

# SCUUF



## South Coast Unitarian Universalist Press

South Coast Unitarian Universalist Fellowship, PO Box 3242, Coos Bay OR 97420

### February 2020 Issue

(Deadline for material for the March 2020 issue: February 19, 2020)

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**SCUUF Programs and Activities for February - All programs will be held Sundays at 10:00 am at the Dolphin Theater.**

### February Theme: Resilience

**Feb 2.** Rev. Ruth Miller. *What's it mean to Be a UU?* - a prelude to membership in SCUUF. The Unitarian Universalists have a long history and have been part of many important historical processes. Rev. Ruth Miller will explain the beginnings of our spiritual heritage, tell us about some famous folks who've been part of the movement, and describe how Unitarian Universalism emerged in this country. Mark Stueve will join her and share some of the history of this fellowship, then lead the process by which those who choose to become members will do so.

**Feb 09.** Robert Mahaffy. *An infidel looks at the Koran.* An examination of the similarities and differences with the other Abrahamic religions.

**Feb 16.** Sarita Southgate. *Exploring Anger.* ANGER, we have all experienced it. We all know how it feels, and sometimes even know what triggers it. But anger has many sides and many secrets. These will be explored both in ourselves and in other cultures and belief systems. Understanding anger, a normal

emotion, and its roles in our lives can lead to new self and societal awareness.

**Feb 23.** Jessica Lloyd Rogers. *ACES To Graces: Building Resiliency At Any Stage In Life.* Science has repeatedly shown that Adverse Child Experiences have lifelong negative effects. Fortunately, that same science has shown that while we can't reverse the effects, we have the power to mitigate the impacts. Best of all, we can begin taking these actions at any age.

### Meetings

- **Board meeting.** Monday, February 10, 7:00 pm at Coos Bay Library Cedar Room.

### Announcements

#### Winter Workshop: UU-101

Please join us for a workshop exploring the fundamentals of Unitarian-Universalism and our South Coast Fellowship. We call the workshop "UU-101." This workshop will run for 6 Fridays in February and March.

UU-101 provides important tools to help our Fellowship better orient and integrate members into our community. The program addresses the needs of newcomers and members who want to know more about who we are and what we believe. It provides opportunities for us to share with each other what it means to be a Unitarian Universalist. It will give us a

chance to examine our own personal stories in the light of the Unitarian Universalist tradition and heritage. It provides a chance for our congregation's new members, friends, and long-timers to connect. The program provides an explicit invitation to become a member to those that haven't yet joined.

Dates: 6 Fridays from February 7 to March 13

Time: TBD, probably late afternoon

Location: TBD, depending on interest level.

If you are interested, please join the first Fellowship Dialog on January 19, following the regular Sunday program. At that time, the attending group will help decide on location and time.

If you are not able to make that meeting or have further questions, contact Mark Stueve at [stueve97420@gmail.com](mailto:stueve97420@gmail.com) or text to 541.404.8379. Feel free to check out the curriculum ahead of time. We will be using the UUA Tapestry of Faith-\*The New UU\* curriculum at <https://www.uua.org/re/tapestry/adults/newuu>.

**Support the SCUUF Virtual Thrift Store.** If you can contribute merchandise (clean, intact, functioning), or recycled bubble wrap and air pillows, please contact Asiale Crumley by email ([asialeecrumley@gmail.com](mailto:asialeecrumley@gmail.com)) or telephone (541-888-4349). Unfortunately, Asiale cannot accept packing peanuts or other styrofoam.

**Wild Coast Unitarian Universalist Pagans meeting.** We meet on the first Friday of each month. Gather at 6pm for a pot luck followed by an

energy healing circle. If it is not raining, we will have a campfire, so please dress warmly and bring a chair if possible (we have several). Call Suzann if you need directions or more information 551-206-9830. Everyone is invited. \*Suzann Panek Robins <<http://www.SuzannRobins.com>>\*

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