

# SCUUP



South Coast Unitarian Universalist Press

March and April 2006

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## The Purpose of this Fellowship

To further freedom of religious experience and toleration of religious ideas;

Promote personal choice based on reason and conscience;

Celebrate the worth and dignity of each human being;

Accept the motive force of love;

Advocate the never-ending search for truth;

and Proclaim the importance of a religious community.

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*Barb's Bits...*

## In Search of Perfection

For 35 years, I have been trying to duplicate my mother's tender, flaky piecrust. She has been making perfect piecrust for longer than I've been alive, which is 53 years to this day, as I write. There is no way I will ever "catch up" to my mother's level of experience; she gets lots of practice. Over the years, I have experimented with different piecrust recipes and techniques. I have finally settled on one, but my technique apparently needs improvement.

This brings to mind the old adage, "practice makes perfect." For years, I thought this was just a line that parents, teachers, and coaches over-used to convince youngsters that repetition, no matter how tedious, was the ticket to flawless performance. Now I believe there is more to the adage than meets the eye.

In my mid-twenties, I learned about the connection between positive visualization and performance. It makes sense that if one dwells on the prospect of failure, success is less likely, no matter what goal is sought. I learned something new along the same lines this month—from a young whippersnapper named Paige at the Coos Head Food Store. This is what Paige had to share from a film he'd seen:

The cells of our brains are bathed with neuropeptides each time we experience strong feelings. This chemical wash affects all the cells of the body, etching them, in essence, with our emotions. If one is often in a state of frustration and anger, these negative feelings eventually cause physiological changes during cell division, so that receptors actually increase sensitivity to that particular emotion.

Since, on average, our cells are replaced every seven years, that means our way of responding to situations literally becomes more deeply ingrained with the passage of time. (No wonder bad habits are so hard to break!) Of course, the opposite holds true—if we operate mostly from a place of love and patience, the receptors in our cells become sensitized to a different chemical bath. This greatly increases our propensity to behave in ways that help create the peace and joy we want to share with family, friends, and coworkers.

It takes a long time to change the receptors in our cells to reinforce positive emotions. After one full year of relating in a peaceful and calm manner, only about one-seventh of our cells would have made the changeover. If one made such a change though, even for just a few months, it would become easier as time goes by. The new thoughts would alter our feelings, and our new feelings would alter our behavior. Different behavior would change the way people respond to us.

The possibilities are endless, but I know from experience it will be much easier to improve my pie pastry than it will be to change myself! ☺

## Among UUs

As reported in the last SCUUP, Ray Harris, an active member on the SCUUF Board since July 2004, passed away suddenly on December 27. Ray's memorial will be held on Monday, March 27 at 10:00am, at the Coos Bay Chapel, 685 Anderson.

Donations in Ray's memory may be sent to the Oregon Lions Sight & Hearing Foundation, 1410 SW Morrison, Suite 760, Portland, OR 97205.



Long-time SCUUF friend and supporter, Bob Clark, died Jan. 12 at age 87, after a lengthy illness. A memorial service was held on January 28 at the Ocean View Memorial Gardens.



Our friends, Weld & Elma Champneys of Port Orford recently lost their daughter, Laurel, after a long illness. Laurel, the mother of four young girls, was only 34. Laurel's daughters will remain in the care of their grandparents in Utah.



SCUUF friend and member, Loisa Dewater, had her cancer surgery in Portland in mid-Dec. and is in good spirits, recovering nicely at home.



Mitzi Loftus, who moved to Ashland last summer, often attends SCUUF programs when her travels bring her to Coos Bay. She recently returned from a trip to New Zealand to

celebrate the Maori wedding of a former exchange student. She is now preparing for a trip to Spain, where she will visit another one of her exchange students and his family. It is always a pleasure to see Mitzi and hear of her adventures!



Karen Fowler, Barbara Taylor's daughter, and Jon Wash, Herb & Betsey Kinney's grandson, attended the state swim meet held in Corvallis in mid-February for the North Bend High School swim team.



Long-distance SCUUF member Marcella Fox wrote us to let us know what she's now up to... "I graduated from Western Oregon University in June of 2004, with a Bachelor of Arts in psychology with a minor in music.

"Instead of heading toward social work, which was my original schooling goal, I now have my eyes on a program which trains people to create and lead ceremony for people who don't want to involve clergy. I'm not certain how soon I'll be able to start that program, but am looking forward to it. I may also take some Clinical Pastoral Education, which would give me hands-on experience as a chaplain and fulfill one of the requirements to become a chaplain with a hospice.

"I have recently begun singing again at the local jazz jam, after an 18-month hiatus. In addition, I'm working up some songs with a guitarist." ☺

## Monthly Peace Vigil in Coos Bay

South Coast Peace Alliance (SCPA) in Coos Bay-North Bend area is now sponsoring a monthly Peace Vigil. The vigils take place on the second Saturday of each month from 1:00 P.M. to 3:00 P.M. on the Coos Bay boardwalk, at junction of Hwy. 101 North bound with Anderson Avenue.

The next planning meeting for SCPA is Wednesday, Feb. 15 from 7 P.M. to 8 P.M. in the Cedar Room of Coos Bay Public library. The next vigils are on March 11 and April 8.

For more information, please contact Dennis at 888-8234 or [wowunupo@harborside.com](mailto:wowunupo@harborside.com) ☺

## Celtic Folk Fest

March 4th at the Sawdust Theater in Coquille at 7:30 pm. Tickets are available only at the door. The cost of the show is \$10. This is a benefit concert for both South Coast Folk Society and CASA (Court Appointed Special Advocates, who work on behalf of abused and neglected children in our community).

Scheduled performers include Lenore Charles & Davy Sweetman, Tim Smith, The Bumbling Buskers, Allen and Lauri Todd, John MacRae, The All-Girl Impromptu Pick-Up Band, and The Celtic Folk Fest Dancers. Refreshments will be sold by Coquille Valley Soroptimists in support of CASA. ☺



South Coast Unitarian Universalist Fellowship  
**March-April 2006 Calendar**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>March 5 The Accidental Buddhist</b> Based on a book by Dinty W. Moore in which he explores mindfulness, enlightenment, and sitting still AMERICAN style. By Paula Bracken.	6	7	8	9	10	11 Peace Vigil 1p – 3p (888-8234)
<b>12 Brothers and Borders</b> Mike Armstrong of Citizen's Caucus will make a presentation on the issue of illegal aliens in the U.S. Includes some video of Minuteman action on the Mexican border last year.  Don't miss the free gospel jazz concert at SOCC Hales Center at 9:00am!	13	14	15	16	17 St. Patrick's Day	18
<b>19 Equinox Celebration</b> Includes dance, Native American music, and other rituals. Bring your favorite instruments and finger foods for pot luck after ceremonies. Sunset Bay State Park gazebo at 3:00pm.	20	21 SCUUF Board Meeting @M&M&M 7 – 8:30p	22	23	24	25
<b>26 UU Justice Sunday</b> Advancing human rights and social justice in the United States and the world. Presented by Lilah Bidwell.	27	28	29	30	31	32 Just Foolin'
<b>April 2 UU Humor</b> Bring your favorite jokes to share.	3	4	5	6	7	8 Peace Vigil
<b>9 Michael Servetus • Part III</b> Michael Servetus takes on John Calvin: the genius mystic stands up to the tyrannical reformer and pays with his life. Presented by Barbara Taylor.	10	11	12	13	14	15 Tax Day
<b>16 No Program (Easter)</b> Stay home and play with your eggs!	17	18	19	20	21	22
<b>23 Earth Day 2006</b> Learn more about and discuss some portions of the Earth Charter. Presented by Dennis Phillips.	24	25	26	27	28	29
<b>30 BlueBill Lake (North Spit) Hike</b> Meet at North Bend Library 101 parking lot by 11:00a to car pool, or meet at the trailhead by 11:15a. Dress for the weather and consider bringing snacks/lunch. For more call Dennis at 888 8234.	<i>Unless otherwise noted, programs are at 3 pm in the North Bend United Methodist Women's Center 2389 Meade Street.</i>					



**South Coast  
Unitarian Universalist  
Fellowship**

Box 3216  
Coos Bay OR 97420

**March-April 2006**

SCUUF Membership is open to all who agree with our purpose  
and are willing to make a commitment of time, talent, or treasure.

Visit SCUUF online at <http://scuuf.pnwd.uua.org>

**From the UUA Humor List...**

There was a little old lady, who every morning stepped onto her front porch, raised her arms to the sky, and shouted, "PRAISE THE LORD!"

One day an atheist moved into the house next door. He quickly became irritated at the little old lady's morning ritual, so he adopted the habit of stepping onto his front porch after her and yelling, "THERE IS NO LORD!"

Time passed with the two of them carrying on this way every day.

One morning in the middle of winter, the little old lady stepped onto her front porch and shouted, "PRAISE THE LORD!" but then added, "Please Lord, I have no food and I am starving. Provide for me, oh Lord!"

The next morning she stepped onto her porch and there were two huge bags of groceries sitting there.

"PRAISE THE LORD!" she cried out, "HE HAS PROVIDED GROCERIES FOR ME!"

The atheist neighbor jumped out of the hedges and shouted, "THERE IS NO LORD. I BOUGHT THOSE GROCERIES!!"

The little old lady threw her arms into the air and shouted, "PRAISE THE LORD! HE HAS PROVIDED ME WITH GROCERIES AND MADE THE DEVIL PAY FOR THEM!"



To be placed on the UUA humor e-mail list, fill out the simple form on the official "Sharing Humor Appropriate to Ministry" UUA webpage at <http://lists.uua.org/mailman/listinfo/uuma-humor> .