



# The REACH

Monthly Newsletter of ORANGE COAST UNITARIAN UNIVERSALIST CHURCH

April 2020

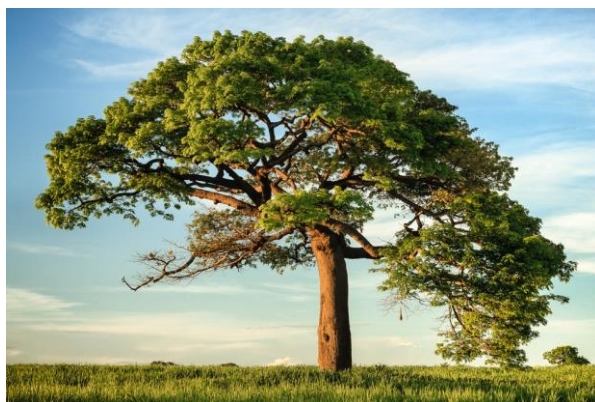
## Sunday Services in April:

April 5<sup>th</sup> ■ **“First You Give, Then You Love”** ■ *Rev. Sian*

April 12<sup>th</sup> ■ **“A Place of Waiting”** ■ *Rica Kaufel*

April 19<sup>th</sup> ■ **“Earth Day!”** ■ *Rev. Sian with Dr. Sarah Kimball, Botanist.*

April 26<sup>th</sup> ■ **“Free to be You and Me”** ■ *Rev. Sian*



**Sunday Services are  
at 10:30am (on Zoom)**

Visit our Website:  
[www.ocuuc.org](http://www.ocuuc.org)

### **ORANGE COAST UNITARIAN UNIVERSALIST CHURCH**

Sunday Services: 10:30am  
(On Zoom, see page 2)  
Rev. Sian Wiltshire, Minister  
2845 Mesa Verde Drive East,  
Costa Mesa, CA 92626  
[www.ocuuc.org](http://www.ocuuc.org)  
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## The President's Perspective

Debra Quam, Board President

What a difference a month makes. I just reread what I wrote for last month's Reach article and there was, of course, no mention of a Covid-19 worldwide pandemic. Until three weeks ago, I, and I imagine many of you, were blissfully unaware this virus would erupt to the extent it has here at home.

Reverend Sian and the Staff, the Board of Trustees, and so many other members of our wonderful OCUUC community have all jumped in to work together to navigate our way through this unprecedented time. Many thanks to all of you.

Please keep checking your emails, including your junk email, the Blast, and the OCUUC website at [www.ocuuc.org](http://www.ocuuc.org), for information on accessing on-line church services and programs. We can all still be together to connect and support each other by utilizing these on-line resources for as long as will be necessary. If you need assistance getting on-line, please contact the [geeksquad@ocuuc.org](mailto:geeksquad@ocuuc.org) and one of our church members will assist you.

For those of you who wish to do so, please reach out to other OCUUC members and friends by phone or email. It will lift your spirits and theirs too. If you cannot locate your hard copy of the church directory, you can find the directory on our website at [www.ocuuc.org](http://www.ocuuc.org) in the Members Only section.

You are all precious members of our beloved community and I hope you are staying in and staying safe. I look forward to seeing you online until the time we can see each other in person once again.

With love,

*Debra Quam*

[President@OCUUC.org](mailto:President@OCUUC.org)

## COVID Response

### Pastoral Care

Our Care Team and our staff are mobilizing to support our community. Expect regular contact via our usual online platforms like Facebook, phone calls to check in, and opportunities to connect via the internet. In addition, calls will be made to vulnerable community members and those that don't regularly utilize the internet. **If you know of those who are most vulnerable, please reach out to them and let them know that you care.** We all need to hear that right now.



### Sunday's Worship Service

Rev. Sian, our Intern, Rica, and Beth, along with dedicated musicians and singers, and many others, are working hard to offer online worship services through Zoom. Please [click here](#) for details about Zoom and how to access meetings on Sundays. These services are also recorded and the video recordings are available on our [Sermon archive webpage](#) for viewing as well as the [OCUUC YouTube channel](#).

### Committee Meetings

We will be conducting only essential committee meetings, such as Board, Finance, etc. We encourage everyone to meet virtually via Zoom. Please contact one of the staff about setting up a Zoom meeting and contact Nina Smith if you need training. She and the Geek Squad can be reached at [geeksquad@ocuuc.org](mailto:geeksquad@ocuuc.org)

## Sian's Shenanigans

"We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." Rev. Dr. Martin Luther King, Jr.

While King meant this to describe the justice issues of our times, it has a broader truth to it. He's speaking about our interdependence. During this time of self-quarantining, we are finding that liberation or freedom isn't just about "whatever I want to do." Rather, it's liberating ourselves from the illusion that we only have to look out for ourselves. If COVID19 has taught us anything, it's just how interdependent we are! My health, my freedom, my agency, my *life* is tied up in yours. And vice versa. It's inescapable.



As I, along with the staff and leadership, have been scrambling to adjust to this new way of doing church, what has brought me to tears of gratitude is how well you all have responded. People are reaching out, stepping up, embracing new ways of doing things. We know we are in this together. I'm grateful and humbled at everyone's generosity. Thank you for showing up. Thank you for getting outside your comfort zone. And most of all, thank you for protecting one another.

See you online!

With love,

*Rev. Sian*

## Worship in April 2020:

### *Liberation*

#### **April 5th: First You Give, Then You Love.**

Come join us for this celebration of what it means to belong to this beloved community in this time of crisis! *Rev. Sian*

**April 12th:** Often when we celebrate Easter, we want to jump from Good Friday straight to Easter Sunday, ignoring Holy Saturday, this day of waiting and not knowing. Yet right now, during these times, it is this day between, this place of waiting, not knowing, and hoping, that can give us comfort and inspiration. *Rica Kaufel*

**April 19th: Earth Day!** Diversity abounds in nature, yet we struggle with embracing all the diverse ways we show up as human. On this earth day, what lessons can our planet and its denizens teach us? *Rev. Sian with Dr. Sarah Kimball, Botanist.*



**April 26th: Free to be You and Me.** What does it mean to be liberated? To be free? *Rev. Sian*

## Random Kindness

### Religious Education News

Our monthly theme for April is Liberation. Wow, has that taken on a whole new meaning for us in these days of “shelter in place?” Our worlds have shrunk to the size of essential services and there doesn’t seem to be an end in sight. I don’t know about you, but I suspect we may have some feelings in common. I’m cycling through feeling fine, to anger at the way our Federal government is handling this crisis, to fear about the world and new ways of doing my RE ministry, to panic about members of my family becoming ill and not being able to see them, to gratitude for things as disparate as both technology and the natural world. I’m also feeling pride because I seem to be able to learn new ways to connect.

It amazes me how much it lifts my spirits to see you on Zoom, to get a phone call from an old friend, to get a silly text from my family. There is a grim shadow hanging over at least some of us. We don’t want it to be there and push it away. Maybe if we are lucky, it doesn’t last for long. So when we see or hear from one another and know that friends and loved ones are okay or even struggling but still there, it is a welcome relief and our hearts fill with love and maybe our eyes with tears.

What I see when I look out my window or take a walk is a beautiful day, neighbors waving at each other, people pulling together to make it work. My spouse and I are in the age high-risk group and as a result are having others grocery shop for us. This makes me feel very vulnerable and is inordinately humbling. Yet abundantly grateful to those who are shopping for us—paid and volunteers.

My life is simpler than many. My heart aches for all the people who have to juggle homeschooling, a job (if you God forbid haven’t

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lost it), plus taking care of a home, not a little condo. Before this happened, I’m sure all that was already more than enough. Here’s what a woman I follow advised the other day. She said to focus on what you can control (because there’s so much we can’t right now), set some limits about what you won’t do. Don’t do anything that can allow your life to spiral out of control. For her, she is focused on keeping her food plan intact and refusing to pick up a cigarette. She also says to give yourself permission to be human—even if it means binge watching Netflix for 5 hours. And, maybe most important, she says to take it one day at a time. This day, this individual day, is a manageable span of time.



It also seems that we, by virtue of the Covid-19 virus, have been liberated from so much. Maybe we asked for a simpler life. Maybe we asked to heal the world from climate change. Maybe we asked for more time with our family and time just to be at home. Of course it didn’t come in the form we imagined, but let’s appreciate what gifts there may be. Maybe we will be liberated from them and all too soon.

As for the Religious Education program, this month is full of interfaith and secular sacred days: Passover, Easter, Earth Day and Ramadan. The PreK-7<sup>th</sup> graders will engage with each of them in turn.

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## Random Kindness

### Religious Education News (cont.)

Passover's theme is we are liberated together. Indeed, that couldn't be truer. Easter's theme is loss and never letting defeat have the last word.

We will rise again from this difficult time. On Earth Day, we will discover that saving the Earth is saving us as human beings, and life as we know it. And Ramadan will teach us about what matters most. We are discovering that daily.

The Youth Group will continue their focus on leadership. It is a blessing to be with all of you in this moment. What is it you wish to be liberated from? What small steps can move you in that direction?

I look forward to seeing you.

*Rev. Judy*

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## OCUUC Story time on Zoom

It is with great pleasure and excitement that Intern Minister, Rica Kaufel and Rev. Judy Tomlinson introduce OCUUC Story Time! Our OCUUC Story Time starts at 5:30pm. Rev. Judy will be reading on Tuesdays and Thursdays. She will read one or two stories each day. Our time together will last about 15 minutes.

Please note that we will be recording Story Time and posting it to our Public Facebook page. That may influence whether or not you want your video on or off. Your choice, but it is always so wonderful to see you!

## Staying in Touch with Zoom

Don't know how to get on the application "Zoom?" Here's what you need to know:

### Download the Zoom application from the Internet

- MacOS & windows:  
<https://zoom.us/client/latest/Zoom.pkg>
- iPhone: <https://itunes.apple.com/us/app/id546505307>
- Android via Google Play Store: <https://play.google.com/store/apps/details?id=us.zoom.videomeetings>
- The Zoom desktop app is called "Zoom.us"
- The Zoom iPad, iPhone or Andr the app is called "Zoom Cloud Meeting"

If you have downloaded the Zoom desktop or mobile app, click Open zoom.us when prompted

Zoom application will open automatically, and you'll join the service

You may be prompted to allow microphone and camera access. Select the option you feel most comfortable with



If you're on your smartphone, you may also join by phone only. Listen to instructions, and press pound to join meeting without participant ID. To mute and unmute yourself, type \*6 [star, six] on your phone pad.

Confused? Want to test it? Contact our OCUUC GeekSquad at [geeksquad@ocuuc.org](mailto:geeksquad@ocuuc.org).

## Music Notes

By Beth Syverson

We are living in unprecedented times. I'm sure you've seen and read news stories about people singing together from their balconies, or neighbors enjoying front yard concerts, or famous artists (and not-so-famous ones too) broadcasting live from their living rooms. Take a moment to reflect on how music is helping everyone manage their emotions and bringing a glimmer of hope and joy to humanity. I'm one of the lucky musicians since my church job and teaching jobs did not go away with this crisis. But all my gigging and touring musician friends are suddenly completely out of work. Some of them are doing fundraising concerts or creating Patreon.com pages to help support themselves while they are unable to play in public. Show a freelance musician some love next time you have the opportunity.

I hope you have been participating in our new online worship services. It's been quite an adventure getting those services up and running, but we're all working together, each person bringing their expertise and special gifts to the situation. I really miss being with the choir and creating music collaboratively. But in the coming weeks you will hear from many of our musicians, one way or another, in the worship services. The choir continues to "rehearse" on Thursday nights, but we are unable to hear each other singing together. Each person has to sing with their computer microphone muted because of the time delay inherent in Internet connections. So, we only hear ourselves singing. But we are using our choir rehearsal time to support each other in community, plus work on our music theory skills, drill difficult musical sections, and do some deep listening of choral music recordings.

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This month's Volunteer Spotlight is on STEVE MORIHIRO (again). His computer expertise and calm presence has helped us all create meaningful and as-seamless-as-humanly-possible worship services. Steve has spent many hours training people, researching solutions, setting up technology, and creating detailed written instructions for staff and volunteers. Steve works behind the scenes during the worship services, managing the audio and troubleshooting computer issues of the presenters. Thanks, Steve, for helping us launch our online services with such grace and care.



May music continue to provide you solace, entertainment, and joy as it is the soundtrack to this unusual life of ours. In the words of Dan Berrgren, "Be safe, be well, you mean the world to me."

Musically Yours,

*Beth Syverson*

Director of Music Ministries  
[MusicDirector@ocuuc.org](mailto:MusicDirector@ocuuc.org)

## Meditation Group

With so much instability and uncertainty around us, more than ever before we need to set time aside to quietly be in touch with ourselves and our surroundings in the present moment. True presence, termed *mindfulness*, is a quiet state of mind that, when practiced regularly, increases concentration, reduces stress and creates opportunities for significant personal growth over time. *Mindfulness practice* allows us to set aside our worries, regrets and plans for a brief but important period of time, opening us up to refreshing, real elements of nature (both within us and around us!).



Although anxiety and uncertainty are understandably high at this time, our social calendars, travel and interactive business commitments have suddenly decreased for many of us (at least at this moment!). This actually provides us a valuable opportunity to nourish and heal ourselves, and to connect with our loved ones, our community and our world in a deep and increasingly meaningful way. As we all know, regular practice (for even very brief periods) is essential for turning a new skill into a healthy habit. Practicing with a group is always easier than developing this new skill on one's own (even if we are meeting online!). Please join us every first and third Sunday of the month before church service (9:45 – 10:20 AM via Zoom) for a brief meditation practice, followed by opportunity to briefly share something about our experience along the path. Newcomers are most welcome!

## Virtual Passover Seder

Saturday, April 11, 5:00 p.m.

Unitarian Universalists draw wisdom from other world religions, to inspire us "in our ethical and spiritual life." One of those religions is Judaism, and an important Jewish holiday is coming up this month: Passover, which lasts this year from sunset April 8 to sunset April 16.

The Passover "seder" is a ritualized meal which includes eating symbolic foods and telling the story of the Israelites' escape from Egypt. For Unitarian Universalists, the meaning of the story extends to the liberation of oppressed people everywhere.

This year our Seder will be online through Zoom. If you do not have the traditional foods available, you are of course welcome to substitute other foods (or even to pretend)! The traditional foods include: sweet wine, matzoh, horseradish, charoset (made with chopped walnuts and apples, and a little wine), a green vegetable (green onions, parsley, or lettuce), a beet or a bone, an orange, a boiled or roasted egg, gefilte fish, matzo ball soup, and macaroons. (Some of the items, such as matzoh, walnuts, and macaroons, are available through Amazon.) Go to our [website](#) for the meeting link, or email [Maureen](#) for more detailed information.

Come online and celebrate freedom with us!





## April Plateshare – Orange County Justice Fund



The Orange County Justice Fund (“OCJF”) was founded in 2017 by a coalition of immigration law professors, attorneys, and grassroots organizers in Orange County. The purpose of OCJF is to increase access to lawyers for detained immigrants facing deportation and to establish an immigrant bond fund to reunite families separated by immigration detention in Orange County.

In 2019, OCJF launched Orange County’s first immigrant bond fund, to provide support so that individuals eligible to be released from detention can do so without being financially devastated. In less than one year of operation, OCJF’s bond fund has paid for all or part of the immigration bond for 30 people (as of early January 2020).

OCJF board of directors is all-volunteer. They depend on the generosity of donors, and welcome and appreciate all donations, large or small. OCJF is a non-profit 501(c)3 organization. Learn more at <https://ocjusticefund.org>

OCJF’s board president, Jennifer Lee Koh, was recently interviewed by USC’s Center for the Study of Immigrant Integration. This interview provides a good overview of the work of the organization: <https://dornsife.usc.edu/csii/interview-prof-lee-koh-oc-justice-fund>

OCJF also recently posted a Twitter thread that briefly describes the 28 people that OCJF helped to get out of ICE detention in 2019:

<https://twitter.com/OCJusticeFund/status/1212071845937078272>

You can follow OCJF on social media:

Facebook: ocjusticefund

Twitter: @OCJusticeFund

Instagram: oc\_justicefund

Website: <https://ocjusticefund.org/>

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## Shining Stars



Shining Stars: It’s time to start thinking about those who you feel are going “above and beyond” to make our congregation a wonderful place. Nominate them for a Shining Star or Unsung Hero Award! (It can’t be a Board member.) Shining Stars and the Unsung Hero will be presented at our Annual Meeting on June 14th. Email [programs@ocuuc.org](mailto:programs@ocuuc.org) or contact Karen Kennedy, VP Programs, to nominate those who deserve recognition!

Karen Kennedy





## **Pledge Drive Update**

As you all are aware, Orange Coast Unitarian Universalist Church has responded quickly to COVID-19.

We can now attend “virtual church” and meetings by Facebook and Zoom to physically distance ourselves while maintaining social interaction and staying safe.

Our Operating Fund Pledge Drive this year, which was to be a combined Operating and Capital campaign, will now be conducted by mail.

We must complete our Annual Operating Pledge Drive so that the Annual Budget can be created for Fiscal Year (FY) 2020/2021. During the Congregational Meeting, on June 14, we vote on the budget proposed by the Finance Committee for the next fiscal year which starts July 1, 2020.

We must do this so we can be certain of the continued existence of our beloved institution. This, frankly, provides the substance and the cost of all programs necessary, including the Zoom software, for us all to remain connected.

The Annual Operating Pledge information packet will be mailed the first week of April. It will include a brochure, a letter from our President, Debra Quam, and our minister, Rev. Sian Wiltshire.

A pledge card will also be included reminding you of the amount you pledged for FY 2019/2020. You may use that information to complete your pledge for FY 2020/2021. There will be information about alternative ways of making and paying your pledge.

Please complete your pledge card and return it as soon as possible so our Finance Wizards can plan for our upcoming church year.

The Capital Campaign will take place at a later date (to be determined). Hopefully this will be done as we originally planned with the Field trip to Gloria Dei and the small group dinners for us all to enjoy each other’s companionship while deciding how we can proceed with building a new Sanctuary.

## Groups at OCUUC

Due to COVID-19 outbreak, in person meetings are temporarily suspended.

Stay in touch (electronically) and stay safe. We need to physically distance, but in these uncertain times, we need social connection more than ever.

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### OCUUC Non-Fiction Book Club

The Nonfiction Book Club will be meeting on April 12 via Zoom at 1pm. Go to the calendar on the church [website](#) for the meeting ID and link. As usual, each person (who wishes to do so) will share a book that they have been reading.

So keep reading! And stay connected with others who also love books and learning about new things.



### OCUUC Fiction Book Group

The Fiction Book Club will meet on Zoom. Go to the calendar on the church [website](#) for the zoom meeting ID and link.

This month's book is "The Woman in the Window" by A. J. Finn. It's a well-constructed mystery and was a huge best seller earlier this year.

## LGBT Action Group

Our next LGBTQ Action group meeting is the second Sunday of April. Easter Sunday, April 12th. Jan will send out the zoom invitations to the email list. If anyone wants to be added to the list they can contact Jan via email at [janselectrical@gmail.com](mailto:janselectrical@gmail.com). The link can also be found on the [website](#).



## 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 is a group of crafters dedicated to creating handmade items for charity. For more information, see [StitchWits Facebook page](#).



## Calendar of Events at OCUUC

Sunday Services: 10:30 am

### Thursday, April 2<sup>nd</sup>

Sermon Discussion Group, on zoom, 1:30 pm  
Choir Rehearsal, 7:30 pm

### Sunday, April 5<sup>th</sup>

Meditation Group, on zoom, 9:45 am  
Sunday Service, on zoom, 10:30 am

### Monday, April 6<sup>th</sup>

OCUUC Fiction Book Group, on zoom 7:30 pm

### Tuesday, April 7<sup>th</sup>

Big Questions, on zoom, 7 pm

### Wednesday, April 8<sup>th</sup>

Sermon Discussion Group, on zoom 6pm

### Thursday, April 9<sup>th</sup>

Choir Rehearsal, on zoom 7:30 pm

### Friday, April 10<sup>th</sup>

Grief and Caregivers Group, on zoom 12pm  
Artists UUnite, on zoom, 2 pm

### Saturday, April 11<sup>th</sup>

Passover Seder, on zoom 5pm

### Sunday, April 12<sup>th</sup>

Sunday Service, on zoom 10:30 am  
LGBT Action Group, on zoom TBD  
Nonfiction Book Club, on zoom 1 pm

### Wednesday, April 15<sup>th</sup>

Finance Council, on zoom, 2pm

### Thursday, April 16<sup>th</sup>

Sermon Discussion Group, on zoom 1:30 pm  
Choir Rehearsal, on zoom 7:30 pm

### Saturday, April 18<sup>th</sup>

Music Under the Stars TBD

### Sunday, April 19<sup>th</sup>

Meditation Group, on zoom, 9:45 am  
Sunday Service, on zoom, 10:30 am

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### Wednesday, April 22<sup>nd</sup>

Board of Trustees, on zoom 7pm

### Thursday, April 23<sup>rd</sup>

Choir Rehearsal, 7:30 pm

### Sunday, April 26<sup>th</sup>

Sunday Service, on zoom 10:30 am  
Women's Circle, on zoom, TBD

### Thursday, April 30<sup>th</sup>

Choir Rehearsal, on zoom 7:30 pm

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## In Our Thoughts

We will not be publishing the Joys and Sorrows in the *In Our Thoughts* column in the REACH for the time being, while our Sunday services are being held on Zoom. So, please continue to reach out to one another, stay in touch and check on those you think could use to hear from a friend. Just let them know you are thinking about them and ask how they're doing. An unexpected phone call is like a smile- free and does a world of good.



## Joys and Sorrows on Sundays

If you would like to express a profound Joy or Sorrow to be read during the service on Sunday, please email joysandsorrows@ocuuc.org by 9am on Sunday morning. You will also have an opportunity to type a response in the Zoom chat.

Please note that we will not be able to send Joys and Sorrows in the Blast each week at this time.



## Serenity Prayer

*God, grant me the serenity to  
accept the things I cannot  
change,  
courage to change the things I  
can,  
and wisdom to know the  
difference.*



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