

SCUUP



South Coast Unitarian Universalist Press

March – April 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...

Pollyanna Pondering

What holds us back from fulfilling our dreams? From being the best we know we can be? From loving and being loved in the most nurturing and positive way?

An endless stream of self-help books and articles with titles such as: "Landing the Perfect Job", "Finding Mr. Right", "A Slimmer, Sexier You", or "How to Retire Early", offer a smorgasbord of methods that the authors assure us will improve our chances of living the life we've always imagined.

What does it take to step out of the usual paradigm and into a 'zone' that will allow us to conduct ourselves in such a way that we can fulfill our potential?

The usual stumbling blocks I put up for myself may resonate with you: not enough time, money, or energy to spare. Perhaps you think a significant other is holding you back. Or maybe it's home or property or children that you feel tie you down.

For myself, and perhaps for many of us, the real obstacle is fear. Fear of change, fear of the unknown, fear of failure. Fear-it eats away at the foundations of creativity and joy in our lives.

Much of our fear and anxiety is fueled by perceptions based on negative patterns of thinking. We constantly reinforce these patterns by how we choose to view our daily interactions.

If negative thinking is a bad habit, then we can change it with practice. A lot of practice. In one of my columns I said that for me there is nothing more challenging than raising children, except for staying married. However, the hardest thing is trying to change myself. (I don't count trying to change someone else-that is not even on the list, because it is *impossible!*)

Find ways to foster positive thinking in your life. Some people have a Source they draw upon for inspiration. Others practice yoga, meditation, or relaxation techniques. I cultivate an intentional community of generally upbeat friends.

Perhaps we'd all be happier and healthier if we indulged in a bit more of a Pollyanna attitude. It's something to ponder, and perhaps to practice! ☺

"Universalists are often asked where they stand. The only true answer to give to this question is that we do not stand at all, we move." -L. B. Fisher

The Climate Project Coming to SOCC

The Climate Project, in conjunction with South Coast Unitarian Universalist Fellowship, is pleased to announce an evening with Bill Bradbury, Oregon Secretary of State, as he presents slides and information about climate change and global warming. Bradbury was one of a select few chosen by Al Gore to spread the message made prominent by the book and movie *An Inconvenient Truth*.

This is a unique opportunity for individuals and businesses and public entities to learn how to be a part of the solution to this growing crisis. The public is invited on March 31, 2007 at 6PM at the Hale Center for the Performing Arts, SOCC, 1988 Newmark Avenue, Coos Bay.

For more information contact Jenny Clad, Project Director The Climate Project (615) 321-4939

or Dennis Phillips
South Coast Unitarian
Universalist Fellowship
(541) 888-8234 or 759-3471
wowunupo@harborside.com

or Leslie Roth
Bill Bradbury's office
Leslie.Roth@state.or.us ☺

Please Post Posters!



Posters to help publicize The Climate Project presentation on March 31 at Southwestern are available on

our SCUUF web site at
www.scuuf.pnwd.uua.org

Here to Serve

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Among UUs

On Sunday, Feb. 25, four SCUUFers met at North Bend Library for a hike of our CoastWatch mile. One individual wisely chose to drop out due to bad weather, leaving **Dennis Phillips, Dick Root, and Anita Harris** to eventually battle 40 mph steady winds blowing sand and hail into our faces and turning us back short of reaching the New Carissa wreck site.

High tides and winter storms have eliminated all of the high sand terraces at the base of the fore dunes, leaving the beach almost unrecognizable for those who've known it before. Snowy plover habitat is gone, and with it, the entire population (1,000's) of "Sea Rocket". ☺

Alternatives to Growth Film Series

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

March 22 • **Immigration by the Numbers** followed by **The Steady State Revolution** (by a biologist/economist working to create a Steady State Economy).

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

Shavings from the Board



In recent months, the South Coast UU Fellowship Board of Directors has decided the following:

- Purchase *The Yatra Trilogy* on DVD (includes Dharma River, Prajina Earth, and Vajra Sky)
- Georgia Martin and Barb Taylor will be our SCUUF delegates to the General Assembly in Portland
- Sponsor a Bill Bradbury presentation of follow-up to movie, "*An Inconvenient Truth*"
- Start a "*Birthdays and Games*" night every 2 months
- Donate \$50 to Martin Luther King Day celebration





South Coast Unitarian Universalist Fellowship
March – April 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
March 4 Plutarch Continued Parallel lives of illustrious Greeks and Romans: Socrates and Jesus. Presented by Bob Mahaffy	5 Islamic New Year	6	7	8	9	10
11 Humanism, Part II More human, less other. Presented by Georgia Martin.	12	13	14	15 Program Planners 4:00pm Java Jones	16	17 St Patrick's ----- Barn Dance 888-8234
Girl Scout Week (Mackenzie has cookies! 267-5460)						
18 Celebration of Spring Equinox Bring something seasonal to share: a poem, a thought, a picture of a blossom. Drums and drumming if we are 'moved' to do so. Light snack to share. 3 pm at the Sunset Bay Kiosk.	19	20 SCUUF Board Meeting 7p M&M&M	21 Spring Equinox	22	23	24
25 Other Ways of Knowing Sharing our thoughts and feelings of what might lie beyond the UU call to "heed the guidance of reason and the results of science."	26	27	Climate Project Help Needed! Please contact Dennis (888 8234 or email) if you could help out with preparation for, and/or carrying out of this major SCUUF program. Help needed for literature table, liaison with SOCC and Bill Bradbury's office, etc.			31 The Climate Project (see inside)
April 1 Sharing Humor Bring favorite jokes, songs, stories to share. They don't have to be true, but they do have to be entertaining.	2 Karen Sparks birthday	3				
8 The Tao of Jesus Paula Bracken will conduct our Easter program based on the book " <i>The Tao of Jesus: An Experiment in Inter-Traditional Understanding.</i> "	9	10	11	12	13	14 Barn Dance 888-8234
15 Beatrix Potter Karen Sparks tells us about this UU woman who shared her love of nature through her writing and art.	16	17	18	19 Program Planners 4:00pm Java Jones	20	21
22 The Work that Reconnects Joanna Macy's aims to help us take part in the epochal shift from the industrial growth society to a life-sustaining civilization.	23	24 SCUUF Board Meeting 7p M&M&M	25 Administrative Professional's Day	26 Birthdays & Games! 7p M&M&M	27	28
29 The God Delusion The world's most prominent atheist, Richard Dawkins, asserts the irrationality of belief in God and the grievous harm religion has inflicted on society, from the Crusades to 9/11.	30					

March is National Nutrition Month and Women's History Month. April is Cancer Control Month and Alcohol Awareness Month.



**South Coast
Unitarian Universalist
Fellowship**

PO Box 595
North Bend OR 97459-0048

March - April 2007

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.

Wine Country Excursions

The UU's of Napa, California are proud to offer our third season of Wine Country Excursions, a delightful way to enjoy two of America's most scenic valleys, Napa and Sonoma, an hour northeast of San Francisco.

Tours are small and customized to focus on guest's interests, e.g. wine education and tasting, art, history of the region, gourmet dining, or exploring the natural beauty of the hills and valleys. Visits will include private room/bath and breakfast in the homes of congregation members.

Sites of particular interest include COPIA (the American Center for Food, Wine and the Arts); Jack London's home; renowned and boutique wineries; fine restaurants including the Culinary Institute of America; the diRosa Art and Nature Preserve; many museums and galleries; miles of bicycling and hiking trails, etc.

In 2007 we will offer Excursions from mid-May through mid-October. Plan for two days of touring and a two or three night stay with all local transportation provided. Home hospitality without tours is also available. Our fees are below market rate for similar services with all proceeds donated to our small fellowship. We have limited openings, so contact us now for details. Iris Barrie, 707.265.6926 or barrie001@comcast.net ☎