

# SCUUF

**South Coast Unitarian Universalist Press**



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

## October 2020 Issue

*(Deadline for material for the November 2020 issue: October 27, 2020)*

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### SCUUF Programs and Activities for

**October** – Until further notice, all programs will be held **on-line** Sundays at 10:00 am. Jessica Lloyd-Rogers emails 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.

#### **Theme: DEEP LISTENING**

**4 October.** *Vote Love Defeat Hate.* UUA President Susan Frederick-Gray, the UU the Vote team, and a lineup of powerful, prophetic UU voices. In the midst of global pandemic, rising authoritarianism, and uprising, lives hang in the balance and the future of democracy is on the line. In response, UU's are answering the call of our faith, building powerful partnerships to mobilize our communities to #VoteLove and #DefeatHate in the 2020 elections. We explore the intersections of faith, justice, and democracy in this collective virtual service.

**11 October.** *The Wisdom You Are Already LIVING – THE BODY'S INTELLIGENCE.* Melinda Levine. An introduction to yoga, yoga therapy, exploring what yoga is and how to approach a yoga class online that is safe and appropriate for your body.

**18 October.** *Deep Listening Across Cultures.* Dr. Ruth Miller. What does it take to really hear someone? What does it take to really hear ourselves – our inner wisdom that's available to us all, if we could slow down enough to hear it...and if we do hear it, what then? Dr. Miller's research has found that while Western culture keeps our minds distracted with surface thoughts and issues, other cultures train their children to still their minds and...listen. In this talk she will explore: what do they hear? What could we learn from them?

**25 October.** *Listening to Self, Listening to the Other.* Charlotte Hutt.

*Provided by Kay Kerriden, Program Committee Chair*

### Meetings

**Program Planning Committee.** The Program Committee meets on-line following the Fellowship service on the second Sunday in each month.

**SCUUF Board of Directors.** The Board of Directors meet via Zoom monthly on the second Monday.

**September 14, 2020, Zoom Meeting**

Barbara Miles resigned as Secretary to attend to her daughter who arrived for a lengthy visit, and for health issues. She will remain the SCUUF Care Committee chair. Melinda Levine agreed to take up the duties of SCUUP secretary. No other information about the meeting was provided.

**SCUUF CARE COMMITTEE**

Barbara Miles 541-751-0082

[bmiles14@charter.net](mailto:bmiles14@charter.net)

**HERE TO SERVE: THE SCUUF BOARD OF DIRECTORS for 2020-2021**

Jessica Lloyd-Rogers, President,

[jessica.lloyd.rogers@gmail.com](mailto:jessica.lloyd.rogers@gmail.com)

Melinda Levine, Secretary,

[melindaleevine@gmail.com](mailto:melindaleevine@gmail.com)

Jean Adamson, Treasurer,

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