

SCUUF



South Coast Unitarian Universalist Press

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

April 2020 Issue

(Deadline for material for the May 2020 issue: April 22, 2020)

Allen M. Solomon, Editor
541/808-0877
allen.m.solomon@gmail.com

SCUUF Programs and Activities for

April – Until further notice, all programs will be held **on-line** Sundays at 10:00 am. Jessica Lloyd-Rogers emailed the ZOOM Conference numbers to everyone on our email list with the list of recurring dates. The same link should work for every meeting. However, Jessica will be sending out a weekly email reminder with the link for your convenience. The link to the meeting also can be found on the SCUUF website under *Upcoming Services*. If you need help to join the service, call Jessica at 541-294-2899, starting as early at 9:30 am every Sunday.

April Theme: Liberation

April 5. Jessica L. Lloyd-Rogers. *Change, Transition, and Transformation*. Change and Transitions are difficult for nearly everyone. Especially if the change and transitions have been forced upon us by outside circumstances. When we learn how to let those experiences transform us, we experience liberation from the world as it was to a new way of being in the world. Together, we will explore some questions that will lead us from change to transformation and liberation.

April 12 (Easter). Mark Stueve. *How Jesus Became God*. How Jesus Became God explores the exaltation

of an itinerant Jewish preacher from a small village in Galilea. Based on the work of Bart Ehrman.

April 19. (Earth Day). Robin McCreery. *The Young Liberators of the Earth*. There is a rainbow tribe of young activists rising up to save to planet. We will hear the stories of Autumn Peltier, Mari Cooeny, Greta Thunberg and others who have educated and mobilized millions of people into action.

April 26. Edwin DeLong. *Discovering Ancient Religions*. We will explore the ancient wisdom handed down from our ancestors for thousands of years.

President's Notes:

Thanks to all my fellow UUs and friends who have stepped up to the challenge of turning on a dime and holding our services at home via *Zoom*. We have had a large crowd at each of our Virtual Sundays at Home. We are still working out some of the kinks, but that is to be expected. We will, because we are clever and adaptable people. We have also begun a YouTube channel for South Coast Unitarian Universalist Fellowship. We will be posting our services there and also on our Web page and Facebook page.

SCUUF Changes

On a sad note, we have another change for our

Fellowship. Dr. Ruth Miller has resigned as our pastor. Her daughter in Georgia works in a hospital and is pushed to the brink during this crisis. Ruth has been called to assist with her grandchildren who are at home as schools have been closed. We will miss her input, guidance, and monthly talks.

Save the Date

The date for the Annual Meeting has been set by the SCUUF board. The meeting will be held on Sunday, May 3, 2020 after the service. At this time it will likely be held via *Zoom*, which will save us having to decide on a place.

Nominating Committee for 2020 Officers.

Thank you to Jean Adamson, Kathy Maxham, and Dr. Linda Smith for agreeing to serve on this year's SCUUF Nominating Committee. The Nominating Committee is preparing a slate of candidates for election as Officers and Directors. The election will be held at the Annual Meeting and the new slate of Officers and Directors will take office on July 1. If you have suggestions for new officers, please contact a committee member. The list of current officers is displayed at the end of this SCUUF.

Bylaws Update

We are required under our bylaws to notify the Fellowship at least 30 days before any changes are slated to occur. On January 1, 2020 several statutory changes to ORS 65, the statute governing nonprofits went into effect. Our bylaws must be revised to incorporate those changes. We will also take the opportunity to update bylaws. The intent is to have the revised bylaws available for review and presented at the annual meeting for a vote.

Stay Safe

We are operating under a 'new normal'. While some hopeful folks want to believe this pandemic will only last a few weeks, health experts are predicting a far longer haul. So far, Covid-19 has proven most dangerous for those over age 60, particularly if they have any underlying health conditions that may suppress their immunity. The only way to slow the pandemic is to slow the spreading of the virus. This is complicated when those who carry the virus think they are safe because they have no symptoms. Please, know that

you might look and feel fine, and you still may be spreading the virus to those it will surely harm.

Practice social distancing. Although, it should really be called physical distancing, because in some ways the social interaction between folks has increased via social media, video chats, etc.

Follow the safety protocols: wash your hands frequently; cough/sneeze into your elbow or into a tissue which you then safely discard. And keep your distance.

It might be difficult, seemingly impossible, at times. But we are hearty folks. We care about the people in our community and we care about each other. And, I believe, we will all do our best to keep each other safe.

I close with a wish for both blessings and great fortitude.

as ever, Onward,

Jessica L. Lloyd-Rogers

President, SCUUF

Announcements

A Note From the Doctor....

Doing what we can to protect ourselves and others requires these 4 steps that we have heard repeatedly, and yet, we still see them violated all the time (especially sad when public officials are seen on TV shaking hands in large groups or licking their thumb to turn a page....)

1. Avoid close physical contact -

- Put distance between yourself and other people. What exactly does social distancing mean? Well, for starters, stay at home as much as possible, going out only for critical needs like groceries and medicines, or to exercise and enjoy the outdoors in wide open spaces. When encountering someone outside of your immediate household, remain at least 6 feet apart. For every confirmed case of COVID-19, there are likely another five to 10 people with undetected infections. Estimated 88% of infections in China were from people without symptoms.

2. Clean your hands often

- Wash your hands with soap and water for at least 20 seconds (Happy Birthday sung twice or washing songs suggested below to find your faves)

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth.

3. Cover coughs and sneezes. Immediately wash your hands. Wear a facemask if you are sick

4. Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface. Options include:

- Diluting your household bleach. Never mix household bleach with ammonia or any other cleanser. To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.

- Alcohol solutions. Ensure solution has at least 70% alcohol.

- Other common EPA-registered household disinfectants.

Linda M. Smith, MD

Support the SCUUF Virtual Thrift Store. If you can contribute merchandise (clean, intact, functioning), or recycled bubble wrap and air pillows, please contact Asialee Crumley by email (asialeecrumley@gmail.com) or telephone (541-

SCUUF CARE COMMITTEE

Asialee Crumley 541-888-4349

asialeecrumley@gmail.com

Barbara Miles 541-751-0082

bmiles14@charter.net

Suzanne Robins Stroup 1-551-206-9830

suzannrobins@gmail.com

888-4349). Unfortunately, Asialee cannot accept packing peanuts or other styrofoam.

Odd Bits 'n Pieces

DIY Hand Sanitizer

Ingredients for 4 oz

1. 5-10 drops lavender essential oil
2. 3 drops tea tree essential oil
3. 3 oz rubbing alcohol, or high-proof vodka
4. 1 ounce pure aloe vera gel
5. ¼ teaspoon **Vitamin E oil** (helps soften hands!)

Instructions

1. Add essential oils and Vitamin E oil to a small glass bowl or container and swirl to mix.
2. Add alcohol to the oils and swirl again.
3. Combine this mixture with aloe vera gel
4. Shake gently before each use. *(Sanitizer should last several months with the addition of Vitamin E and alcohol to help preserve.)*
5. Transfer hand sanitizer to small, clean squirt bottles. Also, use colored bottles so the essential oils in the recipe are not exposed to light. Finally, this recipe is perfect for throwing into a purse or a backpack!

UNSUBSCRIBE

If you no longer wish to receive the SCUUP, please let us know by contacting Jean at 541-808-0877 or j5adamson@gmail.com

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

Jessica Lloyd-Rogers, President,

jessica.lloyd.rogers@gmail.com

Barbara Taylor, Secretary, bltaylor27@gmail.com

Jean Adamson, Treasurer. J5adamson@gmail.com

Robin McCreery, Director. rdtlhwk@gmail.com

Mark Stueve, Director, mstueve@socc.edu

Thanks to the eagle eye of Marty Giles:



Pick a Song to Sing While You Wash!



To the tune of Come Sing a Song with Me:

Come wash your hands with me,
Come wash your hands with me,
Come wash your hands with me,
That we might have peace of mind!
And I'll bring you soap
When soap is hard to find,
And I'll sing this song with you
As we help protect humankind!

To the tune of Come, Come Whoever You Are:

Scrub! Scrub! Whoever you are,
Wanderer, Worshipper,
Lover of cleaning,
Washing the germs off is easy to do
Scrub, yet again, scrub! *(repeat)*

To the tune of My Life Flows on in Endless Song:

The sink flows on in endless song
Above the hands I'm scrubbing
I hear the sound of soap dispensed
Between my fingers rubbing
No germ can shake my inmost calm
While soapy water's sloshing,
Until my hands are nice and clean
How can I keep from washing?

To the tune of 'Tis a Gift to Be Simple:

'Tis a gift to be healthy 'tis a gift to be clean
'Tis a gift to practice proper hand hygiene
So scrub your hands with soap
Longer than you think
And use paper towels
When you turn off the sink! *(repeat)*

Song credits: Rev. Julia Hamilton, Stacey Stone, & Claire Weichselbaum