

August 7, 2020



who needs the cosmos  
the face of divinity  
smiles into my eyes *Jack*

## UUCOD Weekly Reminder

### SERVICES

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

**August 9, 2020**

***Widening the Circle of Concern, Part Three***

**Worship Leader: Rev. Don Stouder**

**Worship Associate: Bryna Blum**

In the final sermon of this series, Rev. Don will finish reviewing the UUA's Widening the Circle report, and help put its ideas into perspective for our UUCOD family. He will also discuss how these important ideas intersect right here in our own Coachella Valley in terms of things like climate justice and economic inequality.

**August 16, 2020**

***"How Are Our Veterans?"***

**Worship Leader: Hon. Mark E. Johnson**

**Worship Associate: Bob Rancourt**

In these times of movements and protests in the country, let's remember the individuals who serve and have served to secure our freedoms and rights to participate. Judge Mark E. Johnson, himself a veteran, will bring us up to speed on the state of veterans in the county and highlight his eight years' experience presiding over Riverside County Veterans' Court. Additionally, we will share the plate with our local chapter of Veterans for Peace.

**August 23, 2020**

***Like Bread, Not Stone: Love, Kindness, and Justice***

**Worship Leader: Rev. Ian Riddell**

**Worship Associate: Joni Paddock**

Even though we are separated from each other, the community we build daily sustains us and brings us possibility. What can we learn about crafting that community from Ursula Le Guin, M. Scott Peck, and knitting socks?

**August 30, 2020**

***Spirituality and Climate Justice***

**Worship Leader: Rev. Don Stouder**

**Worship Associate: Bob Rancourt**

In this sermon, Rev. Don will present climate change data from the Climate Reality Project. He will show us the important ways that our lived spirituality as UUs are directly related to the climate justice issues here in the Coachella Valley.

COLLECTIONS BASKET

## CALENDAR August 7 - 14

### Meetings

**UUCOD Men's Breakfast:** Friday @ 8:00 am

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### Staying Connected

**UUCOD Men's Breakfast:** Friday @ 8:00 am

**Sunday Together:** Sunday @ 11:00 am - 12:00 pm

**Loving Kindness Meditation:** Thursday @ 12:00 - 12:30 pm

**Coffee & Conversation:** Friday @ 11:00 am - 12:00 pm

**Social BUUterflies Happy Hour:** Saturday @ 5:00 - 6:00 pm

### To Dial in by Phone

**Sunday Together**

**Coffee & Conversation:**

**Loving Kindness Meditation:**

**Social BUUterflies Happy Hour:**

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## WORDS OF WISDOM

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**My Commitments to Myself**

I take care of myself first, because I am deserving of exquisite care.  
I take care of myself to maintain the capacity to help others.  
I move and stretch my body every day.  
I spend time in nature, attuning my senses to the earth's wisdom.  
I ration my daily exposure to the news. I identify and access credible sources of information. I protect myself from becoming overwhelmed by information about the pandemic.  
I pace myself.

I sit with the reality of uncertainty and impermanence, and allow it to temper my desire for control.

I listen without judgment to others' reactions, which may be different from mine.

I forgive myself and others when stress brings out our shadow selves.

I feel fear fully when I am fearful.

I experience sadness fully when I am sad.

I allow anger fully when I am angry.

I relish joy fully when I am joyful.

I seek out healthy pleasures and indulge in them without guilt.

I remind myself that feelings are transient states that move through me. They do not last.

And they do not define me. Nor do my thoughts.

I balance my drive for self-improvement with compassionate acceptance of myself as I am right now.

I initiate contact with loved ones to let them know I hold them in my heart.

I seek out, with increased sensitivity, those who are the most vulnerable.

If possible, I share my resources with those who need help to survive.

When possible, I move away from people, situations, and experiences that do not serve my highest good.

I strengthen my connection to my sources of spiritual strength so that I continue to be replenished.

I acknowledge the nearness of death as a key motivator for living a full life.

I pray for the suffering of all beings to cease.

I grieve my losses and celebrate my successes.

I remain open to new ways of being, surprising sources of joy, and unanticipated discoveries every day.

Laura "Luna" Mancuso (she/her/hers) is an interfaith minister who serves the Santa Barbara (CA) community.

From: UUA Worship Web, Resources for Covid19.

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## Upcoming Events

# ANNOUNCEMENTS

Plate Collections for Sunday, August 3, 2020 \$227.51

### Share the Plate, August 16th

Veterans for Peace Chapter 19

### News from the Care Team:

In these confusing and exhausting times, please know your Care Team is here for you. Anyone in need of support, please reach out to either Margaret Beaman or Bryna Blum. They are on call for July and August and, care about what you need to share.... Their information can be found in the UU Directory.

Take care,  
Bryna

### Zoom Scheduling Reminder:

Email Katy Faas ([katyfaas@hotmail.com](mailto:katyfaas@hotmail.com)) to edit a current meeting or schedule a new

Zoom Meeting.

### **UUCOD the Vote!**

What we've been up to:

Over 25 amazing UUCOD volunteers prepared and sent postcards to 500 Florida registered voters urging them to vote in the August 18 Florida elections and also to answer the US Census to be counted.

We do this together with Reclaim Our Vote, a national nonpartisan organization working to increase voter turnout in states where governments have applied voter suppression tactics to make it more cumbersome for voters to cast their votes and get them counted. Join us to do more projects to increase voter turnout throughout the 2020 election season. Visit the UUCOD Facebook page to learn more or to volunteer, or contact Gloria Kapp at [gkapp@dc.rr.com](mailto:gkapp@dc.rr.com). Join us!

## **SHARE the PLATE**

### **Veterans for Peace Chapter 19 is August's Share the Plate**

Our August 16th, Share the Plate recipient is Veterans for Peace Inland Empire - Jon Castro Chapter 19. Veterans for Peace is an international organization made up over 140 chapters across the US and abroad. Composed of military veterans from all branches of service, their family members, and allies. Their collective efforts are dedicated to building a culture of peace by using their experiences and lifting their voices. They inform the public of the true causes of war and the enormous costs of wars, with an obligation to heal the wounds of wars. VFP holds a permanent nongovernmental seat at the United Nations.

Encompassing Riverside & San Bernardino Counties, Veterans for Peace Inland Empire Chapter 19 was founded in 2005 by Tom Swann Hernandez & four other veterans peace activists. If you attended the Veterans Day or Martin Luther King, Jr. parade in Palm Springs, you've probably seen them marching. They assist homeless veterans and their families gain permanent housing, improve patient access to VA care, and provide the Arlington West Memorial in Cathedral City with one white cross for each of over 4000 veterans. They also work tirelessly on behalf of our veterans, meeting with legislators in Riverside, Sacramento & Washington, D.C.

In addition they hold events on President's Day, Memorial Day, International Day of Peace to name a few, recognizing activists and leaders in the Coachella Valley who are dedicated to peace.

Their current project is to fund, install and dedicate Peace Poles - just like the one we have next to our labyrinth - throughout the Coachella Valley and the nation. They have already placed Peace Poles at:

- Desert Hot Springs High School
- Desert Mountains High School, Thermal
- Saul Martinez Elementary School, Mecca
- Cathedral City Library
- LGBTQ Veterans Memorial in Desert Memorial Park Cemetery, Cathedral City
- Congressional Cemetery in Washington, D.C.

They are currently wanting to install and dedicate peace poles at the Islamic Center of Coachella Valley, Rancho Mirage High School, Rancho Mirage Library, & other schools throughout the Coachella Valley.

Veterans for Peace is able to do what they do because of what we do. We, living through our 7 principles, support organizations that work to create a better world. Please give generously on Share the Plate Sunday.

## **Be Safe and Well!**

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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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