

SCUUP



South Coast Unitarian Universalist Press

January – February 2007

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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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SCUUF (with SCUUP Online)
www.scuuf.pnwd.uua.org
(Hyperlinks work in SCUUP online!)

Pacific Northwest District
www.pnwd.uua.org

The Unitarian Universalist Association
www.uua.org

Barb's Bits...

Happy New Year!

In the January 2006 AARP (American Association of Retired People) Bulletin, one of my favorite authors, Garrison Keillor, wrote an article titled "Stop Complaining," about getting old. His general attitude towards the aging process is quite positive and seems a good way to start 2007. Here are some excerpts from Keillor's humorous observations and advice:

“When you hit 50, you have to stop complaining about getting old, the strangeness of it, the fascination, the horror, etc., etc. That was okay in your 30s and 40s, but now that you're old, it's time to shut up on the subject. You shouldn't complain about aging for the simple reason that nobody gives a hoot. If you were to pay people to care, they might care a little bit for an hour or two, but you didn't, and they don't. So learn to be cheerful about it.

“Put the past behind you. Make a pile of your regrets and put a match to them and let them blow away—the lost loves, the estranged friends, the botched education, the unwritten novel, the neglected guitar, the ruinous investments, the dear friend who committed suicide, the opportunities that sailed away without you. Put that knapsack full of rocks on the ground and walk away and find something in the here-and-now that absorbs you and take up with that—a garden, a grandchild, a choir, yoga, knitting, amassing a collection of porcelain pigs, political agitation, learning the drop-thumb style of banjo.

“Start telling the truth. Do it in small doses at first and then gradually build up to one out of three, a decent batting average. When you're young, you're trying to wind your way through the trees and not get shot at, you're trying to stay on the warm side of the various big cheeses in your life, you're wanting to be the good guy that everybody loves, not the jerk with the big mouth. But when you hit 50, you're entering a new passage of life in which you can say what you really think.

“Fifty is an excellent age for reform of all sorts. You have enough experience and good judgment to know something about yourself, and you can see the end of your life from here, and so, gauging your desires and your strength, you adjust and straighten and balance and alter what needs altering and press on. It's a time of marvels on every hand, great richness, emotional clarity, and great sweetness. Sixty is even better, but don't hurry.” ☺

On June 20 – 24, 2007 the Unitarian Universalist Association General Assembly is in Portland Oregon!

Among UUs

Participants from SCUUF's 2005 Social Action project, a workshop on Marshal Rosenberg's "Non-Violent Communication" are now participating in a successful "practice group." Named "Compassionate Communications Circle," another Circle may form soon. If interested, contact Dennis at wowunupo@harborside.com or 888-8234.

GA Volunteers Needed

The UUA General Assembly comes to our district this year and with it the opportunity for more of us than ever to join as many as 5,000 UUs in celebration of our community.

The GA will be in Portland at the Convention Center from June 21-24. If you volunteer to work for 24 hours, or 16 in the children's program, you will receive free registration.

Volunteer jobs include:

- greet people
- provide information about the local area
- assist UUs with mobility difficulties and other needs
- care for young children
- staff the local GA office
- act as ushers
- count votes at plenary sessions

Applications will be available March 1. Please contact Rosie Hamilton at (503) 293-5453 or rosiephilH@msn.com for more information. ☺

Here to Serve

Barbara Taylor, President
756-7206

Dennis Phillips, Secretary
888-8234
wowunupo@harborside.com

Bob Mahaffy, Treasurer
267-7193

Mark Stueve, Director
267-5460
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Georgia Martin, Director
267-6181
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CLF Learning Center Courses

The Church of the Larger Fellowship has a number of interesting online courses. (See www.uurgl.com/learn/) Some titles include:

- Peoples of the Book: Islam and Judaism in UUism Past and Present
- Theology and Faith Development
- Healthy Families—A Systems Approach
- This I Believe: A Writer's Journey
- DeMystifying Meditation
- Walking the Tightrope: The Art of Balanced Living
- Passing It On: Preserving the Legacy of Your Life Experience
- Identity, Power and Privilege: Journaling Our Lives
- Raising Ethical Children
- Reading the Bible Through UU Eyes

Alternatives to Growth Film Series

The Alternatives to Growth programs for 2007 will be in the Coos Bay Library Cedar Room at 7pm on fourth Thursdays from January through May.

The Jan. 25 program features Richard Heinberg giving an overview of his main ideas for an alternative to the Crash expected by many experts in the wake of the passing of "Peak Oil," as presented in his book *Powerdown*.

The Feb. 22 program will feature Andy Kerr's presentation to Alternatives to Growth Oregon, given at their year 2000 conference in Portland.

For more about the **Coos County Alternatives to Growth** film series, contact Dennis Phillips at wowunupo@harborside.com or 888-8234. ☺

Return Guest At Your Table Boxes

Please return *Guest At Your Table* coin boxes during January programs.

Guest At Your Table is a program benefiting the Unitarian Universalist Service Organization. For each meal that the box is on the dining table, participants are asked to donate the cost of serving another guest.

You can still participate with the program by bringing donations of any size to our January programs. ☺



South Coast Unitarian Universalist Fellowship

January – February 2007 Calendar

Unless otherwise noted, programs are from 3:00 to 4:30pm at North Bend United Methodist Church, 2389 Meade Street.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
January 7 The Accidental Buddhist – Part IV Presented by Paula Bracken.	8	9	10 Save the Eagles Day	11 Emilia Earhart Day	12	13
14 Hike Hidden Creek Trail Hike the Hidden Creek trail at South Slough National Estuarine Research Reserve. Meet at 10:45 for car pooling from (parking lot on West, North of Charleston bridge) or at 11:00 at the SSNER Interpretive Center.	15 MLK Holiday	16	17 Ben Franklin's Birthday	18 Program Planners 4:00pm Martins	19	20 Barn Dance 888-8234
21 Process Theology God has a will in everything, but not everything that occurs is God's will. Presented by Dick Root.	22	23	24	25	26	27
28 A Question of Lifestyle Sharing our personal responses to some unusual questions.	29	30 SCUUF Birthday & Pizza Night! 267-6181	31	February 1 National Freedom Day	2 Groundhog Day	3
4 Humanism – Part II Presented by Georgia Martin	5	6	7	8 Boy Scout Day	9	10
11 The Universe's Coffee Table Book What secret would you like the answer to?	12 Lincoln's Birthday	13 SCUUF Board Meeting 7:00pm M&M&M	14 Valentine's Day	15	16	17 Barn Dance 888-8234
18 Chinese New Year There's no better way to celebrate Chinese New Year than sharing a meal. Meet at The Lucky Dragon restaurant at 11:30am.	19 President's Day	20 Program Planners 4:00pm Martins	21	22 Washington's Birthday	23	24
25 Hike our CoastWatch Mile of Beach Meet for carpooling at the North Bend Library parking lot at 11am. Bring/wear suitable gear for BEACH FRONT weather, plus beverage and snacks for a seaside "lunch." Call Dennis at 888-8234 for more.	26	27 Barb Taylor's Birthday	28 Christa McAuliffe Day			

January is National Thank You Month, National Eye Care Month, and National Volunteer Blood Donor Month.

February is American Heart Month, National Dental Month, and Black History Month.



**South Coast
Unitarian Universalist
Fellowship**

PO Box 595
North Bend OR 97459-0048

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

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

Friends of the UUA Phonathon

As a supplement to periodic mailings, Friends of the UUA will be conducting a fundraising phonathon beginning the week of February 19th and continuing through the third week in March. *Outreach Associates*, a telemarketing firm located in Pittsburgh, will be phoning members who are currently active Friends of the UUA to ask them to renew their support.

Theme: Progress Report on Tapestry of Faith Lifespan Curriculum.

Our contract with *Outreach Associates* requires that all callers must be courteous, respectful, and succinct as they offer identified Unitarian Universalists an opportunity to support our Association directly. Your feedback about the calls will help us to monitor their quality. We have established a Friends Phonathon Hotline to facilitate that feedback: members may call (617) 948-6525 to leave a message to ask to be placed on the "no call" list or to share a comment directly with a UUA staff member.

Your willingness to support the UUA enhances our ability to provide services and programs to member congregations and presents avenues for future growth of Unitarian Universalism throughout the country.

With gratitude,

Cynthia Salloway

Director of Friends of the Unitarian Universalist Association Stewardship & Development (csalloway@uua.org)