

# This Week on the Peak



## Mission Peak UU - Fremont, CA The Home of Liberal Religion in the Tri-Cities and Beyond! July 29, 2020

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### Greetings!

I am Rev. Barbara F. Meyers, a community minister specializing in mental health, affiliated with Mission Peak UU. I've been a member of our congregation since its founding in 1994.

Three years ago I was contacted by the editor of Skinner House Books, the book publisher run by the Unitarian Universalist Association specializing in books for Unitarian Universalists. She told me that they wanted to print a book having to do with mental health for UU Congregations and wanted to know if I would be interested in writing it. It was an honor to be asked and of course I said "Yes!" I submitted a formal proposal to Skinner House and about six months later it was accepted. This began a journey that was a real learning experience for me in how a book is helped to take shape by a publisher's editing staff. The manuscript had three major rewrites and significantly improved each time. I am so pleased with the way the book came out and grateful to all the people at Skinner House that paid detailed attention to the message and how best to express it. They chose the name of the book and created the artwork for the cover, both of which I am very happy with.



The book tells a lot of stories from my ministry focused on mental health issues - both how-to stories and how-not-to stories, and gives guidance for congregants in the pews who want to help make a difference. It has a built-in study guide which I plan to use as I give an adult education class at MPUUC this October. I hope you will consider joining me in the class. It is one step in doing anti-oppression work that we as a congregation have committed ourselves to do this year. Disability, including mental disability, is one of the oppressed identities that the UUA has identified that needs attention. My fondest hope is that the book will be used by many congregations and help to make the denomination a friendlier place to people with mental health problems and their families.

This Sunday's service will be on the book and I'm looking forward to sharing it with you.

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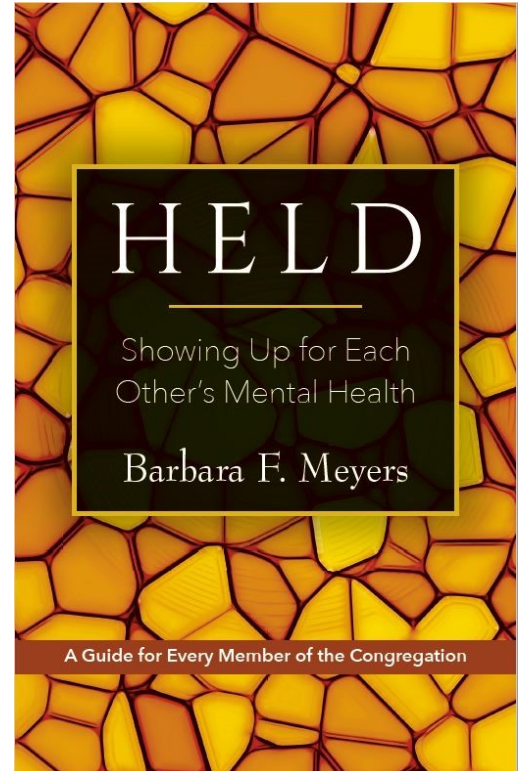
### This Sunday's Service:

**We have transitioned to virtual services because of the Coronavirus pandemic. See [mpuuc.org/zoom](https://mpuuc.org/zoom) each week for how to connect.**

## **Held: Showing Up for Each Other's Mental Health**

Rev. Barbara F. Meyers speaks about concepts in her recently published book from Skinner House Books - how members of liberal religious congregations can be supportive to those living with mental health problems, and their loved ones, in our congregations and society at large by embodying the fundamental elements of spiritual support-truth, hope, presence, acceptance, encouragement, authenticity, public witness, and pastoral care.

Rev. Barbara F. Meyers will lead the service and assisting will be Worship Associate Paul K. Davis. Worship Host will be Steve Wallcave. Jay and Jessica Steele and Knuti VanHoven will provide our music.



## **Because we will not have services in Cole Hall where you can donate money, below are 3 ways you can donate and/or fulfill your pledge:**

Mail check to

1. Mission Peak Unitarian Universalist Congregation  
P.O. Box 545  
Fremont, CA 94537-0545  
(If you use Bill Pay with your bank, you could use them to mail the check)
2. Drop envelope with check or cash in Mission Peak UU mail slot addressed to:  
Mission Peak Unitarian Universalist Congregation  
We will be collecting this once per week.
3. Pay on line at <https://mpuuc.org/contact-us/donate/> with credit or debit card.  
**Note we use PayPal for this and they charge us around 3%.**

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Helloooo Mission Peakers!

I am very excited to provide you an update on our upcoming events this August. Our religious education program has been on break for July as we plot and plan for our upcoming year of virtual RE. I am just a few months from the end of my first year back at MPUU and am looking forward to spending another year learning and growing together as a community. The past five months have been chaotic and complicated, but we have kept working to keep ourselves gathered together as a community. With this in mind, the CaRYE committee and I are working hard to find engaging and safe ways to create community with the young people of our congregation. We have a lot of amazing opportunities coming your way this month and we will be sharing more about our fall plans very soon. I am optimistic that even during this crazy time we will have another wonderful year of religious education with our amazing children and youth!

As we are continuing to work on how to be present virtually with each other, I am working hard to

set regular hours of availability so that we can better connect with each other. That being said, please take note of my new hours of availability. Tuesday's/Thursday's 6pm to 9pm and Saturday/Sunday from 10am-2pm. To the best of my ability I will be sticking to these hours in the hopes of being able to be more present to our work together. Please don't hesitate to contact me and I will respond during my work hours.

All the Best,  
Shawn



### **August 8th, 2020- 10am-12pm- GOTV Webinar**

MPUUC RE Program is partnering with our Get out the Vote team to present a webinar for folks to learn more about this incredibly important project. This is a multigenerational event that will include multiple learning styles, breakout groups, and maybe even a little dancing music! Please use the following [link to register](#) for the zoom event.



### **August 9th, 2020- 1pm-3:30pm- Boys State Film Screening**

Thanks to our friends at the Youth Voter Movement we have an amazing opportunity to screen the movie Boys State. This screening is open for youth, young adults, and adults. We will watch the film and then have a short discussion together after. The sensational winner of the Grand Jury Prize for documentary at this year's Sundance Film Festival is a wildly entertaining and continually revealing immersion into a week-long annual program in

which a thousand Texas high school seniors gather for an elaborate mock exercise: building their own state government. Please use the following [link to register](#) for this event.

### **August 15th and 29th 10am-11:30am- Physically Distanced Youth Gathering**



We are going to take another shot at giving our youth some physically distanced social time. Youth will be gathering with their youth advisors to play a few games and eat a few snacks. Youth need to wear masks and closed toed shoes for these events. We will be abiding by all of the guidelines established by Alameda County. Please use the following [link to register](#) your youth and give permission for them to attend these events. This meeting will take place on

the lawn in front of Cole Hall.

### **August 16th, 2020- 1pm-2pm- Parents' Meeting**

As we prepare for our fall semester we would like to take the time to present our plans to our parents and guardians in order to get your feedback about our intended curriculum. After you register you will be sent information about our current

educational plan and how we hope to implement it so that you can review it before attending the meeting. Please use the following





[link to register](#) for this event.

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## Ministerial Support for August

Our interim minister, Rev. Jo Green, is on vacation and study leave until her final day of employment, August 18th. In the meantime, if you are in need of emergency pastoral care between now and August 31st, please contact Rev. Barbara Meyers. Her email and phone number are listed in the directory, which is in the members-only section of our website.

Our new settled minister, Rev. Greg Ward, begins with us on September 1st. At that point you will be able to reach him at the same Mission Peak UU phone number and email that Rev. Jo used. Rev. Greg's first day in the pulpit will be Sunday, September 13th.

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## Covid 19 Response Task Force

I am on a team to help manage Mission Peak UU's Response to Covid-19 along with DeAnna Alm and Eric Ryan.

Our first order of business was to ask to be re-named the "Covid 19 Response Task Force" which we think describes us better than "The Partial Re-Opening Task Force"

Since we had an outdoor event already and expect to have a small number of them in the future, we have come up with an outdoor event procedure and checklist. Since we currently use the Mission Peak UU office we have also come up with a procedure and checklist for office use. We will request board approval for these.

We are in the process of creating a survey that we will send out to get input from you on how you feel about various in-person gatherings and the metrics used to decide when they will become safe. We expect to send this out before the end of August.

Based in part on the input we receive, we will give recommendations to the board before our Oct. 1st deadline on what metrics to use to decide if, how and when to allow various forms of in-person gatherings. We also expect to periodically give updated recommendations to the board as the danger presented by Covid-19 changes.

At the moment, indoor religious services are not currently allowed in Alameda County and the task force would recommend not having indoor services currently, even if it was allowed. Our recommendations will give a plan on how to decide on when it is safe to meet in person again.

Please feel free to reach out to the task force members with questions or concerns.

Steve Wallcave

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**JUSTICE CORNER**

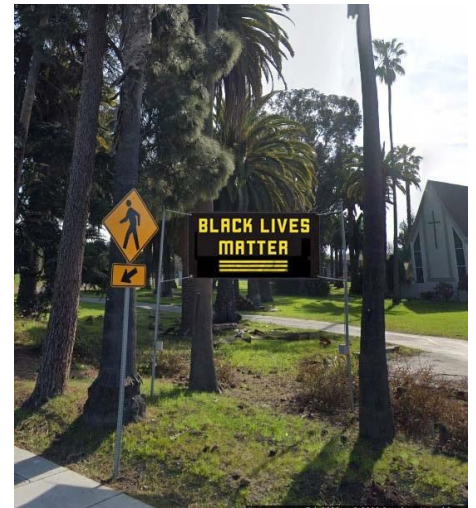
# BLACK LIVES MATTER (BLM) BANNER DEDICATION at SUNDAY SERVICE AUGUST 9

Mission Peak UU Congregation voted overwhelmingly to display a Black Lives Matter banner and to educate ourselves about racism and oppression.

Our BLM banner will be installed at the entryway to the FUMC/MPUUC parking lot shortly.

THERE WILL BE AN OFFICIAL DEDICATION OF OUR BANNER AUGUST 9, 2020 AT SUNDAY WORSHIP SERVICE.

For any questions, please contact the BLM banner task force. (Terri King, Don Ramie, Ingrid Avery-O'Brien, Bekah Troxler D'hand, Kathi Bayne, or John Porter)



## GOTV (get out to vote) letters

For those who are willing and able to supply their own stamps, envelopes, paper, and a printer, you can use the Vote Forward website to print and complete GOTV (get out to vote) letters.

<https://votefwd.org>.

Please email Kathi Bayne with how many letters you have completed so we can include you in our tally.

Thank you,

Kathi

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## Boxes Needed

Rev. Jo could use extra boxes. If you have any boxes (larger size is preferred) please either [email](#) Rev. Jo or send her a text at 510-972-3890 by Friday, July 31.

Thank you.



## Board Briefs

Our next board meetings are on  
Aug. 12th at 7 p.m.  
Sept. 9th at 7 p.m.

For complete board minutes of this and previous meetings or text of committee charters go to the members only section of





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## Humor Corner



If you have contributions to the Humor Corner, please send them to Sandra before 5 p.m. on Tuesday.

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**ACT NOW!**

## Wall of Moms Bay Area

This Saturday, August 1, the group Wall of Moms Bay Area is sponsoring two rallies in support of peaceful protesters in Portland OR. One begins at 1:00 PM in Palo Alto by Embarcadero and El Camino Real; the other begins at 7:30 PM by 14th St and Broadway in Oakland. Participants are encouraged to wear yellow and bring sunflowers, and required to wear masks against CoViD-19. A news article about the plans is at <https://www.ktvu.com/news/rallies-planned-saturday-in-palo-alto-oakland-to-support-portland-protesters.amp> and on Facebook.

### **Call your Elected Officials!**

Calls can make a difference! Contact your representatives to alert them to your views!

Representative Eric Swalwell 510-247-1388 or go to [house.gov](https://house.gov)

Representative Ro Khanna (202) 225-2631  
Senator Kamala Harris (202) 224 - 3553  
Senator Dianne Feinstein (202) 224-3841



STAY CONNECTED:



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