



The REACH

Monthly Newsletter of **ORANGE COAST UNITARIAN UNIVERSALIST CHURCH**

February 2020

Sunday Services in February:

February 2nd ■ **“Ground Hog’s Day”**

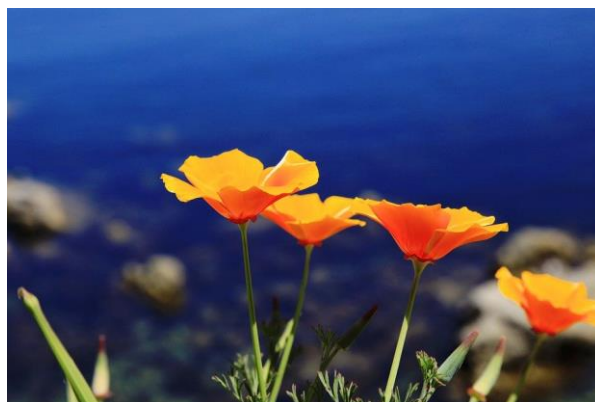
■ *Rev. Sian*

February 9th ■ **“Gaman”** ■ *Rev. Sian*

February 16th ■ **“Still with us”** ■

Lawrence Ingalls

February 23rd ■ **Guest Speaker**



**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
www.ocuuc.org
email: uu@ocuuc.org
Telephone: 714-556-2882

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The President's Perspective

Debra Quam, Board President

A special congregational meeting was held January 19, 2020 for OCUUC members to vote on the following motion:

"Authorize the OCUUC Pledge Drive Committee and the New Sanctuary Task Force to move forward with a combined operating fund and capital fund campaign to determine the financial feasibility of replacing the building housing suites 3-5 with a new OCUUC sanctuary."

Prior to voting on the motion, Nancy Loughrey presented the Proposed New Sanctuary Report, prepared by the OCUUC Property Use Group (PUG). Tom Loughrey also spoke about the role of the PUG which was formed in May of 2019 to provide guidance and strategy to the Board and congregation on the overall usage of OCUUC property. Part of the role of PUG is to work with the New Sanctuary Task force to explore all options for increased Sunday meeting space.

After Nancy and Tom's presentations, OCUUC Board of Trustees President, Debra Quam lead a question and answer session on the

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proposed motion. After robust discussion, a vote was taken on the motion which passed by an overwhelming majority of votes.

The meeting was very well attended with 74 of OCUUC's members in attendance. Thanks to Craig Sperry for the picture of the meeting accompanying this article.

Many thanks to Nancy and Tom for their presentations at the meeting, to Katherine Martin for running the audio visual, to Sarah Jones and Sarah Hunter for their work in preparing for the meeting, and to Karen Kennedy, Peggy Hepler and Maria Goode for the special potluck meal. It's easier to listen, participate, and vote when you have just had a good lunch.

With best wishes to you all,

Debra Quam

President@OCUUC.org



Congregational Meeting – January 22, 2020

Sian's Shenanigans

People often ask me “how long shall I grieve?” as if there is a certain timetable that I could give them. And I always tell them, “There is no timetable. You’ll grieve as long as you grieve.” What I think people are really asking me is: “How long do I have to go through this pain?” No one wants to feel the pain of grief, or any other difficult emotion.

Resilience is about allowing ourselves to feel those difficult emotions – and walking through them. Winston Churchill once said, “If you’re going through hell, keep on going.” The only way through the pain is...well... through the pain. The more we resist feeling it, the more problems we cause ourselves – pent up pain can be released as anger toward loved ones, as addictive behaviors, or as shutting down from the world.



One way we get through all the pain is through community. Whether that’s friends, family or, like us, a church. Having someone to talk to, who won’t ask you “why are you feeling this way, *still?*” but holds you with love and empathy is vital to our ability to get through those hard times. If you need someone to talk to, a nonjudgmental, listening ear, we can help. Our Pastoral Care Associates (Judith Stamper, Laurie Kluge, Birdie Reed, and Marilyn Giss) are all here for you, as are Rica and I. For how long? For however long it takes.

With love,

Rev. Sian

Worship in February 2020:

Resilience

Feb. 2nd: Ground Hogs Day. The annual tradition of Ground Hog’s day is a time when we look at the future as either one of hope or despair. When times are tough, how do we choose hope, despite the signs otherwise?
Rev. Sian



Feb. 9th: Gaman. Gaman is a Zen Buddhist concept that means to endure the unbearable with patience and dignity. There is an unfortunate truth that each of us will most likely have to endure such challenges. How do we do that as Unitarian Universalists? *Rev. Sian*



Feb. 16th Still with us. *Lawrence Ingalls*, former member and friend of OCUUC, will be talking about communicating with the dead! You don’t want to miss this one.

Feb. 23rd Guest Speaker

Random Kindness

Religious Education News

Resilience is our theme this month. From Soul Matters, “Resilience is the ability to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.”

The person I’ve read the most on the combined topics of resilience and parenting is Brene Brown. You may have seen her TED Talks. Here is an exercise she recommends as a family activity. It has to do with our ability and permission to not only have feelings and to identify them, but to also express our feelings. Here is the activity. “Draw a picture of your home, and at the top of the paper write, ‘You always have permission to . . . ‘ Fill in the house with descriptive feeling words. You always have permission to cry, be frustrated, laugh, be sad, be afraid, etc.”



By doing this we send a message to our children (and ourselves) that it is okay to own and express our feelings. That feelings count, even the ones we don’t like very much. And by giving our children and ourselves room to express feelings we know we belong just the way we are. We create a safe place to be ourselves and a feeling of belonging as a family. This helps us recover more quickly, to get “back on the horse”. To face life with courage and vulnerability, or as Brene Brown would say, face life wholeheartedly.

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I also listened to another TED Talk given by educator and researcher, Angela Lee Duckworth: “Grit: The power of passion and perseverance”. Again from Soul Matters, “Grit is the courage and even stubbornness to keep going in the face of failure and obstacles that are put in our way.” Duckworth said that the biggest factor she has found in determining success is not income, race, intelligence or good looks but grit. The ability to get up and keep on going in spite of failure and setbacks. One way we help our children through life’s difficulties is to let them know that they can learn and grow from a loss, not that they identify with the loss, as a failure (as in “I’m a loser”, or “I’m never going to . . . “), but that they can grow from it. It gives them hope.

The best thing we can do is to model resilience for our children and youth, to be good companions when they are experiencing strong emotions, and to help them identify lessons learned. When do you remember watching your parents act resiliently?

Calendar: Sunday, Feb. 9 4th-7th grade Riddle and Mystery art project. Youth will, with the help of teachers, make their own Big Question tee shirt!

With grit and gratitude,

Rev. Judy



Intern's Corner

By Rica Kaufel

Just about a week ago I signed up for my last set of classes at Meadville Lombard Theological School, the seminary I am attending. After this semester, I will graduate in May, and my internship will come to an end in June. What an incredible journey it has been!

As I am writing about Resilience – our theme for this month – I can't help but think back over the last few years. As wonderful as it has been, this path to ministry has also required some resilience on my part. Not the resilience that is needed when we are faced with adversity or oppression, but the resilience that keeps us chugging along when we are doing decidedly too many things all at once: in my case, working at UCI, doing my internship here, studying full-time, and raising a child.

There were many times when I was exhausted, but never exhausted enough to question my decisions. There were also many times when people asked me how I am doing all the things I do. What is the secret to my resilience?



A big part is sleep! With all the fun things I had to cut short, I never compromised on getting enough sleep, and that worked miracles. Sufficient sleep definitely fueled my resilience.

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Yet even more importantly, my resilience is fueled by joy! The joy I derive from being with my child, from learning new things, and working with wonderful students. The immense joy of doing my internship here, at OCUUC – I could not have asked for a better place! You all are so wonderful, and I am so grateful that you received me with such grace and provided such a loving environment for me to grow! However, there were also moments of joy that I created for myself, that I intentionally carved out during my busy days. At times, I felt guilty doing so – aren't there more important things I could be working on? But I did so, anyway.

Sometimes, feeling joy during difficult times can seem self-indulgent or inappropriate. Is this a time for wasting time, light-heartedness, celebrating? However, we need joy to get us through hard things – be it that we are simply doing too many things, that we are facing personal hardships, or that we keep on finding ourselves in this truly concerning moment in history when so much is at stake, and so much cruelty keeps happening. This is a time that truly calls for our continued engagement, and for that, we need resilience. In order to sustain this resilience, we need joy so we can take care of ourselves, each other, and the world. As Audrey Lorde reminds us: "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

So, take care of yourself, create joy for yourself and others, so we may be resilient, stay engaged, and create the beloved community that calls us!

With love,

Rica

Music Notes

By Beth Syverson

Do you have a hidden talent you'd like to share with the congregation? On March 7 we'll be hosting our annual Open Mic Night. It's open to all ages, all abilities, all genres. The only requirement is the act has to be family-friendly. It's free to perform and free to attend this event. So start digging out those tap shoes, that ukulele, that journal full of your poems, or that song you wrote. Our Open Mic Night is a safe and welcoming space for you to explore your creative side.



Mark your calendar for a few other music events you won't want to miss:

- Sunday morning, March 29, will be Music Sunday, and this year we will be celebrating the 100th anniversary of the 19th Amendment (women's right to vote) and the continuing fight for equal rights for women.
- On April 18, we will present our bi-annual Music Under the Stars auction event.

There are many ways to be involved in the Music Ministries at OCUUC. Contact me anytime if you want to join us or help behind-the-scenes.

Musically Yours,

Beth Syverson

Director of Music Ministries
MusicDirector@ocuuc.org

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Volunteer Spotlight



This month's Volunteer Spotlight is shining brightly on Stacy Smith. She's been singing with the choir for over 4 years, plus she's performed several different solos at church events. She's written songs for use in worship, including co-writing (with Linda Kraemer) the Offertory Response song we sing every single Sunday. For the recent Winter Solstice Singing Ritual, Stacy collected materials and created the beautiful altar, representing the four Elements. And she's always the first to help out when there's a party to organize. Thanks, Stacy, for all the ways you contribute to the Music Ministries at OCUUC!

Calling all Friends and Visitors of OCUUC



Come to Snack and Chat! Sat., Feb. 8, 10am

Have you ever thought of becoming a Member, so that you can vote and have a say in the direction of the church? We have a Big Vote coming up in June regarding a new Sanctuary. If you would like to find out a little of what membership entails, come to a **Snack and Chat**, and get to know us (Rica Kaufel, Intern Minister, and Karen Kennedy, VP Programs and Acting Membership Chair.) You can ask questions about Theology, Programs, Membership, etc. **Our next one will be on Saturday, February 8th at 10:00am** in the Victoria Room. In March, we will have a Snack and Chat right after church that will include lunch. Call Karen Kennedy (949-215-3748) or email programs@ocuuc.org to sign up. Is now the time for you to become a MEMBER? We hope so!

Karen Kennedy
VP Programs, OCUUC

You are Invited

You are Invited to be a guest and dine at a member's home. We will meet with friends, old and new, to share experiences, hopes, and dreams for Orange Coast Unitarian Universalist Church (OCUUC) as we have a meal together.

What is it about our church that keeps you coming back? We know what it is for us - the people. We'd love to hear your answers and discuss other questions of importance to this congregation in these small group settings.

Join with others from church to take part in this exciting step in the life and growth of OCUUC. The exercise will be one of community building and information about both the annual Pledge Campaign and the Sanctuary Campaign.

A trained Campaign Leader will be at each meeting to lead discussion and answer questions. You'll have the opportunity to complete your pledge cards for both the Annual Operating Fund and the Sanctuary Capital Campaign.

We need everyone to participate in one of these gatherings to gain as much input, information, and momentum as possible as we pursue the path to OCUUC's future.

You will be able to choose one from several day or evening dates and times to attend. The events will take place the last weekend in March and the first weekend in April.

Signup sheets for these gatherings will be available after services beginning in February.

OCUUC COMBINED OPERATING AND CAPITAL CAMPAIGN
2020

Linda Sperry and Sandie Martin Co-chairs

OPEN MIC NIGHT



**SATURDAY
MARCH 7**

7:00 PM

**DANIELS
HALL**

OPEN TO ALL PERFORMERS OF ALL AGES:

**Poets, musicians, stand-up comedians, dancers, dog acts, etc.
Acts must be family-friendly.**

Free for everyone to attend and perform.

Performers, arrive by 6:45pm to get on the roster.

Childcare is available if requested by 2/28/19

**For more information, contact Beth Syverson at
MusicDirector@ocuuc.org**

ORANGE COAST UNITARIAN UNIVERSALIST CHURCH

2845 Mesa Verde Dr E, Costa Mesa

OCUUC Season of Giving



Last December, OCUUC was able to provide Christmas presents for three families through SOS, and four youths through Stand Up For Kids! What a wonderful way to bring joy into the world! Our youth group also packed goodie bags, and twice in December did we have a group of dedicated volunteers provide dinner for Stand Up For Kids!

Thank you all for your generosity, for picking gifts, donating money, wrapping presents, baking, cooking, transporting, organizing, building community, and sharing our faith! You are incredible!

The season of giving may be over, but here at OCUUC the season of giving continues! Every fourth Tuesday, we will keep making dinners for Stand Up For Kids in Huntington Beach.



This January, our youth made a big pot of ratatouille and served it on January 28th. It was a wonderful experience for all involved. **If you are interested** in preparing and attending the dinner on Tuesday, 02/25, **please email** Rica@ocuuc.org

February Plateshare – The Teen Project



Giving every child an equal chance at life.

The mission of The Teen Project (TTP) is to provide young women exiting foster care, homelessness or human trafficking with all of the support of an intact family allowing them the greatest opportunity for a successful transition to adulthood.

All TTP programs serve homeless female youth who have complex trauma histories as a result of childhood abuse and neglect, engagement with the foster care system and human trafficking. The Teen Project operates 126 beds and has five facilities.

Programs of the Teen Project include Vera's Sanctuary for Women, the College House and Rehab for Girls.

Vera's Sanctuary for Women is the only licensed residential drug treatment site in Orange County dedicated to victims of human trafficking. They provide drug treatment, therapeutic services and vocational services to foster youth and young women lacking family support who have been victims of human trafficking and are 15-24 years old in a site surrounded by wildlife, nature and beauty.

The College House is for Transitional Age (18-25) year old young women lacking family support. They provide everything the young women need to get their lives back on track, education, job training, internships, automobile matching and savings plans. Each young woman has their own bedroom. The average stay is two years.

For more information, see the following website: <http://theteenproject.com/>

Board Game Afternoon

Please join us for an afternoon of board gaming at 3 pm Saturday, February 29th in Suite 4. We will be playing **Magic Maze**. We will teach the game before we play but you can check this link: <https://youtu.be/bxIQ3KI2KE0> for a video to teach you how to play. Geoff will also bring his collection of games, but anyone is welcome to bring their own games if they would like. all are welcome.



LGBT Action Group

The LGBTQ Action Group meets in Suite 4 on the **second Sunday of the month** at 12 noon. LGBTQ's, friends, allies, and supporters meet to dream, discuss, and plan activities that support the LGBTQ community while educating them and others with various monthly speakers. Join our email list or visit our facebook page, LGBTQ Action Group, or contact us via our chair Jan Mabie at Janselectrical@gmail.com

Atheist Humanist Group

The Atheist/Humanist Group meets on first Sundays at 12:00pm 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.

OCUUC Fiction Book Group

Meets Monthly, usually the 1st Monday, at 7:30pm, in the Victoria Room. (Call Eva at 949-836-3113 if the door is locked (security reasons.)

We meet at 7:30pm in the Victoria Room for our lively discussions led by a different leader each month. Please join us! Co-chair: Marcia Hackett and Eva Goodwin Noriega.

For your advanced planning for the next 4 months, we will be reading the following:

- The Illegal by Lawrence Hill for 3/2/20
- The Woman in the Window by A. J. Finn 4/6/20
- Madam Bovary by Gustave Flaubert 5/4/20
- 1000 White Women by Jim Fergus 6/1/20

OCUUC Non-Fiction Book Club

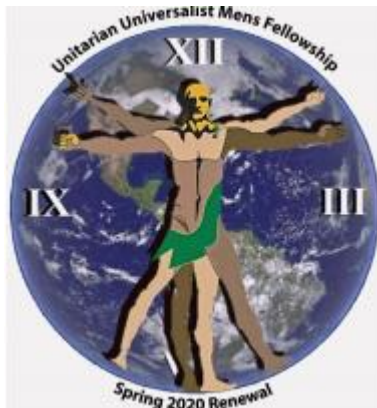
The Nonfiction Book Club meets in the Victoria Room once a month **on the second Sunday, at 12:00 noon**. In each meeting each person (who wishes to do so) talks about a nonfiction book of their choice. Join us!

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 meet in the Youth Room at 12noon on the **first Sunday of each month**.

StitchWits is a group of crafters dedicated to creating handmade items for charity. Details on are available on the [StitchWits Facebook page](#). These meetings are open to all and newcomers are welcome.

UU Men's Renewal Weekend



UU Men's Fellowship Spring Renewal
April 17-19, 2020
Camp deBenneville Pines
Angeles Oaks, CA

Carpe Diem - Meaning, Purpose, Joy

Carpe Diem is the Latin term most often translated as *Seize the Day*. What is most important for us today - Finding Meaning, Acting with Purpose, Experiencing Joy? Now is the time to rediscover these basic drives to experience more fulfilling lives. In open discussions and activities and in small supportive kinship group settings, we can be open to the issues that challenge us to the core and help us to discover who we are as men, sons and brothers. Please join us to fellowship, make music, experience rituals, and enjoy the natural beauty of the mountains and forests at our sacred Camp de Benneville Pines. For additional information contact Cory Brown.

*Every election is determined by the
people who show up.*

Larry Sabato

*Voting is the expression of our
commitment to ourselves, one
another, this country, and this world.*

Sharon Salzberg

Let Every Day be Earth Day

When I opened my mail this week, I found the sticker below:



As you have may have heard, possibly many times over the TV and/or radio, "Voting is different this year."

First of all, the March primary election will be earlier, not in June, but three months earlier, in March—and it will not be one day, but spread out over eleven days between Feb 22 and March 3.

Secondly, instead of going to your regular polling place, there will be the choice of vote-by-mail (all registered voters will receive a vote by mail ballot) and voting at a voting center, for locations see ocvote.com/votecenter.

This is our opportunity to apply our fifth principal of our UU faith:

*The right of conscience and the use of the
democratic process within our
congregations and in society at large;*

For better or worse, the leaders we choose are an expression of our values as a society. It's easy to feel that your vote won't make a difference, but it does. Amazingly, in one race in 2018, the election was a tie, with exactly the same number of votes for each of the two candidates. One single additional vote, for either candidate would have made the difference!

Consider the candidates. Consider who best reflects your values and vote accordingly. Please vote. It makes a difference.

In Our Thoughts...

- **Richard O** lit a candle of joy for his daughter who gave birth to a baby boy.
- **Susie T** shared joy for her daughter and sisters who were her awesome caregivers.
- **Sarah H** lit a candle of sorrow and hope for a cousin's passing, a cousin's terrible accident, **Rob's** brother's heart attack, and **Sarah's** brother's hip replacement.
- **Clover & Paul** shared joy that daughter, **Laura's** shoulder replacement surgery went well.
- **Joan A** shared sorrow for the tragic death of **Susan P**, a dedicated teacher at her school.
- **Linda C** lit a candle of sorrow for the loss of a wonderful young man who died of a brain tumor.
- **Amelia R-N** lit a candle of joy for **Aaron N.'s** 69th birthday.
- **Maureen M** lit a candle of joy because both her daughters were here for Christmas.
- **Karen K** lit a candle of joy for attending her aunt's festive 100th birthday celebration.
- **Tatiana H** is hopeful for 5 month-old **Rae**, who will have corrective jaw surgery.
- **Bridget K** has both joy and sorrow as her grandfather, **Charles F**, passed away at the age of 94. He was an incredible man and amazing grandfather.
- **Marilyn G** remembers her late husband, **Maurice** – sharing and anniversary on Jan 3 and his birthday Jan 8th. Thankful for all the love and support from family and friends.

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- **Kim S** lit a candle of sorrow for the end of her marriage from someone she still loves and considers to be her best friend.
- **Adam G** announced that he is getting a new apartment in February in Costa Mesa.
- **Birdie R** is missing **Lysa D** who is out of town taking care of her ill sister.
- **Beth** and **Jan** are asking for strength and hope as **Joey** is in more chaos. Please send positive thoughts to him.
- **Robert W** lit a candle of joy for the life of his dear Aunt, **Evelyn**, and sorrow at her passing.
- **Jolynn I** lit a candle of hope for her mother, **Sharon E.**, who has been in the hospital.
- **Kathleen M** lit a candle of sorrow in memory of **Oneva** who passed away at the age of 97. She was the last of her generation.
- **Sandie M** lit a candle of joy because long ago on January 31, 1940, **Don M** was born.
- **Mary S** lit a candle of joy observing her 74th birthday! Just 2 years ago, she was diagnosed with stage 4 cancer and given 6 months to live. Today she is cancer free.
- **Sharon B** lit a candle of joy and relief after passing the DMV written test.
- **Linda C** lit a candle of joy for 40 years of sobriety with her husband, Jim.
- **Sunny H** lit a candle of joy and concern for her grandson who is traveling from Shanghai.
- **Ralph H** lit a candle of gratitude to **Jamie P** for the help she continues to give our church, our community, our furry friends and **Ralph!**
- **Yulis A** lit a candle of gratitude for the lunar New Year celebration with her family.

Calendar of Events at OCUUC

Sunday Services: 10:30 am

Sunday, February 2nd

Meditation Group, Youth Room, 9:45 am
Sunday Service, Daniels Hall, 10:30 am
AHA Group, Victoria Room, 12 pm
Stitchwits, Youth Room, 12 pm
Visible Church Comm., Minister's Office, 12pm

Monday, February 3rd

OCUUC Book Group, Victoria Room, 7:30 pm

Tuesday, February 4th

Big Questions, Victoria Room, 7 pm

Thursday, February 6th

Sermon Discussion Group, Victoria Room, 1:30 pm
Choir Rehearsal, 7:30 pm

Saturday, February 8th

Saturday Snack and Chat, Victoria Room, 10 am

Sunday, February 9th

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

Tuesday, February 11th

Covenant Group, Victoria Room, 7pm

Wednesday, February 12th

PAC Meeting, Minister's office, 3 pm
Comm. on Ministry, Minister's Office, 6 pm

Thursday, February 13th

Choir Rehearsal, 7:30 pm

Friday, February 14th

Valentine's Day
Grief and Caregivers Group, Minister's Office, 12pm
Artists UUnite, Suite 4, 2 pm



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Sunday, February 16th

Meditation Group, Youth Room, 9:45 am
Sunday Service, Daniels Hall, 10:30 am
3rd Sunday All Church Potluck, 11:45 am
RECY Comm., Youth Room, 11:45
Town Hall, Daniels Hall, 12 pm

Monday, February 17th

President's Day

Tuesday, February 18th

Big Questions (Leadership Grp), Victoria Room,
7pm

Wednesday, February 19th

Interfaith Luncheon, Daniels Hall, 11 am
Finance Council, Victoria Room, 2 pm

Thursday, February 20th

Sermon Discussion Group, Victoria Room, 1:30 pm
Choir Rehearsal, 7:30 pm

Saturday, February 22nd

First Day of Voting – Primary election



Sunday, February 23rd

Sunday Service, Daniels Hall, 10:30 am
Women's Circle, Victoria Room, 11:45 am
Teacher Meeting, Suite 4

Wednesday, February 26th

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

Thursday, February 27th

Choir Rehearsal, 7:30 pm

Saturday, February 29th

Afternoon of Gaming, 3 pm

Mark your calendars –

Town Hall – February 16

Open Mic Night – March 7

**UUMF Men's Renewal Weekend – April
17-18**

**Wild and Scenic Film Festival – June
13**



Orange Coast Unitarian Universalist Church
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