

This Week on the Peak

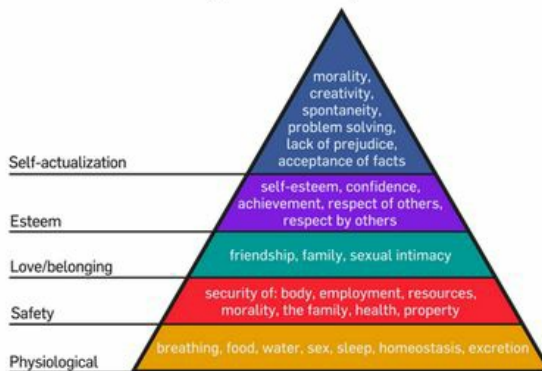


Mission Peak UU - Fremont, CA The Home of Liberal Religion in the Tri-Cities and Beyond! March 29, 2023

Dear Sandra,

Belongingness has been proven to be a determinant and forecaster of academic and psychosocial success. Multiple disciplines (e.g., education, psychology, sociology) have documented the interconnectedness of an individual's sense of belonging and positive outcomes, as well as the barrier that belongingness creates in mitigating negative mental health challenges. While research has provided significant findings and connections between belongingness and student-level and school-level factors, information on how to build a sense of belonging and system resources is limited. My research was designed to review the specific areas that belongingness impacts, determine how belongingness is created, discuss belongingness levels on a high school campus, and provide recommendations to school personnel to make systematic changes to improve students' sense of belonging. More than anything, my research taught me how important my involvement and connection with MPUUC and all of you are.

Maslow's Hierarchy of Needs Pyramid



https://commons.wikimedia.org/wiki/File:Maslow%27s_Hierarchy_of_Needs.svg

According to Maslow's Hierarchy of Needs Theory, individuals can only be self-actualized and motivated if all the lower-level needs are fulfilled (Maslow, 1943, 1962). Later research has theorized that not only is this true, but each component works bi-directionally. When we feel pride in ourselves and have connections to others, we build more connections, further increase our self-esteem, and feel safer. Smiles are contagious. Pay-it-forward does positively impact others and oneself. It is up to us to create a positive ripple effect in this world.

MPUUC lives this daily. Each of you contributing financially, emotionally, and physically to MPUUC provides the strong foundation that allows MPUUC to bring us together to make sustainable change in this world. We are better together! I look forward to growing our connections with one another and with our larger community. Thank you for your pledge for 2023-24; this contribution makes loving, learning, and connection possible at MPUUC. If you haven't yet pledged, please [CLICK HERE](#) to

do so.

Suzette Takei

This Sunday's Service:

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

Opening the Door

We as UUs are often called to open doors to new understanding and yet struggle with change. Perhaps the answer resides in how we perceive the world and the biases we bring to the conversation. Are we capable of residing and living into the opportunities the open door of change reveals? Can we try?

Rev. Sangye Hawke will lead the service and assisting will be Worship Associate Rev. Barbara Meyers. Worship Host will be Erik Alm. 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

The Mission Peak UU Safety Policy for Services and Events changed March 8th

We encourage attendees to be masked inside, using N95 (or equivalent) which are more effective than cloth or surgical masks. We have such masks available in Cole Hall on Sunday mornings. The end of the mask requirement does not mean the end of COVID-19, which will remain present in our community. We are allowing attendees to decide which tools to use to keep themselves and others as healthy as possible.

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 Safety Policy on how we allow services in Cole Hall and other events 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.

Contact Steve Wallcave with any questions about the safety policy.

Midweek Discussion Group

The Minister's Midweek Discussion Group meets on Thursdays at 10:00 a.m. We welcome all voices who wish to participate in discussion on interesting topics. This week will be lay led. The link to the conversation can be found if you [Press here](#)

ARO workshops on Microaggressions and Religious Wounding

Rev. Barbara Meyers and Rev. Greg Ward

Wednesday April 12 7:00 – 8:00 pm: Microaggressions.

Learn what microaggressions are and how it's possible to 'call people in' to a new way of engagement. Marginalized identities report often feeling uncomfortable in UU spaces, including MPUUC. Studies show that when 10-20% of a community is knowledgeable redirecting such conversations, marginalized folks feel safer and more at home.

Wednesday April 26 7:00 – 8:00 pm: Religious Wounds .

Many people have been wounded by religious communities they've been a part of. This has been particularly true of people identifying as LGBT. Come and learn about how this happens and how we can be a compassionate and welcoming home at MPUUC.

Sign Up for these workshops. We look forward to seeing you there!

FELLOWSHIP CORNER

[Monday, April 3rd: Planting & Sprucing Up Party, 1:00-3:00 pm @ Cole Hall](#)

This is going to be fun and, er, maybe a little dirty! Come join Ariel for some planting and egg-filling fun. Let's put some flowers and plants into the flower bins around Cole Hall. Feel free to bring a flower or plant that you'd like to donate and put into our MPUUC planters. Some plastic eggs need filling, and Cole Hall could use a dusting in preparation for Seder and Easter.



RSVP to Ariel so she knows who to expect: dre@mpuuc.org

Mission Peak UU Passover Seder

A Seder is a meal where the story is told of the liberation of Hebrew slaves from ancient Egypt. It is a fun tradition with storytelling, singing and sharing of food where we are reminded that freedom is as important today as it was thousands of years ago.

Please come join us for a **Passover Seder and potluck** on **Saturday April 8th at 6:00PM** in Cole Hall (on the campus of First United Methodist Church), 2950 Washington Blvd, Fremont, CA 94539.

- Please bring a dish to share for the pot luck (**no bread please, we eat matzoh instead**).
- We are asking for a \$5 donation for adults to help cover costs of the ceremonial foods and decorations.
- Children are encouraged to come.
- Please let us know you are coming by filling out this form so we can set up the correct number of tables and prepare the ceremonial food.

This is mainly an inside event but outside and Zoom options will be added with enough interest and volunteers for set-up.

To come please [signup here](#).

Contact wallcave@mpuuc.org with questions.

Thursday April 13th: All ages potluck dinner and game night, Ockerman 7/8 from 6-8pm (in-person)

This week we meet in Ockerman 7/8 to come together over shared food- either homemade or store bought, all food contributions are welcome! We'll light a chalice to kick things off and then tuck in to our stone-soup-style dinner. If you're not sure about eating indoors with others you're more than welcome to come for the second hour when we'll likely be done eating and playing some games. This week we'll have Gobblet to teach you as well as some others you may already know (TACO CAT GOAT CHEESE PIZZA, Uno, the playdough table). If you plan to come for dinner it would be helpful to RSVP so we know how many chairs and tables to put out, simply send an email to dre@mpuuc.org and let us know how many in your party or fill out [this super short rsvp](#). It would be so great to have you there! And if this week isn't possible we'll be glad to see you at future potluck & game night events rolling out all spring.

RSVP preferred but not required.

JUSTICE CORNER

I (Cal Ball) came to activism late in life after retiring from a career in music and then technology. I didn't know anything except that I wanted to do something to contribute to making the world more equitable for all. Armed only with my lofty goals, I reached out to folks in the UU community, a little intimidated but willing to learn. I was met with welcome, patience, humor and support by some extraordinary folks that had been doing this work for years.



Now I coordinate Side With Love's [Skill Up Series](#), our monthly trainings on organizing skills to help YOU build stronger teams in your congregation and community. When I think about our Skill Ups, they mirror my experience: welcoming, fun, and educational offerings to help all of us get to a higher level in this work that we cherish of harnessing love's power to stop oppression.

[Will you join us this semester?](#)

This Spring, our Skill Up Theme is **"How to Talk About Hard Things."** You are heartily

invited to attend these very informative and rich workshops that not only cover high-level concepts but also offer practical guidance and hands-on practice. Each topic will be delivered by experts and long-time organizers with special knowledge and experience presenting

- **Apr 23 - [Facing the Apocalypse With a Smile](#)**, led by Rachel Myslivy, Side with Love Climate Justice Organizer
- **May 21 - [What Do Impacted Communities Need - How Would I Know?](#)** Led by Rev. Michael Crumpler, UUA LGBTQ and Multicultural Programs Director

[UUA Trans Day of Visibility Virtual Party for Trans/Nonbinary Families](#)

Friday, March 31st
8pm ET / 7 CT / 6 MT / 5 PT

As legislators pass harmful laws in states all across the country and as people of faith and no-faith fight back, we want to remind transgender/nonbinary families that they are not alone.

As Unitarian Universalists we believe that every body is sacred. This will be a time of reflection, celebration, and renewal as we prepare for what is and whatever is coming our way.

Anti-Racism Anti-Oppression Committee (ARO) Recommendations

Dear Friends,

(Our letter this month comes from our **new Co-Director of Programs, Rev. Kelly Dignan!**)

I'm so excited to join UU Ministry for Earth! Our vision is a world in which reverence, gratitude, and care for each other and for the living Earth are central to the lives of all people. That's the world I want to help create. Rev. Daniel Lawlor will continue to lead development and communication while I lead programming. The staff and Board are amazing, and it's great to be part of the team. I'll be working 20 hours per week and look forward to interacting and co-creating with all of you over time.

I'm a Unitarian Universalist minister and identify as a white, cisgender, straight, currently fully-abled woman committed to dismantling systemic oppressions, such as racism, ableism, and heteronormative beliefs. I believe we can replace such barriers with ever-widening circles of solidarity and mutual respect.

I had a 22-year career in business and was an executive coach when the idea of seminary wouldn't leave my heart and soul. My Master of Divinity comes from Iliff School of Theology, and I am an adjunct instructor there teaching UU History. I've served as pastor of three congregations and know the power of UUMFE in congregational life. I offer spiritual coaching to individuals, and am on the Board of Directors of [UU Wellspring](#), a program for spiritual deepening.

Born, raised and still living in Denver, Colorado, I honor the sacred land of the Arapaho, Cheyenne, Núu-agma-tǎnvǎ-rǎ (Ute) and Očhéthi Šakówiŋ (Sioux) people whose governments and cultures are still alive. I've been exploring my own indigenous roots and spirituality for the past five years, and in the process have deepened my relationship with Earth and all her inhabitants through practice and direct experience.

I'm married to Pete Dignan who teaches Climate Action for Business and the Certificate in Environmental, Social and Governance (ESG) Strategy at University of Colorado Leeds School of Business. He and I are Unitarian Universalists together and are grateful for this faith tradition. Between us, we have four grown children and a grandchild, all of whom live in Denver near us.

It's an honor to support the UUMFE mission to be a wellspring of spiritual and educational grounding and practical support for bold, accountable action for environmental justice, climate justice, and the flourishing of all life.

Love,
Rev. Kelly Dignan
Co-Director, Programs

8th Principle Learning

[A brief history of anti-Japanese/ anti-Asian policies in the U.S.](#) by Heather Cox Richardson

<https://www.facebook.com/groups/8thprinciplelearningcommunity/permalink/1180652802819236/>

Mission Peak Money Matters: Contact Info



Responsibilities for Mission Peak UU's financial process are shared between our Congregational Administrator, Sandra Lange (office@mpuuc.org) and our temporary treasurer, DeAnna Alm. (treasurer@mpuuc.org).

- Sandra handles most ongoing operational tasks, such as pledge tracking, reimbursement requests/status, contribution statements, stock donations, and the like. If you are submitting a reimbursement request, please send to both office@mpuuc.org and treasurer@mpuuc.org.
- Please send any questions to both the treasurer email (treasurer@mpuuc.org), which is being monitored by DeAnna Alm and also to Sandra (office@mpuuc.org). This will ensure that any financial questions are answered promptly.
- **Important note** - if you are making a stock donation/pledge, please notify Sandra at office@mpuuc.org and treasurer@mpuuc.org immediately.

Board Briefs

Board briefs from March 2023 MPUUC Board meeting.

The board met on Tuesday, March 7, 2023.

- Approved the creation of a new budget line item called a Matching Pledge fund to be used for Canvass.
- Approved an updated Covid policy effective as of March 8, 2023.
- Finalized and approved updated Board policies.
- Accepted the new Personnel Policy Manual.
- Approved updated wording for the Minister's contract regarding sabbatical leave.
- Scheduled the Annual Meeting to be at Cole Hall and via Zoom on June 4, 2023.
- Approved making an employment offer to Von Bringhurst as Choir Director.
- Approved moving \$8,000 from Special Funds to Matching Pledge Fund for 23-24 Canvass Campaign.
- Met with Mission Peak's new Religious Education Coordinator Ariel Smith-Iyer, and learned of some of her great ideas for RE.



The next board meeting will be via Zoom on Tuesday, April 11 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

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

ACT NOW!

Call your Elected Officials!

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

Assembly Member Alex Lee 408-262-2501

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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