

# SCUUF

**South Coast Unitarian Universalist Press**



**August 2018 Issue**

*(Deadline for material for the September 2018 issue: August 22, 2018)*

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

## **August Theme: Resilience**

**Aug 05** Dr. Ruth Miller. *Resilience: the Key to Thriving*. Before becoming a minister, Dr. Miller studied and practiced the systems sciences, within which a basic principle, called resilience, explains when and how a system thrives. She also studied ecology, and it turns out there is a similar theory in that field. In her program today, she'll share the theories and how they apply to our world – and actions – today.

**Aug 12** Georgia Martin. *Mindfulness and Nature*. We will take a journey so you will be able to use all your senses to appreciate nature and thereby improve the resilience of your life.

**Aug 19** Jessica Lloyd-Rogers. *Resiliency – Getting Back to Who You Are – Only Better*. When gifts come from the bad things and leave you recovered, renewed and living with Post Traumatic Growth

**Aug 26** Oregon Community Rights Organization. *The Power Imbalance between Oregon Communities and Industry*. A look at the power of corporations to nullify local law making and how

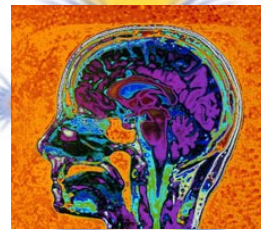
communities can adopt a municipal “bill of rights”

## **Upcoming Meetings**

**August 4, 2-4 pm, Evergreen Court**

South Coast Unitarian Universalist Fellowship presents...

### **The Brain-Mind-Spirit Connection**



with  
**Ruth L Miller, Ph.D.**

*Who we are* and what we experience is a complex mental and spiritual process. Dr. Miller shares the most recent research on brain function, models of mind, and understandings of spirit to help us see how our thoughts, feelings, beliefs, and experiences are formed and how our lives and spiritual journey can be changed.

**Saturday, August 4, 2-4pm**  
Evergreen Court, Baycrest Village, off Yew St in N Bend

Dr. Ruth L. Miller has a long history of studying consciousness in individuals and the culture. With degrees in systems and cybernetics, as well as environmental studies and anthropology, and training as a New Thought metaphysical minister, she is the author of several books on the subject and lectures around the county. She currently serves as minister, South Coast Unitarian Universalist Fellowship in Coos Bay.

[www.ruthmillerphd.com](http://www.ruthmillerphd.com)

[www.oregonsouthcoastuu.org](http://www.oregonsouthcoastuu.org)

**Aug 5** – Program Planning meeting at the Dolphin Theater, about noon, following the Dialogue Circle.

**August 22** – SCUUF Board Meeting, 7:00 pm,  
Cedar Room, Coos Bay Library

## Other Notices

SCUUF has chosen GOTV, Get Out The Vote as it's Social Action focus for this year. A representative from the League of Women Voters will be our speaker on September 9th. Check out the next SCUUP for more Information about this important topic! -Sarita Southgate

**Questions about our UU Fellowship?**  
**Considering joining our fellowship?** Touch base with our president, Kathy Maxham, during Sunday coffee hour, or give her a call at [\(978\) 400-8990!](tel:9784008990)

### HERE TO SERVE: THE SCUUF BOARD OF DIRECTORS for 2018-2019

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### SCUUF CARE COMMITTEE

The following comprise The SCUUF Care Committee  
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