

SCUUF

South Coast Unitarian Universalist Press



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

May 2021 Issue

(Deadline for material for the June 2021 issue: May 27, 2021)

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SCUUF Programs and Activities

for May – 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.

May Theme: **Story**

- The practice of living by narratives of our own making
- The practice of reclaiming memory and re-memorizing ourselves

2 May. *World Laughter Day.* Carl Siminow. Carl Siminow, a long-time member of our fellowship is a man of many talents. You may not know that one of Carl's "gigs" is performing stand-up comedy on cruise ships. Carl has never performed his routines on Zoom, but is willing to share his love of laughter with us this way. Carl

will next perform "live" on a Mississippi River cruise in August, his first "post-pandemic."

Also on 2 May. *An Introduction to "What's Your Sentence?"* Suzann Robins. Suzann will introduce us to an exercise in distilling the essence of our life's stories down to one sentence, which we will share together for our May 16, program. See additional information in the May 16, Program description.

9 May. *Our Story, Our Life.* Dr. Ruth Miller. It's Mother's Day, the day that a woman during the Civil War persuaded the Congress to create so that the mothers who were holding things together while their sons and husbands were off fighting could be recognized. What a story that is! Since then it's evolved into an opportunity for young children to recognize how much their mother does for them, and for adult children to try to remember that they have a mother who would like to be remembered – which is a whole new set of stories. In today's program, Rev. Dr. Ruth Miller will help us understand the role of story in our life and invite us to share a favorite story about our mothers.

16 May. *Story.* SCUUF Congregation (see description above: **Also on 2 May**). Author and motivational expert, Daniel Pink, advocates distilling the essence of your life's story down to

one single sentence. It's a focusing device that connects people to clearer purpose. Pink describes the exercise at: <https://youtu.be/gw2xSdp4b0c>. Bring your newly created "sentence" to worship and share how the creation of your sentence helped you see or embrace something new about your story. (or just listen....always your choice).

23 May. *Do Your Stories Serve You?* Aurora Miller. We all tell ourselves stories, every day. It's part of how we make sense of the world around us and within us. But sometimes, the stories we tell ourselves do more harm than good. In this talk Aurora J. Miller will speak on the nature of inner narratives, and offer some tools we can use to identify our stories and adjust them if warranted. Aurora J. Miller is a writer, speaker, and Stress Management Coach. She uses her certification in Interpersonal Neurobiology to help people understand what is going on within and around them so they can live the empowered life they've longed for.

30 May. *A Child's View of racism.* Sarita Southgate. Sarita will explore her experiences as a young child in our Capitol, Washington, DC, and also in South Carolina. She will expand those sad and confusing childhood memories with readings and their recent influences on movements such as Black Lives Matter.

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, 10 May). Check with Jessica to determine the Zoom address of the April meeting.

SCUUF Program Planning Committee

The Program Planning Committee meets on-line after the second Sunday SCUUF meeting of each month, here, 9 May.

UU's Eight Principles

A number of people have said they'd like a deeper experience of Unitarian Universalism. Rev. Dr. Ruth Miller is seeking to address that need by offering an eight-week series on the theology (spiritual and religious basis for) of the eight principles that UUs have covenanted to affirm and promote.

Each week we'll explore one of the UU principles from the perspective of the sacred literature of various religious traditions. Bring your questions and your own readings and experience to add variety and depth to the exploration!

May 5 - June:23 Wed 6-8pm on Zoom.

LINK: <https://us02web.zoom.us/j/87927606552> or call in:

+1 253 215 8782 US (Tacoma)

+1 408 638 0968 US (San Jose)

Meeting ID: 879 2760 6552

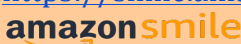
Support the SCUUF Virtual Thrift Store. If you can contribute merchandise (clean, intact, functioning), please contact Asialee Crumley by email (asialeecrumley@gmail.com) or telephone (541-888-4349)

SCUUF Care and Outreach Committee

Chair: Charlotte Hutt

hmsmath@hotmail.com 541-315-4747

To reach our part-time minister, Dr. Ruth Miller, by email: minister.scuuf@gmail.com

Help Support South Coast Unitarian Universalist Fellowship by shopping at Amazon Smile <https://smile.amazon.com/ch/93-1056872>


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

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



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