

# This Week on the Peak



Mission Peak UU - Fremont, CA  
The Home of Liberal Religion in the Tri-Cities and Beyond!  
August 31, 2022

Dear Sandra," contenteditable="false">Dear {First Name},

## This Sunday's Service:

**We have transitioned to hybrid services. See [mpuuc.org/zoom](https://mpuuc.org/zoom) each week for how to attend services.**



## My Struggles with Anxiety Disorder

I've always been a bit of a worrier, but I eventually realized that my level of worry often went beyond reasonable caution. In this message, I will describe my journey of discovery that I had anxiety disorder, some of the effects it has had on my life, the medical factor that is probably behind my more than neurotypical level of anxiety, and what I have done about it.

Drew Wilson will lead the service and assisting will be Worship Associate Paul K. Davis. Worship Host will be Graham Bell. Peak Performers will provide our music.

**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 are the [Joys and Concerns](#) for the past 4 weeks. If you would like your joy or concern to appear in the Wheel of Life, contact the Encouragement Committee at [ecteam@mpuuc.org](mailto:ecteam@mpuuc.org)

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## 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 masks (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.

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## Midweek Discussion Group

The Minister's Midweek Discussion Group meets on Thursdays at 10:00 a.m. The discussion this week will be lay led and it will cover an extended check in with those present as well as the important issues on the minds of participants. The link to the conversation can be found if you [Press here](#)

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## Men's Fellowship Coffee Time on Friday, Sept. 2nd at 10AM

The Mission Peak UU and First United Methodist joint Men's Fellowship Coffee Time is planned for Friday, at 10 a.m. at Suju's Coffee on Stevenson Blvd at



Blacow in Fremont. There is a range of coffees and teas and juices plus pastries and a variety of breakfast egg dishes available. Hope you'll be there. Please let me know if you plan to attend so I can arrange some tables. Thanks. --John Holmes [holmesfam@comcast.net](mailto:holmesfam@comcast.net) , 510-791- 0175

Questions contact Steve Wallcave

## Boutique News



Sign Up to be a Vendor at the Boutique on Nov 5th. Cost is \$30 per table. Please share with your crafty friends & family!

Link: <https://bit.ly/vendor-nov5>

What will you contribute to the boutique? Sign up to donate items or donate your time to help make the boutique successful!

Link: <https://bit.ly/help-nov5>

# Sept. 11 AFTER SERVICE



## Join Us!

We are looking forward to a whole congregation meeting to share news about the boutique and auction.

In person & zoom attendees will be broken into groups for discussion.




## Boutique & Auction

- Learn about changes
- What can you donate?
- How will it all work?
- Who's doing what?

## Get Excited!

We are collecting items for the boutique, raffle baskets, and auction!

Take a look at some of the great items already donated!



## JUSTICE CORNER

Beyond Fracking Belief, A Permits

## Race Is On!

The **Inflation Reduction Act** of 2022 has kicked off a permits race. We must stop the **Mountain Valley Pipeline** (MVP) for fracked gas. What is the MVP? See [here](#). This is the first battle on the permit fast-tracking policy front. If the deal Senator Manchin (D-WV) set up slides through, it sets a terrible precedent. So this is an all-hands effort.



Appalachia is leading the way, calling from its hilltops and hollers to all allies, as well as other sacrifice zones such as Alaska, Gulf Coast communities, the Midwest, and more. They are asking UUs to show solidarity and give support to those at risk due to this legislation by attending a **mobilization in D.C. on September 8th** for advocacy, witness, or both.

- [RSVP](#) for a 5:00 pm ET rally near the Capitol and indicate if you want to join the advocacy
- If you can't attend in D.C., stay tuned for details on distributed actions near you or online amplifications



Join The Advocacy And Witness  
Stop Senator Manchin's Dirty Side Deal  
For Permit Fast Tracking

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## Anti-Racism Anti-Oppression Committee (ARO) Recommendations

**Saturday, September 10 • 1:00 - 4:00 p.m.**

**[Protect Juristac Sacred Grounds](#)** Support the Amah Mutsun Tribal Band as they prepare for a historic rally in downtown San Jose to protect their sacred grounds, Juristac. Located near Gilroy, Juristac is now a potential site for a 403-acre sand and gravel quarry that would devastate this place of cultural and spiritual importance to the tribe, eliminate important open space habitat for native species, and disrupt a critical migration corridor for wildlife. The Amah Mutsun Tribal Band and allies like SURJ San Mateo are opposed to the plan and asking local communities to [sign a petition](#), write letters, and join them at a rally.



**Location:** McEntee Plaza in front of County Administration Building, 70 W. Hedding, San Jose



## JUBILEE Three Ant- racism Training Now Available

### Training Goals:

- To develop a shared analysis of racism and its individual, institutional, and cultural manifestations, and
- To begin to apply this common understanding to the history, culture, and institutional structure of our society, and to envision the next steps in taking action.

### Agenda Topics Include:

- The history of racism and resistance to racism in the Americas
- Defining racism
- The effects of racism on people of color and on white people
- Dismantling racism
- Claiming and shaping an anti-racist identity

Here is the registration links for the next Jubilee Workshop.

September 9th - 11th in the Pacific Time Zone

Please use this link to access the Wufoo Registration Form:

<https://pcolejones.wufoo.com/forms/rz6jjju0epm0ff/>

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## 8th Principle Learning

**Article:** [“A Quick Read for White People Who Don’t Consider Themselves Racist”](#)



explore and integrate new understandings  
of our individual and collective spiritual  
and religious journeys

# FALL CAUCUS

## SAT, OCT 1

a BIPOC-only Zoom event  
10 AM - 1 PM Pacific  
[tinyurl.com/DRUUMM-Oct1](https://tinyurl.com/DRUUMM-Oct1)



**Mission Peak Money  
Matters: Contact Info**

Responsibilities for Mission Peak UU's financial processes are shared between our administrative assistant, Sandra Lange ([office@mpuuc.org](mailto:office@mpuuc.org)), and our treasurer, Terri King ([treasurer@mpuuc.org](mailto:treasurer@mpuuc.org)).



- Sandra handles most ongoing operational tasks, such as pledge tracking, reimbursement requests/status, contribution statements, and the like.
- Terri focuses on budgeting, reporting, and overseeing our financial processes.
- Please feel free to contact either of us. When in doubt about which of us to contact, don't worry - reach out to either of us, and we will forward to the other if necessary. If something is time-critical you may want to contact both of us.

For all official MPUUC money matters, please be sure to use our MPUUC email addresses and NOT our personal emails.

Thanks!

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## Board Briefs

Board briefs from August 2022 meeting.

The board met on Tuesday, August 9.

- Discussed the annual boutique, raffle, and auction. The boutique and raffle will be at Cole Hall on Saturday, Nov. 5. There will be a congregational meeting on Sunday, Sept. 11 for feedback and input regarding the auction.
- Are conferring with the Methodists about re-opening the nursery, including information about new legal requirements.
- Reviewed the financial process transition.
- Per the MPUUC bylaws, voted and approved a motion that Secretary Gayle Tupper will stand in for President Suzette Takei if necessary, until the board decides otherwise or the President becomes available again.
- Updated, voted, and approved the Board Covenant.



The next board meeting will be via Zoom on Tuesday, September 13 at 6:30 pm.

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](http://mpuuc.org/about-us/members-only)

For more details about meetings or questions email [president@mpuuc.org](mailto:president@mpuuc.org)

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## 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](http://house.gov)

Representative Ro Khanna (202) 225-2631

Senator Alex Padilla (202) 224-3553

Senator Dianne Feinstein (202) 224-3841



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