

# This Week on the Peak



## Mission Peak UU - Fremont, CA The Home of Liberal Religion in the Tri-Cities and Beyond! July 26, 2023

Dear Sandra,

Hello from your affiliated Community Minister. I am also a member of the congregation. Some people may wonder what kinds of things a community minister is involved in, and how I keep the activities of my ministry and my volunteer activities as a member separate. I'll give a couple of lists.



### Activities of my ministry

- Work at the Reaching Across peer support mental health center
- Work as President of the UU Mental Health Network
- Work as a Board member of the EqUUal Access disability organization
- Writing books related to disability, mental health and emotional CPR
- Work as a spiritual director and as a spiritual emergence coach
- Giving worship services and workshops on mental health throughout the denomination
- Covering pastoral care when minister is away
- Officiate at weddings and memorial services
- Mentor to ministers in formation
- Ministerial delegate to General Assembly

### Volunteer activities as a member of the congregation

- Worship Associate
- Encouragement Committee
- ARO committee and related activities
- Aesthetics
- Member of the COM

I love to talk about this stuff. Let me know if you have any questions.

Barbara

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## This Sunday's Service:

Service can be attended in-person at Cole Hall or online. See [mpuuc.org/zoom](https://mpuuc.org/zoom) each week for how to attend services.



## Real Self Care Beyond Bubble Bath

In a stressful world we all need to have self care. Something more than a bubble bath or fancy tea service, even a massage. True self care involves the kind of moves that keep the same stressors from continuing. It may involve changes or setting limits or reframing one's view of life. Not easy but true self care can open up new paths forward.

Mark Rahman will lead the service and assisting will be Worship Associate Rev. Barbara Meyers. Worship Host will be David Gibbons. Peak Performers and Peak Rocks will provide our music.

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## Whether you are attending services in Cole Hall or remotely, you can donate 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%.

## Summer Special Collection for July: Sandwich Squad

Before the pandemic, a number of our adults and young people got together regularly to make sandwiches for organizations helping people in this area who are struggling. This is all part of our congregation's community outreach mission, and we have reinstated the program. Please donate, if you are able, to fund Sandwich Squad in one of these ways:



Please donate if you are able, in one of these ways:

Write a check to MPUUC with "Sandwich Squad" in the memo line and mail 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 an envelope with a check (with "Sandwich Squad" on the memo line) or cash (with a

note stating "Sandwich Squad") in our mailslot addressed to: Mission Peak Unitarian Universalist Congregation

Pay online at <https://mpuuc.org/contact-us/donate/> with credit or debit card. Choose "Special" as the donation type. Please state "For Sandwich Squad" in the message. 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)

## 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. The link to the conversation can be found if you [Press here](#)

## FELLOWSHIP CORNER

### Sunday, August 6th has a \*lot\* in store!

Please plan to spend the better part of this Sunday with us: in worship, in music, in learning and in service! Folk of all ages are welcome.

The Sunday service will be: **Music at Mission Peak: A Harmonious Future**

This service will explore the range of music possible as we transition to more live performances and, eventually, an expanded music program. Von Bringham, our new choir director, will lead the service, the choir will sing both in-person and virtually, and other Mission Peak musicians and musical groups will delight you with their live and virtual offerings. A magnificent celebration of our musical future at Mission Peak!

Following service there will be coffee hour and then a special **presentation of musical sound gardens** by David Gibbons. Folks are invited to enjoy their coffee and snack as usual, then tuck back into Cole Hall for the performance/Q&A/instrument sampling.

Following the music presentation there is an opportunity to participate in a **joint service project** with our friends at FUMC. Together we will have collected the supplies needed to pack 25 backpacks for children and youth in Abode's rapid re-housing program. We will meet in one of the Ockerman rooms to work together and fill the backpacks from 1:00 until the task is complete.

Snack contributions to coffee hour are most welcome.

### Spit and Polish Party, Friday, Saturday, August 5th, 9:30-11:30 AM both days.

Come lend a hand to help tend to the care and keeping of our physical home in Cole Hall. Various projects have been identified and the tools will be supplied. All you need to do is pick a day to come and follow [this link](#) to sign up for a task or two. Many hands make work light! Help us spruce up the space in anticipation of the new congregational year that

begins July 1st. Questions? Reach out to Graham or Ariel who are collaborating on these work parties.

## Summer Picnic - Sunday August 13

Click [here](#) for flyer.



**MISSON PEAK UU CONGREGATION**

**SPONSORED BY ARO**

# SUMMER *Picnic*

**SUNDAY AUGUST 13TH FROM 12-4PM**

**WE'LL BE IN CENTRAL PARK AT D2 PICNIC SPOT, FREMONT**

**IT'S A BBQ AND POTLUCK  
ALL ARE ENCOURAGED TO BRING A DISH THAT REFLECTS THEIR  
CULTURE OR HERITAGE**

**FRIENDS, FAMILY & NEIGHBORS  
ARE WELCOME**

→ **RSVP REQUESTED  
SCAN THE QR CODE  
OR EMAIL ARIEL DRE@MPUUC.ORG**

## Backpack Drive

MPUUC is collaborating with FUMC to help Abode with their back pack drive. This year we will help 25 kids feel better prepared to start a fresh year of school by

providing them with a new backpack full of supplies, including a new t-shirt and socks. These youngsters are part of 14 families in Abode's rapid re-housing program. Please visit [this SignUpGenius](#) to see what supplies are needed and purchase what you can. These can be dropped off at Cole Hall in the box labeled "Backpack Drive", placed near the Joys and Concerns table, any Sunday between now and July 30th. All donations must be received by the morning of Saturday August 5th, which is the MPUUC Spit and Polish Party (facility beautification party) from 9:30-11:30.

If you want to help but can not purchase supplies to be dropped at Cole Hall, be in touch with Ariel about how you can support this effort, [dre@pmuuc.org](mailto:dre@pmuuc.org). Our plan is to join together with FUMC on Sunday August 6th, after service, with all the necessary backpacks and supplies on the tables. We will fill each backpack and label it with the name of the child it is being put together for. All backpacks will be delivered to Abode on the following Monday.

See post on our website by clicking [here](#).



## JUSTICE CORNER

Right now, asylum seekers are forced to comply with unnecessarily long waiting periods before they are able to legally work in the United States. Without the ability to work, people seeking asylum are deprived of the right to earn an income and support themselves and their families.

Please consider writing to your member of Congress and ask them to support the Asylum Seeker Work Authorization Act of 2023 (H.R. 1325). If passed, this legislation would shorten the waiting periods and make it easier for asylum seekers to obtain a work permit and contribute to their communities.

You might find this links below helpful

[Draft letter](#)

[Addresses of our local Congressmen](#)

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

#### From Ministry for Earth Create Climate Justice Final Q&A

Stories and Songs of the People, by INITC

Saturday, August 19th  
Starts at 10am HT/ 1pm PT/ 2pm MT/ 3pm CT/ 4pm ET

Join the InterNātionāl Indigenous Initiative for Transformative Collaboration (INITC) for *Stories and Songs of the People*, a hybrid event taking place at the University of Hawaii, Maui and online.

Join us for a virtual gathering of intercultural, interfaith sharing of experience and knowledge for the profound social, cultural, economic, legal and environmental issues reflecting the impacts to the health and well-being of our collective Nations and our Planet.

We invite you to join us individually or create your own in-person gathering and then join us virtually as a group as we gather on the island of Maui.

[Sign-up for this day of learning](#)

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## 8th Principle Learning

Dr. Leslie Picca, professor and Roesch chair in the social sciences at the University of Dayton, explains how we can work toward anti-racism in this video, part of the University of Dayton Anti-Racist Lecture Series.

<https://www.youtube.com/watch?v=h6J8h65rfg4>

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## 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](mailto:office@mpuuc.org)) and our treasurer, Jay Steele. ([treasurer@mpuuc.org](mailto: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](mailto:office@mpuuc.org) and [treasurer@mpuuc.org](mailto:treasurer@mpuuc.org).
  - Please send any questions to both the treasurer email ([treasurer@mpuuc.org](mailto:treasurer@mpuuc.org)), which is being monitored by Jay Steele and also to Sandra ([office@mpuuc.org](mailto: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](mailto:office@mpuuc.org) and [treasurer@mpuuc.org](mailto:treasurer@mpuuc.org) immediately.
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## 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](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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