



# Mt Diablo UU Beacon

*Transforming Ourselves and Our World*

Volume 69, No. 11

May 2022

**SUNDAY SERVICES - 10:15 a.m. PT  
9:00 A.M. MEDITATION - ON ZOOM**

**We are worshipping on campus and virtually.  
ALL SERVICES ARE LIVESTREAMED!**

**VIEW Live or Recorded on our website:  
<https://mduuc.org/service-stream> or watch on our  
Facebook or You Tube. Links to all are emailed on  
Saturdays.**

## SUNDAY, MAY 1

**Mental Health In The Neighborhood** - Our youth delve into the prophylactic advantages of easy to access mental health tune-ups and why caring for our mental health should never be shameful. Through story, music, and personal experience, they will offer a take on therapy that makes it as routine as seeing the dentist. Please join us for the annual Youth Service, led by our senior high youth group!

## SUNDAY, MAY 8

**The Joy of Generations!** One of the benefits of participating in this vibrant faith community is that it provides us a chance to meet across generational lines. One of the challenges of our faith community is the different expectations and needs of different generations. Join Rev. Leslie for this service. **IF YOU ARE GRATEFUL FOR SOMETHING SOMEONE IN ANOTHER GENERATION HAS GIVEN YOU, PLEASE EMAIL REV. LESLIE BY MAY 6. PUT "Generation" in the Subject line!**

## SUNDAY, MAY 15

**Community and Caring.** Please join the economic food and housing justice team and the rest of the worship group as we reflect on the ways that we need to care for ourselves and the surrounding community. Join us for an important ritual of writing caring cards to those who serve the unhoused people of our county and to those people experiencing the issue of housing themselves.

## SUNDAY, MAY 21

**The Puzzle Box Called Parenting.** Join Indigo Lewis and Rev. Leslie Takahashi as we look at the joys and challenges posed to the mind, heart and spirit in parenting in this particular time. This will also be the service in which we honor our Coming of Age program members.

## SUNDAY, MAY 29

**The Essence of Immortality.** How does the way we live and the relationships we form, lend themselves to the idea of immortality and eternal life? Join Intern Minister, Michael Macias, as we explore the concepts of immortality and eternal life through the lens of Unitarian Universalism.



*Message from Your Board of Trustees*

We are part of a vital faith community. The theme for this year's General Assembly, June 21- 26, is: Meet the Moment: Reimagining a Radical Faith Community. For those of you who are new to us, General Assembly is our annual, country-wide conference, where we engage in dialogue, deep learning, spiritual renewal and action, policy discourse and governing. From the drag show to the esteemed Ware Lecture – this year's speaker is Ibram Kendi - we come together with other UUs to explore and celebrate this radical faith movement. For those of you who are new to MDUUC, our members and friends indeed reflect this movement.

During Pledge season, we hear how people have made their way to MDUUC - what they were seeking, what they found, and, most important, why they stay. The commitments shared tell the story of connection and values. Among us, we have big differences and we have common ground. Each week, we hear from the voices that reflect our varied, lived experiences. The messages from the pulpit recognize all of us. This church is our spiritual meeting place, where we celebrate each other, learn from one another, and support each other.

Whether you are a member or a friend, your volunteering and your financial support are the critical fuel that keeps us going. Each week we provide updates to let you know how close we are to meeting MDUUC's financial needs. These updates are important because they inform you where things are. This gives you an opportunity to contribute, as you are able, to ensure that  
*(Continued on page 3)*

**Vespers Now At 6:30 p.m.**

May 4 and 18. Vespers is a meditative and connecting service with music and a chance to connect with others. We have moved the time to 6:30 p.m. now that it is remaining light longer to allow more to attend. You can join us on campus or on Zoom.

## Leslie's Logos

So much to be grateful for as May begins! I know many of you have a list, mine goes like this:

Grateful to see people to be in the presence of people that I haven't seen for a long time a long time, in-person and on Zoom. Grateful for the volunteers who stayed through the pandemic however and best they could. I'm grateful for those that were working so hard at their jobs or at simply surviving that they couldn't do that and are now coming back. Grateful for the people who bring their kids even though the kids have different habits now and those that bring their grandkids because because the kids have different habits now. Little things help too. I'm grateful for the people that send in pictures or who show up to say hello in the virtual greeting or stay a bit longer to say hello on the patio since reconnecting with one another is so important. I am grateful for those who go out of their way to meet some of our wonderful new people who have come in at a time it is harder to get to know people. How lovely to see the conversations on the Upper Patio on nice sunny days. I am very glad more people are coming on campus for our connection groups and affinity groups and spiritual practices. AND I am grateful for the technology we can use for administrative meetings without needing to survive the end of day traffic. Grateful for the small ways we help people in the big ways we help people that I get to see every day. The gifts that support the ministry team's caring work the work of our volunteers. Grateful and all the people who are putting their oars in the water to pull harder in this odd time for religious community.

And the gratitude in the day-to-day extends beyond it as well. I am grateful for the lives in this community that have come before mine that have helped create what we have today. In this spring when we are sharing so many Celebrations of Life for so many beloved people, I am aware of that with poignancy. So important to take time for gratitude,

In faith and perseverance,

Leslie

*Rev. Leslie Takahashi serves as the Lead Minister of the congregation. You can leave her a non-urgent message at 925-934-3135 extension 112 or email her at [leslie@mduuc.org](mailto:leslie@mduuc.org) (be warned though that weasely email may require some perseverance—call if you do not hear back within a week or so!)*



## Indigo Lewis, DLRE

Greetings,

With summer right around the corner I encourage you to check out the new Adult Faith Development Spring / Summer Brochure. MDUUC continues its commitment to recognizing that spiritual growth happens over our lifetime with a variety of opportunities to tend to your own faith development. From learning more about Unitarian Universalism, to embodied practices of ritual and meditation, or a group movie watch and discussion, these and many other events are available in supporting us in our connection of spirit and community. Join us for the following and more:



- **Connecting You & MDUUC.** Are you new and want to learn more about MDUUC? Join us for this all virtual gathering on Wednesday, May 18th, 7:30-9:30pm.
- **Reimagining Caring;** A mid-day discussion and space for personal reflection with Rev. Leslie on how we can reimagine caring when feeling overwhelmed by the enormity of world events. Thursdays through June 2nd, 12-1pm
- **Signing Together With Lisa Cahn;** A chance to practice American Sign Language with Sign Language interpreter Lisa Cahn, Thursday May 5th, 6:30-7:30pm

And whether you want to meet in person or online, there are gatherings available in all formats to engage your mind, body, AND spirit! The Adult Faith Development Spring / Summer Brochure can be found online at [www.mduuc.org/adults/](http://www.mduuc.org/adults/), on campus at the greeters table on Sundays, and featured in the glass events boxes on the side of the Gilmartin building.

Warmly,  
Indigo

## Did You Miss our Guardians of the Flame Event?

Did you miss our Guardians of the Flame event where we talked about the trends and challenges facing MDUUC in the 2022-23 congregational year? If you would like to have a better sense of our budget and where we stand as we enter this pledge season, this might have the information you need. And no worries, it was recorded and you can view it in the member area - <https://mduuc.org/member-area>.

(Continued from page 1)

programs you have come to expect will continue. This year is critical because we know many have experienced flux in their income – caring for loved ones, medical bills, changes in employment, retirement. This time is critical because our financial commitment – whether weekly, monthly or annual – lets us plan for the upcoming year. It represents a shared stake in our intergenerational spiritual education, the day-to-day operating excellence that keeps us connected and supports our engagement in outreach with our larger community, including the social justice involvement that many have shared is the reason they found us in these last few years.

“We are one, a diverse group of proudly kindred spirits, here not by coincidence but because we choose to journey together.” Rev. Hope Johnson

Let us do what we can to continue to support our journey and the journey of those to come.

In gratitude,

Linda Russell, President.

MDUUC Board of Trustees

### Meditations Just When You Need Them

Did you know that our Friday morning meditations are recorded and available anytime you need to recenter? You can find them at <https://mduuc.org/friday-virtual-meditation/>

## Interested in Attending General Assembly?

The General Assembly of Congregations will be held June 21- 26 , Attendees can attend virtually or travel to Portland, OR. If you are interested in learning more or in being a delegate, please contact Mary Beth Spencer.



## Remember, Pledging is Easy!

You can drop a card off at the MDUUC campus on Sundays or 10-3 on weekdays or through the mail slot in the Scaff

building. OR you can save gas and pledge online at <https://mduuc.org/pledge> OR you can call Jim Lincoln, Stewardship Chair and let him know by phone if that is easiest.

## Next Connecting You and MDUUC is June 8th.

Are you new to MDUUC? Interested in learning a little about Unitarian Universalism? Interested in meeting others who are exploring this vibrant community? Curious about how to get involved in other activities?

Join Rev. Leslie Takahashi and members of the Welcoming Committee for this lively conversation about who we are and how we put our values in action. Because of weekday traffic, this will be a virtual event, though if you would prefer to attend in person, please contact Rev. Leslie 48 hours in advance. [Leslie@mduuc.org](mailto:Leslie@mduuc.org)

Wednesday, June 8, 7:30 - 9:00PM

Hybrid.



## Contra Costa Elections are June 7th

MDUUC is exploring hosting a forum for candidates for Board of Supervisors with the Faith In Action interfaith group in mid-May. Consider participating or volunteering. Also consider checking it out

BEFORE sending in your mail-in ballot.

### Reemerging Into Community

After two- and one-half years of enduring multiple shelter-in-place protocols, we find ourselves confronting the new challenge of reemerging back into community with one another. If you are looking for an intimate setting that will offer an opportunity to develop spiritual resiliency, while building meaningful relationships with other members of our community, we have two small group programs that would be perfect for you.

#### Connect Groups

Our Connect Groups are an opportunity to drop in on any session and get a taste of what to expect from our beloved Community Circles. Connect groups are designed to offer shorter time commitments while providing a safe space to explore our spiritual depth in community. Be on the lookout for an email next week with registration information.

To register for an upcoming session, please go to <https://mduuc.org/connect-group-signups/>

#### Community Circles

They're back! Joining a Community Circle offers a stress-free, comfortable setting to wrestle with the questions within and around us, while providing an opportunity to learn about others. Our Community Circles are an opportunity for us to commit to exploring our faith for six weeks, while remaining in relationship with each other. Be on the lookout for an email next week with registration information for each of our five (5) sessions.

To register for an upcoming session, please go to <https://mduuc.org/connect/community-circle/>

### HATs OFF

- To those who provided support during the memorial service for Bill Hicks: Bob and Carrol Foxall, Rowena McGregor, Joan Armstrong, Becky Eiben, Jane North and Delores Olson.
- To all who helped make this year's Winter Nights successful!
- TREASURE CONTRIBUTIONS: Kimberly C. Clark, Marjorie Wallace, Barbara Sugrue, Mary Allan, Mary-Helen Binger, Linda Russell, Gary E. Stein, Melissa Allen, Rowena McGregor, Becky Eiben, Anna Kurrent, Ellen Doerfer, Nancy White, Jim Lincoln, Ron Elsdon, Marianna Laurence, Peggy Kroll, Penny Hackett-Evans, Julia McLeod, Meb Phillips, Lietta Wood, Rosemary Mann and Stacy Cranston.
- TIME AND TALENT CONTRIBUTIONS: Julia McLeod, Jaynese Davis, Stacy Cranston, Sally Edgerton, Kathe Cairns, Constance Chiba, Sue Polgar, Sharon Solstice, Peggy Kroll, Doug Tamo, Kathy Vail, Susie Symons, Janet Hoy, Joan Kerr, Leslie Reiwitch, Peter Morse, Anna Kurrent, Maria Gounaris, Elsie Mills, Melanie McIntosh, Jean Evans, Marena McGregor, Lisa Cahn, Sage Hagerstrand, Lynn Baskett, Aiden Carter, Kristy Lincoln, Tom Taylor and David Platt, Michael Macias, Leslie Baxter, Bill Wostenberg, Karl Livengood, Leslie Takahashi, Helena Ramadan, Mary-Helen Binger, Ronald Elsdon, Mary Schreiber, Diamera Bach, Meredith Wensel, Nancy White, Elliot Barenbaum, Mary Beth Phillips, Lianne Davis, Zendra Zehner, Linda Elsdon, Victoria Naulleau, Kathryn Wellington, Helen Machaj, Rose Barreto-Price, Marianna Tubman, Norman Meites, Kate Newkirk, Burcu Ellis, Nancy Rivara, Gloria Keller, Joanne Finn, Andrea Quigley and Megan Dey Toth.
- To Barbara Halperin for her assistance with our cash counting and deposits
- To Dolores Olson, Sue Polgar, Kate Newkirk, Becky Eiben and other anonymous egg donors for Easter
- To Peggy Kroll for running special errands.
- Jim Lincoln, Paul Damrow and Eric Chapot for their help with the B&G Work party
- To all of our helpers on Commitment Sunday - Kate Newkirk, Brian Gunney, Jaynese Davis, Nancy White, Catherine Der, Sharon Solstice, Ron and Linda Elsdon, Tom Taylor.
- To HATs OFF! Honors, Accolades, Thanks! We encourage gratitude and appreciation throughout MDUUC. Send "short and sweet" admissions to [thanks@mduuc.org](mailto:thanks@mduuc.org)

# The Universalist Association is Looking At Our Statement of Purposes and Principles and they want to hear from US!

The Article II Commission of the Unitarian Unitarian Association is currently reviewing our purposes and principles as required by our Association's by-laws. As a part of this process, they are asking congregations to hold sessions to get input from congregations and we will hold one on June 1 at 7:30 p.m. This meeting will be in person and in the Sanctuary.

To learn more about the Article II Commission's work, go to : <https://www.uua.org/uuagovernance/committees/article-ii-study-commission>



## “CODA”

### Widening the Circle Movie Event

This year being more welcoming to those with disabilities has been our focus for Widening the Circle. In the spirit of this, please join us for our own showing of the award-winning movie CODA. Ruby is the only hearing member of a deaf family from Gloucester, Massachusetts. At 17, she works mornings before school to help her parents and brother keep their fish-ing business afloat. But in joining her high school's choir club, Ruby finds herself drawn to both her duet partner and her latent passion for singing (2021)

Hosted by Rev. Leslie Takahashi with opportunity for discussion afterwards. On campus and on Zoom. Please preregister 48 hours before if watching on Zoom so we can purchase the extended rights. Child care provided with 72 hours notice. Suggested Donation: \$5 Friday May 27th, 7:00 - 9:00 PM

## Reimagining Caring: A Chance to Reengage

Having trouble getting engaged? Feeling overwhelmed by the events of the world? Interested in making a difference in events such as climate change but feeling like your efforts don't matter? Through discussion, personal reflection and story, we will engage in this work using the renown book, *Trauma Stewardship: An everyday Guide to Caring for Self- Whole Caring for Others* by Laura van Der-noot Lipsy and Connie Burk.

If you would like to participate, please consider purchasing the book--if you need help obtaining a copy, let Rev. Leslie know.

Join in the discussion of this book with Rev. Leslie, which will begin May 5 and continue for 4 weeks. Suggested Donation: \$10

Thursdays, May - June 2 5-6 PM

*Because of the traffic at this time of day, this is designed as a virtual class. Please contact Rev. Leslie if that poses a barrier for you.*

## Owning Our Religious Past

Join Intern Minister, Michael Macias, as we explore and reclaim the positive aspects of our past religious connections. In this four

(4) week program, we will utilize the practices of art, visualization, and symbolism, to honor the gifts of our religious past. Sundays May 22 & 29 - June 12 & 19  
11:45 AM - 1:15 PM

## Signing Together with Lisa Cahn

Fully virtual

If you have some experience with American Sign Language and you want the space to practice in real-life, please consider joining American Sign Language or English Sign Language interpreter Lisa Cahn in this time of informal conversation. This will be fully immersive without the use of our voices! What a wonderful way to be together!

### Rituals of Healing

Join Rev. Leslie Takahashi and Michael Macias on May 25 from 6:30-7:30 on campus or on Zoom as we explore practices that promote the healing of our spirits. We will engage in simple practices together and have a chance to do inner reflection and connect to a group of nurturing individuals.

## Not Getting Our Emails?

Please check your spam and on Gmail, check your promotions folder if you were previously getting the email and are not now. If you have changed your email or have other issues, please contact Congregational Administrator Jen Marsh at [Jenm@mduuc.org](mailto:Jenm@mduuc.org)

If you have unsubscribed accidentally from our emails (we know some of you have!) we need to send you a special link to resubscribe, as we cannot resubscribe you ourselves. Email [jenm@mduuc.org](mailto:jenm@mduuc.org) if you need to resubscribe.

Finally, some of you have emails that have permanently bounced in our systems and we cannot email you - if you have an email that has permanently bounced we will be letting you know via postcard soon.

## Are you interested in Earth -Based Practices?

We are exploring restarting our Nature Spirit group. If you are interested please contact intern minister Michael Macias at [michael@mduuc.org](mailto:michael@mduuc.org).

## Save the Dates

Two Congregational Forums will be held after services to prepare for the CONGREGATIONAL ANNUAL MEETING ON JUNE 5 where votes will be taken on the slate of nominations and the budget as well as approval of last year's minutes. The forums will be held on May 5 and May 22. The full budget will be presented on May 22. All members should have received a mailing from the Nominating Committee.

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Please mark your calendars for our Annual Meeting on June 5th (which is also our annual flower ceremony!)

\*\*\*\*\*

Save the date for our Music Extravaganza and Spring Fundraiser Sunday June 12

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Making travel plans?  
Save the date for our annual Bid 4 Love Fundraiser

Saturday, November 5, 2022

## Just In Time! Ready to get involved? Interested in volunteering? We need your help!

- USHER! We need ushers to be an usher for this service. If you can help please email [tomtaylor@mduuc.org](mailto:tomtaylor@mduuc.org).
- OWL Teachers. Our Whole Lives is a wonderful example of our values in action. We need some folks dedicated to scientifically grounded, values-based approaches to sexuality who are willing to be trained to work with our children and youth in this important foundational program.
- Hot beverage hosts. Interested in extending hospitality with a hot or cold drink? This is the time and a real help to our reconnection effort.
- Are You a Good Party Person? We need you to help us with some upcoming events.
- Are You A Good Listener? Now is the time we are welcoming new Pastoral Visitors (members only because of legal restrictions). Contact Rev. Leslie to learn more.
- Ready to Rake? We have leaves. Contact Tristan Thielman if you can help.
- Help Those Unhoused. We need a representative to the Walnut Creek Homelessness Task Force. Attend one meeting a week. If you can help, contact Rev. Rodney.
- Phone Outreach. We need people who like to call friends to help us make some calls to check in and see how our members are doing.
- Drivers Needed! We are still in need of drivers, especially on Sunday afternoons to help make some contact-less delivery to cheer our more isolated members. If you can help, please contact Rev. Leslie and put "Drive" in the memo line.
- Sunday morning hospitality. Miss that warm beverage? We are ready to start offering them on the Lower Patio again (which will allow the Upper Patio to remain a masked space for those that need that extra assurance to attend.) In order to get beverages happening again, we need the commitment of folks who can help with set up and serving
- Greeters Needed Do you like being a friendly face? We need ushers and greeters for our services and if you can help please contact [Zendra@mduuc.org](mailto:Zendra@mduuc.org)

## OPTIONS FOR WORSHIP CONTINUE!

We are back and singing and gathering in the building with masks to allow this to be a space inclusive of as much of our community as possible.

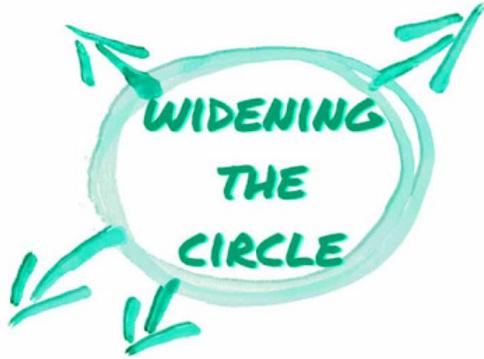
Currently preregistration is NOT required so please know space may be limited.

This lovely weather makes a great experience for those who prefer to remain outside. The Bortin Hall will be used as a Caring Space for those who require more distance or have other special considerations.

Masking is now optional outside and remains required to attend services inside. Scientific studies are showing that wearing a N-95 or KN94 reduces chance of Covid infection by more than 80 percent. Paper surgical masks and clothe masks do not offer this efficacy.

Proof of vaccination (including booster) needed for indoor attendanance. Please send a copy of your vax record to [admin@mduuc.org](mailto:admin@mduuc.org) or come early to register the first time. Once you have registered you won't have to do so again. If you have a medical reason you cannot be vaccinated, please speak to Rev. Leslie

Takahashi



## MDUUC Strategic Initiative 2021-2022 – WIDENING THE CIRCLE

*Appointed by the MDUUC Board of Trustees to lead the strategic goal to define HOW MDUUC will implement the recommendations of the Commission on Institutional Change (COIC) entitled Widening the Circle of Concern, Lynn Baskett writes a monthly update on the process and progress. This month, as the season of giving and annual pledges, approaches, Lynn considers how our strategic goal of becoming a year-round stewardship effort might flex and shape to widen its circle of involvement and care.*

How is promotion of diversity, equity, and inclusion, along with dismantling systemic racism, relevant to your spiritual practice and/or your church experience?

*“A Unitarian Universalism rooted in its theological traditions has no choice but to engage in practices of inclusion, diversity and equity.”\**

Starting with a different question: how does our church provide us with positive spiritual experiences? My list includes:

- hearing messages and engaging in activities that stimulate my thinking,
- providing grounding for moral and ethical decisions,
- supporting my human attempts to make meaning of what is intangible and powerful,
- motivating me with principles that will enhance the quality of my life, and
- helping me be become a better person.

I want to be challenged to grow and have opportunities to live my values. I want relationships where I feel welcome even if my beliefs are not the same as all the others with whom I interact. What is on your list?

Our organizations are a product of our American history

and culture. They are not inherently set up to be barrier-free so that everyone can reach their full potential. Churches can (and often do) contain similar barriers. The Widening the Circle of Concern report asks us to consider how we can make our church even more inclusive and equitable than it already is. An inclusive church will support the personal and organizational growth of ALL participants.

The Task Force, charged with coordinating our congregational review of the Widening the Circle of Concern recommendations for incorporation into our practices and policies, is asking members how they view actions to dismantle systemic racism and become more inclusive, diverse, and equitable as spiritual work. Here are some of their words:

- Working to change our American systems to eliminate barriers so that everyone can reach their full potential is spiritual work. ---Jo Gelinias
- This work challenges me to call people in, rather than calling them out, and to have more grace when presented with differing perspectives. ---Elsie Mills

*Lynn Baskett writes a monthly update on the process and progress of Board Objective #1 to implement the Widening the Circle of Concern report recommendations.*

*Send your questions and comments on Spiritual Work to [wcc@mduuc.org](mailto:wcc@mduuc.org)*

*\*Widening the Circle of Concern Report (page 15) For written and audio version of the Report: <https://www.uua.org/uuagovernance/committees/cic/widening>*

### **Joyfully Ourselves - LGBTQ+ Group**

If you are a person who identifies as LGBTQ+, please consider joining Rev. Rodney Lemery and other LGBTQ+ identified congregants and friends! We would love to invite you to join us on campus in April for a fun game night of giant Jenga and giant dominoes! We will also serve a lovely mocktail and some simple snacks in our opt-in food area! If you are part of our growing virtual group NO WORRIES! We will send you the mocktail recipe and will be providing a zoom link and online games via zoom as well!

Hope to see you there!

3rd Thursdays of the month from 7:00-8:00PM via Zoom  
-<https://us06web.zoom.us/j/86127709182>

April 6, 2022

Mt. Diablo Unitarian Church  
55 Eckley Lane  
Walnut Creek, CA 94596

You are a hunger-fighting “soup-er” hero! Thank you so much for your food drive donation to the Food Bank of Contra Costa and Solano. The 136 pounds of food you collected equate to 113 meals for our neighbors struggling to make ends meet. Your donation was received between 1/01/22 and 3/31/22.

Food drives like yours help provide a greater variety of groceries than food that is purchased by the truckload. You are a critical resource helping to serve 1 in 6 people in Contra Costa and Solano counties.

In addition, food drives help raise awareness of hunger in our community and the needs faced by neighbors right where we live!

While the need is great, the community has risen to the challenge, including people like you who didn't wait for “someone else” to make it happen. It was up to YOU, and YOU did it!

It takes a village to feed a village.

Thank you for being part of the solution,

Neil Zarchin  
Food Drive Administrator  
Food Bank Contra Costa and Solano

## Save the Dates Celebrations of Life

The Celebration of Life for Joan Adams will be  
Friday, May 20 at 11 a.m.

A Gathering for Terry Westrope will be held on  
Saturday, May 21, 6:30 - 8:30 pm on campus  
only

The Celebration of Life for Eleanor Greenlee  
will be May 22 at 3 p.m. Cards to Eleanor  
Greenlee's family can be sent to her home  
address.

The Celebration of Life for Endy Stark will be  
June 18 at 1 p.m. Cards for Endy Stark's family  
can be sent c/o Bea Winslow, 708 Glen Road  
Danville Ca 94526

Cards for Mary Smits family can be sent c/o  
Ken Smits at 434 Gregg Place, San Ramon, CA  
94583.



### Donate Blood

Emily can enjoy adventures with her  
family thanks to blood donors.

vitalant.  
Formerly Blood Centers of the Pacific

## Red Cross Blood Drives at MDUUC

Monday, May 2 and 16, 2022

Time 11:00 a.m. - 4:00 p.m.

By appointment only at [Bloodhero.com](https://www.bloodhero.com)

# ONGOING PROGRAMMING

*Remember the best way to connect to virtual events is to go to our calendar at <https://mduuc.org/mduuc-calendar/> where you can find locations and links for on-going events and registration for those events which require it.*

## Friday Meditation

Second and fourth Fridays at 10 am. Please join us for this practice which is led by Rev. Leslie Takahashi and involves a guided meditation, a time for quiet reflection and a chance to state an intention for the day. All in 30 minutes to launch you into your day. The meditations are also available under the Meditation section of the website. Friday morning meditation are live and archived!

## Elder Journey

Elder Journey is a spirited conversation about life issues and the perspectives of older folks. Please join Rev. Leslie and the Elder Journey Community. Elder Journey meets on Wednesdays at 10:30 a.m. Elder Journey meets virtually on the 1st & 3rd Wednesdays, is hybrid (in person or virtual) on the 2nd & 4th Wednesdays

## Vespers!

Vespers is a mid-week recharge for the spirit and a chance to connect to community - 1st and 3rd Wednesday at 6:30 p.m. You can join via Zoom for our Livestream or in Person on the 1st and 3rd weeks of the month. (register via the calendar for in-person). This is a great place to check in with your spirit and some friendly community members.

## Yoga

Mondays 7:00 p.m. (currently virtual). The session begins with gentle integrated yoga asanas and stretches, breath work exercises, relaxation techniques and opportunities to set neural pathways for happiness that include laughter yoga. A 20-minute guided relaxation meditation follows.

## YRUU, High School Youth Group

YRUU, High School Youth Group Sundays, from 12-1:30. Please check the Children & Youth pages at <https://mduuc.org/children-and-youth/> for the calendar of events. Can also email [Marena@mduuc.org](mailto:Marena@mduuc.org) for more information.

## Middle School Youth Group

MSYG, Middle School Youth Group, meets on the 1st & 3rd Wednesdays, from 6:00 - 7:00 pm. Please check the Children & Youth pages at <https://mduuc.org/children-and-youth/> for the calendar of events. Can also email [Marena@mduuc.org](mailto:Marena@mduuc.org) for more information.

## WomenTalk

WomenTalk is a space for women interested in exploring their identity as female-identified people. This is a supportive space in which we deal with matters of the spirit and heart and create a place to ask deep questions of one another. Second Wednesdays at 7:45 p.m.

## 12 Step for UUs

Tuesdays at 5:30 p.m. see the calendar for the Zoom link. Join us as we share our experience, strength, and hope with one another at MDUUC. No matter what addiction you have, you are welcome to join us as we engage in recovery as Unitarian Universalists.

## Grief Group

First Friday of the month at 12:00 p.m. Monthly grief group in a drop-in format available in-person and virtual, This is a way that those who have suffered a loss can continue to gather support.

## Grief and Transitions Group

Third Saturday of the month at 11:00 am. This is a group for those who are either grieving the loss of a loved one or experiencing a major unsettling life transition.

## Monthly Caregiver Support Group

Caregiving for a loved one can be challenging. Our drop-in support group meets the first Saturday from 11:00 a.m. - 12:30 p.m. monthly on Zoom.

## Journeying Toward Wholeness

Fourth Wednesdays

Members and Friends of MDUUC who identify as white are invited to this gathering to create a sacred space where we can engage what it means to decenter whiteness in a culture that centers whiteness. We will engage together to understand oppression as it exists within ourselves and around us. You are encouraged to attend in spite or because of your level of awareness or understanding. We will engage texts, multi-media, and other sources and engage in dialogue. This gathering will be facilitated by Rev. Rodney Lemery.

## **Black, Indigenous and People of Color Caucus\***

Third Saturday of the Month

Members and friends of MDUUC who identify as People of Color are invited to join this gathering where we will create a sacred space of sharing and power. Each month, we will come together to reflect on our experiences as people of color in Unitarian Universalism and in our larger world. Using our stories, our wisdom and our truths as our guide, we will collaborate on a vision of what it means to be “exuberantly multicultural” - within and beyond MDUUC’s walls. This gathering will be facilitated by Rev. Leslie Takahashi. We meet monthly with alternating times, Email michael@mduuc.org to be apprised of meeting times. Get in touch and learn more!

## **Emerging Adults**

MDUUC’s Emerging Adults gather to learn new life skills, make new connections, enjoy good company, nurture their spirits and have fun! They range in age from 18-24. This group supports each other as they navigate life transitions from post high school into adulthood. Stay in touch with MDUUC’s Emerging Adult Events through our Emerging Adult email list, contact Marena@mduuc.org to be added. Whether it’s a new skill, game night, or a delicious meal, the emerging adult group is the place to be!

## **Young Adult Groups**

The Young Adult Group at MDUUC is for adults age 24 to 35. This group provides an opportunity for people to gather, meet and do fun things together. To find out about planned gatherings and to be added to the mailing lists, contact marena@mduuc.org.

## **MDUUC Bike Group**

The MDUUC Bike Group holds a ride on the third Saturday of each month, unless other plans are communicated. All levels of ability are welcome. We meet at the church at 10:00 a.m. and carpool or ride to our starting location. We have an email list and communicate our plans before each ride. If you would like to be on that list, please email Jim Hughell at jhughell@hotmail.com

## **MDUUC is for Readers and Book Lovers**

Books and Connections: 7:00-8:30 pm, First Tuesday of each month. Meets on Zoom – Sign in at the Virtual Calendar. Info and reading list: helenreznick@mduuc.org.

## **Open Women’s Group**

First Thursday Morning of the Month

This monthly group gathers to hear topics and presenters and to share in community. Please see the calendar at mduuc.org or email admin@mduuc.org to be added to the mailing list.

## **Men’s Breakfast**

Second Saturday of the Month

This is a group for those who are male-identified to gather for conversation and to share life experiences. To find out about the next meeting, please see the calendar.

### **Breeze Member Database**

We have converted our member database to Breeze CHMS. As part of that conversion, we are asking members to move their recurring donations from our old system to this new one to save time and improve accuracy. It’s an easy process, but we may need to assist in canceling your old donation service. Please contact admin@mduuc.org if you need assistance. **Thank you to all who have moved their donations already!**

We have also invited members to update their basic contact information directly by creating a login to their accounts. **If you need a new invitation please email admin@mduuc.org.**

### **May Beacon Deadline**

Beacon deadline is  
Wednesday, May 18 at 10:00 a.m.

### **Board of Trustees**

Linda Russell, President  
Ron Ahnen, Vice President  
Neysa Matt, Co-Secretary  
Davina Smith, Co-Secretary  
Chris Carter, Treasurer

#### **TRUSTEES**

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Mt. Diablo Unitarian Universalist  
Church  
55 Eckley Lane  
Walnut Creek CA 94596  
RETURN SERVICE REQUESTED

### MDUUC Ministers and Staff

Rev. Leslie Takahashi, Lead Minister  
leslie@mduuc.net  
Rev. Rodney Lemery, Community Minister  
rodney@mduuc.org  
Michael Macias, Intern Minister  
michael@mduuc.org  
Indigo Lewis, Director of Lifespan RE  
indigo@mduuc.org  
Marena McGregor, Assistant DLRE  
marena@mduuc.org  
Mark Tuning, Music Director  
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Brett Carson, Accompanist  
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Rev. Dr. David Sammons, Minister Emeritus  
Worship Associates - worship@mduuc.org  
Board of Trustees - board@mduuc.org

FOREWORD BY VAN JONES

# DEFUND FEAR

SAFETY WITHOUT POLICING,  
PRISONS, AND PUNISHMENT

ZACH NORRIS

"Norris invites us to tap into our resourcefulness  
and to rely on one another to challenge the failed  
experiment of the current punitive carceral state."

—Patrisse Cullors, cofounder of  
Black Lives Matter

**Please consider joining author and  
activist Zach Norris as he takes us  
on a journey of his work Defund  
Fear!**

This is a wonderful opportunity to hear from the  
author and to engage in small group discussions  
on the concepts presented in this year's Unitarian  
Universalist Association common read.

Date/Time: Saturday, May 7th from 10 AM-12 PM

Fee: A suggested donation of \$15 (if you can,  
consider purchasing multiple tickets to cover  
another person who can't!)

Location: This is a hybrid event available both in-  
person. Register via the calendar