

May 22, 2020



Roses from my friend  
My dear friend who is dying  
Love friends and roses *Anonymous*

## UUCOD Weekly Reminder

### SERVICES

[Click Here to Join Our Worship Services at 10:00 AM](#)

**May 24, 2020**

#### ***Gratitude is the Antidote For Fear***

Gratitude is the antidote for fear, worry and anger. When we focus on what's good right in front of us, we quiet the story about bad things that might happen. We will meditate on gratitude, take a gratitude assessment, and examine five ways to practice gratitude. When even a trip to the grocery store can trigger anxiety, learning to give thanks is a valuable way to bring joy to the present moment.

Worship Leader: Brian Joyner

Worship Associate: Bryna Blum

**May 31, 2020**

#### ***All My Boyfriends Have Cats***

We have all been through a terribly difficult and frightening period in our lives, with an uncertain future. We need tools to process our feelings and emotions, and one of the best ways to do that is with Expressive Writing. In a previous sermon, Rev. Don spoke of using poetry workshops for this purpose. Join us this Sunday, along with your favorite journal and pen, as Rev. Don conducts a whimsical mini-version of a workshop virtually, and learn some great tools for personal recovery and growth. No experience required!

Worship Leader: Rev. Donald Stouder

Worship Associate: Bob Rancourt

[COLLECTIONS BASKET](#)

[CALENDAR](#)

**Saturday, May 23**

5:00 pm-Social BUUterflies-ZOOM Meeting

**Sunday, May 24**

10:00 am-Worship Service-Live Streaming

**Tuesday, May 26**

4:00 pm-Worship Committee-ZOOM Meeting

**Thursday, May 28**

12:00 pm-Loving Kindness Meditation-ZOOM Meeting

**Friday, May 29**

11:00 am-Coffee and Conversation-ZOOM Meeting

## STAYING CONNECTED

*All links to Zoom meetings are removed from the web version of the newsletter. please use these links to access Zoom Meeting. Some links have changed to include passwords.*

### *Loving Kindness Meditation*

*Thursdays in May  
@ 12:00 - 12:30 pm*

*Weekly Online, Drop in  
hosted by Reverend Barbara*

Loving Kindness meditation focuses on sending positive energy towards yourself and others. In these times when we are sheltering in place, it can increase positive emotions and feelings of social connection.

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

*Fridays in May  
@ 11:00 am - 12:00 pm*

*Weekly Online Gathering  
hosted by Peter Mathews*

Please join Peter every Friday for a reading and get together. 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.

*We look forward to connecting with you online.*

### *Social BUUterflies - Happy Hour*

*Saturdays in May  
@ 5:00 pm - 6:00 pm*

*Weekly Online Gathering  
hosted by Sheryl Eaton*

Join your UUCOD friends each Saturday through May at 5:00 pm for a virtual Happy Hour. Everyone's invited! Hope to see you Saturday.

## ANNOUNCEMENTS

### Plate Collections for Sunday, May 17th: \$1,803

#### Summer Directory:

We are currently gathering information for our Summer Directory of Members and Friends. We ask that Friends who are not currently in the directory submit your name, phone number, address and email. If anyone has changed their current information by dropping a landline, or moving or in any other way, please inform us of the changes. Questions? Contact *Randy Steele* (760-534-4199 or [randy\\_steele@yahoo.com](mailto:randy_steele@yahoo.com)) or *Marion Ellson* (760-600-6005 or [mtellson55@gmail.com](mailto:mtellson55@gmail.com))

#### News from the Care Team:

"These are often confusing and hard times for all- if you find yourself angry, hurt or sad please know we are here to listen. Please call and contact us at these numbers so we may offer our ear, empathy, and hopefully help." Bryna Blum the Committee Chair and Frank Riela are on duty for the Care Team for the months of May and June. Anyone in need of support, please feel free to reach out to either *Frank* (760) 902-0283 [frank.riela@yahoo.it](mailto:frank.riela@yahoo.it) or *Bryna Blum* (760) 485-9289 [bb@brynab.me](mailto:bb@brynab.me)

We are here for you...  
Bryna

## SOCIAL JUSTICE

### UUCOD the Vote: June 10 4 PM

#### UUCOD's "How We Thrive" Virtual Event

Join with us over Zoom. Meeting link supplied later.

TV news got you down? Need an antidote for the pandemic blues? Join with us over your internet connection via Zoom for an interactive session on June 10 at 4 in the afternoon. Let's discuss easy ways to put our UU second and fifth principles into effect this important election year, right from your own couch, chair or patio! Feel empowered!

Our UU second principle calls for justice, equity and compassion in human relations; our fifth principle promotes use of the democratic process in our congregations and in society at large. Even during Safer at Home, there is much we can do to encourage other voters to fully participate in this year's elections, both locally and nationwide.

The Social Justice committee is sorting through options for taking action from home. Can you text, make phone calls or write letters? You will not be alone. Several national nonpartisan organizations are working to mobilize voters and increase voter turnout. Come join us via Zoom to find out about some of these organizations and how easy it is to make a difference from home in this year's crucial elections. See what fits you best. Taking action through one of these groups may be just the prescription to chase away the pandemic blues!

NOTE: To get inspired before our June 10 gathering, watch the UUA's **UU the Vote** musical and informational recorded event "**How We Thrive**" on YouTube using this link: <https://youtu.be/p3bSvh0zdJM> Look for UUCOD's own **Katy Faas** in the UUA Virtual Choir which begins the video. NOTE: Be patient or fast forward through the 5 minute background music lead to start the content.

#### Blood Donations During the Pandemic: "Show Up, Save Lives"

Hospitals need blood to treat emergency room patients and those who come in for elective surgeries. If you are healthy and able to give blood, please consider donating now to save lives. Blood donations remain essential through the Coronavirus pandemic. Recently, many mobile blood drives have been canceled and total blood donations are down. If you have never donated

before, go to <https://www.lstream.org/about-donating/who-can-donate/> to find out if you are eligible.

Make your appointment at either of these two LifeStream locations:

La Quinta: 79215 Corporate Centre Dr

Rancho Mirage: 42390 Bob Hope Dr #1b

For appointments, call 800-879-4484, or visit [www.lstream.org](http://www.lstream.org)

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**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 3:00 pm, Fridays.

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