



NUUSLETTER

of the Unitarian Universalist Church of the Monterey Peninsula

Sunday Service at 10:30 a.m. in person and via Zoom online meeting app

August 4

“Go(o)d Vibrations”

**Worship Associates Christina Zaro and Ann Jacobson,
with Guest Dr. Christopher Powell**

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration" - Nikola Tesla.

Guided by chiropractor, yoga teacher and sound healer Dr. Christopher Powell, we will learn how sound, light and vibration are being used in some top medical institutions and explore how sound & vibration heals, uplifts and illuminates. The service will include a period of about 15 minutes during which Christopher will play multiple large planetary-tuned symphonic gongs to enable us to experience their therapeutic vibrations, so it will run just a bit longer than usual.

August 11

"Walking Our Talk"

Worship Associates Max Cajar, Ann Johnson, and Maren Martin

As Unitarian Universalists, are we truly walking our talk? Are our actions aligning with our principles of justice, equity, and compassion? Do we actively support marginalized communities, address environmental concerns, and promote inclusivity? Reflecting on these questions helps us ensure our commitment to living our values and positively impacting the world. Join us for our service on "Walking Our Talk" to explore how we can better live our values together.

Religious Exploration

Children (pre K - 11) and teens (12-18) attend our worship service on Sundays and go to their respective Religious Exploration classes following the Story for All Ages.

August 18

“Water Communion Service”

Revs. Elaine and Axel Gehrman

Join us for our annual multigenerational Water Communion Service, a celebration of our community. Please bring a small container of water from someplace sacred to you, which you can contribute to this worship service for all ages.

August 25

“Natural Worship”

Revs. Axel & Elaine Gehrman, and Worship Associates Jon Czarnecki and Kathleen Craig

It's the Big Sur Campout Weekend! You have two choices this Sunday, you can join Revs. Elaine & Axel and the other campers at the Santa Lucia Campground for a short multigenerational open-air worship service at the banks of the beautiful Big Sur River, or for those who choose not to make the trip to Big Sur, a similar service will be led by our Worship Associates at church.



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Ministers' Message

Rev. Axel Gehrman

This summer Elaine and I were able to spend a few weeks with family and friends in Germany, where I was born and lived for much of my youth. In addition to good food and sight-seeing, I appreciated the opportunity to reflect on our respective personal and political histories, as well as recent U.S. events. Among my summer reading materials, I found several pieces by Rebecca Solnit especially worthwhile, as well as her book *Whose Story Is This?*

I also appreciated this poem by our colleague Lynn Ungar, which was written two years ago, but was recently posted on Facebook again:

Bullies

Might as well admit it:
the bullies are running the school.
No teacher, no parent, no principal
is stepping in. They will take
what they can, add it to their hoard,
and toss some bright coin
of power to the henchmen
who roam the halls. I wish
I knew how to make it safe.
I wish I knew how to send us all
back to science or language or music
or math or whatever it was
that we came here to do. I wish.

The bullies will not be satisfied,
because brutality does not satisfy.
They have set the terms
of a game no one can win.
It may come down to the need to hide.

But don't hide out alone.
We are gathering in the library,
Behind science fiction stacks.
We are holed up in the art room
with our colored pens, and we
are yelling in soundproofed
practice rooms. We have brought
our instruments to the band.
We have brought our voices to the choir.
We still have words to print
in the bulletin and the yearbook
and in the poetry chapbook
we expect no one to read.
We are plotting behind the bleachers,
and we are still determined
to put on the play. We probably
won't catch the conscience of the king,
who is utterly without shame,
but we have come together
to learn our lines, to sing our songs,
to live the lives
the bullies cannot imagine.

--Lynn Ungar
lynnungar.com

I hope you, too, have had opportunities for rest and reflection this summer. I look forward to the months ahead at UUCMP – our caring community devoted to love and justice, and our ongoing efforts to change ourselves as we change the world.

See you in church!

Axel

Our guest speaker for August 4th's service on "Go(o)d Vibrations" is Dr. Christopher Powell, who shares, "During a near death experience at age 18, I heard my ancestors adamantly tell me, 'Turn Around, You're Going The Wrong Way!' Since that moment I've dedicated over 37 years to humanitarian service, including 6 years in the military US Coast Guard Air/Sea Search & Rescue, Oakland County E.R, Emergency Medical Technician, CPR Instructor, 3RD World International Service Projects, Volunteer Structural & Wildland Firefighter/1st responder, Doctor of Chiropractic, Bio-Acoustic Vibrational Medicine practitioner and Kundalini/Meridian/Yin Yoga Teacher. I have integrated both worlds of emergency and complementary health care into my offerings. What I know from serving around the world is, it's a must to have better feeling BEFORE you can feel better and do your best work in the world."



Men's Breakfast

Saturday, August 10, at 8:30 a.m.

The men's monthly breakfast is continuing, as hybrid. Our next meeting is Saturday, August 10, from 8:30 a.m. to 11:00 a.m., in the Fireplace Room. People will bring in food of their choice to the in-person meeting. If you prefer, you can join us via Zoom from home at 9:00 a.m.

Zoom Meeting ID is: 975 5961

1965. Passcode: 408070

On a phone (call 669-900- 9128)

Or with a computer - simply click on this link:

<https://zoom.us/j/97559611965>



The breakfast is open to all who identify as male or gender fluid. Our conversation is confidential. If you are joining us in person, please RSVP to Mike Lovell lovellmike50@hotmail.com so that we will have an idea of how much food to bring. If you have any dietary restrictions, please bring your own food.



PUBLICATION DEADLINES

ANNOUNCEMENTS for SUNDAYS in the Welcome and Announcements from the pulpit are due by 9 a.m. on Wednesdays. ARTICLES for THE WEDNESDAY WEEKLY NEWSLETTER email are due by noon, on Tuesdays. MONTHLY NUUWSLETTER articles are due by the 16th of each month.

SCHEDULED EVENTS

Adult Community Choir meets Thursdays, 7 p.m. in the Sanctuary and via Zoom.

Big Sur Campout is August 23 - 25 at Santa Lucia Campground. See page 9.

Board of Trustees meets Wednesday, August 21, at 5:30 p.m.

Buddhist Sangha is every Wednesday at 7 p.m. in person in the Sanctuary. Zoom is available. See page 7.

Environmental Justice meets at noon, Sunday, August 11, in the Sanctuary and via Zoom.

First Friday Game Night is Friday, August 2, 6:30 p.m. in the Fireplace Room.

I-HELP for Men is Sunday, August 11, 5 p.m. Sign up on the Meal Train (page 8) or contact Rose Lovell or Steve Smaby if you can help.

I-HELP for Women is Sunday, August, 25.

Membership Committee meets Wednesday, August 28, at 5:30 p.m. via Zoom.

Men's Breakfast Group meets Saturday, August 10, 8:30 a.m. in person and 9 a.m. via Zoom. See article at left.

Music Committee meets Tuesday, August 27, at 6 p.m. via Zoom.

NUU'sletter deadline for the September issue is Friday, August 16.

Program Council meets Tuesday, August 6, via Zoom. Contact Mibs McCarthy programcouncil@uucmp.org

Social Justice meets Sunday, August 4, at noon in the Sanctuary and via Zoom.

Stewardship will not meet in August.

T'ai Chi Chih meets Tuesdays at 4 p.m. in the Sanctuary. See page 7.

Youth Music may be starting again. If you are interested, please send Jorge an email:

music@uucmp.org

RELIGIOUS EXPLORATION



Fall Happenings!

YOUNG(ish) ADULT GROUP (20s/30s/40s) MEETUP

The group will be meeting up the third Sunday in August on the 18th - from 12 – 2 p.m.

Let's Go to the Mall! Like [Robin Sparkles](#) sings, **the mall is a place with something for everybody**. Although there isn't technically a food court at Del Monte Center, grab lunch from your favorite spot and meet at the tables between the Chipotle and Starbucks. Maybe you'll visit your favorite shops, or go see a movie together.

Fall Plans for RE

This fall our students in grades 6th through 9th will have the opportunity to take part in the *Crossing Paths* curriculum.

Crossing Paths is rooted in religious pluralism. Instead of claiming that one religion is better than others or that all religions are really different ways to the same end, religious pluralism treats religions as *separate* systems of belief that address *distinct* human challenges. Rather than seeing all religions as different paths leading to the same mountaintop, this view sees each religion as its own uniquely beautiful mountain. *Crossing Paths* is about exploring a new "mountain" each month, thus our tagline "Many Mountains; Many Paths."

Upcoming Summer Activities & Events - August

* **August 23-25** - UUCMP Big Sur Campout at the Santa Lucia campground! There will not be RE on this Sunday at the church building as the DRE and two of our teachers will be at the camp out!

* **August 30-31** - Super Flea! A rummage sale fundraiser benefiting UUCMP! Please see page 9 for details.

Parents - Did you know RE Staff are at the building starting at 10:00 a.m.?

Plan to arrive before service starts and your children can settle in and play before the service while their adults enjoy coffee and conversation. After the service, children who are not picked up by 11:50 will walk with staff to be re-connected with their families. Email Shannon dre@uucmp.org to let us know so we can plan for attendance.

Would your child like to light the chalice?

Every Sunday we try to find a child or youth volunteer to light the chalice. It's a fun way for kids to participate in the service. DRE Shannon can show kids how to do it before the service if it's their first time or they need a reminder. See Shannon on Sunday morning if interested.

VOLUNTEERS NEEDED

Church members without little ones are encouraged to lend a hand so parents can have a chance to connect with our wonderful community. A special thank you to our July volunteers Karen Brown, Ali Smith-Shapard, Max Cajar and Warren Finch. We appreciate your help whether working directly with our kids or to make our UUCMP campus a safe and fun place to be!

-- Acting DRE Shannon Morrison

President's Corner



Beginner's Mind

In many ways, August marks the start of a new year at UUCMP. The summer interlude draws to a close and a new year of Religious Exploration programs begins. The new Board of Trustees meets for the first time; the choir returns from a short recess. There are new faces, as well as familiar faces wearing new hats.

One of my favorite books is titled *Zen Mind, Beginner's Mind*. It's a collection of informal talks that were given by the Zen Buddhist teacher Shunryu Suzuki to his students. In it, he praises the mind of the beginner, and he says that a goal of Zen Buddhist practice is to "always keep our beginner's mind." A beginner's mind, he says, is an open mind and a ready mind. "In the beginner's mind there are many possibilities; in the expert's mind there are few." It's interesting to think that someone beginning a spiritual practice may have an advantage over someone who has been practicing for years. And what are we to make of an expert in Zen Buddhism extolling the virtues of being a beginner? Maybe Shunryu Suzuki was an expert at cultivating a beginner's mind.



In a religious community like ours, where everything we do is an opportunity for spiritual practice, and at the same time expertise is properly prized and cultivated, what would it look like if we brought a "beginner's mind" to all that we do this month, as we begin our new year together?

Mark Your Calendar!

The annual UUCMP Service Auction is coming up. Each year, UUCMP members offer delicious meals, experiences in nature, musical opportunities, garden advice, cooking lessons, original craft items and so much more as a different way to connect with our church community. This year's theme is Fabulous Fiction. How will you write your (true?) story for the auction this year? The Silent Auction dates are Sunday, October 20, to Sunday, October 27, with a fabulous Live Auction on Saturday, October 26. Don't miss it!





August Shared Plate Recipient Housing Resource Center

The Housing Resource Center (HRC) mission is to provide a continuum of housing resources for homeless prevention and affordable housing opportunities. HRC fosters community stability, stronger communities, and personal economic empowerment through education, advocacy, counseling and services. They help people who are homeless and need a place to rent and those with a notice to vacate who at risk of becoming homeless. They operate CalWORKs programs for families, programs to reunite families with a CPS case, Prop 47 to support substance-recovering individuals, and a small program to support those actively fleeing domestic violence. Within these programs, HRC determines if the case is in need of temporary shelter as they locate permanent housing or negotiate with their landlords to stabilize current housing and prevent families from entering into homelessness. No matter which outcome their cases are facing, HRC understands knowing where to go and who to speak to can be rather daunting. They pride themselves on being a resource for all those in need; even if they do not qualify for their programs, they work to direct them to an agency that can.

Since 1984 HRC has been working to reduce homelessness, develop partnerships, advocate, and find solutions to the housing crisis within our community. They have developed their Landlord Gold Standard program that has been focused on developing partnerships that will increase housing inventory and allow for more landlord involvement in reducing the NIMBY attitudes towards helping those who are unhoused.

We all know about the housing crisis in our area. This problem touches everyone. Most of us just complain while we pay. We don't worry

so much about ending up on the street. Maybe we don't even have much awareness of what it's like to live with that threat, to be on the curb, or to be in the street. I know we want to share with those who are not so fortunate.

How does my donation make an impact?

Helping people is very costly work. Here is a list of some of the costs, not counting staff.

- \$ 25 Cost of one credit report
- \$ 35 Application fee for one applicant
- \$ 50 Fuel fees for one car per week
- \$ 100 Cost to pay average unpaid utilities
- \$ 300 Cost of basic outreach materials HRC
- \$1000 Cost of hotel for a family for one week
- \$1500 Average rent for one month
- \$1500 Average security deposit

I nominated the Housing Resource Center to be our shared offering this month for several reasons:

1. I wanted an organization that helps individual people and families who are without shelter.
2. I wanted an organization that advocates and works toward changing the system that creates homelessness.
3. I wanted an organization that crosses the "lettuce curtain" with our message of love, freedom, and action.

The Housing Resource Center has many partners listed on their website, including UUCMP!

Let's show we are good partners, in this effort, working toward a county where everyone has a home.

-- Karen Brown

Join Our Church!

Even in these post pandemic times - *especially* in these times - our church seeks to be a caring community and a welcoming place. We strive to deepen our religious lives and support the spiritual growth of all who join together here, working to build a better world beginning with ourselves.



If you find you resonate with our principles and you are at least 16 years of age, then we invite you to sign our membership book.

Joining the church entitles you to vote at congregational meetings, at which we adopt budgets, elect officers, and direct the course of church programming. Above and beyond that, membership is a personal and public expression of your support of this religious community, the ideals it stands for, and the work it does.

If you are interested in becoming an “official” member of UUCMP, contact the ministers. (minister@uucmp.org)

Please join us!

Life Enrichment Programs Affinity Groups

Some groups meet both face-to-face and via Zoom in August,

Men’s Breakfast Group meets second Saturdays 8:30 a.m. in person at church and at 9 a.m. via Zoom. Contact: Mike Lovell. See page 3.

Buddhist Sangha will continue in person and via Zoom on Wednesday evenings, 7 to 8:30 p.m. Contact: Rev. Dennis Hamilton

T'ai Chi Chih meets every Tuesday at 4 p.m. in the Sanctuary.



THE MISSION STATEMENT OF THE UNITARIAN UNIVERSALIST CHURCH OF THE MONTEREY PENINSULA

Welcoming all, we worship together with loving hearts and open minds,
promoting peace, equality, and respect for the Earth.
Questioning, reflecting,
learning, leading . . . we change ourselves
as we change the world.

We Know You Have Stories to Tell!

The Worship Associates at UUCMP bring a variety of experiences and perspectives to our weekly services!

If you think it might be fun to help plan and participate in worship services, please talk to one of our ministers about joining our team. Enthusiasm is required, experience is not.

Men's I-HELP for August 11th

On August 11th UUCMP will host and provide meals for Men's I-HELP (Interfaith Homeless Emergency Lodging Program.) We are planning for about 25 guests.



We need your help to provide the donations of food for the meals. We can also use your help with setting up, preparing food and greeting the men. Please sign up on the link below.

[Men's I-HELP MEAL TRAIN](#)

You can sign into Meal Train with your google account or Facebook, you do not have to create a new account unless you want to do so.

Food donations may be left in the church kitchen after the morning worship service on Sunday. **PLEASE LABEL all food with Men's I-HELP.** Food may also be brought to the church after 3:00 p.m., but no later than 4:00 p.m. on that Sunday. Please use this Meal Train link to sign up by the Saturday before 5 p.m. so we know where we stand for donations, since our goal is to have all items donated.

If you just want to tell us what you are bringing, contact Rose and she will sign you up.

[Men's I-HELP MEAL TRAIN](#)

If you would rather contribute monetarily to support this important mission of our church, please mark your check donation in the memo line for **Men's I-HELP Meals**.

[Donate financially](#)

If you have difficulty using the Meal Train program, please let Rose Lovell know: lovellfamily5@gmail.com

Are You Interested in Joining a Grief Group?

Throughout our lives we each are confronted with a variety of losses, and along with them our experiences of grief. A few of us are in the process of launching a new Grief Group at UUCMP, to share our respective stories, our thoughts and feelings, in a small, supportive group of members and friends, who are coping with similar challenges, moving towards healing.



Our first meeting took place Wednesday, July 31. We will soon have a new date for future meetings. If you are interested in being a part of this group, or if you have questions, please contact Lynda Sayre (lyndasayre@gmail.com) or 831 601 8823. Text if you like.

Join the fun and participate in UUCMP's 2024 Super Flea!

All are welcome!

Start your "summer cleaning" by gathering up those unused housewares, no longer worn clothes, jewelry, tools, puzzles, books, games and art.

Set up is on Wednesday and Thursday, August 28th and 29th, 9 a.m. - 2 p.m.
Need a different time to bring in your collection? Arrangements can be made.

The sale is Friday and Saturday, August 30th and 31st



Doors open at 9 a.m. and close at 2 p.m.



You set up and price items for your own table - nothing under \$1 or prices ending in cents. If you cannot be present to oversee your table for the entire sale, you can arrange to have someone else manage the table for you.

Remember that whatever you bring you must take away at the end of the sale!

There are plenty of racks for hanging clothes and we have loads of hangers. We also have some display cases for jewelry and a few baskets for scarves or fabric or other soft items.

Volunteer Opportunities

- We need cashiers – 8 per day with 2 ½ hour shifts: 9-11:30, 11:30-2:00
- Bakers – cookies, cakes, pies – *packaged to sell*
- Helpers to set up tables and racks
- Helpers to take down tables, racks, etc. at the end of the sale.



We will have sign-up sheets available as the event gets closer.

All proceeds from this important fund raiser go to UUCMP.

Questions? Contact Suzanne Schmidt (suzschmidt@yahoo.com) or Lauren Keenan at bill.lauren.keenan@gmail.com

BIG SUR CAMPOUT 2024 is Friday, August 23th – Sunday, August 25th

All registration forms are due by August 4

Join us for this popular, long-running UUCMP community event, camping by the Big Sur River. Registration forms, directions, pertinent information, and a list of volunteer/helper positions can be found on our church website at uucmp.org It's wonderful community building activity and a great way to get to know your UUCMP family. Come join us under the redwoods along the Big Sur river. Day visitors are welcome and will need to sign-up and pay online. Come and join the fun!



Questions? Contact Kerry Sisseem at kerrysisseem@earthlink.net

Environmental Justice



Get a free bumper or laptop sticker & begin a conversation about action on climate change.

We can't afford to take a 4 year pause on climate action. The average "fever" of the U.S. has been over 2.7°F (1.5°C) for over a year (aided by a strong El Niño). Can you imagine what it would feel like to have a nearly 3°F fever for over a year?? This has led to tremendous impacts on people and other living creatures on the planet visible in the 28 greater than 1 billion dollar climate-fueled extreme events last year in the U.S. including flooding here in the Salinas Valley. *The take home message is clear: every year matters in the race to slow climate change – we can't wait!*

Good News! We have made major strides enacting climate policies and are now on a path to greatly reduce greenhouse gas emissions in the U.S. and steer us toward a sustainable future! We need to continue & expand these efforts to "create a world worthy of our children." However, some candidates want to repeal our accomplishments and go back to the old ways.

Here are talking points if your sticker leads to a climate conversation:

- ◆ In 2022 Congress passed the Inflation Reduction Act (IRA), the most ambitious climate law in U.S. history. [Check out all of the ways](#) it is accelerating us toward a clean energy future including a map of projects across the country (as well as info on rebates/tax incentives to buy electric cars, electrify your home, get so-

lar, and much more).

- ◆ If the IRA was repealed in 2025, it would [add 4 billion tons of emissions](#) by 2030 equivalent to *twice* the savings made by *all* of the wind, solar, and energy alternative projects built worldwide over *the past five years*. Take home messages: elections have consequences.
- ◆ We are finally addressing environmental justice by designating 40% of projects funded by the IRA as well as efforts by every federal agency must be directed toward marginalized communities (the "Justice 40") initiative).
- ◆ Heatwaves kill more people than hurricanes do! They disproportionately affect children, the elderly and marginalized communities who can't access or afford air conditioning.

Get a "VOTE CLIMATE" STICKER

Order a free bumper or laptop sticker by filling out a [Google form](#), or emailing Diane Shisk (dshisk@gmail.com)- especially if you want more than one, or go to her website: <https://2028istoolate.org/>

And Suzy Worcester will bring a pile of the stickers to UUCMP.

-- Suzy Worcester

Environmental Justice

Cucumber Avocado Salad from

the New York Times

Yield: 4 servings

Ingredients

2 scallions,
trimmed then
sliced cross-
wise ¼-inch-
thick

ice

1 pound cucumbers (such as 6 Persian or mini
seedless, or 1 English)

Kosher salt

2 very ripe avocados

2 tablespoons fresh lemon or lime juice, or
unseasoned rice vinegar, plus more as needed

Red-pepper flakes or hot sauce, for serving



Preparation

Transfer the scallions to a small bowl of ice
water to crisp.

Peel the cucumbers in alternating strips and
trim ends. If desired, halve lengthwise and
scoop out the seeds. Cut cucumbers into

bite-size pieces (thin slices, ½-inch cubes,
or smashed into irregular shapes), then
transfer to a colander set in the sink. Toss
with 1 teaspoon salt and set aside to drain,
at least 5 minutes or up to 15.

When you're ready to eat, halve the avocados
and remove the pits. Using a spoon, re-
move the flesh from the skins, then cut the
flesh into ½-inch cubes. Transfer to a large
bowl, add the lemon juice and season
with salt. Stir to combine.

Shake the cucumbers in the colander to get rid
of any excess moisture, then transfer to the
bowl with the avocado. Drain and shake
the scallions in the colander. Add the scal-
lions to the bowl.

Stir the salad ingredients vigorously just until
the avocado breaks down a bit. The cu-
cumbers should be glossed with avocado,
but the majority of the avocado pieces
should still remain cubed. Season to taste
with salt, lemon and red-pepper flakes or
hot sauce.

-- Lauren Keenan

Musical Offerings



The Adult Community Choir
continues to grow and
meet **every Thursday from 7
p.m. – 9 p.m. in the Sanctuary.**

This choir is open to everyone,
members and nonmembers
alike, to explore singing together. No prior expe-
rience is needed. Send me an email or just stop
by! We are currently preparing for two services
per month.

Choir rehearsals start up again on August 1st with
a WELCOME BACK potluck at 6 p.m. followed
by rehearsal at 7 p.m. in the Sanctuary; join us!

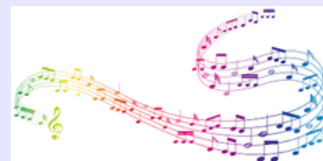
Do you play an instrument, sing, and would like
to find a group where you can practice your skills

in a safe environment? We would like to start
Jam Sessions again!! If you have any interest,
please reach out to music@uucmp.org

If you have any other
ways you wish to con-
tribute to the music
department, please feel
free to contact me via
email! We would love

your involvement in this fun program. Also, if
you would like to be added to the choir email
blast (you will receive information on all rehears-
als and upcoming singing events), please email
our music director, Jorge Torrez

music@uucmp.org



Unitarian Universalist Church
of the Monterey Peninsula
490 Aguajito Road
Carmel, CA 93923

Office Hours

For the month of August, our church office hours will be Wednesday and Friday from 10:00 am-12:00 noon. Email to office@uucmp.org

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Return Service Requested



August 2024

About UUCMP Publications

Please send NUUsletter submissions as an email attachment by the 16th to newsletter@uucmp.org, and indicate UUCMP NUUSLETTER in the subject line.

Please send submissions for WEEKLY NEWS, the weekly announcements, to office@uucmp.org by Tuesday noon.

Check the WEEKLY NEWS and website for news throughout the month.

If you have any questions, call the office, 624-7404, or e-mail us at office@uucmp.org