



The REACH

Orange Coast Unitarian Universalist Church

"Seeking truth, Building just communities, Caring for one another."

1259 Victoria Street, Costa Mesa, California 92627 • (949) 646-4652

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Feb 22 "Things to Do In Church When

You're Dead"..... Rev. Fred Wooden

9:30 & 11:15 a.m. Our guest preacher this morning is the minister of the Fountain Street Church in Grand Rapids, Michigan. He describes his sermon as "a sermon from a minister who is not your minister, whom you would not want to be your minister, saying things that you would not want your minister to say." Karen assures us that this will be sermon you won't want to miss!

Music: Orange Coast Choir.

Mar 1 "Finding Wonder in the

Everyday World"..... Rev. Karen Stoyanoff

9:30 & 11:15 a.m. Too often we make a dichotomy between the everyday world and our concept of a life that is spiritual. How do we learn to find that spiritual component in even the most humdrum parts of life. This service will explore the beauty of everyday and the importance of our willingness to be present to it.

Music: Mystery Guest Artist.

Attention!

The REACH is moving to a monthly publication schedule. The delivery date will be the Wednesday that precedes the first Sunday of each month, and deadlines for submission will be the Sunday before that.

That makes the next deadline next Sunday, February 22, for the March issue.

A complete program of Religious Education for children and youth, ages nursery through mid-high, is provided at the 11:15 a.m. service. Young Religious UUs, ages 14-20 meet in Gillan 3 during the 11:15 a.m. service for conversation and community.



REACH Scheduling

Deadlines are on the first and third Sundays of each month. If you e-mail your material, you have until midnight.

The address is reach@ocuuc.org.

org. Please send e-mail to both the editor and the church. Material received later than the deadline will only be included if the layout is not finished. It will be in the next issue if still appropriate.

If you don't have access to a computer, Merrie Lee Wooten, is willing to help you get your article ready for the *REACH* and transmit it. Inserts must be coordinated with Sarah Jones. Thanks.

**Next REACH Deadline
February 21**



OCUUC's Annual Used Book, CD, DVD, Game, and Magazine Sale

**Saturday, Feb. 21 from 10 a.m.—4p.m.
and
Sunday, Feb. 22 until 12:45 p.m.**

Bring your used Books, CDs, DVDs, and Magazines to church on **Sundays, February 8 and February 15**. We'll also accept Board Games and Puzzles that have all their pieces.

Please leave these items at the table on the church patio.

If you are lucky you'll find space on the volunteer sign-up sheet to help:

- organize items on Friday, Feb. 20,
- help at the SALE on Saturday, Feb. 21 and
- assist in the clean-up on Sunday, Feb. 22 after the second service.

What a *great* opportunity to de-clutter your living space, do some good works at church, and help raise the money that keeps our programs alive.



Shop early for the best selection!!

Questions? Contact Juudith Stamper, Jan Steury, or Katherine Martin.

Communications Info

Our web site: ocuuc.org

**Office Hours: 9:30 AM—1:30 PM
Sunday—Thursday
Closed Friday and Saturday
(949) 646-4652, 646-9016 fax**

Minister

Rev. Karen Stoyanoff

President

Nancy Loughrey

Interim Director of Religious Education

Christine Daukas

Youth Advisor

Summer Dadah

Office Manager

Sarah Jones

Music/Choir Director

Beth Nakao

Membership Information

Tom Loughrey

Helping Hands

Gayle Carter

Congregation Nurse

Adair Small

REACH & Web Editor

Richard Scoby

Volunteer Coordinator

Mary Lundholm

Student Minister

AJ Blackwood

Knitwits

Knitwits meet the second and fourth Sundays of the month right after church. We are looking for some new members of any skill level who like to knit or who are interested in learning.

We make afghans for anyone at church who is ill.

It is an opportunity to socialize and share projects.

if you have questions please call *Judith Stamper*.



Casual Comments

We are progressing toward being together with Tapestry at a systematic pace. I'm so impressed with all the folks from both congregations who are willing to put time and energy into the work at hand. There is a taskforce that is leading the effort and they are truly dedicated people. We're at the level of working out detail and it's more demanding, in many ways, than the previous visionary work we've done. So the willingness to sit through meetings that go on at great length demonstrates a real commitment to the whole process!

In addition there are sub-committees that do significant work between the taskforce meetings. They spend even more time getting that part of the work done. It is exciting work, but this doesn't in any way lessen the value of their commitment. And then there are the committees from both congregations that are working together, at this point, to begin to craft the way we will "do church"

when we combine. That brings another whole group of people into this process, and again I'm impressed with the level of commitment that is involved in getting this work done. I hope we are able to begin being together as a congregation soon, and with all the good work going on, I think that is very possible!

Soon we will start the most exciting part of this whole process: the meetings to decide what we want our church to be like. This piece of the process is a return to the visioning process since we will be setting mission and goals that we can live by. And because it's so important, we need everyone to be part of the process. Be sure to watch for announcements of these meetings (the first one should be held in March) and plan on attending. We are a gathered community, which means that we do things in the way our membership chooses. You are an important part of that membership and your voice needs to be heard. It's an important part of living our fifth principle—the right of conscience and the use of the democratic process in our congregations.

In the meantime, may you
Go shining,

Musi Corner

Open Mic Night is on March 21 at 7 p.m. The event will have an Irish theme, but your act can be anything you can dream up. Funny or serious, as long as it's family-friendly. So mark your calendar and create something entertaining to share with your OCUUC community at this fun annual event! It's free to perform and to attend.

Most of the members of Orange Coast Choir will be taking a **road trip** to Mesa, Arizona this May to participate in a mass choir performance of *Sources: A Unitarian Universalist Cantata*. This major work by UU composer Jason Shelton will be the feature presentation for the Friday night opening service of District Assembly. If anyone would like to sing with us, we will rehearse every Thursday in March and April from 6:30–7:30. And we will be

taking a caravan to Arizona, and there may be room for non-singers in the carpools as well.

The **Family Choir** will sing in the services on March 29, and will rehearse on March 15 and March 22 after the 2nd service. Mark your calendars, and more information will follow. Family Choir is open to singers of all ages and abilities.

Upcoming Music Events:

2/7/09—Orange Coast Concerts—Jamie Laval (Irish fiddler)

3/21/09—Open Mic Night

3/29/09—Family Choir sings in morning service (rehearsals will be Sundays TBD in March)

4/25/09—Orange Coast Concerts—Three Zithers (hammered dulcimer, koto, qanun)

4/30/09—A contingent of singers travels to District Assembly in Mesa, AZ to sing *Sources* with the Arizona choirs there

6/13/09—Spring Choir Concert

Musically yours,

Beth Nakao, MusicDirector@ocuuc.org

February Recipient of Church Funds

ABRAZAR INC. (to embrace) is possibly the most comprehensive Community and Education Center in Orange County. This organization “embraces” a truly multi-ethnic population by meeting a constellation of health, nutritional, educational, housing, and transportation services. **ABRAZAR** operates two Centers: one at its 1976 founding location, in Westminster and another in Midway City. Specific services include: a Summer Youth Program and Homework Club; Computer, English, Financial Literacy Classes; Food Distribution Programs for Families, 18+, 60+ and Senior Breakfast and Lunch Daily; Dental, Optical, and Health Management Services; and Senior Non-Emergency Medical Transportation along with Senior Mobility To and From the Centers. The **ABRAZAR** mission is to, “...foster and operate programs that can advance the living conditions of senior citizens, the family unit and its members.” Currently there is greater demand for Center services and our assistance is needed. For other information about programs see Maurice Giss or contact **ABRAZAR INC.** at (714) 893-3581.

Today, it is overwhelming to comprehend the expanse of human need within our society. Hopefully, we are beginning a process that will lead to the enacting a “Bill of Humane Rights,” but we cannot wait, “Everybody is going to have to have some skin in the game.” For help in nominating causes that we can assist contact *Kathleen McFarlin* or *Maurice Giss*.

ADR Report

from Birdie & Charlie Reed

Important Dates:

Monday, March 2—Comments due on CSAI, Ethical Eating and Environmental Justice. These will be used at GA to edit the CSAI for further consideration. To read the text, go to UUA.org/social_justice/ethical_eating. To submit comments, see one of us.

Thursday, March 5—ACLU-Orange County general meeting, 7:00 pm, Irvine Ranch Water District office, 15600 Sand Canyon Ave., Irvine. The speaker will be from the Orange County Equality Coalition discussing the status of Prop.8 and future plans. This ties in to the ACLU program “Tell Three.”

Thursday, March 5—The California Supreme Court hears oral arguments on legal cases challenging Prop. 8.

Friday, March 6–Sunday, March 8—PSWD Leadership School and a Renaissance module “Worship for All Ages”. Both held at Mary & Joseph Retreat Center in Palos Verdes. For information and registration go to pswduua.org.

Thursday, March 12–Sunday, March 15—Reunion of youth campers from the 60s, 70s, and 80s. Camp de Benneville Pines. Information at de_Benneville_Pines.org.

Friday, May 1–Sunday, May 3—PSWD District Assembly, Mesa, Arizona. For information and registration, go to pswduua.org. Are you going? Would you like to be a delegate? See one of us. The two candidates for UUA President will be appearing. The new cantata, “Sources,” will be performed Friday night by a group including some members of our choir.

Saturday, May 16—AIDS Walk, Orange County. Anaheim Stadium. To volunteer and help raise money see Mark Miller.

Saturday, May 16–Sunday, May 17—Long Beach Gay Pride Celebration and Parade. See Charlie or Birdie.

Wednesday, June 24–Sunday, June 28—UUA General Assembly, Salt Lake City, Utah.

To be a delegate, see one of us. We will be electing the next President of the UUA. See the description of voting below.

How do we vote for UUA President?

Every congregation gets a number of votes equal to the number of delegates to GA allowed it. These votes may be cast three ways:

- By GA delegates. They may be instructed by the congregation or not.
- By absentee ballot. Congregations may decide how they want to instruct their delegates to cast absentee votes.
- By a combination of both the above.

In any case the number of votes per congregation is fixed.

OPEN MIKE NIGHT

at the pub

Time to get your act together
or
join us for the free entertainment

March 21, 2009

7 p.m.



This year's theme is Saint Patrick's Day.

Entertainment is free

Refreshments and Finger Foods

available for purchase

Fundraiser is a 50:50 raffle

Contact the Music Committee for more information

Ted Lundholm

Beth Nakao

Young Adults Group

Come join us in our activities. We have a Wednesday night service every other week to focus on meditation and connect with our community. We also get together every Sunday after late service for lunch. Our ages range

from 18 to 35, but we encourage all to participate in anything we do, the young and the young at heart. Come visit our table on the patio on Sundays where we have donuts if you didn't get breakfast, \$1 each. E-mail YoungAdults@ocuuc.org Visit our group at groups.yahoo.com/group/OCUUC-YA. You can find the YA calendar and more information on the group. Or, if you have any other questions, contact anyone on the YA Committee: AJ Blackwood, Molly Rossow, Jacob Matthews, Tim Medley.

Calendar:

2/22—Town Hall meeting

2/25—Contemplative service @ 7:30 p.m. (introduction @ 7:00 p.m.)

Youth News

Youth/Young Adult Potluck BBQ (with Tapestry, too)

1 p.m., March 22

Save the date! We will be having a youth and young adult bbq after church. We will meet at the park across the street for games, food, and fun. We've also invited Tapestry youth and young adults. All are welcome, so bring some food and have some Sunday fun! Don't forget the sunscreen!

Peace,

Summer Bayati-Dadah

Youth Advisor Coordinator

Notes from the Nurse

I've recently been reminded by one of you about the Simple Signs of a Stroke and how to recognize these in yourself or another. You can use an acronym for this:

S—Ask the individual to SMILE.

T—Ask the person to TALK and SPEAK A SIMPLE SENTENCE (i.e. It is sunny out today.)

T—Ask the person to STICK OUT HIS TONGUE (it should be straight).

R—Ask her to RAISE BOTH ARMS.

All these movements should be symmetrical. If you are worried about yourself, use a mirror.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

And the symptoms that should cue you to check for these?

1. Sudden, severe unusual headache.
2. Sudden, weakness or numbness especially on one side of body.
3. Sudden, slurred speech and/or confusion.
4. Sudden dizziness, loss of balance or coordination.
5. Sudden trouble seeing in one or both eyes.

Another tip: Although it is recommended to chew a naked (non-coated), full-strength aspirin at the signs of a heart attack, this is not recommended generally for a stroke as strokes can be caused by bleeding as well as a clot. In either case, the first thing to do is call 911!

“You have to think with the heart.” —Douglas Sirk
Adair Small, Congregation Nurse; nurse@ocuuc.org

OCUUC Cancer Friends

The Cancer Friends will meet on Thursday, February 19 at 7:30 p.m. in Gillan 3. Our informal discussion group is meant for those who have had cancer themselves or who have friends or family who are fighting this disease. Survivors sometimes are surprised that they still face many challenges as they deal with the “cancer experience,” the results of treatment and the anxiety of periodic follow-ups. Friends and family often find themselves at a loss when it comes to deciding what to say and how to be truly helpful to their loved ones. Further information: Contact *Adair* at nurse@ocuuc.org

Artists Arise Happenings:

Flowers, Faces, and Places—A Photography Show” will continue on display until further notice. Please come enjoy the work of OCUUC photographer-members.

Workshops have been cancelled until further notice.

Let's do art! later in the year!
Mary Paliescheskey Lundholm
Vera Viana-Asper

OCUUC—The Women's Circle

Notes: We had fun passing the “Magic Frog” around the circle as we spoke of our “Three Wishes” for our lives. Most of us wished for good health, job, or family issues. A few women were ready for a Prince to appear in their lives. One woman shared her experiences in Thailand on a recent inspirational volunteer vacation. We were glad to be together sharing our lives.

Next Meeting: Sunday: March 1, 2009, after second service in Gillan #3 at 12:30 p.m.—*please be prompt.*

Our topic for discussion will address the following poem from a favorite book of mine:

Lost

Lost, yesterday, somewhere between
sunrise and sunset,
Two golden hours, each set with sixty
diamond minutes.
No reward is offered for they are gone
forever.

—*Anonymous*

What would you do, how would you spend, “two golden hours?” We'll meet at Gillan #3 right after second service. Please bring brown bag or lunch; beverage provided.

The Topic of discussion for April 5 meeting: “Are you a healthy woman?”

We will be together from approximately 12:45 p.m. to 2:30 p.m.

Please bring brown bag lunch; beverage provided.

For further information contact Lili Laksberger.

Board Calendar

Date	Time	Place
FEBRUARY 17	7:00 PM	SOCIAL HALL
MARCH 17	7:00 PM	SOCIAL HALL
APRIL 21	7:00 PM	SOCIAL HALL
MAY 19	7:00 PM	SOCIAL HALL

At OCUUC

Pastoral Associates Offer “Companionship”

The associates are commissioned to augment the pastoral work of our minister. If illness, physical limitations, impending or recent hospitalization, personal losses, significant life changes, spiritual or emotional distress are concerns for you or someone you know, please call one of the pastoral care associates listed.

Paul Gethard
Ted Lundholm
Joan Parry
Adair Small
Judith Stamper
Bill Stoker
Shannon Stoker
Shirley Thorne
Vera Viana-Asper

ATM Cooking Schedule

As part of the OCUUC Faith in Action outreach program, the AIDS Team Ministry Project (ATM) is a meal service project which provides microwaveable meals to homebound people with AIDS who live in Orange County. We normally cook every month on the second Saturday, 8–noon, in the wonderful OCUUC kitchen. Volunteers cook, package, and freeze meals. These meals, which are then delivered biweekly, can be easily popped into the microwave by folks who are unable to cook nutritious meals for themselves. See the ATM bulletin board on the east wall of the kitchen foyer for cooking dates and sign-up or e-mail atm@ocuuc.org.

Next cooking date: March 14

To volunteer, please sign up on the sheet posted on the ATM bulletin board (on the east wall of the kitchen foyer), or call cooking coordinators *Ted and Mary Lundholm*.



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Costa Mesa CA 92627
(949) 646-4652

Dated Material

OCUUC Book Group

The OCUUC book group meets the first Monday of every month in Gillan 3 at 7:30 p.m. Everyone who has read the book and interested in a lively and edifying discussion is most welcome to join us. For further information, call Mickey Jackson at (949) 786-0325. Selections for the next four months are as follows:

March 2—*The Story of a Marriage* by Andrew Sean Greer, presented by Mickey Jackson

April 6—*Bridge of Sighs* by Richard Russo, presenter TBA

Walking Group

We are meeting at the San Joaquin Marsh in Irvine at 8:00 a.m. on Mondays and Fridays for our 45–60 minute walk. We combine birding and mild exercise. Call Mickey Jackson or Jay Miller for more info.

The North Orange County HikeUUs

meet at a regional park at 9:30 a.m. on the second Saturday morning of each month for a moderately difficult, approximately 2-hour hike. The February 14 hike will be at Peters Canyon Regional Park. For information, contact *Maureen McConaghy*.