



The Fellowship Post

Mira Vista
United Church of Christ

June 2013

Commencing from the Heart

April showers bring May flowers, we used to say as children. And June graduations bring...commencement speeches! (Along with parties, farewells, buttons bursting with accomplishment, *and* hip hoppy feelings of FREEDOM!)

Tell the truth, now: have you ever heard a memorable graduation speech? Me neither. But then we're not really listening; we just want the ceremony and celebration to begin – NOW.

As a weekly preacher, I sympathize with the many hours commencement speakers spend polishing and practicing their work – in order to communicate something memorable and meaningful, truthful and helpful. Being funny is much to be desired.

A wise person might refuse the challenge of delivering a commencement speech nobody wants to hear, but human egos being what they are, I suspect most invited speakers say yes. *Mirror, mirror on the wall, who's the most accomplished, persuasive speaker of all?*

Even before ego has developed, though, every thriving baby will make great effort to communicate. What does 3-month-old Lucie, Sylvia's granddaughter, try to tell us about birth and life so far? That's not ego, that's the drive to connect, straight from her heart to yours.

The key to hearing each other is that heart to heart connection. Everyone you've ever met or even seen has wisdom to share – wisdom from the heart. But not so many take the time required to distill our own heart wisdom in order to connect it beyond ourselves. Maybe



we think we'll have lots of time for that later. We may think we don't have much to offer, or that everyone already knows what we know. I feel those things myself sometimes. What I know for sure, though, is that whatever you have to say from your heart has deep value to me and to anyone really listening.

So here's the challenge: if you were giving a commencement speech this month to new graduates (pick your school and degree), what would YOU say from your store of heart wisdom? How about if you had 25 words or less? What if you had only SIX words?

Since we are all tempted to go on WAY too long when we share wisdom, let's limit ourselves to SIX WORDS! Try putting down on paper six words that express your heart wisdom. Repeat. And do it again. Once you get started, it can be hard to stop. Here's a few to get you started – remember, only six words:

*Never put heavy things up high.
Putting God first, you won't be last.
An ice pack fixes almost everything.
Love you; thank you; I'm sorry.
Welcome home; supper's ready; love you!
Pay attention to the smiling eyes.
Tend hearts first; get more done.
Remember to share your best words.*

Since I am leaving you now until August 21, I can't resist giving a commencing speech – will you listen if I only use six words?? *Have a heart summer. Love, Susan*

Social Action Team Corner



We are delighted to report the progress as of May 21 of the UCC Mission 4/1 Earth in which we have participated during Easter tide this year. Looks like we may meet the goal for trees, and for those others – well, we just got started! Mira Vista UCC is responsible, through our Pennies for Pines effort, for planting 500 seedlings on 5 acres in the Stanislaus National Forest.

Thank you to all of you who have participated in this effort in hundreds of different ways. Let's keep it up. If you missed our viewing of *Green Fire* and wonder what all the fuss was about, we have a copy in the office for you to borrow. Our office also has circulating copies of Aldo Leopold's *Sand County Almanac* for your inspiration. (Please leave a note saying what you borrowed.)

One goal was for us to fall in love with earth and all her creatures all over again, making it possible for us to invest much more deeply in the present and future, and to repair the damage of the past. Feels to me like mission accomplished: what would you say?

A special thank you to our Social Action Team, from whom all good things seem to come!

Council Corner

June Semi-Annual Meeting

On June 9, 2013, we will hold our semi-annual meeting and election of Council members. Each June the Vice-Moderator and Moderator positions come open for another one-year term. I'm happy to say that Sylvia Sugg and I are willing and able to continue as

your Vice-Moderator and Moderator, if you so choose. Historian, Special Offerings, and Stewardship positions are also open in June, for two-year terms. We are so fortunate to have Virginia Carrieri, Barbara Cook, and Wendy Wisely ready to stand in these positions. In addition, Cathy Noble, Kathe Kiehn, Beth Koutz, and Wendy Wisely will continue to serve out their terms for their current positions of Clerk, Co-Treasurers, Co-Financial Secretaries, and Worship Team. We're so blessed; we have no empty chairs!

Do plan to come to the meeting! We'll be celebrating our members and our accomplishments with an Old-Fashioned Church Picnic Potluck Lunch. See you there!
Bonnie Hariton

Council Corner and Summer Plans



At our Church Council meeting in May, we discussed lots of things having to do with Pastor Susan's upcoming sabbatical, with our June

Semi-Annual Meeting, and with summer plans. We are even looking forward to September 8th and our participation in the Solano Stroll. Susan and Barbara will be out and about for most of the summer; they return on August 21st.

Dan and I will also be away on vacation. On June 14th, we head south to San Luis Obispo to celebrate Eliot Hariton's graduation with an MS in Aerospace Engineering from Cal Poly. Then we drive down to LA, finish packing, and fly to Paris along with our oldest daughter, Kamala Norris, and our two grandchildren, Vivian (10) and Eric (8). We've rented an apartment for six weeks in the 16th Arrondissement - we can see the Eiffel Tower down the block! After that we all fly to Bucharest, Romania and stay in the apartment of one of Dan's cousins. We hope to visit the monasteries in Bocovina this time. We come home about September 3rd. I promise we'll give you a slide show on our return!

While we are away, Rev. Melinda McLain and her mentee, Vic Robinson, will be preaching at

Mira Vista. Rev. Melinda will be holding "spirit and the arts" Tuesday evening gatherings at the church (7 p.m), a time to share favorite poems, stories, songs, paintings, dances, and more. Vice-Moderator Sylvia Sugg will be with you over the summer as your lay leader. Let's stay connected in the spirit.

So merry meet, and merry part, and merry meet again,

Bonnie Hariton

Spirit & the Arts

An exploration of the intersection of artistic expression and our spiritual lives.

On Tuesday evenings, 7pm in the sanctuary and in Sunday worship, we will imagine and experience for ourselves how the visual and performing arts affect our spiritual development. We will gather our favorite poems, stories, songs, paintings, dances, and other artistic sources of inspiration and bring them into conversation with our faith and spirit to discover new avenues for connecting our creativity and the divine. And it will be fun for all ages! ;-)

Rev. Melinda's Contact Information

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The Blessing of the Rainbow Scarves



Rainbow anti-bullying scarves knitted by Mira Vista UCC, sent off to General Synod for people who pledge to take positive action in their communities.

SAVE THE DATE
September 8th!

Solano Avenue Stroll

Come help out at the
Mira Vista UCC booth!
Any ideas- contact Wendy Wisely!

June Birthdays!

12th Olivia Wisely
17th Randi Nielsen
21st Alice Parks
28th Wendy Wisely

Anniversaries!

17th Susan and Barbara

June Notes

Dear Friends,

The weather is cooperating as we head into the summer months. QUICK! Enjoy the sun before the true San Francisco summer weather (fog) comes rolling in.....

Since coming back in January after medical leave, I have been having such fun with the Amazing Graces that I am really going to miss being with them over the summer. This winter and fall, we learned some good music and reacquainted ourselves with old favorites. We played around with music just for the fun of it and found new ways of doing old pieces. It was a real gift to me to be able to be with them again.

Rev. Melinda McLain will lead our worship services this summer, along with summer intern Vic Robinson. As you soak in what they offer, enjoy the music they bring. Having a sabbatical replacement pastor means being exposed to someone else's rhythms, views, and sensibilities. It will be a good summer.

Speaking of summer, I have been getting "antsy" to go on vacation. I've been looking at various mini-vacations, and my friend Kathryn reminded me that there is a lot of free music happening all the time in this area. That motivated me to look around. Here is a list of some upcoming festivals that struck my fancy or my funny bone. Take a look:

Isleton "Crawdad" Cajun Festival, June 14-16 2013, Isleton, CA (\$15/person)
Norcal Pirate Festival, June 15-16 2013, Vallejo, CA (\$10/per, children 11 and under free)
Berkeley World Music Festival, June 22 2013, Berkeley, CA **(FREE)**
worldOne Festival, July 3-4 2013, El Cerrito, CA **(FREE)**
Independence Day Balloon Rally, July 4 2013, Tracy, CA (how cool is this??)
Fillmore Jazz Festival, July 6-7 2013, SF (the largest **FREE** jazz festival on the West Coast)
Alameda 28th Annual Park Street Art & Wine Faire, July 27-28 2013, Alameda, CA **(FREE)**

For more, check out: <http://faroutcity.com/2013/03/28/all-your-2013-san-francisco-bay-area-food-wine-and-music-festivals-2013-spring-and-summer-edition/>

This summer I hope you all find and listen to new and different music. Expand your horizons! Try something different! A short drive could bring you to a whole new world.

May God bless you as you go through these months.

In harmony,
Amy

YOGA FOR ACTIVE SENIORS

at Christ Lutheran/Mira Vista Church
780 Ashbury, El Cerrito, 94530

Monthly Schedule for

June 2013

Patsy Stubbs, RYT
Registered Yoga Teacher
(510)-367-6523



Mondays, June 3, 10 17 24

Time:
5:30 p.m. until 6:45 p.m.

Saturdays, 1, 8, 22, 29

9 a.m. until 10:15 a.m.

PLEASE NOTE:

Classes are appropriate for beginning/intermediate levels.
Poses (asanas) can be modified to fit individual needs

Suggested Donation:

\$7-10.00 a class
\$55.00 for 6 classes

Please let instructor know of injuries, special needs or for any questions.



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780 Ashbury Avenue, El Cerrito, CA 94530

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Phone: 510 526 0110

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Yoga, 9-10:15 am
2 Noon Worship  Holy Communion	3 Yoga, 5:30–6:45pm	4 Mira Vista prepares lunch, Souper Center, 10am  Spirit & the Arts, 7pm	5	6 Amazing Graces, 7pm	7	8 Yoga, 9-10:15 am
9 Noon Worship Semi-Annual Meeting After Church	10 Yoga, 5:30–6:45pm	11 Spirit & the Arts, 7pm	12	13	14	15
16 Noon Worship	17 Yoga, 5:30–6:45pm	18 Spirit & the Arts, 7pm	19	20	21	22 Yoga, 9-10:15 am
23 Noon Worship	24 Yoga, 5:30–6:45pm	25 Spirit & the Arts, 7pm	26	27	28	29 Yoga, 9-10:15 am
30 Noon Worship PRIDE Parade						

Worship for June 2013



Rev. Dr. Melinda McLain presiding
Spirit and the Arts
summer series begins

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Address Change Requested

Dated Material
June 2013

