

Oregon South Coast Unitarian Universalist Fellowship (SCUUF)
P.O. Box 3242 | Coos Bay, OR 97420



“A Note from the President”

August 2022

Happy Summer!

We have toiled and tended to our gardens, and now is the time we behold the blessings of communion between seed and soil. Fresh vegetables and fruits begin to overtake the kitchen. Food preservation will soon be in full swing for the productive gardener. SCUUF members share their delight and bounty as their gardens blossom with life-sustaining creations.

Members have been inspired to initiate a “Compassion Box” at the Dolphin on Sundays with their overflow (I mean, overgrow). This joy for creation helps to sustain us as we balance it with the challenges we face in our personal and global lives. Peace may be found when we practice our mindful meditations. The garden can offer a perfect setting to be silent within the orchestra of nature.

Summertime also invites us to nurture and celebrate our connection with our friends and family members. We support and join groups that “feed our soul.” Check out the upcoming SCUUF events in August – an evening labyrinth walk on the beach and a Saturday afternoon game day.

At the PNW June meeting, fellow Board Presidents shared their stories about UU congregations in Juneau, AK, St. George, UT, Spokane, WA, Portland, Half Moon Bay, and Alameda, CA. The main take-away was to remember that we are not alone and that we can share a great deal of support and resources with one another.

Blessings to all,

Cheryl

Cheryl DeLong
President
SCUUF Board of Directors