

This Week on the Peak



Mission Peak UU - Fremont, CA The Home of Liberal Religion in the Tri-Cities and Beyond! July 20, 2022

Greetings!

Hello! I'm Colleen Arnold, and I've been a member of Mission Peak UU for over 10 years. Many of you know my partner, Greg, who isn't a member but is an enthusiastic supporter of Mission Peak, and have watched my sons, Aidan, soon to be in his last year at King's College London, and Ben, soon to be a senior in high school, grow up!



I've been a psychotherapist for over 30 years (yes, I started when I was eight) and I have recently been doing advanced training in ACT, or Acceptance and Commitment Therapy. The reason I'm drawn to this modality is similar to the reason I'm drawn to UU - it highlights flexibility as a key to understanding and moving through life.

ACT posits that the key to mental well-being is psychological flexibility. I've realized that my ability to be flexible instead of rigid is one of my favorite things about myself. A flexible mind and psyche can choose how to respond to challenges, it takes into account both the heart (feelings) and the mind (reason). It recognizes that when we're triggered, we might not see things clearly enough to respond accurately.

A flexible body is less likely to be injured when stressed. A flexible tree is less likely to break during a storm. (By the way - flexibility doesn't mean boundary-less, but that's a whole different column).

I'm on the Mission Peak board this year and I have one request for everyone: remember flexibility. Things are likely to look a little different this year. Some things that you've come to expect and count on might change. We don't want to lose the essence of our community, but with far fewer members in leadership roles, we will have to shift and try some new things out. Some of these things may not work, so I guess I'm also asking for patience and grace.

We have to make leadership at Mission Peak sustainable and an opportunity for growth, not a burden. So I hope you'll join me as I work towards touching my nose to my knee, metaphorically.

This Sunday's Service:

We have transitioned to hybrid services. See mpuuc.org/zoom each week for how to attend services.



Sunday Worship at UUA General Assembly

Every year, for 60 years now, UUs have come from all over the country to congregate in one city and celebrate the Good News of Unitarian Universalism. One of the best parts of General Assembly is the amazing worship that brings together some of the best and brightest preachers, musicians, choirs, etc. This year, General Assembly takes place in Portland OR. We will intersperse our own Welcome / announcements, Chalice Lighting, and Joys and Concerns with virtual video of the service. You don't want to miss this service.

Rev. Gretchen Haley, Shari Halliday-Quan, and Sean Neil-Barron will lead the service and assisting will be Worship Associate Rev. Barbara Meyers. Worship Host will be Graham Bell.

Whether you are attending services in Cole Hall or remotely you can donate money and/or fulfill your pledge in the 3 ways shown below:

Mail check to

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)

Drop envelope with a check in Mission Peak UU mail slot addressed to:
Mission Peak Unitarian Universalist Congregation
We will be collecting this once per week.

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%.



CIRCLE OF LIFE

Each week, we post the previous Sunday's Joys and Concerns that we were given permission to share. We encourage you to make room in your heart for the hopes and fears of your fellow members. Reach out to celebrate and console those you care about. Here's the [Joys and Concerns](#) for July 17 as well as the prior 3 weeks. If you would like your joy or concern to appear in the Wheel of Life, contact the Encouragement Committee at ecteam@mpuuc.org

Safety Policy for Hybrid Services in Cole Hall

Attendees should be masked inside and outside of Cole Hall during the service. We encourage people to wear N95 mask (or equivalent) which are more effective than cloth or surgical masks. We have such masks available in Cole Hall on Sunday mornings. We encourage people to only come inside Cole Hall if fully vaccinated and boosted. Because vaccinated people can still spread the disease to others, we strongly encourage those in contact with unvaccinated or immunocompromised people to attend services outside or via Zoom.

The [board Safety Policy on how we allow services in Cole Hall](#) is in the “[About->Congregational Documents](#)” section of the [mpuuc.org](#) web site. If you wonder how we are trying to keep us all safe as we gather together again, please read it. We expect to continue to monitor what is safe and make changes as needed.

We also have other board policies related to Covid-19 in section 18 of the board policies document, which is also in the “[About->Congregational Documents](#)” section of the website. The outdoor event guidelines in section 18.2 will control how we would be able to have food or drinks outside after the service, or for special events. Contact Steve Wallcave with any questions about either safety policy.

Midweek Discussion Group

The Minister’s Midweek Discussion Group meets on Thursdays at 10:00 a.m. Discussion topics over the summer will be lay-led and vary in focus according to the topics that are pressing on our hearts or the ethics calling us to respond. The link to the conversation can be found if you [Press here](#)

Pastoral Care

For questions about pastoral care, contact the Encouragement team (ecteam@mpuuc.org). This will go to a team of people who, over the summer, are led by Rev. Barbara Meyers. You can contact Rev. Barbara at bfkmeyers@gmail.com. From July 14-22, filling in for Rev. Barbara will be Jo Ann Schriener and Sharon Davis. They can be reached at the following numbers:

Jo Ann Schriener - 510-648-8963

Sharon Davis - 510-449-3869

JUSTICE CORNER

Say Yes To A Humane Asylum System!

Prevent Use Of The Pandemic To Codify Title 42

To confront this hypocrisy and restore asylum, UUs are teaming up in solidarity with other faith advocates for a 2-week series of call-in days from July 18-31, 2022.

We are joining our partners to call members of Congress and urge them to oppose any and all Title 42/anti-asylum amendments, and keep them from passing any piece of legislation or provisions through the appropriations process.

[Click to Call Your Federal Legislators](#)

LETTER:

"Hello, My name is [NAME], and as your constituent from [CITY/TOWN], I am calling



because I'm extremely concerned about access to asylum in the United States. The CDC has tried to end its policy known as Title 42 that blocks access to asylum, but this change is being held up in the courts.

[As a person of faith, a **Unitarian Universalist**, I deeply value healing, not harming, individuals and families.]

I'm disturbed to hear there are legislative proposals that would mandate the continuation of Title 42, including funding bills with Title 42 amendments under consideration in the House.

Here Are Some Ways You Can Thwart Title 42

- 1: Click to [call](#) your Members of Congress
- 2: Send an [email](#) to your Members of Congress
- 3: Post & Tag Elected Leaders on Social Media ([see how](#))
- 4: Spread the word through your networks ([see how](#))
- 5: Join the [interfaith advocacy](#) during August recess
- 6: Review the interfaith [toolkit](#) to learn more ways to act

* Share the clickable google doc list [here](#).

You can also:

A: Write to Congress in support of [Afghan Arrivals](#)

B: Tell your Senators it's time to reform the [Immigration Courts](#)

** It's always nice to [donate](#), helping to further our work, collaborations, and solidarity.

Anti-Racism Anti-Oppression Committee (ARO) Recommendations

How did Georgia organizers flip the state against Trump in 2020? How did grassroots leaders approach the tension between "going broad" to win a crucial election and "digging deep" to build a base for long term progressive change?



What can we learn from Georgia's frontline struggles to strengthen our work across the country in the next electoral cycle, and beyond?

Join us Friday, July 29 for an online discussion and strategy session hosted by Convergence Magazine, featuring Georgia organizer-contributors, including SURJ organizer Beth Howard. Panelists will discuss their electoral work featured in the just-released, must-read book [Power Concedes Nothing: How Grassroots Organizing Wins Elections](#).

[Click here to register for the webinar.](#)

8th Principle Learning

Video: [Holy Post: Race in America](#),
Phil Vischer

Description from the creator: "We need to talk about race. Why are people angry? Why so upset? Didn't we elect a black president? Pass civil rights laws? Isn't racism illegal now? Three years ago my brother Rob and I co-taught a class that discussed issues of racial injustice. That class turned into a popular podcast episode, which



we've now turned into this video. Why are people still angry? Let's take a look at race in America..."

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

Representative Ro Khanna (202) 225-2631

Senator Alex Padilla (202) 224-3553

Senator Dianne Feinstein (202) 224-3841



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