

April 2020



## UUCOD Monthly Newsletter

### MINISTER'S MESSAGE



Tim Nguyen-Photographer

#### Troubled Waters

How do you find peace in this time? How do we adapt new ways of being connected? How can I sustain my spirit?

It was only March 8th, when we welcomed 16 new members in a full sanctuary, shared the joyfulness of putting our whole selves into the Hokey Pokey and a huge celebratory lunch! It was at that service that I said we would replace hugging and shaking hands with a "Namaste". *The light in me, honors the light in you. The divine in me, honors the divine in you.*

March 15th, we changed in-person worship to "live-streaming" worship on Facebook.com/UUCOD. Thank you Tech Team! We are adapting our in-person programming to Zoom\* gatherings as we "shelter in place", practice physical "distancing" to slow the increasing pace of the virus and "flatten the curve". We are fortunate to live in such an open and beautiful area, as evidenced by our Sacred Grounds service, inviting us to find solace in nature. I "hear" how you are bringing comfort to yourselves as you check-in on neighbors and friends, via phone and e-mail. All of these efforts demonstrate the power of our connections, our interdependences within, among, and beyond.

Remember the rowing-team "rules" I spoke of to describe shared ministry? *Set your boat, build core strengths, seek correction always, and "expect trouble"*. It's that *expect trouble* that's been on my mind and heart because we are navigating troubled waters-

So I go back to the first rule. *Setting* our boat. Whether it is within an individual or in community, the metaphor applies. A "set" boat is a stable boat. The practice of keeping balance and returning to balance, adjusting to changing conditions as needed, keeps a boat stable.

A core strength of UUCOD is community. Just as a prism creates a rainbow of colors out of a ray of light, the spirit of our community lets us build connection in myriad ways, having faith that our physical distancing has life-saving potential. It is a way we affirm the inherent worth and dignity of everyone, including ourselves. Community is a core strength of UUCOD.

But our virtual connections have limits. It is especially hard when there is a death in our community. Sadly Susan Deveaux passed away early Monday March 23rd. Ray and her son were with her. You also likely also know that Barb Ketay's husband, Herb, passed away in early March. We mourn our losses.

With the leadership of your Board, the worship team, newly minted worship technicians, the Social Justice work before us, and each of us striving to be kind and remember our first principle in the midst of the fear and uncertainty, we will find our way. We are in this together, a whole earthly family.

When feelings of human insufficiency arise in me, I remember that we are not alone. Whether in this faith community, in the larger community, state and world, there are people striving to help and heal, comfort and cure. Within our spirits, there is that light which is available to us, even in our most troubled time.

*The light in me, honors the light in you.  
The divine in me, honors the divine in you.*

Keep shining.  
Rev Barbara

- *Beginning Thursday April 9th, I will host a weekly noontime Love and Kindness Meditation on our Zoom platform. Also, Chalice Circles continue with Zoom. Choir is zooming with Jeffrey and the UU History through the Hymnal will also launch in April. WNO is zooming too and there is more to come. "Stay Tuned."*

## SERVICES

**April 5, 2020**

### ***From Fear Into Generosity***

These challenging times can bring uncertainty and anxiety and great fear into our lives. Paying attention to how we understand that fear can open more clarity and possibility. How do we respond to that fear in ways that help us build connection, strength, and love?

**Bio:**

Rev. Ian W. Riddell is the former Minister of Music and Worship Arts at the First Unitarian Universalist Church of San Diego. He relocated to our beautiful valley several months after having served the San Diego church for 4 years. This is his first Sunday with us, but he will be a regular Guest Minister going forward, especially over this summer. Before FUUSD, Rev. Ian served as Developmental Minister for the Unitarian Universalist Congregation of Las Vegas. He was ordained in August of 2012 after graduating from Meadville Lombard Theological School. Before entering full-time ministry, Rev. Ian served three congregations as Music Director.

Worship Leader: Rev. Ian W. Riddell

Worship Associate: Joni Paddock

**April 12, 2020**

### ***Necessary Adaptations***

Whether it is the story of Passover or Easter, what are the perennial lessons for our time in the midst of this Pandemic.

Worship Leader: Rev. Barbara Fast

**April 19, 2020**

### ***Being There For Ourselves***

It could be argued that the one person who is most challenging to support and befriend is often ourselves. Do you remember a time in life when you were not often there for yourself? And a time when you were? Was self-rejection a common experience for you in the past? Are you, more often than not, there for yourself today? Please join our April 19th Sunday service and consider the value of marriage, a commitment to union, first and foremost, with the self.

Worship Leader: Peter Mathews

Worship Associate: Glenn Yamaguchi

**April 26, 2020**

### ***We Need Another***

We will celebrate the power of community with our annual volunteer Appreciation Sunday and Flower Communion. What is a communion if we are not together in person?

Worship Leader: Rev. Barbara Fast

## CALENDAR

**Wednesday, April 1**

6:30 pm-UUCOD Choir-**Cancelled**

6:30 pm-Facilities-**ZOOM Meeting**

**Thursday, April 2**

5:15 pm-Women's Night Out-**ZOOM Meeting**

7:00 pm-Bridge-**Cancelled**

7:00 pm-S2S2S Rehearsal-**Cancelled**

**Friday, April 3**

8:00 am-Men's Breakfast-**ZOOM meeting**

**Sunday, April 5**

**Thursday, April 16**

7:00 pm-Bridge-**Cancelled**

7:00 pm-S2S2S Rehearsal-**Cancelled**

**Saturday, April 18**

Board/Committee Chair Retreat-**Postponed**

**Sunday, April 19**

Share the Plate

10:00 am-Worship Service-**Live Streaming**

11:30 am-Chalice Circles-**ZOOM Meeting**

2:00 pm-DOS Choir-**Cancelled**

Food on the First  
10:00 am-Worship Service-**Live Streaming**  
11:30 am-Butterfly Painting at Home Available  
11:30 am-New Member Discussion-**Cancelled**  
2:00 pm-DOS Choir-**Cancelled**

**Monday, April 6**

5:30 pm-Meditation-**Cancelled**  
6:30 pm-Food Addicts in Recovery-**Cancelled**

**Tuesday, April 7**

8:30 am-Weight Watchers-**Cancelled**

**Wednesday, April 8**

6:30 pm-UUCOD Choir-**Cancelled**

**Thursday, April 9**

6:30 pm-Social Justice Committee-**ZOOM Meeting**  
7:00 pm-Bridge-**Cancelled**

**Saturday, April 11**

8:00 am-2nd Saturday Stroll-**Cancelled**

**Sunday, April 12**

Socks on the Second  
10:00 am-Worship Service-**Live Streaming**  
11:30 am-Finance Committee-**ZOOM Meeting**

**Monday, April 13**

5:30 pm-Meditation-**Cancelled**  
6:30 pm-Food Addicts in Recovery-**Cancelled**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

**Tuesday, April 14**

8:30 am-Weight Watchers-**Cancelled**  
5:00 pm-Membership Committee-**ZOOM Meeting**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

**Wednesday, April 15**

6:30 pm-UUCOD Choir-**Cancelled**

**Monday, April 20**

1:00 pm-Chalice Circles-**ZOOM Meeting**  
5:30 pm-Meditation-**Cancelled**  
6:30 pm-Food Addicts in Recovery-**Cancelled**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

**Tuesday, April 21**

8:30 am-Weight Watchers-**Cancelled**  
5:00 pm-Board of Directors-**ZOOM Meeting**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

**Wednesday, April 22**

3:00 pm-Chalice Circles--**ZOOM Meeting**  
6:30 pm-UUCOD Choir-**Cancelled**

**Thursday, April 23**

7:00 pm-Bridge-**Cancelled**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

**Friday, April 24**

1:30 pm-Afternoon Book Club-**ZOOM Meeting**

**Sunday, April 26**

10:00 am-Worship Service and Volunteer Appreciation-**Live Streaming**

**Monday, April 27**

5:30 pm-Meditation-**Cancelled**  
6:30 pm-Food Addicts in Recovery-**Cancelled**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

**Tuesday, April 28**

8:30 am-Weight Watchers-**Cancelled**  
4:00 pm-Worship Committee-**ZOOM Meeting**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

**Wednesday, April 29**

6:30 pm-UUCOD Choir-**Cancelled**

**Thursday, April 30**

7:00 pm-Bridge-**Cancelled**  
7:00 pm-S2S2S Rehearsal-**Cancelled**

## THOUGHTS FROM YOUR PRESIDENT

Have you driven by UUCOD?

It appears as though our beautiful building holds us in a quiet silence and waits knowing someday soon we will all come running back. Won't our greetings be wonderful that day?

Activity will pick up again, meetings will be held, work parties will resume, and, yes, so will the coffee and cookies. I miss all of that "activity"; I miss your smiles and hugs. I even miss the meetings.

I miss what was "normal" until a couple of weeks ago. Some of you have expressed to me your sense of loss of a normal routine, being physically together on Sunday morning, and, ah, the hugs, everyone seems to miss the hugs! We may be struggling in our own way to manage the losses we feel in our life during these times. Indeed, it seems our "present" world has changed, and we may be worried for friends and family in far off places and even for our future.

It is so important that we do some positive self-care; to do whatever we find relaxing and calming. I've heard some good things such as baking, creative art projects, walking outside in fresh air and sunshine, meditation, reading, listening to music, taking virtual tours of museums and there are so many more.

We may be sheltering in place, but we are connecting with each other daily. The virtual world is enabling us to stay connected through our phone calls, emails, and our new virtual technology. Some of us are learning more about technology. Now we are Zooming. We are Zooming committee meetings, Chalice Circles, Choir, and small groups. There is talk of having Women's Night Out on Zoom. Maybe Men's Breakfast will also.

Your Board of Directors met via Zoom; the business of our Church and our Community continues. Board Notes from our March Board Meeting are in this Monthly Newsletter for you to review.

Let each of us take care of ourselves, connect with each other and build an even stronger community as we experience the deeper meaning that WE are really the "Church".

## EVENTS



### **April 2, Women's Night Out:**

Mel Wilkinson suggested we have our April 2 WNO via Zoom. Brilliant idea! We can all stay safe in our homes, yet still enjoy each other's company. Make yourself some dinner and join us at 5:15 on Thursday April 2. If you'd like, you can post your recipe on the UUCOD private FB page for others to make & enjoy. Hope to see you then.

Joni Paddock is inviting you to a scheduled Zoom meeting. Women's Night Out for April.

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### **Coffee and Conversation - A Reading and Get Together**

Please join Peter Mathews for a reading and get together this Friday, April 3rd, at 11:00 am. Fran Hoag will be sending out a "Constant Contact" with the information that you will need to "Zoom" your thoughts into the homes and hearts of those who join in. It is an interesting time we find ourselves in. We'd love to hear what's coming up for you, and maybe share a solution or two.

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Are you missing your UUCOD community? Join us each Saturday at 5:00-6:30 pm via ZOOM for a virtual happy hour, hosted by Sheryl Eaton. Please contact Sheryl Eaton.

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### **Zoom Meetings Happening at UUCOD**

- **Love and Kindness Drop-In Meditation with Rev. B**

Thursdays 12:00 to 12:30 PM starting April 9th.

Email Carol Lavoie at [mclavoie@aol.com](mailto:mclavoie@aol.com) if you are interested.

**Information on how to connect to these classes via zoom will be sent out through Constant Contact sometime next week.**

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## ANNOUNCEMENTS

### **FYI: Email SCAM**

**Congregations are being targeted with email scams that include a message sent by what appears to be the minister asking for gift cards to support people with COVID-19.**

**Rev Barbara Does NOT do that.**

### **Scrip Information**

During this time of social distancing, UUCOD is discontinuing ordering the physical scrip cards; however, you can sign up through the Shop With Scrip website ([shopwithscrip.com/](http://shopwithscrip.com/)) to enroll in Presto Pay. You can order reloads to many (but not all cards) or get ScripNow (an electronic scrip card). Contact: Sheryl Eaton if you have any questions.

### **Second Saturday Stroll**

Given the guidelines regarding the Covid-19 virus, I have decided to suspend the Second Saturday Strolls until further notice. These are challenging times and I hope you are all finding ways to get some exercise, but congregating for a group hike is probably not a good idea for the time-being. Please stay in touch and I'll let you know when we might resume our Saturday hikes.

Jim Brown

### **Volunteers Needed**

The Covid-19 virus and Governor Newsom's announcement about individuals staying at home present new challenges for all of us at UUCOD. We're rethinking how we communicate with and care for our members and friends, maintain essential ongoing operations, support Sunday services, and keep everyone safe and healthy. We need volunteers to help call congregants, assist with developing communications, provide members and friends with basic technical support with computers and software, and help with virtual Sunday services. We are developing a team to coordinate these efforts but we need others to join in helping us manage through these difficult times. With the exception of Sunday services support, you'll be able to perform all activities from home and won't require more than 4 – 6 hours per week. If you're willing to help, please contact Jerry L'Hommedieu at this email: [jklh1954@gmail.com](mailto:jklh1954@gmail.com)

### How to Make Contributions, Donations and Pledge Payments

UUCOD receives a considerable amount of its revenues through plate collections each Sunday. This includes cash donations and checks for pledge payments and contributions of record. As you might expect, our lack of active services has already impacted our revenues and this will continue for some time.

Friends and congregants can make their contribution by clicking on the button below. You can make one time or recurring contributions. You can pay by check, credit card or have funds withdrawn your checking or savings account. After you make your contribution, you can select a password to save your profile. That will allow you to view your contribution history and make contributions easier next time.

[Make Donations Here](#)

### Butterfly Project:

Last year we started working on the Butterfly Project, which is one butterfly painted for every child lost in the holocaust. In that we are sheltered right now, with time on our hands, it might be nice to paint the butterflies so that we can get closer to our goal of being the first Church to mount butterflies in its sanctuary. I drive an electric car and will be happy to deliver butterflies, paint and brushes to the front door of anyone who would like to participate. Contact: Bryna Blum [bb@brynab.me](mailto:bb@brynab.me) or (760) 485-9289

## SOCIAL JUSTICE

### April 19, Virtual Share-the-Plate Friends of Desert Mountains

Friends of the Desert Mountains is dedicated to building a community of support to help preserve the unique wildlife and scenic beauty of the Coachella Valley and our desert mountains.

FODM has spent 30 years in conservation, and supports the National Monument Visitor Center to educate the community. FODM volunteers and staff go into the field with kids, leading hikes and giving classes. By doing so, we hope to reveal the wonders of the fragile desert and mountains we call home and instill an environmental awareness that will last a lifetime.

From San Geronio Pass to the Salton Sea, Friends of the Desert Mountains has protected over 60,000 acres that have been identified for its scenic, biological, recreational or cultural significance. FODM purchases land from willing sellers at fair market value. We currently manage and monitor over 17,000 acres of conservation land. Through these key acquisitions, we give permanent protection to the beauty, character, and diversity of the Coachella Valley and support ecological research. Please support FODM on April 19 by donating to UUCOD April Share-the-Plate. Thank you.



### Food on the First, Socks on the Second, & You

The *Social Justice Committee* hopes that you are staying safe, practicing protective behaviors, and reaching out to one another during this unprecedented time that none of us - ever in our wildest dreams - anticipated we'd be living within. Amid global isolation & fear of what we cannot see, the Social Justice Committee remains steadfastly committed to helping our most marginalized neighbors within the Coachella Valley, who are now among the most vulnerable to COVID-19 due to poverty, affordable housing, accessible clean water & any sanitation.

For the past year, all of us at UUCOD have been collecting Food on the First for Galilee Center and Socks on the Second for Well in the Desert. Unfortunately, this is no longer possible since we began live streaming our Sunday services. Knowing that both grassroots organizations are serving more people than ever, consider making a small donation - \$5.00 or so - to help them fulfill their missions. In anticipation of this Sunday's Food on the First, we will share how Galilee Center is dealing with COVID-19. In next week's newsletter, for Socks on the Second, we will look at Well in the Desert.

Just last Saturday, Galilee Center handed out food boxes to over 550 families. 550 FAMILIES - sit with this for just a minute. This is their largest number of families in need of food assistance ever. Sadly, they expect to see even more hungry people pass through their doors. Galilee Center is able to do what they do because of what we do. We, living through our 7 principles, give. If you are financially able, consider giving them \$5.00 to help them feed our hungry neighbors in the east valley.

Click on the button below to donate directly to Galilee Center.

If you prefer to mail them a check, send it to:  
Galilee Center  
P.O. Box 308  
Mecca, CA 92254

[Donate to Galilee Center](#)

Finally, do not forget to show our beloved community some gratitude for how they have responded to COVID-19. With all the unanticipated costs of live streaming Sunday services & holding meetings via

Donate to UUCOD

## IMMENSE GRATITUDE

Do you know who to thank for the awesome live streaming Sunday worship services?

Thanks to Jonathan Fast, we have had for many months the opportunity to watch on YouTube Rev. Barbara's pre-recorded sermons. Some of our "snowbirds" have asked if it was possible to live stream worship services.

Shelter in Place orders because of the Coronavirus sparked a few knowledgeable and skilled members and friends to begin creating that opportunity for all of us.

We have a dedicated group of people who have taken on the task of producing the live streaming we have watched for the last 3 Sunday mornings. Of course, our Rev. Barbara led with way with her positive energy, enthusiasm and inspiration. Rabbi Jules King participated in advance preparation prior to Sunday morning of March 29th.

The technical team of Vikki Porter, Jonathan Fast, Rod Belshee, and Michael Allen; our sound technicians Mel Wilkinson and Peter Mathews; our Music Director, Jeffrey Huard, who worked with our accompanists and choir to prerecord music selections then deliver those to the technical team; our Worship Associate, Bryna Blum, who also participated in a rehearsal, have quite literally surpassed expectations.

Their preparation has been throughout the week with frequent technical rehearsals to be ready for Sunday morning. They have worked countless hours with boundless energy for the rest of our congregation to worship together.

**Let them know how much you appreciate them!  
And offer to be of assistance!**

### **Live Streaming: Behind the Scenes**

We've toyed with the idea of live streaming our services for quite some time but frankly we knew it is a lot of work to put in place and to run it every week, so we never stepped up. Enter the Stay-at-Home order! Forty eight hours after the order, we had our first live streamed service.

How did we do it? And where are we headed?

To date, we are just panning one camera back and forth between the minister, the worship associate, and the TV screen. The logistics to get all of the music pre-recorded (Jeffrey et. al.), videos recorded and post-processed (Jonathan et. al.), the words for recitations and hymns typed up (Rod) and then synchronizing it all into a live stream performance (Vikki et. al.) is a bit harrowing. We really appreciate everyone's patience as we got these services out. So far the worship services have not had to be compromised due to technical limitations – we found ways to make it happen.

Obviously there have been technical challenges, especially the audio quality. We are learning quickly and have a path forward. While Vikki is leading a crew to get the service out with what we have, Jonathan pointed the direction forward to live streaming in the future and the video technician at All Souls UU and at the UU General Assembly validated that direction. Michael joined the group last week and has hardly slept since as he implements the system.

It is fun to see the cooperative all-hands-on-deck-but-six-feet-apart teamwork. It has been amazing to see the people in front of the camera project calm while the tech crew scrambles chaotically in front of them.

So where will we end up? Our live stream should see significant quality improvements over the next few weeks. We need to bump up our internet upload speed. We will inject the audio and the text directly into the stream along with the camera through the magic of OBS, basically a broadcast control board. The production quality will jump up. (Yes, you should be able to hear it better!)

Simultaneously we will focus on operationalizing the process. Sunday worship is now a lot more complicated with new demands on the music director and minister/speaker. The worship team and tech teams will all need more help to keep this running. We will make this a smooth process, incorporating more volunteers.

Then lastly, *yes we plan to continue this live streaming even once we are back to meeting in the building*

Right now we have a hodgepodge of borrowed equipment scattered throughout the room (six feet apart...), the camera tripod right in front of the stage, and cables strung everywhere. That has to change when you all come back! We will have real equipment to buy, new cameras to mount on the back wall, and revisions to the audio closet.

Live streaming is our lemonade response to the lemon. It will make our long-term dream come true. It is a long path but we are flying at a million miles an hour. We really appreciate your patience. And we really look forward to someday filling the room back up with your smiling faces!

# UUCOD'S COVID-19 RESPONSE

Last Friday, the Board of Directors met to discuss what actions should be taken to ensure continuity of UUCOD's services and general operations. The COVID-19 virus and Governor Newsom's Stay at Home mandate has changed how all of us live our daily lives, how we join in community, and how UUCOD performs its work and fulfills its mission. In short order, we've had to transition to online Sunday services, hold video meetings through Zoom, and find new ways to maintain community amongst ourselves. Change can be challenging but it also affords us the opportunity to look at things differently and adapt to new circumstances. We're happy to say that we've had many of our friends and members offer to help during this difficult period. Our Sunday service production team is just one example of how we've adapted to ensure continuity of our services and there are many more tasks we have yet to address.

The Board voted to establish a COVID-19 Response Team initially consisting of Rod Belshee, Vikki Porter, Jane Zaun, and Jerry L'Hommedieu. This Team's mandate is to help recover, and ensure continuity of, critical functions and services until the crisis has lifted and we can return to normal operations. One of our first steps, which we have already started, is to assess UUCOD's most pressing concerns and prioritize how we'll respond to them.

One of our top priorities is to establish a viable way for all of us to stay in contact. We want to ensure you know what we are doing by providing you with regular updates and we want to hear from you regarding what your needs are as we transition through this challenging time. Some of you may need help with technology issues such as signing on to Sunday services or Zoom. Others may need assistance accessing our website, emailing or texting. Committees may need guidance on what is available to help with ongoing meetings.

To manage the flow of information, we're asking that you direct your questions, comments, and inquiries to Jerry L'Hommedieu at [jlh1954@gmail.com](mailto:jlh1954@gmail.com) or by phone at 562-761-7889. We will consolidate your comments and review them for response in our ongoing meetings. Our Response Team is interested in hearing what you have to say. If you have personal needs, please reach out to our Care Team. Linda Savard (562-505-7665) and Larry Rogers (918-805-1085) are the point people for the Care Team through the end of April.

Finally, please reach out to your own personal calling or email list of friends. It is a wonderful way to maintain community and brighten someone's day. Be well. Be safe. Be healthy.

UUCOD COVID-19 Response Team

## BOARD NOTES

### Board Notes from March 17, 2020

These notes do not constitute official minutes of the Board of Directors meeting but are intended to inform the congregation of matters discussed at the meeting. Official minutes of this meeting will be available after the next Board meeting on April 21, 2020.

At the meeting of the UUCOD Board of Directors on March 17, 2020 the following matters were discussed and/or decided:

#### **Attitude of Gratitude:**

Cards were sent to those new members present on March 8, 2020 Induction Service: Karen Isebrands Brown, Jim Brown, Jonathan Fast, Tracy Flynn, Steve Kerr, Diana Leslie, Charlene Masters, Jean Russell, Luke Russell, Marcia Stone, Jim Stone, Lavonne Swanson, Jim Swanson. Card was also sent to Jack Fitzsimmons.

#### **The Board also:**

Approved an Art and Décor Policy.

Approved a revised Board Manual Policy.

Heard a report from Facilities on the status of Sacred Grounds.

Approved Joni Paddock to fill vacancy on the Nominating Committee.

Approved a request from the Endowment Committee to fund a legal review and opine on Maclean Endowment Fund.

Approved the Social Justice Committee's request to utilize a new process that during the Annual Congregational Meeting, the Congregation will vote to approve the 2020-2021 Share the Plate Recipients.

Reviewed and Discussed a proposed Personnel Policy and Employee Handbook.

Discussed UUCOD's ongoing response to the Covid19 crisis.

## WHAT IS THE CORONA/COVID-19 VIRUS REALLY TEACHING US?

During the live Streaming Worship Service Sunday March 29, 2020, Bryna Blum, Worship Associate read from the following article by Bill Gates. The entire article is reprinted here for all of our congregants to ponder. You may agree or disagree with some or all of these statements.  
Your President, Jane

**\*What is the Corona/Covid-19 Virus Really Teaching us?\***

I'm a strong believer that there is a spiritual purpose behind everything that happens, whether that is what we perceive as being good or being bad. As I meditate upon this, I want to share with you what I feel the Corona/Covid-19 virus is really doing to us:

1) It is reminding us that we are all equal, regardless of our culture, religion, occupation, financial situation or how famous we are. This disease treats us all equally, perhaps we should to. If you don't believe me, just ask Tom Hanks.

2) It is reminding us that we are all connected and something that affects one person has an effect on another. It is reminding us that the false borders that we have put up have little value as this virus does not need a passport. It is reminding us, by oppressing us for a short time, of those in this world whose whole life is spent in oppression.

3) It is reminding us of how precious our health is and how we have moved to neglect it through eating nutrient poor manufactured food and drinking water that is contaminated with chemicals upon chemicals. If we don't look after our health, we will, of course, get sick.

4) It is reminding us of the shortness of life and of what is most important for us to do, which is to help each other, especially those who are old or sick. Our purpose is not to buy toilet roll.

5) It is reminding us of how materialistic our society has become and how, when in times of difficulty, we remember that it's the essentials that we need (food, water, medicine) as opposed to the luxuries that we sometimes unnecessarily give value to.

6) It is reminding us of how important our family and home life is and how much we have neglected this. It is forcing us back into our houses so we can rebuild them into our homes and to strengthen our family unit.

7) It is reminding us that our true work is not our job, that is what we do, not what we were created to do. Our true work is to look after each other, to protect each other and to be of benefit to one another.

8) It is reminding us to keep our egos in check. It is reminding us that no matter how great we think we are or how great others think we are, a virus can bring our world to a standstill.

9) It is reminding us that the power of free will is in our hands. We can choose to cooperate and help each other, to share, to give, to help and to support each other or we can choose to be selfish, to hoard, to look after only our self. Indeed, it is difficulties that bring out our true colors.

10) It is reminding us that we can be patient, or we can panic. We can either understand that this type of situation has happened many times before in history and will pass, or we can panic and see it as the end of the world and, consequently, cause ourselves more harm than good.

11) It is reminding us that this can either be an end or a new beginning. This can be a time of reflection and understanding, where we learn from our mistakes or it can be the start of a cycle which will continue until we finally learn the lesson we are meant to.

12) It is reminding us that this Earth is sick. It is reminding us that we need to look at the rate of deforestation just as urgently as we look at the speed at which toilet rolls are disappearing off of shelves. We are sick because our home is sick.

13) It is reminding us that after every difficulty, there is always ease. Life is cyclical, and this is just a phase in this great cycle. We do not need to panic; this too shall pass.

14) Whereas many see the Corona/Covid-19 virus as a great disaster, I prefer to see it as a \*great corrector\*

It is sent to remind us of the important lessons that we seem to have forgotten and it is up to us if we will learn them or not.

## SAVE THE DATE

### **July 11th, Harvey Milk Breakfast, Palm Springs Convention Center**

Harvey Milk Breakfast has been postponed to July 11, 2020. There are 10 seats available. Please let Jane Zaun know if you are interested in attending.  
UUCOD is sponsoring a table of 10. See Jane Zaun for details.

**Newsletter Deadlines:** The deadline for the Newsletter is always Wednesday morning. If you are going to be late, call or email the Administrator at [admin@uucod.org](mailto:admin@uucod.org) asking to reserve space. The newsletter needs to be on the website by 3 pm, Fridays.

[Visit our website](#)

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