

SCUUF

South Coast Unitarian Universalist Press



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

November 2020 Issue

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

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SCUUF Programs and Activities for November

– 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: HEALING

1 November. *Right Now I Believe....* Mark Stueve and Edith Mayfield. Join us as two members/friends present their personal spiritual beliefs in this series. By sharing and supporting each other, we all grow.

8 November. *Steps to Healing.* Suzann Robins. "Different programs are available to heal personal traumas. One that has helped me is known as Twelve Steps. What healing methods have you tried? Have you specifically worked a program in the past and/or do you have a plan for the future? A program can be as simple as finding a meaningful poem or uplifting song or

piece of music. Hearing others' voices has always been an inspiration for me." Suzann Robins will share part of her journey and then open the zoom room to hear from others.

15 November. *Healing and Wholeness.* Dr. Ruth Miller. They come from the same root word implying far more than simply the elimination of distressing symptoms. In this talk, Dr. Miller will draw on the research behind her books *Calm Healing* and *The Science of Mental Healing* to explore: what is healing, really? And what are the implications for our healing practices and the meaning of "health care"? Hymn 100 I've Got Peace Like A River (from the list on the SCUUF computer) Reading 695 Lead me from death to life.

22 November. *Feelings and Healing.* Georgia Martin. Georgia will share her thoughts and expertise about how feelings and healing are connected.

29 November. *Ayurvedic Routine: How It Promotes Health.* Melinda Levine. Melinda will go over the daily routine of the Ayurvedic lifestyle. Included will be basic morning routine and how it sisters with yoga and why the routine benefits your body. She will also touch upon the dosha.

Theme: Healing
Some Resources for Personal Exploration
& Reflection from Soul Matters Small
Group packet for November, 2020

Word Roots & Definitions

From the Old English word 'hale,' meaning 'wholeness, being whole, sound or well.' In English, the words *heal* and *whole* have a common origin (stemming from Proto-Germanic **hailaz*), along with the verb *hail* "greet". The Croatian adjective *cio* (*cijeli* in its definite form) "whole" is the root of *iscijeliti* "to heal" (also the dated *cjelovati* "to kiss", from *cjelov* "kiss", which comes from the belief that kissing has healing properties).

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"Wounding and healing are not opposites. They're part of the same thing. It is our wounds that enable us to be compassionate with the wounds of others. It is our limitations that make us kind to the limitations of other people. It is our loneliness that helps us to find other people or to even know they're alone with an illness. I think I have served people perfectly with parts of myself I used to be ashamed of." [Dr. Rachel Naomi Remen](#)

[Remen](#)
"In this culture, we do avoidance of pain really, really well. Part of the reason for this is that when we feel pain, we think it is our pain. Or even that we are the pain and the pain is us." [Rev. Karen Johnston](#)

"Rarely, if ever, are any of us healed in isolation. Healing is an act of communion."
bell hooks

"We think that the point is to pass the test or overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy." [Pema Chödrön](#)

"It is no measure of health to be profoundly adjusted to a sick society." Jiddu Krishnamurti

"Then it hits me. Maybe we're the pieces, What? Maybe that's it. With what you were talking about before. The world being broken. Maybe it isn't that we're supposed to find the pieces and put them back together. Maybe we're the pieces. Maybe, what we're supposed to do is come together. That's how we stop the breaking."
David Levithan

Programs and Resources for Personal Exploration and Reflection Provided by Kay Kerriden, Program Committee Chair

Meetings

Program Planning Committee. The Program Committee meets via Zoom 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 in each month.

SCUUF Volunteers

SCUUF CARE COMMITTEE

Currently vacant

**THE SCUUF BOARD OF DIRECTORS
for 2020-2021**

Jessica Lloyd-Rogers, President,
jessica.lloyd.rogers@gmail.com

Melinda Levine, Secretary,
melindaleevine@gmail.com

Jean Adamson, Treasurer,
J5adamson@gmail.com

Robin McCreery, Director, rdtlhwk@gmail.com
Kathy Maxham, Director, kmaxham@gmail.com

Announcements

Survey Results

In September we surveyed SCUUF members to engage volunteers and to take the temperature of our members to assist the board in planning future directions. Here are the results for the future direction questions:

Should we remain a lay-led ministry or should we seek a minister?

We should remain completely lay-led with occasional guest speakers – 28.6%

We should look to hire a minister for ¼ time- 28.6%

We should look to hire a minister for 1/2 time- 14.3%

We should look to hire a minister for ¾ time -0%

We should look to hire a full-time minister -0%

Written responses:

- Continue lay-led through the pandemic
- I am attracted to the lay-led community-led ministry, it brings equal opportunity to the entire community without solid direction and remains fluid.
- I'm too new a member to know
- I don't know about cost. I can't give more but I'd like a minister ¼ time
- Raise money for more ministry. I think 1/8th to ¼ minister if it's the right person, but with our budget, it may not be our highest priority. Programming should bring in ministers whenever possible (very hard to find) and other EXCELLENT speakers.

What long-term (after Covid-19 dangers have passed) plans should we make for moving the Fellowship? Please choose all that apply.

- We should stay virtual as our group has grown and we all remain safe – 27.3%
- We should meet in person at the Dolphin Theater and continue virtual services) – 63.6%
- We should plan a Relocation Campaign and actively look for a place to rent /lease. -45.5%
- We should plan a Capitol Campaign and actively look for land to build on or a building to buy. - 13.6%

Written Responses:

- We should continue virtual even when meeting in person, if feasible
- I am only able to attend if it remains virtual.
- I think the second choice means providing a virtual option once we are back to the Dolphin Theater. I support the 'double' option.
- Maintaining a building of our own sounds like a Huge undertaking!
- Form Relocation Committee to CONSIDER options. We can't afford what we want. We should figure out what in this community we could afford. It would be great to have a place of our own, but not many contribute regularly to our finances enough to make this a reality.
- Either Relocate or Look for a Building if there is strong support & involvement of the congregation.

In addition to folks expressing interest in volunteering in a multitude of capacities, the survey also gathered pledge information from nearly 14% of the responses.

Those who volunteered for a task or a committee have been contacted. More follow-up will come.

The Survey was sent to our UU mailing list (93 people). We received 24 responses, a return rate of 25.81%. I've been informed that this is a marvelous return rate for a survey such as this. Thank you to everyone who took the time to fill out the survey.

-Jessica

Support the SCUUF Virtual Thrift Store. If you can contribute merchandise (clean, intact, functioning), please contact Asiale Crumley by email (asiale.crumley@gmail.com) or telephone (541-888-4349).

UNSUBSCRIBE

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

Widening the Circle of Concern

Facilitated Study Group beginning Tuesday, November 10, 2020 for 11 weeks of 90-minute sessions. 6:30-8pm

Earlier this year, the UUA Commission on Institutional Change (COIC) issued their report, "Widening the Circle of Concern, a roadmap for change." UUA President, Rev. Dr. Susan Frederick-Gray has said "This report is critically important for all Unitarian Universalists."

This pandemic has only highlighted the need for transformation. Now is the time for us to move forward for change.

Following the pandemic, the Commissioners write, "This crisis has revealed the disparities that exist at all levels for the well-being for Black people, Indigenous people, and other people of color as well as for LGBTQ individuals, people living with limited economic means, and people living with disabilities. Addressing them within our faith becomes more important, not less."

We will be using a Study/Action Guide to frame our discussions and learning. The guide also

provides helpful hints on how we can actively participate in transformative liberation.

The report is available as a book (<https://www.uuabookstore.org/Widening-the-Circle-of-Concern-P18686.aspx>), e-book (<https://www.uuabookstore.org/Widening-the-Circle-of-Concern-P18686.aspx>), or for free on uua.org.

This group is open to the entire Fellowship and friends. If you wish to participate, please send an email to jessica.lloyd.rogers@gmail.com.

Leaving a Legacy.

Thank you for your continued support of the South Coast Unitarian Universalist Fellowship. Did you know that you can still support the Fellowship after you are gone? Please consider leaving a gift for the Fellowship in your will. Even if you wish your gift to remain anonymous, please let us know about your gift. Thank you.

-Jessica



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