



OCUUC Office Hours
Monday - Thursday
9:30 a.m. - 1:30 p.m.
Sunday
9:00 a.m. - 1:30 p.m.
(949) 646-4652: phone
(949) 646-9016: fax

Mid-January 2012

Service Schedule:

January 15, 2012 - 9:45 am and 11:15 am

Rev. Martin Luther King's Legacy of Changing Social Systems

The theme of the religious services for the month of January is change. In a series of three sermons, I will explore the theme of change from a variety of perspectives. This Sunday I will pay homage to Rev. Martin Luther King who was, among many other things, one of the greatest change agents of American society in the twentieth century. My sermon is entitled "Rev. Martin Luther King's Legacy of Changing Social Systems" and I look forward to seeing you this Sunday.

January is traditionally a month when people think about change - perhaps in the form of New Year's resolutions or perhaps because a year has "ended" and a new year has "begun." Additionally, OCUUC, as a church and an institution, is in a time of huge transition: a long and successful ministry has ended and not so long from now a new settled ministry will begin. The time in between - the time of an interim ministry - is a time of experimentation and exploration. So it is fitting that January's "theme of the month" be about **change**. I will explore this theme from a variety of perspectives in a series of three sermons this month January 15th, 22nd and 29th.

January 22, 2012 - 9:45 and 11:15 am

Change Part II

January 29, 2012 - 9:45 and 11:15 am

Change Part III

Staff Reports



Interim Minister's Report

January is traditionally a month when people think about change – perhaps in the form of New Year's resolutions or perhaps because a year has “ended” and a new year has “begun.” Additionally, OCUUC, as a church and an institution, is in a time of huge transition: a long and successful ministry has ended and not so long from now a new settled ministry will begin. The time in between – the time of an interim ministry – is a time of experimentation and exploration. So it is fitting that January's “theme of the month” be about **change**. I will explore this theme from a variety of perspectives in a series of three sermons this month January 15, 22 and 29. Before that, however, this Sunday, January 8, we are delighted that our speaker will be the Rev. Bets Wienecke. Rev. Bets Wienecke is the Pacific Southwest District Ministerial Settlement Representative who advises and consults with this district's UU congregations in the southern half of California, Nevada and Arizona about the ministerial search process.

In keeping with the January theme of change, Rev. Wienecke will speak on the subject of “Holding Tight and Letting Go.” Rev. Wienecke comments: “Transitions in life offer challenges and choices: Do we cling to what we know or do we venture forth into uncharted territory?” Also, of great importance to the congregation, Rev. Wienecke, as part of her remarks, will outline the search process recommended by the UUA for securing the best minister for the next chapter in the life of Orange Coast UU Church. She will also be available to answer questions after the service.

More about Rev. Bets Wienecke: she was honored as Minister Emerita of the Live Oak UU Congregation in Goleta after serving there for eighteen years. She has served on the UU Ministers Association Executive Committee, on the Board of Trustees of Meadville/Lombard Theological School, President of the PSWD UU Ministers Association chapter, and President of the Santa Barbara Clergy Association. She was awarded the Pacific Southwest District's Distinguished Service Award in 1988. Bets' spouse is Peter Haslund, who taught political science at Santa Barbara City College for 41 years and is now serving as President of their Board of Trustees. They proudly share four adult children and five “above average” (of course) grandchildren.

Rev. Ed



Notes From the Nurse

Our church family has sustained more than our share of group and individual loss this past year. I wrote about holiday blues in 2010, but I think it is useful to look at again. OCUUC said good-bye to a beloved minister with the retirement of Karen Stoyanoff and has dealt with the deaths of several long-time church members. We also have members with some very serious illnesses. Sometimes we forget that illness and injury are losses too, of our good health. Whether present or past, this season can bring all these losses up with a vengeance. Someone has said, "Loss is like a scar: It will heal over, but it will also leave a mark."

It is important to be sensitive to those who may find this a stressful period, and if you are one of these folks, to know that you are not alone.

All losses and potential losses count. How can you be full of cheer if jobless and in fear of worse? Events that happen from time to time in all our lives make celebration tougher: illness, death of a loved one, perhaps a separation or divorce.

The holidays accentuate these feelings of loss or loneliness because of ours and others' expectations, and anxiety about the future. I think the "other's expectations" part is key. You should be able to share your feelings of loss with those who are close to you and scale down the festivities to something you are comfortable with. This is a time when being with family and friends can be an enormous help, as long as they are sensitive to your feelings.

One way through all this is to try to look for the joy in the present moment and to be with people who lift you up rather than drag you down. The OCUUC community is one where I have always found the love, caring and support to be very special. You already know who the folks are who make you feel good just when you see them or hear their voice. Try to be in their company. Think about the places that have always made you feel good or at peace and seek them out. I find there is nothing like a walk on the beach or at the marsh to make me feel better. Don't forget that activity is a wonderful antidepressant and anti-anxiety tool!

It is important to be able to separate holiday blues from clinical depression. If you have been feeling an overall disinterest with your life prior to this holiday season, then you should be evaluated by a mental health professional. Call the NAMI WARMLINE, 1-877-910-WARM (9276) or 714- 544-8488, 8 a.m. to midnight daily.

If you already suffer from depression, keep supportive family and friends close during the holiday season. This can be a tough time and you should lean on all the people you can, to get you through it. I have some Tips for Handling the Holiday Blues available at the Caring Table, or I would be happy to send them to you.

I take this opportunity to wish you the brightest 2012

Adair Small, Congregational Nurse



Music Ministry Notes

Jason Shelton Worship Weekend

Do you have the [Worship Weekend with Jason Shelton](#) on your calendar?

On February 10–12, 2012, OCUUC will be hosting a Worship Weekend with Rev. Jason Shelton (Music Minister at the Nashville UU church, and composer of “Standing on the Side of Love,” “Morning Has Come,” and many more). A worship workshop led by Jason Shelton will occur all day Saturday February 11 — it’s open to anyone who is interested in creating worship. There will be a concert featuring Jason Shelton, our own Orange Coast Choir, plus a mass choir and special guests on Saturday night, February 11th.

And Jason Shelton will be presenting the service on Sunday morning, February 12. **We are looking for volunteers to help with the planning and execution of this big event.** [Contact Beth Syverson](#) if you’d like to volunteer to help out.



Jason Shelton is one of the shining stars in the Unitarian Universalist Musicians Network. He went to seminary to become a Minister of Music and he serves the big [UU church in Nashville](#) (where Beth and Tom Winnett go now). He is a wonderful composer with a huge heart for Unitarian Universalism. We are lucky to have several of his songs in our hymnals and in our choir’s files as well. In 2009, our choir traveled to sing in a mass choir at the Arizona district assembly, where we performed Shelton’s Sources: A Unitarian Universalist Cantata. His

church has produced a [CD of UU songs](#) that I highly recommend.

I hope many of you will become involved in this exciting event. You can participate by attending the workshop, singing in the mass choir, volunteering to help, attending the Saturday concert and Sunday worship, or by inviting your friends to come along.

February 25, 2012 – Orange Coast Concerts – Larisa Stow & Shakti Tribe

Another big event happening in February is our one-and-only Orange Coast Concerts event this year — Larisa Stow & Shakti Tribe will be performing again at our church. I believe this will be their fourth appearance. Larisa is another friend and colleague of mine who I respect and admire very much. She travels around the world with her band, performing in concerts and rituals, plus serving others through a prison ministry. Her music is a combination of rock and world sacred music – a vibrant, energetic, loving musical experience based on Hindu mantras. You can dance, meditate, sing along, or just enjoy the music like a “regular” concert. Tickets are already on sale [online](#) and they will be sold on Sunday mornings after the first of the year. I hope you will also be able to participate in this event as an audience member or volunteer.

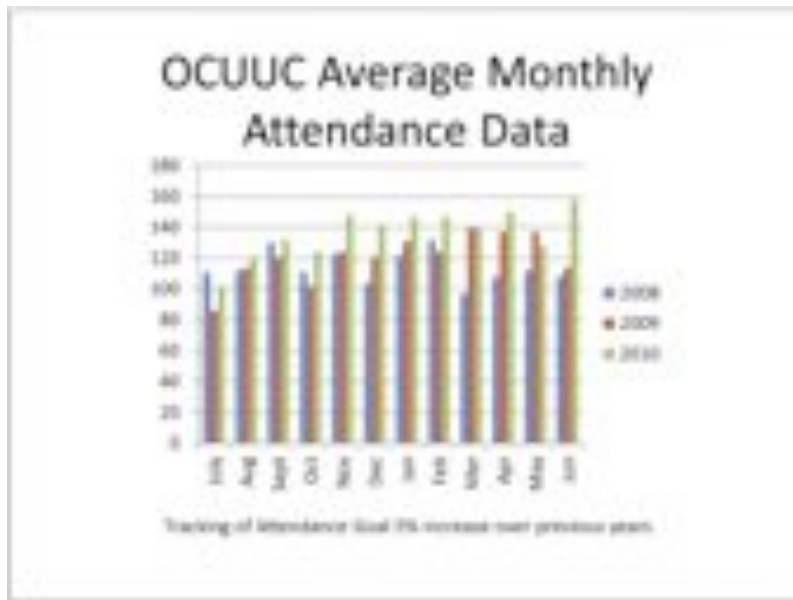
This is an excellent opportunity to bring a friend who’s never been to OCUUC before. Since this is our only Orange Coast Concerts outing this year, we are hoping for great support from OCUUC so we can continue offering concerts next year.

Thank you for supporting the many ways that music intersects with worship and spiritual growth at OCUUC. I am at your service — let me know how I can best meet your musical wishes.

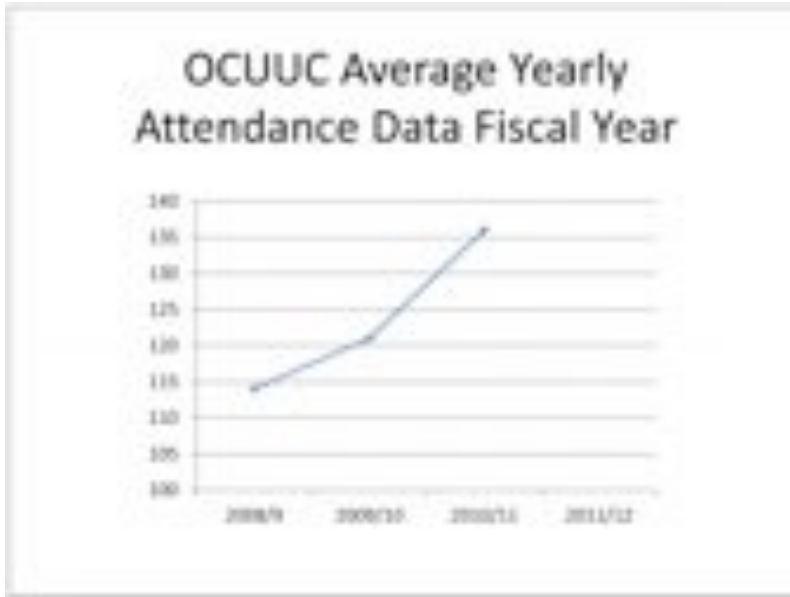


President's Report

Last year the board set a goal of increasing our Sunday service attendance by 5%. We exceeded that goal! Our average attendance was 136 on a Sunday. This is an increase of 12.4% from the previous year. Please see the graphs below for the amazing increase we have had in participation in worship. This increase in connection is felt in all our programs and activities. As always, let someone in leadership know if you have a way to increase the interconnections within our community.



Together we are creating a new surge of energy to invigorate the congregation. Look for more Adult Education classes to get started in January 2012. The board hopes that you will find offerings that appeal to you and create a sense of spiritual depth to your connection with OCUUC.



This chart is just amazing to me. Look at that jump in attendance.

Month	Actual	Goal	Diff	% Goal	Variance
July	111	86	25	129	+1
Aug	112	118	200	109	+1
Sept	130	121	152	152	Even
Oct	111	111	124	112	+13
Nov	123	118	148	130	+28
Dec	104	111	126	108	+2
Jan	111	111	147	127	+26
Feb	132	118	147	134	+13
Mar	97	140	139	124	+19
Apr	108	117	140	129	+13
May	112	117	128	101	-2
Jun	108	118	150	117	+4
Average	124	111	136		

This chart shows that our goal for a 5% increase was an average Sunday attendance of 117 people. We reached an average of 136 people.

Monthly Calendar

Saturday, January 14

8:00am - AIDS Team Ministry Cooking

7:00pm - Auction Event, Gillan 3

Sunday, January 15

9:45am - Early Sunday Service, Sanctuary

11:15am - Late Sunday Service, Sanctuary

12:15pm - All Church Potluck, Kitchen

1:00pm - Ethical Eating Presentation/Discussion, Social Hall

2:00pm - Worship Team Meeting, Gillan 3

Monday, January 16

Martin Luther King, Jr's Day

Wednesday, January 18

7:00pm - Adult Education, Social Hall

Thursday, January 19

7:00pm - Pathways to Membership, Social Hall

7:30pm - Choir Rehearsal, Sanctuary

Saturday, January 21

7:00pm - CUUPs Candlemas Ritual: Sanctuary, Social Hall, Kitchen

Sunday, January 22

9:45am - Early Sunday Service, Sanctuary

11:15am - Late Sunday Service, Sanctuary

12:30pm - Faith In Action, TBD

12:30pm - Women's Circle, Gillan 3

12:30pm - Hospitality Committee, Boag 2

12:45pm - Knit Wits, Gillan 2

1:00pm - Drum Circle, Victoria Vista Park

1:00pm - Back up space for Drum Circle, Social Hall

Monday, January 23

7:00pm - Ministerial Search Survey Committee Meeting, Gillan 2

7:15pm - Adult Ed: Learn to Meditate, Gillan 3

Tuesday, January 24

7:00pm - ATM Steering Committee

Wednesday, January 25

7:00pm - Adult Education, Social Hall

7:00pm - Music Committee Meeting

7:15pm - Board of Trustees Meeting, Gillan 3

Thursday, January 26

7:30pm - Choir Rehearsal, Sanctuary

Saturday, January 28

9:00am - CPR/AED Certification and First Aid Class, Social Hall

7:00pm - Auction Event, Social Hall

Sunday, January 29

9:45am - Early Sunday Service, Sanctuary

11:15am - Late Sunday Service, Sanctuary

1:00pm - Children's Choir Rehearsal, Gillan 3

Monday, January 30

7:15pm - Adult Ed: Learn to Meditate, Gillan 3

Wednesday, February 1

6:30pm - Wicca 101 Adult Ed Course, Boag 2

7:00pm - Adult Ed, Social Hall

Thursday, February 2

Groundhog Day

7:30pm - Choir Rehearsal, Sanctuary

Saturday, February 4

9:00am - Work Party, Grounds

4:00pm - Valentines Craft Night, Social Hall & Kitchen

Sunday, February 5

9:45am - Early Sunday Service, Sanctuary

11:15am - Late Sunday Service, Sanctuary

1:00pm - Children's Choir Rehearsal, Gillan 3

Monday, February 6

6:30pm - Wicca 101: Adult Ed Course

7:30pm - OCUUC Book Group, Gillan 3

Wednesday, February 8

7:00pm - Adult Ed, Social Hall

Thursday, February 9

6:30pm - Religious Education for Children and Youth Committee

Meeting, Social Hall

7:30pm - Choir Rehearsal, Sanctuary

Friday, February 10

6:00pm - Choir and Instrumentalists rehearsal

7:00pm - Facility in Use pre-empted

Saturday, February 11

8:00am - AIDS Team Ministry Cooking

9:00am - Workshop: "With Hands and Hearts and Voices"

5:00pm - Rehearsal: choir and instrumentalists(time TBD)

7:30pm - Concert featuring music composed by Jason Shelton performed by combined choir and instrumentalists

Sunday, February 12

9:45am - Early Sunday Service, Sanctuary

10:00am - Blood Pressure Screening

11:15am - Late Sunday Service, Sanctuary

Monday, February 13

6:30pm - Wicca 101: Adult Ed Course

7:00pm - Membership Comm. Meeting, Boag 2

Tuesday, February 14

Valentine's Day

7:00pm - Worship Services Ministry, Boag 2

7:00pm - Taizé Singing As A Spiritual Practice

Wednesday, February 15

7:00pm - Adult Ed, Social Hall

Thursday, February 16

7:30pm - Choir Rehearsal, Sanctuary

Sunday, February 19

9:45am - Early Sunday Service, Sanctuary

11:15am - Late Sunday Service, Sanctuary

12:15pm - All Church Potluck, Kitchen

12:30pm - Faith In Action Council, Boag 2

1:00pm - Ethical Eating Presentation/Discussion, Social Hall

Monday, February 20

Presidents Day

6:30pm - Wicca 101: Adult Ed Course

Wednesday, February 22

7:00pm - Adult Ed, Social Hall

7:00pm - Music Committee Meeting

7:15pm - Board of Trustees Meeting

Thursday, February 23

7:30pm - Choir Rehearsal, Sanctuary

Saturday, February 25

3:00pm - Set up for concert

7:30pm - Orange Coast Concert! **Larisa Stow and Shakti Tribe**

Sunday, February 26

9:45am - Early Sunday Service, Sanctuary

11:15am - Late Sunday Service, Sanctuary

12:30pm - Women's Circle, Gillan 3

12:30pm - Hospitality Committee, Boag 2

12:45pm - Knit Wits, Gillan 2

Monday, February 27

6:30pm - Wicca 101: Adult Ed Course

7:00pm - Ministerial Search Survey Committee Meeting, Gillan 2

Tuesday, February 28

7:00pm - ATM Steering Committee

Thursday, March 1

7:30pm - Choir Rehearsal, Sanctuary

Saturday, March 3

2:00pm - Auction Event, Social Hall/Kitchen

Sunday, March 4

9:45am - Early Sunday Service, Sanctuary

11:15am - Late Sunday Service, Sanctuary

Pastoral Associates Offer "Companioning"

The associates are commissioned to augment to pastoral work of our minister. If illness, physical limitations, impending or recent hospitalization, personal losses, significant life changes, spiritual or emotional distress are concerns for you or someone you know, please call one of the pastoral care associates listed. Their numbers are in the church directory. You may also contact caring@ocuuc.org to reach them.

Paul Gethard

Ted Lundholm

Joan Parry

Adair Small

Judith Stamper

Bill Stoker

Shannon Stoker

Shirley Thorne

Vera Viana-Asper

January Recipient of Church Donations

The **Animal Assistance League of Orange County (AALOC)** is a non-profit no kill humane society dedicated to aiding lost and homeless pets, helping people with pet related problems, promoting responsible pet-ownership and pet population control, and preventing cruelty to animals through educational programs. The **AALOC** operates a large Adopt-A-Pet program and provides "Pet Aid"; financial help to low-income, elderly and disabled pet owners who need help with transportation, emergency and routine veterinary care, as well as pet food supplies for those suffering financial hardships. For additional information about **AALOC**, see Charlie or Birdie Reed or contact the League at (714) 893-4393.

There are many ways to help the overall quality of life right here in O.C. For assistance in nominating a deserving cause, contact a Community Service Committee member, Naomi Blackwood, Kathleen McFarlin or Maurice Giss.

Recently, the Community Service Committee developed a Volunteer Survey to see where members of OCUUC are volunteering their talents and which kinds of volunteer opportunities might be available to those who would like to become volunteers. Forms are at the church. For

assistance in nominating a monthly recipient for funds, see Naomi Blackwood, Kathleen McFarlin or Maurice Giss.

[Winter 2011-12 Adult Education Schedule Update](#)

New Opportunities to Deepen Your Faith Coming in January, 2012

Genesis – a Video and Discussion Group based on the Bill Moyers PBS program “Genesis: A Living Conversation” with Ken and Adair Small

8 Wednesdays, 7–9 PM in the Social Hall starting January 18, 2012. For more information please contact the facilitators. To register please contact AdultEducation@ocuuc.org

Drum Circle – With Summer Albayati, Rev. Kent Doss of UU Congregation of Laguna Beach, and Ben Pruess

Brown Bag lunch at 1:00 pm and Drum circle 1:30–2:30pm. In the park across the street from OCUUC (Victoria Vista Park); in the event of rain, wind, or chilly weather, it will be held in the OCUUC Social Hall. For more information please contact the facilitators. To register please contact AdultEducation@ocuuc.org .

Deepening Your Faith Workshop: Learning to Meditate with Chris Soriano

Two–night course Mondays January 23rd and 30th from 7–8 pm in Gillan 3. Come one or both evenings to learn to meditate.

Those interested in learning to meditate are invited to attend one or both of these two sessions of meditation and instruction. The simple Buddhist meditation techniques taught in these sessions are intended to help foster tranquility as well as encourage mindfulness for the practitioner. Each one–hour session will begin with simple instruction, followed by a short meditation period. You may meditate sitting on floor cushions or on a chair. Those with prior meditation experience are also welcome to attend. Please register to let Chris know you will be coming.

Contact Chris Soriano or Karen Anderson for more details.

Wicca 101 – with Christine Hernandez

Wednesday – Feb 1 & Mondays – Feb 6, 13, 20, 27, March 5, 12, 19, 26, April 2 For more information please contact the facilitators. To register please contact AdultEducation@ocuuc.org .

A UU Exploration of Economical/Healthy/Ethical Eating

Each 3rd Sunday after the second service (January 15, February 18)

The UU General Assembly selected “Ethical Eating” as a Congregational Study/Action Issue. Hunger is both a community problem and an international problem; this is part of the “interdependent web of which we are all a part” from our 7th UU principle. Through this series, we will explore different facets of this issue.

Many people in our community and even in our congregation are struggling to get food to eat that is both economical and healthy. Our first session looks at ways to feed yourself and your family for possibly as little as \$25 per week for a family.

Join us for shared simple meal followed by a presentation/discussion

We hope you will want to join in to make this a great institution of our church. To do so, we will need people to bring their contributions and also volunteers to help with the set up and clean up. We need 2–3 volunteers for set-up and 2–3 for clean up each time we do a Lunch; to sign up, please contact Karen Anderson (AdultEducation@ocuuc.org). If there is sufficient interest, we will continue Sunday Pot Luck Lunch on a monthly basis.

[CUUPS Imbolc/Candlemas](#)

Of all of the eight sabbats, Imbolc (also known as Candlemas) may be the most difficult for modern people to understand. Why do we celebrate the return of spring smack in the middle of winter?

Translating to “ewe’s milk,” Imbolc is the celebration of the very first signs of spring. When ancient farmers noticed that their pregnant sheep were lactating, it was a sure sign that the birth of the new lambs was just around the corner. The sun stays in the sky noticeably longer than it did back at the Winter Solstice, another sure sign of the coming Spring. In a time when families began to starve as the winter cold

strangled the production of food, the signs of its icy grip loosening were a very welcome sight.

The themes of Imbolc are the same themes that these ancient agricultural people would have used. At Imbolc we celebrate the returning light, awaken the Goddess that has slept within ourselves and the Earth since Samhain, cleanse ourselves for the coming spring, and seek inspiration for the coming turn of the Wheel. All of this is represented by the day's most common symbol: candles. Fire lights the way; fire purifies; fire provides the light of inspiration (any UU knows that!).

Fire is also sacred to the Celtic goddess Brigid, the goddess most associated with Imbolc. Brigid rules over inspiration, smithcraft, and all manner of the arts.

Come and light a fire for the sleeping Brigid as she lights a fire to guide your way for the coming year! Our celebration of Imbolc will be early this year: January 21, 2012. The ritual will be a bit more formal than our past few. We will cast a formal circle along with all the other more traditional elements of ritual. Those of you interested in the more witchy side of paganism won't want to miss this one.

DETAILS:

What: CUUPs Imbolc ritual

When: Saturday January 21 at 7:00 pm (Please arrive at 6:30)

Where: OCUUC Sanctuary

Bring: Something to drink from, a potluck dish to share, and a place setting for the feast. Our potluck will be New Year's themed: bring something traditionally eaten at the New Year for luck and prosperity (or just bring something tasty).

Wear: Light colors, especially white and lavender.

Women's Circle

The Women's Circle will meet on the fourth Sunday of each month for 2012, please mark your calendars! This group has been meeting regularly for 5 years! We had a great holiday party last Saturday, December 17th - The pot luck dinner was sumptuous and delicious- we discussed the coming year and decided to have some "outings"; the first will be planned in the Spring.

Our regular January meeting will take place on: Sunday, January 22, 2012- Right after second service.

Location: Classroom: Gillan #3- end of parking lot

Time: Approximately 12:30pm-- until approximately 2:30pm

Please bring sack lunch- beverage provided

Topic for discussion: "How do you let "your little light shine" ?"
What in your life brings you the most happiness or satisfaction?
What is important to you and what do you do well?

Ministerial Search Committee

The year 2012 is the year OCUUC will formally begin its search for a new settled minister. One of the major tools the committee will use to entice prospective candidates to apply is a Profile of OCUUC. This profile will be established from data obtained from the Ministerial Search Survey (MSS).

Have you signed up to attend a Focus Group yet? It is not too late. Each of us should be thinking about the church - What kind of vision do we see for OCUUC? What kind of programs do we want? What kind of minister would be best for us? Focus Groups planned for next week in private homes will offer a discussion of specific, open-ended questions is led by a member of the Ministerial Search Survey Committee (MSSC):

Costa Mesa: Tuesday 1/17, 7-9 pm (lots of spaces available)

Long Beach: Wednesday 1/18, 7-9 pm (lots of spaces available)

Orange: Sunday 1/22, 3-5 pm

Costa Mesa: Tuesday 1/24, 10 am to noon (at OCUUC)

Costa Mesa: Tuesday 1/24, 7-9 pm

Irvine: Monday 1/30, 7-9 PM

Our church is fortunate to have the Rev. Bets Wieneke as our ministerial settlement representative. She will be working with the Board and ultimate Search Committee which will be formally formed at the Annual Meeting in June. Our Interim minister, the Rev. Ed Brock gave Bets high marks for her expertise. The Focus Group discussions are intended to prepare members and friends to take the Ministerial Survey questionnaire which will be available mid-February.

Only with full participation from the congregation in this important initial step of the ministerial search process will we be able to focus on the kind of church we want to become. Please do your part to insure our success!

Chair of the MSSC is [Barbara Schilling](#).

The seven members of the committee are Gabrielle Block, Marcia Hackett, Keith Jenkins, Barbara Schilling, Sam Siegfried, Kenneth Small, and Judith Stamper.



[February is National Standing On The
Side of Love Month](#)