



The REACH

Monthly Newsletter of ORANGE COAST UNITARIAN UNIVERSALIST CHURCH

July 2018

Sunday Services in July:

July 1st ▪ **“How I Love Thee, Let Me Count The Ways”** ▪ *Linda Sperry, Marcia Hackett, Rica Kaufel*

July 8th ▪ **The Love in our Beloved Community”**
Mary Lundholm and Katherine Martin

July 15th ▪ **“Speaking With Love in a Time of Screaming”** ▪ *Dale Osborne*

July 22nd ▪ **“No Justice, No Peace”** *Michael Eselun*

July 29th ▪ **How Do We Build the Beloved Community?** ▪ *Rev. Sian*



**Sunday Services are
at 10:30am**

Visit our Website:

www.ocuuc.org

**ORANGE COAST UNITARIAN
UNIVERSALIST CHURCH**

Sunday Services: 10:30am
Rev. Sian Wiltshire, Minister
2845 Mesa Verde Drive East,
Costa Mesa, CA 92626
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The President's Perspective

Debra Quam, Board President

We gather together for peace, love and justice for everyone" are the words we sing each week at our service. I am inspired by these words and proud to serve as OCUUC's new Board President. Thank you for nominating and electing me to this important position within our church. I will work hard with the OCUUC board and with all of you to make this next year one we can all be proud of due to our accomplishments and love for one another.

I would like to thank Don Martin, our able Board President for the past two years, for his dedicated service and his wife, Sandie for working on many projects including our Church Auctions, they are a dynamic duo! Thank you to our Minister, Sian Wiltshire for her spiritual leadership, our Board, Committee Members, staff and our many volunteers who's work and devotion make our Church special to all of us. I am counting on all of you as we set sail into the new church year!

We have good people with good values willing to take on the issues of the day. That is important. It is also important to support ourselves with good cheer, spiritual support and camaraderie.

We have many goals on our plate for the next year: pursuing our dream of a new sanctuary, growing our membership, and continuing to build our Religious Education program to name a few. I ask for your support in moving our congregation forward on these goals while offering affirming services to our church members and to the greater community. Please give of your time, talent and treasure. With all of us working to make OCUUC our spiritual home, we can accomplish great things. I look forward to working with you and for you.

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I will close with this quote from Rev. Joanna Crawford:

"I am here to tell you - people are good. And they will overwhelm you with their willingness to make things better for others."

With very best wishes,

Debra Quam

president@ocuuc.org



"Liberty has never come from the government. Liberty has always come from the subjects of it. The history of liberty is a history of resistance." Woodrow Wilson.

"Those who deny freedom to others deserve it not for themselves." Abraham Lincoln.

"If liberty means anything at all, it means the right to tell people what they do not want to hear." George Orwell.

"My definition of a free society is a society where it is safe to be unpopular." Adlai Stevenson, speech, Detroit, 1952.

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." Nelson Mandela.

"Whoever would overthrow the liberty of a nation must begin by subduing the freeness of speech." Benjamin Franklin, Silence Dogood, The Busy-Body, and Early Writings.

Worship in July 2018:

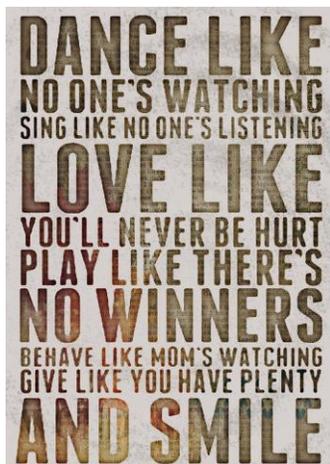
July 1: “OCUUC: How I Love Thee, Let Me Count The Ways.” We often talk about Beloved Community -- but let's apply this term to our very own community here at OCUUC: what makes this community beloved? Worship Leaders: *Linda Spery, Marcia Hackett, Rica Kaufel*

July 8: The Love in our Beloved Community: Continuing the theme from last week, Worship Associates Mary Lundholm and Katherine Martin will address what science tells us about love, and how we might take the love we share at OCUUC out into the wider world. Worship Leaders *Mary Lundholm and Katherine Martin*

July 15: Speaking with Love in a Time of Screaming? How do we communicate our truths in strength, clarity with compassion and love in these troubled and high decibel times? Let's explore! Speaker: *Dale Osborne*

July 22: No Justice, No Peace: Pursuit of justice is a core UU Principle, and yet we've also heard since childhood that “no one said life is fair.” How do we find peace when there seems to be no justice? UCLA Oncology Chaplain *Michael Eselun*

July 29: How Do We Build the Beloved Community? *Rev. Sian*



Evensong

By **Keith Arnold & David Burrows**

Want to unwind, settle down, go deeper? Evensong services employ singing and silence as spiritual practice; reconnecting with breath, listening with compassion, and becoming more aware of interconnectedness. If you are overstimulated, Evensong can help bring balance; if you are in good spirits, Evensong can magnify your well-being. Come for an hour to yourself, within a community of seekers on July 23rd.



Keith Arnold, Minister of Music at Jefferson Unitarian Church, Golden, CO, believes in the power of music to transform individuals and society. A former President of the Unitarian Universalist Musicians Network, Keith and partner David Burrows are leading a UU West Coast Evensong tour this summer. **David Burrows**, B.A. Voice, plays diverse flutes and saxophones in UU worship and at the bedside of the sick. A Certified Music for Healing practitioner and composer of children's UU musicals, David recently served as musician-in-residence at an indigenous girls' school in India, a Holdeen India Program partner.

Keith Arnold
Minister of Music
(*he, him, & his*)

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Random Kindness - Religious Education News

Rev. Judy Tomlinson

Have you ever been to the UU Association General Assembly? Thousands of Unitarian Universalists from all over the country and around the world assemble to worship, learn, connect, protest and do the business of our UUA. It is exciting to be in the presence of so many leaders and people devoted to our faith.

I was fortunate to attend both GA and Ministry Days just prior to GA. It is hard to describe how heartening it is to connect with others who are doing the same rich, hard, rewarding, challenging work that you share. I'm sure you know what it is like to not feel alone and it is good.

Because this year is the 450th anniversary of the Edict of Torda, the proclamation of religious toleration issued by Unitarian King John Sigismund in Transylvania, we hosted many international visitors and heard from even more via an internet connection. Wow! There were folks from the Unitarian Church in Bujumbura, Burundi, the Unitarian Christian Church of Indonesia, a church elder from the Unitarian Church of Jowai in NE India, a student and hip-hop artist from Shillong, India, and a minister from the First Unitarian Church in Kolozsvar, Transylvania. Hearing from these people expanded my assumptions of who our UU faith and message appeals to and is for!

Rev. Meg Riley, Senior Minister of the Church of the Larger Fellowship, gave the Berry Street Essay. She called us to have what she called "permanent allegiance" to the care and nurture of our youth, to have a covenant of accountability and trust that is larger than ourselves, and to spiritual practices that steady and center us so we can take risks, do the hard work of anti-racism, anti-oppression and multiculturalism and to resist the moral and political state our country is in.

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I was also able to attend the Fahs Lecture, "Salsa, Soul, Spirit: Leadership for a Multicultural Age" by Juana Bordas. She reminded us that we are all related. And that "leaders today are called to a new social covenant based on common good, collective purpose and generosity." The Fahs Collaborative, out of Meadville Lombard Theological School, is experimenting with new, progressive and prophetic ways of doing church. Young adults talked about the challenges of growing up UU and then trying to be accepted as real adults in our congregations.

This is an exciting time to be a Unitarian Universalist. UUA President, Rev. Susan Frederick-Gray reported that we grew last year for the first time in a long time. We have many challenges and promises yet to fulfill. And, we can take heart in knowing that we are together in this faith and connected to so many others!

Rev. Judy Tomlinson

Director of Religious Education

Torda450 - Celebrating the Anniversary of Religious Tolerance

Unitarianism was officially recognized for the first time in the Edict of Torda. That proclamation was the beginning of our legacy to be a spiritual tradition that resists hatred, oppression, and the narrow view that there is only one way to be faithful, to be religious, to be free.

<https://www.uua.org/international/torda450>



Music Notes

By Beth Syverson



Are you a singer? Or do you want to be a singer? I've had several people inquire about singing lately, so I wanted to give you information on ways to get involved. Here are several opportunities to raise your voice in song in July and August. Some are one-off events, and some are ongoing.

1. On Monday, July 23, we will have an Evensong meditative service outside in the courtyard under the twinkly lights. Need a chance to unwind, to settle down, to go deeper? Evensong is a 60 minute service of meditative music, singing, and gentle spirit that creates space to take a breath. Come sing and chant, come listen, come join with other spiritual seekers. UU Colleagues from Colorado, Keith Arnold and David Burrows, will be leading this free event.
2. On Saturday, July 28, the Los Angeles Master Chorale is hosting Big Sing California. Sing in the Walt Disney Concert Hall with 2,000 other choral singers, led by Eric Whitacre. Check out the link for this FREE participatory event here: <https://lmasterchorale.org/big-sing-california/overview>.
3. August 16-19 - Sing in a massed choir concert of Mozart and Handel music led by Matthew Martinez at the Methodist church next door to OCUUC. Here's the flyer with all the rehearsal info: <https://www.facebook.com/events/463881220715803/>

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4. August 23 - Orange Coast Choir rehearsals will resume every Thursday, 7:30-9pm in Daniels Hall. Orange Coast Choir performs in worship services throughout the school year, about 3 Sundays per month. We sing all kinds of music, usually in SATB format. Most of our choir members read music to some extent, but if you don't read music, you can still join us. You just need to be able to match pitch and follow directions to be in the choir. If you're not sure if you can match pitch, contact Beth and she can quickly and easily tell you if it's something you can naturally do or if you'd need to work on it before joining the choir
5. Soloists and small groups are invited to participate in the worship services through the summer, as the Musical Interlude or the Offertory. Contact Beth to see if there is a service where your song(s) would fit.

If singing's not your thing but you have rhythm, consider drumming with us! A free Drumming Workshop will occur on Thursday, July 12, 7-9pm in Daniels Hall, for those interested in hand drumming in our worship services. The church has a few drums if you don't have one to bring. No experience necessary, but an inner sense of rhythm would probably be helpful. Professional drummer James Yoshizawa will be teaching us some basic grooves that we can use in congregational singing and more. If there's enough interest, we can continue with a drum circle later this summer.



Contact Beth Syverson, your Director of Music Ministries, if you have any questions or want to get involved. 714-376-6666 or MusicDirector@ocuuc.org

Honoring Our Past...Building Our Future

Linda Spery, New Sanctuary Task Force Chair

Following a vote of approval by the OCUUC Board of Trustees at its April meeting, a task force has been formed and has begun working toward the goal of creating a new sanctuary. The group held its organizational meeting on May 30th and its second meeting on June 12th.

Members of the task force are Karen Kennedy, Kathleen McFarlin, Nina Smith, Sarah Hunter, Craig Spery, Don Martin, Dar Ritter and Barbara Morihoro. Bob Loeschen is serving as an advisor and ex officio members are Rev. Sian Wiltshire and incoming OCUUC Board President Debra Quam. Linda Spery is serving as chair. Craig, Dar, Barbara and Bob comprise the architectural/building subcommittee.



On June 14th and June 18th members of the task force met with potential architects for the proposed sanctuary project. The meetings were led by architectural/building subcommittee head Craig Spery. The task force subsequently met on June 26th to further review the capabilities of both architectural firms interviewed and to define goals and parameters for the project. Information will then be provided to both architects so that they can come back with proposals for the task force to review. In early July an architect will be selected and, upon approval of a letter of agreement by the OCUUC Board of Trustees, work with the architect will commence on a design concept and work plan to be presented to the congregation.

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The foundation is also being laid for a capital campaign to take place to raise funds for the project. One-on-one outreach meetings to secure major gifts will begin once architectural renderings and plans are created. This first phase of the project, which is called "the quiet period" in fundraising terminology, will be led by Linda Spery based on her 10 years of fundraising experience including capital campaigns. A broader fundraising phase will follow beginning in early 2019 and is being planned so that it will dovetail with the annual canvas in the spring.

For more information about the sanctuary task force, please contact Linda at lindaspery@gmail.com or via phone at 562-212-5317 and she will be happy to sit down with you and answer questions you might have. Regular monthly updates will be appearing in the REACH and elsewhere.

This is an exciting time in the life of OCUUC as we join together as a growing and thriving congregation to work toward our goal of "Honoring Our Past....Building Our Future."



Meditation

By Amelia Russo Neustadt

As noted in previous issues of the Reach, each month I've been sharing a very brief (one minute) mindfulness practice that you can try out and also share with people you care about. A minute is a VERY short period of time, but a very short practice can be the best doorway to developing the habit of taking more and more substantial periods of time each day to take care of yourself in the present moment. Also, committing to a very short practice every day is better than doing a long one once in a while!

Practicing with a group is always easier than developing this new skill on one's own. Please join us every first Sunday of the month before church service (9:45 – 10:20 AM in the Youth Room) for a somewhat less brief (15-20 minutes!) meditation practice, followed by an opportunity to briefly share something about our experience along the path. Marilyn Frenz has generously offered to lead the group on July 1st and August 5th. Newcomers are most welcome!

The Mindful Minute #3: *Happiness Practice*

- We can generate a feeling of joy or happiness anytime we wish. For this minute, consider two conditions for happiness that you have right now. These can be as simple as acknowledging that we have a healthy heart, for example, or that we have eyes able to perceive all the forms and colors in the world around us.
- For just one minute, consider two conditions for happiness that you have right now. Notice how this awareness makes you feel.

July Plateshare – Stand Up for Kids

Stand Up For Kids – Orange County, established in 1990, serves homeless and at-risk youth and young adults 25 and younger. Programs in Orange County offer: street outreach, drop-in center, school-based preventions and apartment and housing support. Youth that have been served include sexually exploited youth, victims of abuse and/or neglect, LGBTQ youth, kids with disabilities, former juvenile justice and foster care youth, pregnant and parenting young people, and kids forced out of their homes. They could use our help.

The illustration below (from <http://www.standupforkids.org/what-we-do>) illustrates the Stand Up for Kids Theory of Change.



For information about Stand-Up For Kids and our continuing role, visit with Homelessness Action group members including Birdie Reed, Judith Stamper, Marilyn Giss, Sarah Hunter, Nancy Loughrey and Rev. Sian. Or contact Stand Up For Kids directly at 714-356-5437. OrangeCounty@StandUpForKids.org

Shining Stars and Unsung Hero Awards

Karen Kennedy

Shining Stars and Unsung Hero awards were handed out during the Annual Meeting.

Shining Stars:

Building and Grounds Committee:

Nancy Loughrey, Bob Loeschen, Craig Spery, Mark Renshaw - these people are constantly working to keep us up and running! Truly super heroes! (Don)

Franci Coleman, Maria Goode, Adam Goldman

Maria Goode, Franci Coleman and Adam Goldman for their tireless coffee service, every Sunday, as well as organizing and clean-up of the 3rd Sunday Potluck luncheons. Thank you for your service and delicious coffee.

Jolynn, Joel, and Chance Ibanez- also known as JoJoCha, for enriching our church services and auction events with their musical talent.

Nina Smith – working on marketing and PR for the film festival. She created a great list of local conservancy groups and reached out to them, she got a couple of filmmakers to agree to come introduce their films at our Festival, and she got us an interview and subsequent printed article with the LA Times. The article ran twice and was instrumental in our full house.

Christy Montgomery – Taking us into the next century and singlehandedly branding OCUUC so that we look really cool! She is also working on the refurb of courtyard, designs for the Programs and Welcoming table brochures, and designing and creating everything for our Film Festival!

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Unsung Heroes:

Steve Morihiro

- Organized music library
- Researched and purchased new cordless mic, podium mic, and stands
- Maintained the church laptop
- Set up the sound equipment most Sundays and special events
- Followed up with missing choir members and assisted new choir members
- He transcribes music into a computer program that creates MIDI practice tapes for the choir, creates printed sheet music from hand-written scores
- He coordinates and rehearses some of our small vocal ensembles, plus he organizes small groups to lead music when Beth is off on Sundays.
- He's a loyal choir member and leader of the bass section
- He filled in at the last minute to run the projector for our Film Festival, set up the sound, and even thought to turn on the air conditioning.

Maureen McConaghy

Served as Vice President of Programs and on the Board for two years and did a great job- although we do not give Unsung Hero or Shining Stars for Board service.

Led "Religions of the World" classes.

For many years: Headed up the Nonfiction Book Club, Hiking Club, Passover Seder. Has hosted Circle Suppers at the church.

Started and leads "Cognitive Behavior Therapy" classes, sharing her professional skills.

And now that she is off the Board, she joined the Hospitality Committee, making coffee on Sundays.

Thank you, one and all, for your service!

Karen Kennedy

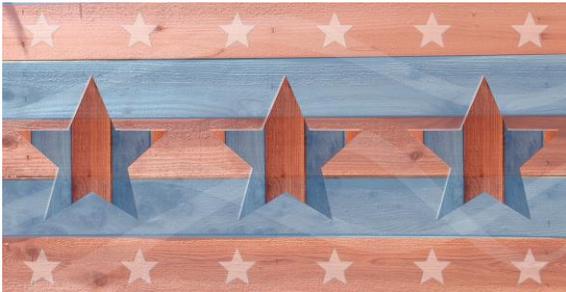
kkg17kk@gmail.com

Women's Circle

The Women's Circle typically meets in the Victoria Room on the **fourth Sunday of each month** immediately after the worship service (unless a special meeting is announced)

Feel free to bring your cup of tea/coffee, sack lunch, and (if you want to) any nibbles to share. Our doors are always open, and guests are always welcome.

Join the Women's Circle, come by and discuss our monthly topic. We create connections with other like-minded women, share information and share our lives in a caring and safe environment. For more information, contact women@ocuuc.org.



OCUUC Fiction Book Club

The Nonfiction Book Club meets once a month after the service, **usually on the second Sunday, at 12:00 noon**. In each meeting, each person (who wishes to do so) talks about a nonfiction book of their choice.

Some of the books discussed so far include:

- "What Darwin Got Wrong," by Jerry Fodor and Massimo Piattelli-Palmarini
- "The Geography of Bliss," by Eric Weiner
- "Why Nicaragua," by Pat McCully
- "Founding Brothers: The Revolutionary Generation," by Joseph J. Ellis
- "And Man Created God: A History of the World at the Time of Jesus," by Selina O'Grady

OCUUC Fiction Book Club

Meets Monthly, usually the 1st Monday 7:30 pm

The Fiction Book Group will meet on July 2nd at 7:30pm in the Victoria Room to discuss *The Sympathizer* by Viet Thanh Nguyen. All are welcome to join our discussion, and we'll choose the August read at this meeting.

Co-chairs are Eva Goodwin-Noriega and Marcia Hackett.

LGBT Action Group

LGBT Action Group meets in Suite 4 on the **second Sunday** of each month, at 12pm. LGBTs and friends and allies at OCUUC have a casual potluck lunch (or brown bag it) while we dream, discuss, and plan activities for the coming months. Non-LGBT allies are always welcome. [Visit our Facebook page](#) or [contact us by email](#).

Atheist Humanist Group

The Atheist/Humanist Group meets on first Sundays at 12:15pm in the Victoria room. This is a discussion group supporting humanists, agnostics, atheists, deists, and others who view human activity as the basis for moral systems, and view humans as integral parts of the nature of the cosmos.



In Our Thoughts...

- Congrats to **Alex, Ralph H.'s** grandson, for graduating from high school; and Happy 88th Birthday to Ralph!
- Happy 21st birthday to **Franci C's** granddaughter, **Sierra**.
- **Adam G.** lit a candle of concern for his 9-year old nephew who had an emergency appendectomy.
- **Sharon B.** lit a candle of sorrow for her **Aunt Helen** who has been ill for a while.
- **Judith S** celebrated her 32nd wedding anniversary last week.
- **Ian L.** age 8, is happy because he gets to see all 4 of his grandparents this summer!
- Hip hip hooray for **Jayden**, for finishing kindergarten this week!
- **Karen and Jonathan M-P** lit are happy to announce that their new son, **Julian**, just turned one month old!
- Congrats to **Barbara S's** nephew **Jared**, who just got a job in Costa Mesa and will be moving back to California in July.
- Big time congratulations to **Heather M**, who graduated from Cal State San Luis Obispo last week, and will be moving to Portland.
- Happy Happy Birthday to **Meg W!** Hey, where's the party?
- **Chad M** is very happy that his daughter's therapeutic summer camp costs are being covered by his insurance company.

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- **Tom & Nancy L** wish **Bonnie W.** a happy birthday, thanking her for her friendship and flowers.
- **Judith S.** is excited to start training as a member of the Orange County Grand Jury. What an honor and adventure!
- Congratulations to **Franci C's** grandson, **Ryan**, who graduated from High School in Michigan.
- **Elysse J.** wishes her amazing sister a happy 30th and is very proud of her! Awww.
- Congrats x2 to **JoLynn and Chance I.**, who have both received offers to be represented by an agent!
- Keep **Jan M.** in your thoughts as she was arrested in Sacramento for a Poor People's Campaign direct action.
- **Violet K.** is happy she has been approved for HRT, and that she is finally starting the process of transitioning.
- **Mary S** is joyful about the support the congregation expressed toward her during her difficult medical journey.
- **Ted and Mary L** will be celebrating their 34th anniversary of running off and being married by an Elvis impersonator.
- **Jazzie and Jamie P** lit a candle for their son's 21st birthday. They are so proud of him for all that he has accomplished in his world travels.
- Keep **Franci C.** and her son, **Joel**, in your thoughts. He is hospitalized in Sacramento for physical and mental illness.

Calendar of Events at OCUUC

Sunday Services: 10:30 am

Sunday, July 1st

Meditation Group, Youth Room, 9:45 am
Sunday Service, Daniels Hall, 10:30 am
Stewards meeting, Youth Room. 12pm
Atheist/Humanist Group, Victoria Room, 12:15 pm

Monday, July 2nd

Blue Cliff Zen Sangha, FUn Room, 7 pm
OCUUC Book Group, Victoria Room, 7:30 pm

Wednesday, July 4th

Independence Day



Sunday, July 8th

Sunday Service, Daniels Hall, 10:30 am
LGBT Action Group Lunch Meeting, Suite 4, 12 pm
Nonfiction Book Club, Victoria Room, 12 pm

Monday, July 9th

Election Action Planning Mtg., Suite 4, 7 pm
Blue Cliff Zen Sangha, FUn Room, 7 pm

Thursday, July 12th

Drumming workshop, Daniels Hall, 7 pm

Saturday, July 14th

Stitchwits, Off-site (Panera Bread, 17th St.), 11 am

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Sunday, July 15th

Sunday Service, Daniels Hall, 10:30 am
3rd Sunday All Church Potluck Lunch 11:45 am
CBT Classes (Secrets of Cognitive Behavioral Therapy), Suite 4, 12:15 pm

Monday, July 16th

Blue Cliff Zen Sangha, FUn Room, 7 pm

Tuesday, July 17rd

Finance Council, Victoria Room, 7 pm

Sunday, July 22nd

Sunday Service, Daniels Hall, 10:30 am
RECY Comm., Youth Room, 11:45am
Women's Circle, Victoria Room, 11:45 am

Monday, July 23rd

Evensong Service, Courtyard, 7 pm
Blue Cliff Zen Sangha, FUn Room, 7 pm



Wednesday, July 25th

Cluster Meeting, Youth Room, 10 am
Board of Trustees Meeting, Victoria Room, 7:00 pm

Sunday, July 29th

Sunday Service, Daniels Hall, 10:30 am

Monday, July 30th

Blue Cliff Zen Sangha, FUn Room, 7 pm

Mark your calendars –

Independence Day – July 4

Drumming Workshop – July 12

Evensong – July 23



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