



Mt Diablo UU Beacon

Transforming Ourselves and Our World

Volume 70, No. 2

September 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, SEPTEMBER 4

Watering Our Spirits: Annual Water Service: As we gather together in the rich springs of one another's company, let us use this opportunity to reflect on our own unique strengths and the places where we are parched and wish to slake our thirst in the waters of community. Please bring some water that represents a special characteristic of you or your summer experience. Stay after the service to join conversation groups.

SUNDAY, SEPTEMBER 11

Why Faith?: In the world with that often shows us the worst of human experience, why should we have faith in any better world? In the potential human beings to do better by one another? What is it in history and what is it as we look to the future that makes us recommit to our vision of better ways of being together? How is our community a laboratory for this? Join Revs. Leslie Takahashi and Rodney Lemery to consider this question.

SUNDAY, SEPTEMBER 18

From Loneliness to Laughter: Smartphones and digital devices offer us the promise of connection 24/7—and yet, the scientists tell us, as a species we are lonelier than ever. What keeps us isolated and alone and how can we overcome this? Join Rev. Leslie Takahashi for this important conversation about an epidemic of loneliness and how we can make a difference for ourselves and for others. We will also mark the Jewish high holy days.

SUNDAY, SEPTEMBER 25

Importance of Integrity: Please join Rev. Rodney and the worship team as we lift up the importance of being whole humans in this broken and healing world.

VESPERS

This is the year to commit to giving yourself a midweek recharge. Vespers will be held the first and third Wednesdays from 5:30 to 6:15 p.m. in the Sanctuary and on Zoom. This is a great chance to recharge your spirit, to give yourself some healing space and to meet others in the community.



Message from Your Board of Trustees

Greetings MDUUC community,

First, we must express our heartfelt gratitude to our Community Minister, Rev. Rodney Lemery, and our Intern Minister, Michael Macias, who provided continued support while Rev. Leslie took some much deserved time away. And a huge shout out to all the wonderful worship associates, young adults, musicians and song leaders who made worship during the summer a wonderful experience.

And we must extend a round of applause and heartfelt gratitude to our wonderful staff, ministerial and administrative, who have kept things going over this last year. We have had significant changes in our staff - from the departure of our hardworking Facilities Manager, Tristan, to welcoming our newest staff, Eric and Vlad. The untimely passing of Terry, dedicated and valued member of our incredible tech team. And, though we are sad that DRE Indigo Lewis is leaving her position, we are so fortunate to have lifelong UU, and former Assistant DRE, Marena McGregor, assume the role. We, as your Board, are so pleased to be able to provide the cost of living adjustment to this incredible team, thanks to the generosity of this congregation in meeting our pledge goals this year.

As we enter a new year, we truly hope you, as community members and friends, are inspired to engage actively. We are going to be looking at some new ways to do just that. Board members will be hosting in person conversations during coffee hour, on the patio. We hope to see more of you at movie nights for some good discussions as well as resuming Wednesday meals and coffee meet ups for fellowship and conversation. We also look forward to exploring ideas that have been put forth in the congregational survey that many of you submitted.

We know Covid is not over and that many are still concerned about in person activities, but we hope you recognize that we are continuing to be vigilant and protective of all of our congregation as we ask people to continue with masks.

As we move into the 2022-2023 church year, we look forward to doing church together!

In Faith and Service,
Your Board

Leslie's Logos

Connections are life. Connections nurture us, challenge us, allow us to grow. Connections make the good times better and the bad times bearable. Since 2020, many of us have realized which of the many strands of connections that had intertwined our lives prior to 2020 actually were made of strong fibers. We have patched up and shored up some strands that needed that because we realize those relationships were important. And we have cut some some flimsy threads they didn't offer us much support when we were hanging out there in the middle of nowhere.



Connections matter. They can take a while to grow and once we have them, they are worth preserving, the connections here in the congregation, for example. As with so many things, we thought we were putting some down just for a bit, until the world returned to normal—and then it never did. The good news is that we can take up many of these connections again, needed even more for all of us wearied by uncertainty.

One of the joys of this community is its strength in encouraging and building connections among people. So what a great way to launch our new congregational year by recommitting to our connections together. How do we do this? Maybe agree to meet a friend you have missed seeing at Sunday services or at Vespers or the Ministers' Class or the Open Women's Group or the Men's Breakfast. Or grab a buddy and decide together to meet one of the needs for volunteers on our Just in Time list or come to a Virtual Hour of Action together. Maybe offer to help us begin to offer beverages again to augment the lovely fellowship we have learned to offer one another on the patio. Maybe join a community circle or a connect group. Maybe come to offer new ones there will be many small group ministries small group that will allow you to connect. Maybe stop in for a coffee and conversations gathering around the county. Maybe try on one of the supportive groups such as the 12 Steps for UUs, the Grief Group, the Grief and Transition Group or the Caregivers Group.

Connections matter. Together when we learn and grow learning and exploring within ourselves as well as learning more about the world in which we dwell, we deep in our ability to connect so let's together pledge to recommit to connection and to a deep and joyous engagement with one another this year.

In faithful perseverance,

Leslie

Rev. Leslie Takahashi is the Lead Minister of the Congregation. Please note: her email is now leslie@mduuc.org and her office number is 925-914-7373 extension 112.

Marena McGregor DRE

Hi my name is Marena McGregor and I am your new Director of Religious Education. That feels so weird to say! This is such a bittersweet transition as I have really loved working with Indigo over the last five years. She has been such a kind, patient, inspiring and thoughtful mentor and colleague who I am now honored to call my friend. I am excited for her to get to start this next chapter in her life and career and wish her all the best.



I am also excited about the possibilities the future will hold at MDUUC. I am third generation UU and have fond memories of growing up as a participant in the religious education program at our church. As I step into this role, I am bringing many years of experience as your former Asst. DRE and a deep appreciation for this program. It is a blessing to have this work come full circle.

However, I can't do this alone. I need your help. It takes a village to have a thriving community, especially a thriving RE program. Now I need to all to mark your calendars. If you ever had any curiosity about what our RE program is all about, I have the event for you. Sunday, September 11th, right after service, I will be hosting an exciting event called "Is RE FOR ME? High Tea!" If you want to hear more about my hopes and dreams for the coming year, the programs we plan to offer and think you may be able to help out in even the smallest of ways, you should come! I know not everyone is interested in teaching, but are you someone who could help grocery shop for youth snacks? Or plan a family event at church? Maybe organize the craft closet? Maybe teach a teenager how to change a tire? And so much more! The event will be held on the Brick patio on September 11th right after service. I hope to see you there!

In Memoriam

A gathering in remembrance of Edie Hedgecock will be held on **September 18 at 1 p.m.**

FRIDAY MEDITATION

JOIN REV. LESLIE TAKAHASHI FOR A BRIEF GUIDED MEDITATION FOLLOWED BY A CHANCE TO SET AN INTENTION FOR YOUR DAY. SECOND AND FOURTH FRIDAYS AT 10 A.M. ON ZOOM. SEE THE CALENDAR FOR LINKS!

Indigo Lewis, DLRE

Dear Friends,

It is with mixed emotions that I am announcing my leave taking from my position as your Director of Lifespan Religious Education effective the end of this month. I am being called in a different direction on my life's journey and will be moving into a new career, one that leads me away from the work of full time congregational ministry. As a religious educator of 16 years I believe deeply that the work of religious education, the witnessing, support, and encouragement of spiritual growth, is extremely important and valuable. So this transition is bittersweet, to be sure, filled with both incredible grief and joyful anticipation.



That being said, I am also joyous that Marena McGregor is stepping into the role of Director of Religious Education and will supervise the programming serving infants through young adults. It has been a true pleasure to work in collaboration with Marena over the years and I could not have asked for a better partner. She will continue the work we've been crafting together and of course bring her own vision to bear on RE going forward. In addition, I will be staying on through the year in a much reduced capacity to provide continued collaboration and support of MDUUC's RE programming with Marena.

And finally, there is so much to celebrate and be proud of during our five years together! To list everything would take paragraphs, but I hope you will join me in the joyful memories of: connecting and learning together in parenting classes, veggie car races, the Mystery Pals ice cream social, hearing from the hearts of youth at the Coming of Age services, YRUU travels to Arizona and General Assembly in Portland, bounce houses, gatherings on the beach, the Laramie Project play, the School of Wizardry summer camp, overnights in the Sanctuary and so, so much more. I sincerely hope you will join me in celebrating our time together on Sunday, August 28th for the always wonderful Balloon Sunday and Ice Cream Sundae Social on the brick patio afterwards!!

With Such Gratitude,
Indigo Lewis



Devil Mountain Coffee House Presents Roy Zimmerman Sept 16!

Devil Mountain Coffee House is excited to announce two upcoming fall shows:

Friday Sept 16 at 8pm Roy Zimmerman will entertain us with his progressive satire. "This Machine" is ninety minutes of Roy's songs, at turns heartfelt and hilarious. It's laughter and encouragement for progressive-minded people who need a lot of both.

Friday Oct 21 at 8pm Evie Ladin and Erik Pearson will wow us with the polyrhythmic heat of Evie Ladin's clawhammer banjo, resonant voice, real stories and rhythmic dance. Both instruments and body percussion will be part of this show.



If you are interested in witnessing and learning more American Sign Language, please consider attending the Leshar Center for the Arts ASL interpreted performance of "Always Patsy Cline"

Sunday, September 25 from 2:30-4:45 PM

More than a tribute to the legendary country singer who died tragically at age 30 in a plane crash in 1963, the show is based on a true story about Cline's friendship with a fan from Houston named Louise Seger.

The musical play, complete with down home country humor, true emotion and even some audience participation, includes many of Patsy's unforgettable hits such as "Crazy," "I Fall to Pieces," "Sweet Dreams" and "Walking After Midnight"...27 songs in all.

Buy Tickets at: lesherartscenter.showare.com



Is RE for Me? High Tea! Sunday, Sept 11th After Service

If you ever had any curiosity about what our RE program is all about, I have the event for you. If you want to meet our newly promoted DRE, Marena McGregor and hear more about religious education at MDUUC, the programs we plan to offer this year and/or think you may be able to help out in even the smallest of ways, you should come! We know not everyone is interested in teaching, but are you someone who could help grocery shop for youth snacks? Or plan a family event at church? Maybe organize the craft closet? Maybe teach a teenager how to change a tire? And so much more! The event will be held on the Brick patio on September 11th right after service. We hope to see you there!

Do You Have An Hour To Spare?

We know that many people are working and parenting and traveling and have other commitments. Watch our JUST IN TIME section in the newsletter for opportunities you can do one time.

Rentals

Do you have connections with a nonprofit or musical group looking for space? MDUUC is looking to increase its rentals. Contact Church Administrator Jen Marsh.

MINISTERS' CLASS FOR 22-23: OUR VALUES AS WORLD CITIZENS

This year join Revs. Leslie Takahashi and Rodney Lemery as we explore what it means to be a citizen of the world. Our world is getting smaller, shrunk by technology and common crises. How have we historically and how do we currently interact with it through the framework of our Unitarian Universalist values and beliefs.

Rev. Sofia Bentancourt speaks of the core of our values as “theoethics” and we will explore these as we think about the challenges we face as a world community and our work together.

This interactive, discussion-based class will be held on first and third Wednesdays from September through May (with some exceptions for holidays) from 7:00-8:15 p.m. A great way to get to know more about Unitarian Universalism and your community members and friends.



BREATH AND SPIRIT

SEPTEMBER 17TH

10:00 AM - 12:30 PM

THIS RETREAT IS DESIGNED
TO FIND STRENGTH AND TO SUSTAIN US
FOR THE LONGER HAUL
AS WE CONTINUE TO ADAPT TO CHANGES IN OUR
LIVES, RELATIONSHIPS AND DAILY ACTIVITIES.

THIS IS A TIME TO TAKE A BREATH, SLOW DOWN AND BE CALM.

NEW TO MDUUC?

Please join Revs. Leslie Takahashi and Rodney Lemery for our series on “Connecting You to MDUUC.”

Connections 101 You, UU and MDUUC Saturday, September 10 1:00 - 3:30PM

Please join lead minister Reverend Leslie Takahashi and Justice Minister Reverend Rodney Lemery as they share with you some unitarian universalist history and our principles. This class is designed for visitors and people who may not have a strong foundation of the Unitarian universalist faith or who may want to know more about our long history and tradition. This class also contextualizes our Unitarian universalist values by providing a basic understanding of the historic and current justice activities that help us live our UU values!

Connection 102 You, Covenants and Connection Saturday, September 17 1:00 - 2:00 PM

Please join lead minister Reverend Leslie Takahashi and Justice Minister Reverend Rodney Lemery as they share with you some unitarian universalist history and our principles. This class is designed for visitors and people who may not have a strong foundation of the Unitarian universalist faith or who may want to know more about our long history and tradition. This class also contextualizes our Unitarian universalist values by providing a basic understanding of the historic and current justice activities that help us live our UU values!

Connecting You and MDUUC 103 Connect Group for New Members Saturday 24th

We will be forming Connect groups with our Connecting You and MDUUC participants--a great way to connect!

HATs OFF

- To Helen Reznick who founded and then led Books and Connections for a decade!
- To Peggy Kroll and Sally Edgerton who are stepping back from our fundraising efforts after amazing service (and still around to mentor!)
- To Worship Associates Les Polgar, Sharon Sobotta, Jim Lincoln and Jean Wilcox for their help with our Sunday services this summer.
- To Jo Gelinas who faithfully assists with our data entry each week.
- To Jane Russell for her work with our Caring Committee. To
- Jaynese Davis and Mary Alice Luchetti for serving ice cream after Balloon Sunday.
- To Laura Zucker, Mora Mattingly and Scott Shrader

Eighth Principle Discussion at September 25 Congregational Forum

Eighth Principle Discussion will be held Congregational Forum September 25 at 12 noon. Watch for details as the Board hosts this important conversation in support of the work of the Racial Justice Task Force. You can learn more about the Eighth Principle work at uua.org and watch for emails.

Article II Study Commission

Our Unitarian Universalist Association of Congregations is reexamining how we state our core beliefs. The purposes and principles which have been a mainstay for several generations are getting a new look in a review mandated by the Association's by-laws. As part of this, the Commission wants to hear from YOU. So check out these links and participate in our democratic process:

Article II Study Commission: uua.org/a2sc

Facebook: facebook.com/UUAArticle2

Instagram: https://instagram.com/revuu_a2/

Send us your thoughts via our feedback hub: padlet.com/a2sc/

IT'S BACK!

Coffee and Conversations

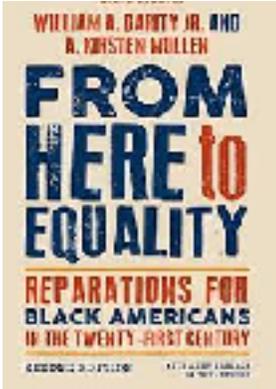
Watch for details in the Friday Email soon. These are small and informal gatherings hosted by a member of the ministry team which bring people together by geographic area. We will be choosing places with outside spaces for discussions. If you have a favorite watering hole, let us know!



Living our Values Everyday (LOVE) - A Justice Fair

Please join our MDUUC community as we share time together learning about this year's Justice programming and how you might connect with others interested in Living our Values through Justice ministry! This will be a hybrid event using our campus and zoom!!!

**September 10, 2022
10:00 AM - 12:00 PM**



Justice Book Read - From Here to Equality: Reparations for Black Americans in the Twenty-First Century

When slavery ended, the disenfranchisement of African Americans did not. Discrimination continued in jobs, housing, and education — barriers that have contributed to the staggering economic inequality that persists in the country today. In a new book, economist William Darity Jr. makes the case for reparations as an answer to closing the racial wealth gap. Please join us as we explore the concepts of this book and look for how we might imagine a restoration of our country!

**September, 11, 2022
2:00 PM - 3:00 PM**

Save the Date!
The Taste of Walnut Creek is back! Save the date for this year's event: October 18 from 5pm-9pm. Passports will be available soon!

ENGAGEMENT!

Part of a culture of caring is to participate in the community of which we are a part!

This is a reminder that our Sunday services can be engaged in so many different ways!

- Show up to our Covid-19 compliant in-person services
- Join our YouTube Live streamed service on Sunday morning to actively engage with others in the virtual room
- Join our Facebook Live streamed service on Sunday morning to passively interact with the service in our Facebook Live space
- Join our Live streamed service on Sunday morning from our website to watch from the comfort of home

Visit our YouTube page anytime in the week to watch past services from the comfort of home.

However you choose to engage, this is a community striving to transform itself and the world through Love!

DO YOU HAVE A YEN TO TEACH?

Have a craft you would like to teach others? A skill? A special hobby? An area of expertise from your work life you would like others to know about? Consider teaching a class at MDUUC which is a great way to extend your passion and your knowledge. Contact Rev. Leslie Takahashi at leslie@mduuc.org to learn how you can help.

Because of you, life doesn't stop.

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

RED CROSS BLOOD DRIVES AT MDUUC

First and Third Mondays
Time 11:00 a.m. - 4:00 p.m.
By appointment only at Bloodhero.com

Just in Time! Ready To Get Involved? Interested in Volunteering? We Need Your Help!

- Do you love books? We are looking for a couple book lovers to lead our Books and Connections group
- Do you enjoy helping organize events? Your congregation needs you!
- Can you rake and weed? Paint or fix? Consider joining our Saturday Buildings and Grounds Work Parties on the first Saturday of every month.
- Have a talent for listing things on Facebook Marketplace or other forums? As we move more fully back into our buildings—and as we look to rent them as part of our income stabilization, we need to get rid of a few pieces of furniture and could use someone to coordinate.
- Refreshment Mavens, we need you! We are looking for a few folks to help host our Sunday refreshments on the Patio this fall.
- We need certified food handlers - let us know if you would like to become trained.
- Do you like to post on Facebook Marketplace? We need a helper to find homes for things that we no longer need on campus. If you like to do this, please let us know!

WE BUILD COMMUNITY BRICK BY BRICK, PERSON BY PERSON & RESPONSE BY RESPONSE!

This is a thriving and robust community and your participation makes it come alive! Part of being in a community is connecting and collaborating with others to build something that is more than anything we could build alone.

This year we have released our 2022-23 Member/Friends Survey and can't wait to hear back from you! We noticed that you haven't responded yet and want to invite you to take a moment in your busy day to help us with some answers that will directly impact our building blocks for this year's community efforts!

This survey will be live and up for your completion until the end of August but we would LOVE to hear from you sooner!

For those of you who do not wish to complete an online form, we will have copies of a paper-based survey that you can complete at the Welcome Table on Sundays for the next few weeks. Please drop by and complete the survey and return it to the Scaff building slot!

Lastly, if there are particular reasons that you haven't yet or do not plan to respond to this survey we would like to know your reasons or reluctance. Please consider sharing these reasons with Rev. Rodney at rodney@mduuc.org or give him a call at (650) 996-1710!

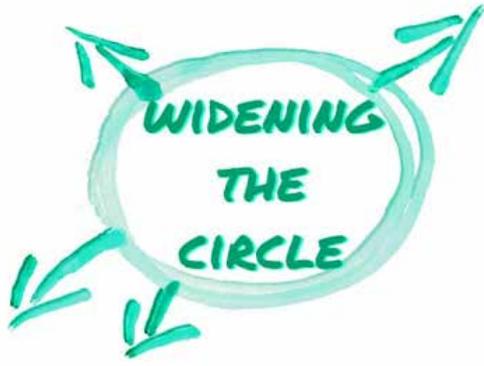
Please Note

After a long technological journey, Rev. Leslie Takahashi is returning to the use of leslie@mduuc.org as her primary email.

Missing Emails From MDUUC After Your Summer Travels?

Try searching for mduuc.org in your inbox, junk and other email folders as many email programs will now hide emails you do not open. Opening the emails may get you back to receiving them. If that doesn't work, please use this link to see the last month of emails and to re-submit your email address:

<https://us9.campaign-archive.com/home/?u=a573155dc6e969457a5eb06b1&id=6184fe246f>



MDUUC Strategic Initiative 2021-2022 - WIDENING THE CIRCLE

Appointed by 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 Lynn considers what a welcoming church community feels like.

This is a continuing series. Last spring I wrote about:

- How our theology calls us to dismantle system racism and other oppressions,
- The importance of centering the voices of historically marginalized voices in our organizations, and
- The benefits to each of us and MDUUC when we do take conscious steps to be sure we hear the voices of those most impacted by decisions we make as a community or committee.

A welcoming culture is a strong foundation for our efforts to **dismantle processes and structures that support racism**. Creating Beloved Community calls us to welcome all who are drawn to our values, principles, and theology. What does that welcoming culture or set of social norms look and feel like for you?

Based on MDUUC member input and the chat comments at the General Assembly, Article II of the UUA Bylaws presentation on inclusion in June, here are four themes that I noted:

A welcoming congregation's members are **non-judgmental**. Everyone's opinions are respected. Folks avoid making assumptions about others and allow respectful space for vulnerability. Everyone feels heard, accepted and respected.

A welcoming congregation's members are **sensitive and genuine**. They express quiet curiosity about newcomers, look people in the eye, and are welcoming and engaging when meeting newcomers. They know and use people's names and preferred pronouns.

A welcoming congregation's members **make room for the multiple truths** held by others, and request and honor input from others. It feels safe to address unintentional harm caused in order to honor and return to our covenantal commitment to each other.

A welcoming congregation's members **anticipate and work to address the needs** of those with children, special diets, and physical differences.

What is most welcoming about MDUUC for you? What welcoming intentions will you set for yourself this year?

Please comment this article or on our topic for the October Beacon: **How does our Covenant of Right Relations support welcoming all voices with respect and openness?** Send your comments and questions to wcc@mduuc.org.

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

MDUUC CAN NOW ACCEPT CAR DONATIONS

We are now able to take car donations if you have a vehicle you would like to donate, please be in touch with Congregational Administration Jen Marsh at jenm@mduuc.org



Please save this important date on your calendar. Bid 4 Love is our annual “biggest” fundraiser.

In our pandemic year 2020, we found that a totally silent auction can actually work. We also found that we hope to celebrate in person for FOOD, FELLOWSHIP, and the LIVE AUCTION. So, we listened, and we are currently planning for a live event and an extended silent online auction.

How Can You Help?

- Donate an event, gift certificates, or artisan art donations
- Volunteer for one of the sub-committees that make this event a success:
 - Marketing to MDUUC community to secure events and items
 - Food/social
 - Bortin Hall Marketplace
 - Set-up/Breakdown
 - Decorations
 - Raffle/games
 - Technology
 - Online and Live auction
 - Volunteers
 - Accounting

As MDUUC fundraisers, we NEED you and your new ideas. We also have lots of fun in making this event a success. Please think about joining in. Please contact **fundraising@mduuc.org** if you are interested!

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 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 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

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**.

October Beacon Deadline:

Beacon deadline is
Wednesday, September 21 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

Jaynese Davis, Steve Dietsch, Jana Contreras, Andrew Oswald, Mark David Watanabe, Sage Hagarstrand



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

Marena McGregor, Assistant DRE
marena@mduuc.org

Mark Tuning, Music Director
musicdir@mduuc.org

Brett Carson, Accompanist
brettcarrson@mduuc.org

Jen Marsh Prink, Congregational Administrator
jenm@mduuc.org

Rev. Dr. David Sammons, Minister Emeritus

Worship Associates - worship@mduuc.org
Board of Trustees - board@mduuc.org

Welcome Back Conversations!

Sunday, September 4, 12:00 PM

Remember to bring some
wayer representing your inner
or outer travels over the summer.

And stay for some brief
conversational circles--what
better way to start a new
congregational year than to
meet a new friend.