



# The REACH

Monthly Newsletter of ORANGE COAST UNITARIAN UNIVERSALIST CHURCH

May 2020

## Sunday Services in May:

May 3<sup>rd</sup> ■ **“Many Different Beliefs, One Loving Community.”** ■ *Rev. Sian Wiltshire*

May 10<sup>th</sup> ■ *Rica Kaufel*

May 17<sup>th</sup> ■ **“Moral Injury”** ■ *Rev. Sian*

May 24<sup>th</sup> ■ **“Youth Service”** ■ *Rev. Sian and Youth*

May 31<sup>st</sup> ■ **“Crossing the Threshold”** ■ *Rev. Sian and Rica Kaufel*



**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!

Rev. Sian Wiltshire, Minister

2845 Mesa Verde Drive East,

Costa Mesa, CA 92626

[www.ocuuc.org](http://www.ocuuc.org) email: [uu@ocuuc.org](mailto:uu@ocuuc.org)

Telephone: 714-556-2882

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## Sian's Shenanigans

We are on the threshold of a new era; of new ways of doing church, of being with people. Will we go back to the "old way?" Perhaps, but not in the near future. This new era is teaching us all sorts of things: that when push comes to shove, the vast majority of people are kind and doing what they can to help their fellow humans; that we humans need to be with one another; that we are truly interdependent; and ultimately, that love wins.

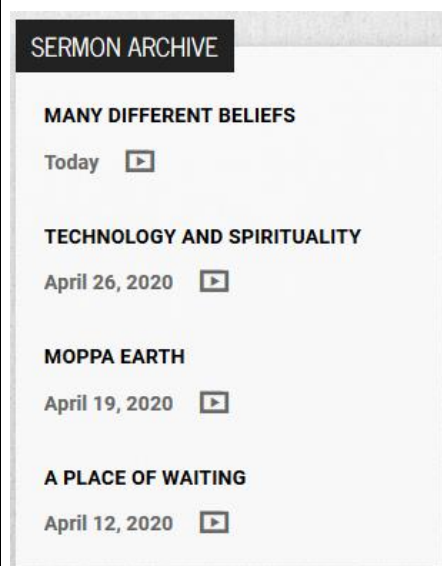
As we cross into this new era, the new threshold, we can decide how we live out our Principles, how we can transform our lives and our communities. When our amygdala wants us to either crawl under a rock and stay there, or cry out in frustration "to heck with social distancing!" We can think with our hearts and our heads and say, "No: I choose love."

May you all choose love,

*Rev. Sian*

## Sermon Archive

If you missed Sunday's service on Zoom, you can catch up at the Sermon Archive on [ocuuc.org](http://ocuuc.org)



## Worship in May 2020:

### Thresholds

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



#### May 3<sup>rd</sup>: Many Different Beliefs, One Loving Community.

Being part of a Unitarian Universalist Congregation is a unique experience for many. Come join in what it means to be part of it! Rev. Sian

**May 10<sup>th</sup>:** Rica Kaufel, Intern Minister

**May 17<sup>th</sup>: Moral Injury.** We live in a unique time, where humanity faces new moral questions. Come explore the answers to these new questions. Rev. Sian

**May 24<sup>th</sup> Youth Service:** Come join our youth as they celebrate and educate us on what it means to be Unitarian Universalists in this day and age.

**May 31<sup>st</sup>: Crossing the Threshold.** Come explore with Rev. Sian and Rica, our Intern Minister, how we grow, learn and become the people we want to be.

## Random Kindness

### Religious Education News

This month we will explore Thresholds in all our Religious Education classes.

PreK-7<sup>th</sup> will focus on Thresholds as the boundaries between our place of shelter and the outside in session one. What do we welcome in? What are thresholds good at keeping out? Take a look at the first hymn in our gray hymnal, *Singing the Living Tradition*—"May Nothing Evil Cross this Door"—this hymn talks about shelter from the storm, making our space sacred, peaceful and joyful.

In session two, on Mother's Day, we will walk through the door of welcome. Here at our church, all of us are loved. We will talk about being welcoming of change and diversity, and appreciating all the people who care for and love us.



On May 17, for session three, we will take the measure of our growth. We will explore what it means to grow up, and what thresholds our children and youth are crossing this month. It

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takes courage to move into the next stage of our development. How can church help to equip our young people to bravely step into an unknowable future with faith.

On May 24, Memorial Day, session four will be all about courage. Children in the 4<sup>th</sup>-7<sup>th</sup> grade class are especially invited to attend the service that day because our Youth Group will be leading the worship service.

Youth Group has devoted themselves to the study of leadership all year. They have been working through a process to focus on and select a topic that they care deeply about—and they have chosen homelessness. They will soon select the specific topic for the service and are thinking about how to put their own and our congregation's energy behind the issue of homelessness, engaging in both charity and change.

Also on May 24, we will have a separate class for the PreK-3<sup>rd</sup> graders. We will focus on the American flag in honor of the holiday.

Our final threshold lesson will be on imagination.

In *Alice in Wonderland*, Lewis Carroll wrote, "Why, sometimes I've believed as many as six impossible things before breakfast." As we think about our children, let's imagine a world together and then work to create it. During this Covid-19 time-out that Nature is giving us, we have an amazing opportunity to imagine a new way of life. We don't have to go all the way back to the way things were, do we? Can we create something new and more beautiful? Could it be that we are on the threshold of a new, more unified, just and sustainable world? I hope so.

With hope, courage and imagination,

*Rev. Judy*



## Music Notes

By Beth Syverson

Despite the pain and isolation of the quarantine, and the ominous reality of a worldwide pandemic over our heads, your church musicians are flourishing under the challenge of quarantine. Twelve of them, including two youth, performed for our biannual (but first-ever online) Music Under the Stars concert. 15 singers participated in our first virtual choir piece, "Sanctuary," and even more are participating with our next one, which will be out in a few weeks.



And every Sunday, your musicians are creating music for your worship services from their own homes, either by themselves, or with tracks of their own or others' making. We're learning new software, learning to tolerate recording ourselves, learning how to transfer files, learning about lighting and acoustics, learning about every setting in Zoom, and most of all, learning how much we appreciate making music together in person.

Even though it's fun to create things remotely, we are all looking forward to being back together, having our sound waves mingling around the same room at the same time. Until that time occurs, we will continue finding new ways to create meaningful worship for you all.

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This month's Volunteer Spotlight goes to Katherine Martin for her many hours of work behind the scenes. For years, Katherine has been a dedicated member of the A/V team, running sound and slides during worship services, back in the olden days when we were meeting at the church. When we went to Zooming worship services, Katherine was first a virtual usher, and then she shadowed Steve Morihiro and learned the Zoom MC role so she could alternate with him in the job. For those of you watching the service on Zoom, you should know that there are many things happening behind the scenes that, if all goes well, you'll never know about. Katherine has been there for us every single Sunday, plus every single Saturday afternoon for tech rehearsals with all the Sunday participants. Though not creating the music for the church's Music Ministry, she makes it possible for us to be heard and to sound good. Thanks, Katherine, for your hours and hours of patient and attentive service to our worship services!



If anyone else would like to be involved in music-making, or behind-the-scenes with technology, please contact me anytime.

Musically Yours,

*Beth Syverson*

Director of Music Ministries

[MusicDirector@ocuuc.org](mailto:MusicDirector@ocuuc.org)

## 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

## In Praise of Technology & Social Media by Karen Bellavance-Grace

*In praise of computers and routers and servers and all the hardware and software that can help us build our connectedness;  
in praise of all the gremlins that live in the machines and bug our programs and help us to practice patience;  
in praise of the trolls who dwell in the internet and push us to live out our first principle in real time;  
in praise of power surges that eat our data and devour our final draft, for giving us the opportunity to rebuild and remember that our work is as much transient as it is transcendent;  
in praise of the Error: Page Not Found, which reminds us that with some people we need to find new paths to make connections, because not everyone uses the same keywords;  
in praise of servers that drop our connections which reminds us that all who serve have built-in limits to their capacity;  
in praise of communication and connection, whether it is face-to-face or facebook-to-facebook,  
We always risk errors, hurt feelings and misunderstanding,  
But it is also, always, worth the risk.  
Amen.*



## May Plateshare – Stand Up for Kids



**Stand Up For Kids – Orange County**, was established in 1990 and serves homeless and at-risk youth and young adults 25 and younger. 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, teen pregnancy, and from dropping out of high school.

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

For information about Stand-Up For Kids and our continuing role, speak with Rica or Rev. Sian or contact Stand Up For Kids directly at 714 356-5437. [www.StandUpForKids.org](http://www.StandUpForKids.org)



## Pledge Drive Update

Two-thirds of our members and friends have made a Pledge for the 2020/2021 Operating Fund. We thank you heartily!

We need the final third of your pledges so that we can let the VP Finance produce the budget for 20/21. Once we know what funds we can count on we can plan how to financially ensure that Orange Coast Unitarian Universalist Church, this beloved institution we all love and need, will thrive and survive to be here for us when this pandemic is conquered.

If you have yet to make your Pledge, please do so today. You can send your Pledge card in the mail or pledge online by clicking this link:

<https://ocuuc.org/support/canvass/pledge-card/>

You will get a return email confirmation of your pledge. If you have any questions or need a Pledge card, contact Sandie Martin at 805-680-5771 or

[Sandiemartin@mac.com](mailto:Sandiemartin@mac.com)

Thank you!

Your 2020/2021 Pledge Committee: Sandie Martin & Linda Sperry, co-chairs, Karen Kennedy, Meg Wilson, Craig Sperry, Sarah Hunter, Don Martin, Nancy Loughrey

## Pledge Drive Update: *Pledge Cards*

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Our new ways to pay Pledges are great, but we neglected to emphasize that everyone also needs to fill out a **Pledge Card** so we have a record of all the pledges for budgeting purposes. You can do that by mail or online at <https://ocuuc.org/support/canvass/pledge-card/>

Thank you for setting up your payment, please take a moment to complete your pledge card.

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## Joys and Sorrows on Sundays

If you would like to express a Joy or Sorrow to be read during the service on Sunday, please email [joysandsorrows@ocuuc.org](mailto:joysandsorrows@ocuuc.org) by 9 am on Sunday morning. You may also type a response in the Zoom chat. Please note that we are not able to publish Joys and Sorrows in the weekly Blast.



## In Our Thoughts

We will not be publishing the In Our Thoughts column in the REACH 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.





## Stress a Little Less...with Fido

No doubt our stress levels are higher with the uncertainty we all live with right now. But if you are also living with a pet, you probably already know how much just being around them makes you feel better.

According to Dr. Alan M. Beck, Director of the Center for Human-Animal Bond at the Purdue University College of Veterinary Medicine, here are 8 ways our pets relieve stress:

1. **They lower blood pressure:** petting a dog or cat can be positively correlated with a drop in blood pressure.
2. **They increase cardiovascular health:** scientific data on pets indicated that pets have a positive impact on heart health.
3. **They inspire us to exercise more frequently:** Studies have shown that pet owners get more exercise, and that helps reduce both stress and depression.
4. **They make us feel less lonely:** Loneliness is a common source of stress. Our pets provide companionship,
5. **They help us live in the moment:** As Dr. Beck notes, "*Stress really is bemoaning the past and worrying about the future.*" A simple game of fetch with your dog can keep you tethered to the present moment,
6. **They fulfill our need for touch:** All pet owners reap the benefits of touch, but it's especially important for the increasing number of those who live alone.
7. **They increase feelings of self-esteem:** A study found that pet owners had better self-esteem than non-pet owners. They also were less fearful and less preoccupied, all of which contributed to a decrease in overall stress levels.
8. **They make us laugh:** Laughter relieves our stress response and reduces tension. If you own a dog or a cat, chances are you spend a good deal of time laughing,

***Adapted from Dr. Natalie Waggener's  
"8 Ways Pets Relieve Stress."***

## Reach out and keep in touch

Are you feeling a little anxious, going a little stir crazy in your home? Miss your friends and family? Haven't had a hug in ages? You're not alone!

And you really are not alone. You have an entire church community around you. Why not reach out and connect with someone. Make a quick phone call to say, "Hey, I was thinking about you. How's it going? Are you doing ok?"

You could bring up a book you recently read. A recipe you just tried. A funny story you heard or a movie you saw. Have you planted a garden this spring? How's it growing? Maybe you have started a spring cleaning or a fixer upper project you could share about.

It doesn't matter at all what you talk about and, chances are the conversation will flow all on its own – sometimes it's just great to hear from folks. If you don't like talking on the phone or feel uncomfortable just calling someone, try sending a note. Everyone likes to get mail.

You can access the most recent directory of Members and Friends on our church website, in the Member Area. There you will find the phone numbers and addresses for the members and friends of OCUUC. If you don't find the information for the person you are looking for or have trouble accessing the directory, please contact the administrator at [admin@ocuuc.org](mailto:admin@ocuuc.org) for assistance.



## 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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### Women's Circle

The Women's Circle has also moved into cyberspace for the present. They will be meeting on May 24 at 12:00pm. To stay connected in these difficult and isolating times, see the [calendar](#) on the church website for the zoom meeting link.

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### OCUUC Fiction Book Group

The OCUUC Fiction Book Group will meet electronically via Zoom on Mon. May 4th at

7:30pm. We'll be discussing *Madame Bovary* by Gustave Flaubert. Please join us. Contact Co-chair, Eva Goodwin-Noriega, for the link or find the event on the OCUUC website [calendar](#).



## 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](#).

Stitchwits are currently meeting weekly at 10am on Saturday mornings on zoom! Find the link to the zoom meeting on the church [calendar](#) on the website.



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### LGBT Action Group

The LGBT Action group has temporarily moved online, please join us on May 10 on Zoom. See [calendar](#) on our website for details on how to connect.

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## Groups, Meetings and Events at OCUUC

Due to COVID-19 outbreak, in person meetings are temporarily suspended. As you can see, however, *many* events are still taking place – just on Zoom! To find the Zoom meeting ID and invite information, just go to the [calendar page](#) of our website. Find your event on the calendar and click on *details*. In the description of the event, you will find the Zoom information.

## Calendar of Events at OCUUC

### **Saturday, May 2<sup>nd</sup>**

Stitchwits, 10am

### **Sunday, May 3<sup>rd</sup>**

Meditation Group, 9:45 am  
Sunday Service, 10:30 am  
AHA Group, 12 pm

### **Monday, May 4<sup>th</sup>**

OCUUC Book Group, 7:30 pm

### **Tuesday, May 5<sup>th</sup>**

Big Questions, 7 pm

### **Wednesday, May 6<sup>th</sup>**

Breakfast and Check in with Rica, 9am

### **Thursday, May 7<sup>th</sup>**

Choir Rehearsal, 7:30 pm

### **Friday, May 8<sup>th</sup>**

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

### **Saturday, May 9<sup>th</sup>**

Stitchwits, 10am

### **Sunday, May 10<sup>th</sup>**

#### **Mother's Day**

Sunday Service, 10:30 am  
LGBT Action Group, 12 pm  
Nonfiction Book Club, 12:30pm

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### **Wednesday, May 13<sup>th</sup>**

Breakfast and Check in with Rica, 9am  
Comm. on Ministry, 6 pm

### **Thursday, May 14<sup>th</sup>**

Choir Rehearsal, 7:30 pm

### **Saturday, May 16<sup>th</sup>**

Stitchwits, 10am

### **Sunday, May 17<sup>th</sup>**

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

### **Tuesday, May 19<sup>th</sup>**

Big Questions (Leadership Group), 7pm

### **Wednesday, May 20<sup>th</sup>**

Breakfast and Check in with Rica, 9am  
Finance Council, 2pm

### **Thursday, May 21<sup>st</sup>**

Choir Rehearsal, 7:30 pm

### **Saturday, May 23<sup>rd</sup>**

Stitchwits, 10am

### **Sunday, May 24<sup>th</sup>**

Sunday Service, 10:30 am  
Women's Circle, 12 pm

### **Monday, May 25**

#### **Memorial Day**

### **Wednesday, May 27<sup>th</sup>**

Breakfast and Check in with Rica, 9am

### **Thursday, May 28<sup>th</sup>**

Choir Rehearsal, 7:30 pm

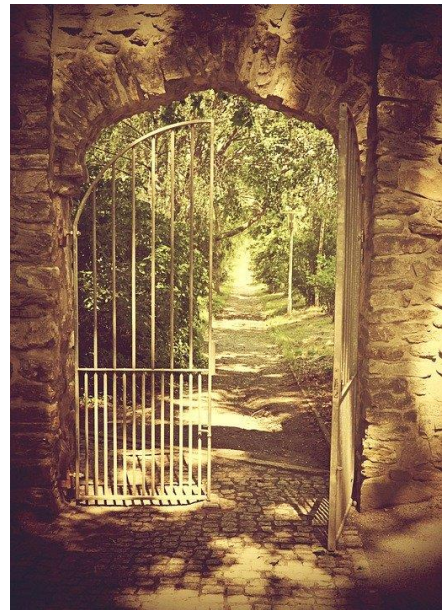
### **Saturday, May 30<sup>th</sup>**

Stitchwits, 10am



Many different beliefs,  
One loving community.

Mark your calendar for our **Annual  
Congregational Meeting**, on Zoom.  
Sunday June 14 after the Worship  
Service.



Orange Coast Unitarian Universalist Church  
2845 Mesa Verde Drive East  
Costa Mesa, CA 92626

