

This Week on the Peak



Mission Peak UU - Fremont, CA The Home of Liberal Religion in the Tri-Cities and Beyond! April 2, 2025

Dear Sandra,

I am Kathi Bayne, and I am a member of the Board.

Some time ago, I had joined the Mission Peak UU Congregation Outreach Committee. I was looking for reasons why people attend church and how to make us a more welcoming community.

I came across a Vanderbilt University study by Professor Marino Bruce, Associate Professor of Medicine, and Society. The review was titled "Worship is Good for your Health."



<https://news.vanderbilt.edu/2017/05/31/worship-is-good-for-your-health-vanderbilt-study/>

Their findings surprised me. Their conclusions were:

1. People who attend church (not people who have a faith but people who actually **attend** church) decrease their mortality by 55% or about 7-14 years compared to those who don't.
2. The increased life span was related specifically to **attending** some form of religious church, temple, synagogue, mosque, etc. It was a finding that was independent from belonging to a social community or social support group.
3. They surmised the likely reason for the association between church attendance and longevity was due to believing in, and caring about, something more than yourself.

Exploring improved health and longevity in association with spirituality, lead to my interest in Blue Zones. These are areas of the world where people regularly live longer and, most important, healthier than any other places in the world. A component in most of these societies is religious community.

One of these localities is the Loma Linda, California where Seventh Day Adventists make up much of the population. However, studies show that Seventh Day Adventists in areas other than Loma Linda also tend to live longer than their non-Seventh Day Adventist peers. Their religion focusses on healthy living and good works. This may have a lot to do

with the fact that the Seventh Day Adventist Church is growing significantly while many other churches are losing members.

As I continue to explore ways in which we can enhance our beloved community as well as reach out to the community around us, I find increasing evidence that being a healthy community makes us more attractive to ourselves and others. Therefore, we are trying to offer more healthy alternatives at MPUUC. For example, our very successful Lunch and Learn activities includes cookies or cake, but also, fresh fruit and healthy soups so people have choices.

Please get in touch with me if you have ideas or thoughts about how we can enhance and promote our health. I really appreciate your help.

This Sunday's Service:

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



When We Walk By

MPUUC recently took a courageous and caring first step into being an advocate for every person living without permanent housing in Fremont. Building on that, this service attempts to explore what our response to the housing crisis in this country would be if we treated the issue NOT from a perspective paternalism where we see a homelessness as an outcome of personal failures; but as the canary in the coal mine of systemic racial and wealth inequality, a failing health care system, reduced education, immoral incarceration and a tragic lack of understanding of LGBTQIA issues.

Rev. Greg Ward will lead the service and assisting will be Worship Associate Chris Cook. David Johnson will be Worship Host. Peak Performers will provide our music.

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%.

March Share the Plate - Abode

We will be collecting until April 6.

Write a check to MPUUC with "Abode" 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 "Abode" on the memo line) or cash (with a note stating "Abode") in our mail slot 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 "Abode" in the message. Note we use PayPal for this, and they charge us around 3%



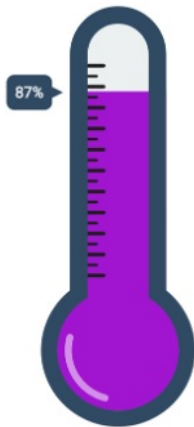
CIRCLE OF LIFE

YOU ARE ALL INVITED to celebrate and console those in the MP family who need it. Each week you can find those people right here at your fingertips if you click on the [link](#). Let's increase our caring connections with each other with calls when appropriate, cards, emails, offers of help, etc. When you have Joys and Concerns for this Circle of Life, contact the

Encouragement Committee at ecteam@mpuuc.org. Or ask one of us: Greg, Barbara, Sharon, Jo Ann S, Don, Lucienne, Julie

Midweek Discussion Group

The Minister's Midweek Discussion Group meets on Thursdays at 10:00 a.m. The Midweek Discussion Group meets online and welcomes all voices who wish to participate in discussion on interesting topics. This week, we will be exploring how much we know about those who are living without traditional housing? How does one find themselves without housing? Once unhoused, how does one secure housing? The link to the conversation can be found if you [Press here](#)



Members and friends of Mission Peak UU, we are almost at our goal! With pledges of almost \$219,000, we are 87% of the way there! As of Tuesday night, we have heard from all but 15 of last year's pledgers. If you have not yet pledged, you should have received a call or an email from a Board member asking you to please let us know what you will be able to contribute for the 2025-2026 congregational year.

The Board cannot plan for next year until we hear from you. You can click [HERE](#) to go to our online pledge card, or you can email your canvass chair DeAnna Alm deannaalm7@gmail.com. Many thanks for your generosity!



SABBATICAL

The Committee on Ministry and the Board have been working with Rev. Greg to plan the second sabbatical installment and hope that it is equally as successful as the first. To help this sabbatical have the same warmth and reflection of the first, we are working on finishing the arrangements to have Rev. Jim McKinley as our sabbatical minister. The sabbatical period we are looking at is only two months and it is from October 4 – December 7. In early May, a new sabbatical brochure will provide updates, identify resources and list ways we can all be part of a productive and healthy renewal.

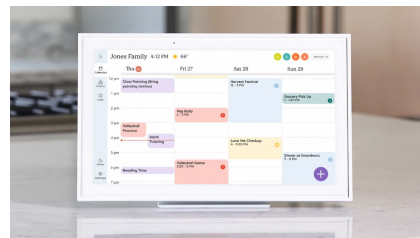
ACTION SUNDAY – APRIL 13

On Sunday April 13, there is going to be a LOT of activity. We are hoping to have several guest speakers who will share a variety of perspectives on what it's like to live in Fremont without housing. After the service we will have some soup / sandwiches. Then, we'll have a few people take some food and essential clothing (socks) and hygiene items to the neighboring encampment at Osgood and Washington. Finally, a few people are exploring the possibility of preparing our once flourishing garden to grow food again – in particular to help those with housing insecurity to gain some food security. Come prepared for an Action Sunday.

FELLOWSHIP CORNER

Dates to mark on your calendar:

April 13th **Action Sunday**, MPUUC
April 19th **Fremont Earth Day Festival**, downtown, 10am-2pm; MPUUC is joining TCIC at a table, come say hello and enjoy our activities! More info below.
April 20th **Easter Sunday**, MPUUC
April 26th **Bay Area UU HS Youth Retreat**, UU Oakland, more info [HERE](#)



Community Ping-Pong Night (open play)

Do you like to play table tennis?
Please join us on Thursday nights
for fun, free, entertainment.
Every Thursday, 6 pm – 7: 30 pm

No registration required
Paddles and balls provided.

Fremont First United Methodist Church
2950 Washington Blvd. Fremont, CA 94539.



Questions, please email office@firstchurchfremont.org

Our monthly men's fellowship time begins this Friday, APRIL 4TH, at 10 a.m. at Suju's Coffee on Stevenson Blvd at Blacow in Fremont.

Parking is in the lot adjacent. As always there is a range of coffees, teas, and juices, plus breakfast pastries and a variety of breakfast sandwich dishes are available. If possible, our tables will be set up in the area on the east side of the room toward Sundale Ave where there seems to be less noise from other groups which facilitates our conversations. (If that area is occupied look around, the group will be in some other area.) If you know someone who might enjoy the fellowship, feel free to invite him and bring him along.

Please let John Holmes know if you plan to come so enough tables can be arranged for our group. (holmesfam@comcast.net -- or 510-791-0175) Hope to see you there.

An invitation to join UUs from Sunnyvale and Palo Alto in a community service event: Plant a Tree for Neighbors

Saturday, April 12, 2025
9:00 am to 1:00 pm
Ramos Park, 800 E Meadow Dr, Palo Alto, CA 94303

Help **Canopy** plant 15 trees in south Palo Alto's Ramos park neighborhood. All ages welcome! Join folks from the UU Fellowship of Sunnyvale and the UU Church of Palo Alto. Our collaborative Climate Justice Revival lives on in this intergenerational action promoting tree equity and carbon removal. Bring a picnic and enjoy a treat after the planting while we play, connect, and reflect together.

Children under 16 should be accompanied by a parent, guardian, or other designated adult. Wear closed-toe shoes and sun protection.

Register here by April 4 (please indicate UU affiliation in the box)

Questions? Contact redirector@uufs.org or revcat@uucpa.org

marks the 55th anniversary of Earth Day! Our free [Earth Day Fair](#) is your chance to celebrate. Explore indoor and outdoor exhibits. Chat with eco-friendly experts. Discover practical tips for a more sustainable lifestyle, including waste reduction, clean water, healthy eating, reducing energy use, and more.

Event Details:

Saturday, April 19

10:00 a.m. to 2:00 p.m.

Downtown Event Center and Plaza at 3500 Capitol Ave., Fremont

Activities:

- Music, games, and art activities
- Residential document shredding
- Medication drop-off
- Prescription eyeglasses drop-off
- Needle/syringe drop-off (sharps must be in approved containers)
- Mercury thermometer exchange

Hosted in partnership with [Washington Health](#) and [Local Ecology and Agriculture Fremont \(LEAF\)](#).



JUSTICE CORNER



Hands Off! rallies in SF, around the Bay Area, and all across the country

Where: Walnut Avenue & Paseo Padre Parkway, Fremont, CA 94538

When: Saturday, April 5, 2025

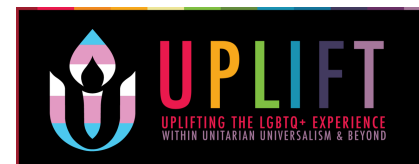
Time: 12:30 PM

Join us, for a mass mobilization in opposition to Trump and Musk's attempts to steal our public services and our democracy.



Click [here](#) for pdf of flyer

As conservatives target the transgender community for political gain, now more than ever is the time for Unitarian Universalists to be visible in our love and support for our trans/non-binary siblings. The following are resources designed to strengthen our love, care, and resolve to be a faith that moves beyond welcome to full inclusion and belonging to transgender UUs who are here, have always been here, and will always be among us.



- UUA Transgender Day of Visibility Service Recording & Transcript

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- Defend Trans Lives: Webinars for People of Faith is on Tuesday, April 8th @ 8:30pm
-
- Building *Beloved* Community Beyond the Binary is on Saturday, April 26th @ 8:30am-5:00pm, in-person and virtual
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- Welcoming Congregation Resources:
 - *A Call to Action: Stories of Intersex and Faith Documentary*
 - *Bad Faith: Christian Nationalism's Unholy War on Democracy*
 -
- UPLIFT Trans/Non-Binary Monthly Gathering is on 4th Tuesdays @ 8pm ET and the UPLIFT Pastoral Care Group Space is on 2nd Fridays @ 8pm ET (trans/non-binary only)
-
- Five Practices of Welcoming Renewal Orientation is on Monday, April 21st and Monday, May 19th @ 2pm ET

For additional resources to support trans/non-binary people, visit: www.uua.org/lgbtq/resources.

Anti-Racism Anti-Oppression Committee (ARO) Recommendations

Wednesdays, April 16 – May 28 • 6:30 – 8:30 pm
[Palestine & Zionism 101](#) (IN PERSON)



Jewish Voice for Peace (JVP) Bay Area is sponsoring this 7-session, in-person workshop. Palestine & Zionism 101 is an opportunity to deeply engage with the history of the colonization of Palestine as well as the history of Palestinian resistance to Zionism. Designed to provide a robust introduction, the course will feature both lecture style classes and weekly discussion groups to allow more opportunities for reflection and community building. Sliding scale \$25-\$100; no one turned away for lack of funds. Location: Laney College, 900 Fallon St, Oakland



Join SURJ National's monthly Abolition Action Hour to take collective action in the fight for racial and economic justice! In this one-hour gathering you'll make calls, sign petitions, send emails, and take online action to close jails, defund police, invest in communities, protect Indigenous rights to land and water, and more! You'll receive training and support throughout the session as well as a community of fellow SURJ members to take action with! All are welcome whether you're a long-time SURJ member or are just hearing about SURJ for the first time!



Thursday, April 17 • 12:00 – 1:00 pm
[SURJ National Abolition Action Hour \(VIRTUAL\)](#)

8th Principle Learning

[Trump executive order on Smithsonian targets](#)

funding for programs with 'improper ideology'

Trump targets the National Museum of African American History and Culture and other Smithsonian museums in a new series of executive orders.

The order he signed behind closed doors puts Vice President JD Vance, who serves on the Smithsonian Institution's Board of Regents, in charge of overseeing efforts to "remove improper ideology" from all areas of the institution, including its museums, education and research centers, and the National Zoo.



[Click here](#)

DENOMINATIONAL AFFAIRS

The GA 2025 Schedule is Here—Start Planning Your Experience!



Click [here](#) for more information

Board Briefs

Board briefs from February 18, 2025 MPUUC Board meeting.

The Board met on February 18, 2025

- MPUUC has taken action to support unhoused residents in Fremont in various ways including, written and spoken opposition to the City of Fremont's proposed "Camping Ban" Ordinance (FMC Section 8.90), joined a community coalition "Coalition of the Caring" with Fremont For Everyone and other community faith groups and non-profit organizations, called a Congregational Meeting to vote on whether to become a plaintiff in a civil rights lawsuit against the City of Fremont for its proposed Ordinance.
- DeAnna Alm is the Canvass Chair. Canvass (our pledge process) begins March 9 with a lunch at Cole Hall and a virtual Potluck on Monday, March 10 for Zooming members. The Treasurer uses Pledge information to create the Annual Budget that is voted on at the June 8th Annual Meeting.
- The Board is investigating one of its Restricted Funds, the Building Fund, to determine donors and a possible amendment to its purpose. If MPUUC members are interested contact Valerie Stewart at Valeriempuuc@gmail.com.
- The Board has entered into negotiations with Rev. Jim McKinley to serve as its Sabbatical Minister later this year from October to December, when Rev. Ward is on Sabbatical.
- The Board is looking for Members who would like to attend General Assembly - June 18-22- as a Delegate (it is possible to attend virtually). Contact President Beth Schaefer if you are interested.



The next board meeting will be via Zoom on Tuesday, April 22, 2025 at 7 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

Making announcements

If you've ever had an announcement you wanted to share about an upcoming MPUUC event or meeting but didn't know how, you're in luck. This [Announcement Sheet](#) will go directly to Sandra, our Administrator (to put in the OOS); or to a Board Member (to announce at a Sunday service. **Deadline for posting Sunday announcements is Thursday at 12pm.**

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](https://www.house.gov)

Representative Ro Khanna (202) 225-2631

Senator Alex Padilla (202) 224-3553



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