Practice,” Matt Meyer. Our favorite songs, whoever the artist or whatever the style, were created in a strange alchemy of study and inspiration, of strict practice and of letting go. Spiritual practice is a similar combination of dedication, “muscle memory,” and perhaps a little divine inspiration. Join us for a musical exploration of learning to risk, building the muscle memory of courage and the spiritual practice of relationship when things around us are changing fast. Matt is a musician and worship leader who has led hundreds of services for UU congregations across the country. He has a degree in hand drumming and serves as director of community fife for Sanctuary Boston.

[Click Here to link to the Zoom Service](#)

Meeting ID: 275 194 110

Phone In: (669) 900-6833 and enter the meeting code 767376780
followed by the pound sign.



 UUA.ORG/IMAGES

Minister's Message

As the inauguration approaches this week, I'm wanting to revel in the celebration. This is a day we've long been waiting for, but I am not yet at the point where I can yield to tides of elation. It feels as though grey clouds linger overhead, ready to unleash a torrent of rain.

We've been through a lot these last four years. Federal policies and the president's behavior have repudiated the values of inclusion, compassion, and democracy that are central to Unitarian Universalism. These policies and actions had a mean-spiritedness not witnessed in our lifetimes. The

insurrection at the Capitol was sour icing on a bitter cake. Under these circumstances, giving in to gladness is like going out into a rainstorm without an umbrella.

When unrest did not materialize at state capitols across the nation on Sunday the 17th, I felt the tug to give in to positivity once more. Perhaps Henri Nouwen was right when he said, “We easily lose sight of our joys and speak of our sorrows as the only reality there is.” One thing Unitarian Universalism has taught me is to be skeptical, even of my doubts and discouragement.

Rev. Dr. Martin Luther King Jr., whose legacy we remembered this week, told us that the principle of love lies at the center of social change. This love isn’t gooey or sentimental. This love is fierce and meets violence head on, if it comes from our deepest selves and spiritual core; and if it can be practiced with intensity. That’s a spiritual challenge, as it’s easier to vilify those who put democracy at risk than to think of ways we can love.

For love to be that transformative force, we must be open to it. Mistaking the dark clouds for the only reality there is closes us off to the power of love. Nouwen also said, “When we fully realize that the cup of life is not only a cup of sorrow but also a cup of joy, we will be able to drink (from) it.” Within sorrow and doubt lies joy. Building a world of justice, equity, and compassion as our UU principles call us to do requires much of us. Joy sustains us in this work. Let’s toast a cup of joy on this Inauguration Day.

In faith,

Rev. Judy



Religious Exploration, by Sullivan Mackintosh, Coordinator of RE:

How is your brain doing?

Earlier in the month, in the Time for All Ages, I shared about how our brains can literally be shaped by our thoughts, as different synapses strengthen different parts of the brain. If you missed it or want a recap, you can check out this 10-minute video I made, and feel free to pass it along to friends of all ages: https://www.youtube.com/watch?v=jboVj-L17ZQ&ab_channel=SullivanMackintosh

No matter your age, I’d love to hear from you: What positive phrases are you trying out? How do you feel after practicing positive self-talk? What other tools do you try when you’re frustrated or disappointed? How are your New Year’s resolutions going? What will you try next? Feel free to email me.

What’s up this week?

Monday was Martin Luther King Jr. Day, and I’m feeling especially connected to his work this week as we celebrate the inauguration of President Joe Biden! Fighting for voting rights is an ongoing movement. While we look back and honor Martin Luther King’s powerful leadership, we can continue

his legacy by recognizing people today who are still working hard to make a difference for voting access.

I'm celebrating Stacey Abrams of Georgia and the many helpers who made sure that black voters in that state got registered and knew how to cast their votes safely, both in the general election for president and in the Senate run-offs. More people voted than ever before, and every vote made a difference!

Martin Luther King said: *"I am not interested in power for power's sake, but I'm interested in power that is moral, that is right and that is good."* Sometimes people use their power to harm others, but many people, like Martin Luther King and Stacey Abrams, use their power for love and justice, even when they encounter enormous challenges.

What kind of powers do you have? How will you use them? Anything that is a talent, skill, or passion can be your power. So can simple actions. Remember that you can make small but important differences every day by using your power for good. And you can create bigger change when working with a group, contributing your power to help make a difference with an organization or a community event.

Side with Love is one great UU organization to check out, and its "Thirty Days of Love" event started this Sunday. It's a great way to honor Martin Luther King throughout the month and connect with your UU faith outside of our Sunday Zoom services. Check it out here:

<https://sidewithlove.org/thirty-days-of-love>



Share-the-Plate News

A heartfelt thanks to all who contributed to the plate in December. We were able to give \$291.33 to the Hood River Shelter Services!

Our Share-the-Plate recipient for January is Washington Gorge Action Programs (WAGAP). Its mission is "Strengthening community by inspiring hope and helping people help themselves." WAGAP is a multipurpose human service organization with programs like nutrition assistance, emergency housing, domestic violence prevention, care coordination, and home energy assistance. Several of our MCUUF members are involved with WAGAP.

The Six Rivers Dispute Resolution Center is facilitating an all-community Zoom discussion at 5:30 p.m. this tomorrow, the 21st, to provide an opportunity for people throughout our Mid-Columbia region to share concerns about social unrest and to share thoughts about fostering

