

THE REACH

OCUUC'S MONTHLY NEWSLETTER

ORANGE COAST
UNITARIAN UNIVERSALIST
CHURCH



Sunday Services in May 2021

Please note that given the changing nature of the world, topics may change to address the needs of our times. Below are the topics currently being considered.

- May 2** | How to be a Spiritual Jedi
Rev. Sian Wiltshire
- May 9** | One Year Later
Lawrence Ingalls
- May 16** | Multi-Church Service 2.0!
Rev. Sian Wiltshire
- May 23** | Forgotten Stories
Rev. Sian Wiltshire
- May 30** | Widening the Circle
Rev. Sian Wiltshire

THE PRESIDENT'S PERSPECTIVE

From Debra Quam, President, Board of Trustees

"We cannot direct the wind, but we can adjust the sails." - Dolly Parton 1946-

What can I say about Dolly Parton? I just love her. She is the gift that keeps on giving and what she has given me today is this nugget of wisdom to reflect upon.

Think of all the ways we personally and as a church community have had to adjust our sails to adjust to the winds of change brought on by Covid-19. In my humble opinion, thanks to our talented and dedicated staff, volunteers and elected leadership, we at OCUUC have done a terrific job of sailing forward together through strong headwinds these last fifteen months.

Rev. Sian, Rev. Judy and Beth have all had to make significant changes to the way they conduct Sunday services, pastoral care, religious education and music ministries respectively. Steve Morihoro and Nina Smith have been chief among those who have given many hours of their time and talent to keep us going technically. Many of you have risen to the challenge of learning how to use Zoom in order to keep participating in church activities.

It hasn't been easy to accommodate all of these changes, hats off to you all!

Some of the changes we have had to make due to Covid have turned out to be of long-term benefit to our members.

ORANGE COAST UNITARIAN UNIVERSALIST CHURCH

Many Different Beliefs,
One Loving Community



JOIN FOR OUR SERVICES
SUNDAYS AT 10:30

<https://zoom.us/j/3931579606>

Many Different Beliefs,
One Loving Community

2845 Mesa Verde Drive East
Costa Mesa, CA 92626
714-556-2882

P.O. Box 3770
Costa Mesa, CA 92628
ocuuc.org

Conducting church services and meetings on Zoom has meant people who have moved away, are traveling or are no longer physically able to come to church can still participate in our church life. We are working on how to keep the Zoom participation option available to all as we are able to return to onsite services and meetings.

The annual operating fund pledge drive is currently underway. The funds we raise from this pledge drive are critical to keeping our staff paid and our doors open. We have made good progress but have yet to receive pledges from some members and friends. If you have not yet made your pledge, please take five minutes to do so now so that we can complete the pledge drive campaign and build the budget for our next fiscal year which begins July 1.

You can make your operating fund pledge by completing the pledge card that was mailed to you or by going to ocuuc.org to [pledge online](#). If you have any questions on how to pledge, please contact our pledge drive chairperson, Sandie Martin at sandie-martin@mac.com.

The UUA General Assembly is again going to be held online this year due to the pandemic. The good news about this is that it is much easier and affordable to attend GA online than in person. I attended last year's GA online and thoroughly enjoyed it and learned so much about the broader UUA community goals and initiatives. And, drum roll here please, the UUA recently announced that Stacy Abrams will be one of the keynote speakers this year!

If you would like to attend General Assembly, please go to UUA.org to register. If you would like to be a delegate to GA representing OCUUC, please let me know.

Please keep watching the Reach and Blast publications for updates about the steps we are taking to safely reopen and

resume in person services and meetings. I can't wait to see all of you in person again.

With warm wishes,
Debra Quam, president@ocuuc.org

SIAN'S SHENANIGANS

From Our Minister: Rev. Sian Wiltshire

People have told me over the years that I'm a good storyteller. I'm flattered, but



sometimes I chuckle to myself -- because actually we are all good storytellers. We tell stories all the time and often we aren't even aware of it. We tell ourselves stories about who we are -- or are not. *"I'm bad at math"* or *"I'm*

clumsy." We also tell stories about other people, often things we don't know for sure. We read into what they have said, perhaps off-handedly, or even a look they gave us.

But do you ever notice that most of the stories we tell about ourselves or others are usually negative? It is as if we are so afraid of being hurt, that we'd rather hurt ourselves or others first.

And here's the thing: The vast majority of stories we tell ourselves about others or ourselves are false. I once had a story that I couldn't draw, that I wasn't artistic at all. I decided one day to see if that story was true. Turns out I was completely wrong! Another

time, a friend didn't reply when I told her something difficult over the phone. I immediately made up the story that she was judging me. When I called her on it, she said, "What? Oh, I'm sorry, I was distracted as I just saw a car accident."

So, what stories do you tell yourself? What story do you tell about others? And then ask yourself: Are they true? Really look at them and see if perhaps it wasn't something you actually made up. And see if you can't give yourself a new, positive story about being open to growing.

With Love,
Rev. Sian



Worship in May 2021

Worship Theme: Story

Please note that given the changing nature of the world, topics may change to address the needs of our times. Below are the topics currently being considered.

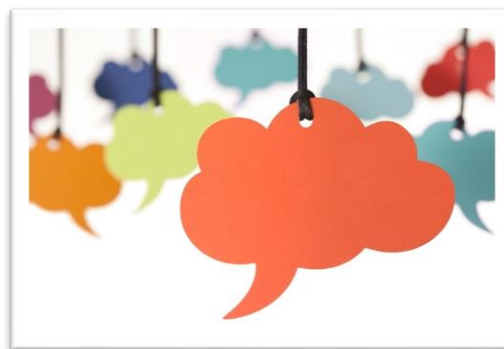
May 2: How to be a Spiritual Jedi. When Star Wars first hit the screen, it gave people a new way of understanding the Holy. And, aren't Jedi just cool? Come see how we can all learn to be spiritual Jedi! Rev. Sian

May 9: One Year Later. The parallels between the COVID and AIDS pandemics, and how to open transparent debate is not always a good thing. Lawrence Ingalls

May 16: Multi-Church Service 2.0! Come join our sibling churches in Orange County and beyond as we celebrate the 60th anniversary of the founding of our faith tradition! Various ministers, including Rev. Sian, speaking.

May 23: Forgotten Stories. What are some stories that we don't hear about in our history, but maybe we should! Come hear some interesting stories about some fascinating people who changed history. Rev. Sian

May 30: Widening the Circle. The Unitarian Universalist Association has done a study on how we can become a better multicultural and anti-oppression denomination. Come hear what we have learned! Rev. Sian



Joys and Sorrows on Sundays

If you would like to express a Joy or Sorrow to be read during the service on Sunday, please send an email by 9:00 am on Sunday morning to joysandsorrows@ocuuc.org. You will also have an opportunity to type a response in the Zoom chat. And please continue to reach out to one another and stay in touch. An unexpected phone call is like a smile; free and does a world of good.

RANDOM KINDNESS

Religious Education News
from RE Minister Rev. Judy Tomlinson

I love a good story! I get so focused the world around me seems to disappear. I go to another dimension fully immersed in the author's alternate reality.

This month we explore Story from several angles. Unitarian Universalists believe that we are the authors of our own lives. We write our own story. And with the power to shape our own lives comes great responsibility. Can you write the story of your life, distilling it down to one sentence as Daniel Pink advises? What is the essence of your story?

But we don't write our story in isolation. We write it as interconnected beings. We're connected to the people around us and to the natural world, we are cousins to all of life. We are family! We will explore this story of relationship.

Even though we are free to write our own story, sometimes we get caught up in the story others want us to live or playing roles that society has designed for us. We may wear those roles comfortably. But they can begin to chaff. Our UU faith says that we need to be true to who we are. We UUs build communities where we can experiment and grow into our authentic selves. This diversity of stories enriches all our lives.

Living authentically takes courage. Who personifies courage for you? A veteran, Nelson Mandela, or the Lion from the Wizard of Oz? Sometimes we need to dig deep to find courage, we are tested and challenged. With the strength of our spirits and the support of our loving community we can face life's joys and challenges together.

Our children and youth will be immersed in story this merry month of May.

Rev. Judy, DRE

MUSIC NOTES

from Director of Music Ministries: Beth Syverson

Earlier this year, I decided to make sure that at least one song in every Sunday's service is composed or performed by a Person of Color (POC). I am the Editor of the AUUMM, and I have created a filter to identify songs created by POC. As part of that work, I have added songs deliberately to that database that are by black people. I have gone out of my way to find lists of black composers and their pieces that would work for UU worship. I am making this intentional effort because it's one small thing that I can do, and that we can do as a church, to be anti-racist. It's a tangible effort to feature the voices of POC, which is especially important when the service is about the 8th Principle, Indigenous rights, or other topics that are directly about racism. Besides doing our part to center the voices of the marginalized people in our society, our church is also distributing money to POC creators by using their music, whether it's by purchasing sheet music, paying license fees, or sending a donation for the use of their video in our service. I am also choosing guest musicians intentionally, making it a priority to hire POC musicians whenever possible. If you know any POC musicians or composers you'd like me to feature, please share! The amazing video by Taylor Fagins, "we need more." from the 8th Principle service was shared with me by Katherine Martin. We can always draw the circle wider, and we are all better for it every time we do.

Musically yours,
Beth Syverson
Director of Music Ministries
musicdirector@ocuuc.org



THE BIG QUESTION:

“When may we come back on site?”

Coming back on site has lots of moving parts, and a task force is working hard to create a plan that gets us back on site safely and honors our principles and mission. We have set these prerequisites:

- Orange County is in the yellow tier for Sunday services or orange tier for smaller meetings
- Everyone who would like a vaccine has had a chance to get one.
- We have the technology in place to support meeting both onsite and on Zoom.

On Sunday, April 11th, a Town Hall Meeting (<https://youtu.be/LbOdFPJAtFI>) described our progress and guidelines for reopening. A draft policy document is available [here](#) (OCUUC Reopening Guidelines 041121). Prior to the meeting, the congregation completed a [survey](#) (OCUUC

Congregational Survey) about returning on site.

For now, small groups may start meeting on site. We do not yet have a regular janitor, so group leaders are responsible for cleaning as well as maintaining compliance with COVID guidelines. Small groups are encouraged to meet using the method (Zoom, on site or hybrid) that maximizes engagement. Suite 4 and the Victoria Room are almost ready for hybrid meetings. Contact [Sarah Jones](#) for scheduling.

We have decided that reopening Sunday Services will be taken in small steps, gradually increasing the numbers we can have on site. However, we are still watching our numbers and upgrading our technology in Daniels Hall. Watch the Blast for more information on onsite Sunday Services.

Zoomers	Roomers
No commute	May need to make a reservation
Physically safest	Mental health advantages?
Zoom Attire	Being there in person
See only "head Shots"	See whole people
Can sing hymns	Can hear live music
View of other Zoomers is better	View of other Roomers is better

OCUUC FACEBOOK PAGE

Did you know that OCUUC has a special space on Facebook that is a private Group page:

<https://www.facebook.com/groups/OCUUC>

This is where members and friends can gather for organic discussion about timely topics and events. ALL Group

members are free to post content that might interest other Group members. Some good examples: Social Justice events or opportunities, more information or details about specific programs or events happening at OCUUC, or in the community, and items related to the Sunday Worship themes, such as things learned or other resources that come out of Sermon Discussion Groups. If you have trouble requesting access, please email Nina Smith (nm_smith@yahoo.com), one of the FB admins and she can get you connected.



Operating Fund Pledge Drive Fiscal Year 2021/2022

Thank you to everyone who has completed their Pledge to this year's pledge campaign!

We greatly appreciate your devotion and financial dedication to our beloved church.

There are just a few pledges as of yet unaccounted for and we would love to see those completed so that our Finance wizards can put together our Budget for Fiscal Year 2021/2022. We'll continue calling with reminders but it's very important to get them in right away so we can have a more rational budget plan.

Thank you...

Your Operating Fund Pledge Drive Committee:
Sandie Martin, Don Martin, Mary Smithberger



Work in Progress: Our New Sanctuary

by Craig Sperry

At the end of every week the Sanctuary Construction Committee (SCC) provides an update on the new sanctuary project on the OCUUC website at [Work in Progress: Our New Sanctuary - Orange Coast Unitarian Universalist Church \(ocuuc.org\)](https://ocuuc.org/Work-in-Progress-Our-New-Sanctuary-Orange-Coast-Unitarian-Universalist-Church)

Serving on the Committee are Nancy Loughrey, Bob Loeschen, Barbara Morihiro, Audrey Prosser, Debra Quam (ex officio) and myself as Committee Chair and liaison with our architect, domusstudio. We hope you'll keep up with what's happening by reading the blog each week and will feel free to contact us if you have questions. I can be reached at craigsperry@aol.com or 562-858-3214.

Be safe, be well,
You mean the world to me.
Be safe, be well,
You mean the world to me.

- Words by Dan Berggren



OCUUC has authors with New Books

Pat McCully, a longtime member of OCUUC, has a new book just published: **The Ups and Downs of Me and Mine** and it's available through Amazon. It's a memoir of her experiences while raising her 6 children. If you don't find the book under Pat McCully, search under Patricia McCully, and it should come up. I got my copy about 3 weeks ago and am really enjoying it. It's like having a conversation with her and I just kept reading and reading and didn't put it down.

Her first book, **Why Nicaragua?** is also available and there should be a copy of this book in the church library. When we unpack the library, you'll be able to check it out.

Maureen McConaghy also has a new book out: **Finding Joy and Peace: Cognitive Behavioral Therapy Tools for Our Lives** is also available on Amazon. She's used her time during lockdown to write a book to help readers find joy and peace by incorporating CBT techniques into their everyday life. The book includes, but goes beyond, what she taught in the CBT course at church. The multitude of tools and strategies presented in the book stem from her 30 years of experience as a Licensed Marriage and Family Therapist using Cognitive Behavioral Therapy to help individuals and couples.

CALENDAR OF EVENTS

Save the Date & Connect with our Community



Most events are Online
Sunday Services: 10:30 am on Zoom

Most of our meetings take place on Zoom. Find your event on the OCUUC website calendar and click on details to find the Zoom meeting ID.

Saturday, May 1

Women's Circle Field Trip, (Shipley Nature Center) 9:00 am
StitchWits, 10:00 am
OCUUC Writing Club, 6:30 pm

Sunday, May 2

RE Class, 9:30 am
Meditation Group, 9:45 am
Worship Service, 10:30 am
Youth Group, 11:30 am
AHA Group, 12:00 pm

Monday, May 3

Mindfulness Workshop, 6:30 pm
OCUUC Fiction Book Group, 7:30 pm

Thursday, May 6

Choir Rehearsal, 6:00 pm

Friday, May 7

Social Hour, 5:00 pm

Saturday, May 8

StitchWits, 10:00 am

Sunday, May 9

RE Class, 9:30 am
Worship Service, 10:30 am
Youth Group, 11:30 am
LGBT Action Group, 12:15 pm

Thursday, May 13

Choir Rehearsal, 6:00 pm

Friday, May 14

Artists UUnite, 1:00 pm

Social Hour, 5:00 pm

Saturday, May 15

StitchWits, 10:00 am

Sunday, May 16

RE Class, 9:30 am

Meditation Group, 9:45 am

Worship Service, 10:30 am

Youth Group, 11:30 am

Nonfiction Book Club, 12:30 pm

Monday, May 17

Mindfulness Workshop, 6:30 pm

What Do You Think? 7:30 pm

Tuesday, May 18

Caring Circle, 12:00 pm

Wednesday, May 19

Finance Council Meeting, 2:00 pm

Thursday, May 20

Choir Rehearsal, 6:00 pm

Friday, May 21

Social Hour, 5:00 pm

Saturday, May 22

Board of Trustees Meeting, 9:00 am

StitchWits, 10:00 am

Rainbow Movie Night, 7:00 pm

Sunday, May 23

RE Class, 9:30 am

Worship Service, 10:30 am

Youth Group, 11:30 am

Women's Circle, 12:00 pm

Thursday, May 27

Choir Rehearsal, 6:00 pm

Friday, May 28

Social Hour, 5:00 pm

Saturday, May 29

StitchWits, 10:00 am

Sunday, May 30

RE Class, 9:30 am

Worship Service, 10:30 am

Youth Group, 11:30 am



IN REMEMBRANCE

Iris M. Kaufman, MD, a long-time former member, passed away October 13, 2020 from dementia in a nursing home. She was an ophthalmologist by profession. Iris is survived by her daughter, Amy Kaufman, and many nephews and nieces. She will be missed.



My Very Big Family

Sarah Jones, Church Administrator

I have always thought I have what most would consider a large family. My husband and I have seven children and five grandchildren. I am one of seven children, my husband is one of nine. But it wasn't until recently that I learned how big my family truly is.

On March 1st I found myself seriously ill and hospitalized. It was very scary, but what I learned in 15 days in the hospital is that I have a very big family here at OCUUC.

I have worked at OCUUC for 22 years so no doubt I have made some very dear friends in that time. But the caring and support from so, so many people while I was ill was amazing. The hospital did not allow visitors. However, OCUUC members and friends called me on the phone and sent me well wishes by text so frequently, it was like I had plenty of visits! The choir made a special video just for me and Beth sent me the link to the choir YouTube channel. The music was so meaningful to me. I listened to Phil Chipman play "Remember Me" from *Coco* (my favorite movie) on his guitar so many times –it really cheered me up. "You Can Do this Hard Thing" was such an inspiration when times were the toughest. One member who is very dear to me recorded himself singing "Be Safe, Be Well" and I watched that video every single day. Another member texted me often, telling me of her daily activities. It was like having a visitor, and I looked forward to it so. Some members generously offered to bring meals to my family. So much love!

When I was able to go home to start my recovery, the love continued. Cards, texts, phone calls and beautiful flowers- even a lovely quilt from Stitchwits!

I want to thank Rev. Sian and the Board for their support. Board President, Debra Quam wrote to me, "Resting and getting better is your one and only job now." How wonderful it is to work where your well-being is valued, and you are cared about. Thank you very much.

I wanted to take this opportunity to thank you all. I have no doubt that hearing from so many of you so often and in so many ways, feeling all the caring and love, was the best medicine I received. I am grateful beyond measure for my very big OCUUC family.



Artists UUnite to Meet on May 14

by Linda Spery

OCUUC's Artists UUnite group will meet on Friday, May 14 from 1 -3 p.m. **in the courtyard.** Novice and experienced artists are welcome. Bring your own art supplies and a project you are working on. If you have an easel and stool, please bring it so we can set up to sketch or paint the beautiful flowers "en plein air" in the courtyard. Be sure to wear a mask. Our seating will be distanced throughout the outdoor space. For more information, please contact Linda Spery at lindaspery@gmail.com or 562-212-5317.



What about Anti-Racism?

Nineteen people met April 13th to work together on what OCUUC can do about racism and furthering our understanding and

actions. Our first steps will be a book group to read and discuss How to Be an Antiracist by Ibram X. Kendi and a half-day workshop on how we can work together. Watch for details in the Reach. Many people in the meeting expressed their frustration at not knowing what to do, despite a plethora of resources on the subject. We agreed to be on the path together, transforming our lives and communities by living our Principles.

Nancy Loughrey



OCUUC WRITING CLUB

Are you interested in writing an article, essays, poems, short stories for OCUUC? OCUUC Writing Club is open to all members and friends of OCUUC who are interested in writing reflections about the monthly themes¹ we use in worship (e.g., Beloved Community, Commitment, Play, Imagination, Curiosity, etc.). The group gathers once a month to go over the themes, discuss how we might write about them, share our writing, and be given support in our writing. Then, twice a year we will publish the selective writings as a special publication.

Join the Writing Club Facebook group forum to get updates:

<https://www.facebook.com/groups/ocuucwritingclub>

¹ May theme: STORY

If you have any questions, please contact: writingclub@ocuuc.org



Have you ever played Dungeons & Dragons?

Would you like to learn? Geoff Ayton and Joël Kilchoer are willing, if you are, to lead us in some fun D&D Scenarios.

We are currently playing two campaigns: *Lost Mines of Phandelver*, run by Joël and an *Eberron Campaign* run by Geoff.

If you're interested, please email Geoff (Geoffrey.ayton@gmail.com). Ages: 12-Adult.



StitchWits

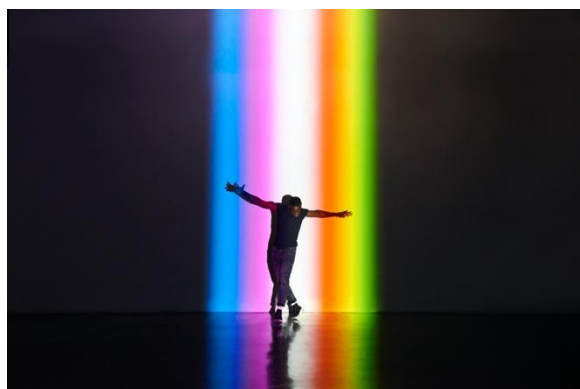
Do you knit, crochet, sew, or enjoy any other crafts? Do you believe in using your skills to help others? Then you might be a StitchWit!

Stitchwits are knitting, crocheting or sewing the following items for Stand Up for Kids:

- *hats
- *scarves
- *fingerless mitts
- *cowls
- *baby blankets

Preferred colors: dark blue, purple, black, grey. Sizes for 12-24 year-olds. We have no specific patterns to use, just use your favorite. If you would like a pattern, just ask! This is an ongoing activity, so feel free to join!

If you would like to participate, please let Barbara Schilling know at 949/285-0918 or harper0117@gmail.com. Stitchwits meet on Zoom every **Saturday at 10am**. Find the link on the [calendar page](#) of our website or contact [Barbara](#).



LGBTQ Action Group

The speaker at our next LGBTQ Action meeting on May 9 will be our very own Audrey Prosser. Don't miss it! We meet on the 2nd Sunday of every month at 12:15pm on Zoom. Let us know if you (or someone you know) are LGBTQ and would like to be our guest one month, and we'll put you on the schedule!

And we are continuing our new film series called Rainbow Movie Night. On the 4th Saturday of every month, we host a communal viewing of an LGBTQ-related film,

followed by a discussion. Our next Rainbow Movie Night will be May 22. Contact Alex Bailey if you have a movie recommendation.

We always have several wonderful allies joining us in our events, which are open to everyone. We appreciate and honor our allies' contributions and support of the LGBTQ community at OCUUC.

The LGBTQ Actions Group's purpose is to educate minds and change hearts, ensuring everyone feels like they belong in our welcoming community. If you have any questions or suggestions, contact Beth Syverson or Jan Mabie anytime.

MusicDirector@ocuuc.org
Janselectrical@gmail.com

Thank you for your support!



What Do You Think?

a new discussion group focused on current events and their relationship to UU Values

Beginning on May 19, Dave Carlson will lead a new monthly discussion group, *What Do You Think?*, which will focus on one current event that has broad ramifications for the US or the world. The topic will be announced when a mailing list is developed and as part of the announcements in the church service on the previous Sunday.

The discussion group will meet via Zoom from 7:30 to 9:00 pm, on the third

Monday of each month. Attendees will be asked to do a little "homework" on the topic before attending. If you'd like to participate, please email Dave Carlson to get put on the mailing list. Contact him at davecarlson715@gmail.com.

Dave has been a member of OCUUC since 1997 and a UU for more than 40 years. He has a Ph.D. and has taught behavioral psychology, engineering and literature for multiple academic organizations.



Women's Circle

Mark your calendars for May 23rd at noon when the Women's Circle will meet on Zoom. The Women's Circle is one of the longest running church groups at OCUUC and is for women of all ages. Grab your cup of coffee or tea after the Sunday service and drop in the zoom gathering.

The Women's Circle is also having an outing May 1st at 9am at the Shipley Nature Center in HB Central Park. Walk as much or as little as you like. Walkers ok, wheelchairs more limited. Our group will wear masks. Sitting areas and restrooms available.

The Women's Circle meets every month on the fourth Sunday. Find the zoom meeting link on the [calendar page](#) of the OCUUC website or contact [Peggy Priver](#).

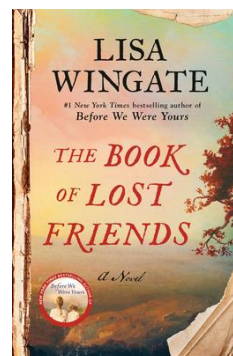
FICTION BOOK GROUP

The Fiction Book Group continues to enjoy lively discussions online on the first Monday of the month. May 3rd at 7:30pm is our next gathering when a leader will lead the discussion of The Book of Lost Friends by

Lisa Wingate, a *New York Times* bestselling author. Please join us.

Find the zoom link on the [calendar page](#) of the church website or contact co-chair [Eva Goodwin-Noriega](#).

Marcia Hackett



MAY PLATE SHARE



STAND UP FOR KIDS — ORANGE COUNTY was established in 1990 and serves homeless and at-risk youth and young adults. Programs in Orange County offer street outreach, mentoring, housing support and so much more.

Programs have the overall goal of leading homeless youth to self-sufficiency and preventing at-risk youth from gang involvement, substance abuse, and dropping out of school.

Youth that have been served include victims of abuse and/or neglect, kids with disabilities, LGBTQ youth, and kids forced out of their homes.

For information about Stand-Up for Kids contact them directly at 714 356-5437.

www.StandUpForKids.org