

SCUUF

South Coast Unitarian Universalist Press



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

December 2020 Issue

(Deadline for material for the January 2021 issue: December 28, 2020)

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SCUUF Programs and Activities for

December – 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: STILLNESS

6 December *Exploring How to Sit*. Robin McCreery and Charlotte Hutt. Charlotte and Robin will be presenting *Thich Nhat Han's* book, *How to Sit*. Make sure you have a comfortable place to bring your focus to “just” sitting.

13 December *Silent Listening*. Sarita Southgate. We listen in many ways; for example, to background music, to one person when others are also speaking, to sounds of nature. And we silently listen to our thoughts and inner conversations, which is what we will explore during this presentation.

20 December *Solstice Celebration*. Suzanne Robins and Others. This program reflects one of the most important sources of our faith: “Spiritual teaching of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with rhythms of nature.”

27 December *Covid 19*. Jim Martin, MD. Join us to hear the latest findings, precautions and healing from this virus. Jim is a member of our fellowship and has offered to share the expertise he has gathered about the pandemic and the disease implications from his medical perspective.

Provided by Kay Kerriden, Program Chair

Meetings

SCUUF Board of Directors

The Board of Directors normally meets on-line at 7 PM the second Monday of the month (here, 14 December). Check with Jessica to determine the Zoom address.

November 19 Meeting

Revisited the requests for in-person Sunday services and agree to continue UUA recommendations to remain on-line only

Noted our hymnals are rapidly disappearing by well-meaning borrowers. The board decided to request a full value (\$34) deposit before loaning hymnals.

SCUUF Program Planning Committee

The Program Planning Committee meets on-line after the second service of the month (here, 13 December).

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

SCUUF Care Committee

The SCUUF Care Committee is in hiatus for lack of volunteer members.

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 2020-2021

Jessica Lloyd-Rogers, President,
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Melinda Levine, Secretary,
melindaleeevine@gmail.com

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