

This Week on the Peak



Mission Peak UU - Fremont, CA The Home of Liberal Religion in the Tri-Cities and Beyond! September 16, 2020

Greetings!

How are you? I don't mean it in the way we normally mean it. I mean how are you REALLY? I said in my last column that fall is my favorite time of year, but I'm not really feeling it this year. Early on under shelter-in-place, while others bemoaned boredom, weight gain, and/or feelings of isolation, I was doing well. I even felt guilty about doing so well. I benefited from so much privilege. I even had access online to my favorite spiritual practice/self-care programs and was able to participate much more often. My concern for others gave me purpose and connection to others in my community.



Then came extreme heat and fires. In my house we also had cockroaches to deal with. I am lucky to have air conditioning, but not being able to go outside has been hard on my psyche (and my physique). And seeing the purple blobs all over the west coast air quality map is depressing! I know several people have "hit the wall" in the past few weeks. The other day I realized that I have become a pessimist. I suddenly noticed that I don't feel able to plan even the near future - I don't know what to expect. Sometimes it seems, as an old friend used to say, "everything's going to hell in a handbasket" (I never quite knew what a handbasket was, but the expression stuck with me).

What do you do when the world is "too much"? Do you have a spiritual practice that saves the day? I have talked before about the interplay version of grace - that we can notice what brings about the opposite of stress in our bodies and do more of THAT. Some of us have grace practices that we can't engage in either due to the virus or due to the smoke and might need to find new ways to relax or "exform" (for example, can't go for a run or a hike? try putting on favorite music and move around at a pace that feels good). While it's important to stay engaged as we care for others and for the planet, we will be able to do it for the long run if we also care for ourselves - physically and spiritually. Audrey Lorde famously said that self-care is a revolutionary act.

Caring for yourself and for others is a spiritual practice. Care is also revolutionary and counter-cultural, and a necessary part of bringing about the world we dream of. The words "love," "nurturing," "healing," and "compassion" are all part of our mission statement. Please be compassionate, nurturing, healing, and loving with yourself and with others as we traverse these crises and work towards being "the best people we can be" and a better world for all. We are all worthy of care, and we all have our limits, so I encourage you to reach out to our Pastoral team if you need to talk - contact Rev. Greg or Rev. Barbara. Check out our small group ministry groups as

they are designed to strengthen our sense of community and provide opportunities to go deeper than our typical response to "how are you?" Most of all, know that we are all in this together. You are not alone. How you are matters to all of us.

Allysson McDonald

This Sunday's Service:

We have transitioned to virtual services because of the Coronavirus pandemic. See mpuuc.org/zoom each week for how to connect.

Noah's Dilemma - Water Communion Service

Noah had a dilemma. It seems the world was going to hell in a handbasket and, frankly, he was hoping for something a little more promising. Together with his neighbor and the wisdom of the animals of his community, they reflect on a theology that may help guide them toward a more hope-filled future. They reveal a story that is a little different from the one we're accustomed to hearing - and it features many of our beloved members of MPUUC. Come to the service with some water, ready to pour yourself into a new beginning.



Rev. Greg Ward will lead the service and assisting will be Worship Associate Shawn Snavley. Worship Host will be Drew Wilson. Peak Rocks 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%.

One on One with Rev. Greg

MANY THANKS to those members who filled out the survey to set up a meeting time with Rev. Greg! We're up to 38 responses! But he'd love to get a chance to talk to everyone!

Most of those who responded should have received an email suggesting a date and time. Please confirm that date and time, and Rev. Greg will send you a zoom link for the meeting.

If you haven't filled it out, please take a few moments and do so now:

<https://forms.gle/NabRyv1XaS3zCEjw6>

It won't take long, and it will help Rev. Greg get to know us and our histories as well as our hopes and dreams for the congregation.

Please let us know if you have any questions,

Committee on Ministry

Colleen Arnold (colleenag@sbcglobal.net)

Ilze Duarte (ilze.b.duarte@gmail.com)

Alan Davis (alanshar@comcast.net)

JUSTICE CORNER

Our Black Lives Matter Banner was Vandalized

This week, our Black Lives Matter banner was vandalized. It was smeared with red paint and slashed with something sharp. We knew it was only a matter of time until this occurred, but all the same it is with a heavy heart that we consider our next steps as a congregation. The defaced banner has already been replaced with a new one, and additional backups will be ordered in case of future damage. ARO and the Board are working together to plan next steps, which will likely include a media response and a rededication ceremony. What we want the congregation to know is this: we will never back down from loudly declaring our support for Black lives. Every attempt to silence this message merely serves to reinforce its importance. We will keep putting our banner back, and we will keep educating ourselves, taking action for Black lives, and working to dismantle white supremacy wherever we find it, including in ourselves and in our congregation. Thank you for your support of MPUUC's anti-racism work.



GOTV LETTER WRITING CELEBRATION!

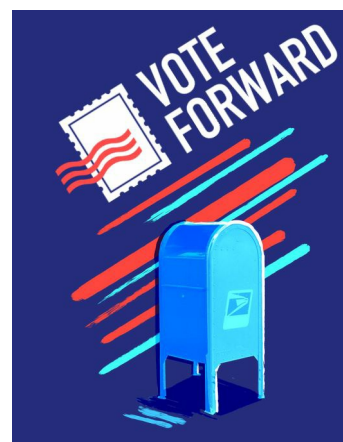
WHEN: Sunday, September 27 at 11:30 AM after service.

WHERE: Virtually hosted by Shawn via Zoom

RSVP: to Shawn Snavley by clicking [here](#) for more information

Please join us if you have written letters or if you have never written letters but would like to support our effort.

If you would like, bring CHOCOLATE or lunch to virtually share. There will be entertainment, education, sharing and letter writing. You can download letters at <https://votefwd.org/>



ANTI-RACISM ANTI-OPPRESSION TASK FORCE (ARO) RECOMMENDATIONS

As part of our MPUUC mandate to educate ourselves about anti-racism and anti-oppression, each week, the ARO Task Force will bring you specific actions or educational opportunities for MPUUC members and friends to



participate in, in order to overcome white supremacy and defend Black lives. Below are this week's opportunities.



[Why you should stop saying "all lives matter," in 9 different ways](#)

DONATIONS Needed!

- Men's medium sized clothes
- An old working car

Please Contact Meredith Miller for more information

DRUUMM (Diverse & Revolutionary UU Multicultural Ministries)

Save-The-Date! We invite BIPOC Unitarian Universalists to participate in our Fall 2020 DRUUMM Regional (virtual) BIPOC Caucuses. These will be held via Zoom on Saturday mornings in September.

California - September 26th 10 a.m. to 1 p.m. PT

For more information or to join DRUUMM click [here](#).



Action: Tell your local leaders to support the BREATHE Act
The BREATHE Act is a 21st-century Federal civil rights bill that will help communities of color not just survive, but thrive. Click [here](#) to tell your local leaders to support this important law

Disaster Relief Fund

The UUA has already sent a check to UUs in southern Oregon impacted by the recent disastrous fires.

If you can share and donate, please do. If you know UUs who have been impacted, please share the Relief Fund information with them.

<https://www.uua.org/giving/areas-support/funds/disaster-response>



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[Why you should stop saying "all lives matter," in 9 different ways](#)

Our Black Lives Matter banner was defaced this week, smeared with red paint and slashed with a sharp implement. In light of this vandalism, we wanted to share a brief article about why it's important to say Black Lives Matter, rather than "all lives matter." (continue reading [here](#)).

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Fremont Climate Action Plan (CAP) Virtual Community Workshop, Tuesday September 22

Tuesday, September 22 (6:00-7:30 p.m.) the City of Fremont's Community Development Department will deliver a virtual workshop to update residents on its Climate Action Plan (CAP) and allow participants to share their vision for a sustainable community. Members of MPUUC's Climate Justice Committee, a branch of the Justice Council, encourage interested congregants to register, learn the city's plan, and voice their vision: www.Fremont.gov/ClimateWorkshop1

(continue reading [here](#)).

Jeff, Erik and Valerie
Climate Justice Committee



Board Briefs

The board met on September 9th at 7 p.m. and:

- Agreed to encourage and support members of the Anti-Racism Oppression task force in attending the Beloved Conversations program being put on by the UUA this fall.
- Discussed the Governance Review process. The task force will provide a final report by November.
- Discussed the Congregational Covenant process. Planning is underway.
- Agreed that the Board policies should be combined under one document and the work will begin late this month. (Many of our board policies are available in the ["about-->Congregational Documents" section of our web site](#))
- Discussed the Cole Hall audio system replacement. Further discussion and research will be needed.



The next board meeting is on Wednesday, November 11th at 7 p.m.

For complete board minutes or other board info go to the Members Only section of our web site at mpuuc.org/about-us/members-only

For more details about meetings or questions email president@mpuuc.org

International Day of Peace



International
Day of Peace

Join Us:

"Shaping Peace Together" is the theme for the UN International Day of Peace. This year, because of the pandemic, we will gather on Zoom rather than meet at Lake Elizabeth to commemorate the day. To join us on Monday, September 21st at 6:00 p.m. please RSVP to TCIC.WeAreOne@gmail.com for the Zoom link and password.

Please click [here](#) for flyer.



Day of Peace was established by the United Nations in 1981.

Please join us as we unite with millions of people of all faiths & traditions throughout the world to pray for peace.



Monday, September 21, 2020 at 6pm

RSVP for Zoom link at TCIC.WeAreOne@gmail.com



PCD Fall Chalice Lighter Call Now Open!

The Fall 2020 Pacific Central Chalice Lighter call is designed to help congregations further their virtual communications during this unprecedented time of social distancing when we cannot join together in person at our physical churches. Church is not a building even though that is where we meet, when we can. To quote the UUA website "The Church is open. It is the building that is closed." Visit the PCD website to read the call letter and make a donation.

Allysson McDonald



"Pray Their Names"

A Compelling Visual Art Installation in Solidarity with Black Lives Matter comes to Fremont at Niles Discovery Church September 2-20, 2020. Installation open sunrise to sunset. No admission. All are welcome. [Click Here for details](#)

Allysson McDonald

Pray Their Names



Humor Corner

I'm giving up eating

**chocolate for a month.
Sorry, bad punctuation.
I'm giving up. Eating
chocolate for a month.**



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

ACT NOW!

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://www.house.gov)

Representative Bo Kheeno (202) 225-2621

Representative Ro Khanna (202) 223-2651
Senator Kamala Harris (202) 224 - 3553
Senator Dianne Feinstein (202) 224-3841



STAY CONNECTED:



Mission Peak UU | 2950 Washington Blvd Fremont CA | 510.252.1477 | missionpeakuu.org