

The Fellowship Post

Mira Vista
United Church of Christ

June 2016

Melinda's Musings: by Rev. Dr. Melinda V. McLain

This time of year is always one of great change. Between all the graduations, weddings, and folks moving, there is a sense that everything is in motion. In addition, it is a presidential election year, so for better or worse, our political landscape will also change by the end of the year.

Many of us have also experienced a lot of big personal changes too. My mother's death is certainly a big change for me and Colleen, but I am hardly alone in facing big changes over this summer. Some have new jobs on the horizon and new living situations as well as new grief from loss of family members, coworkers, and friends.

As a congregation, we are also steadily moving towards radically changing how we do ministry by becoming a café church. Some days I am past ready to actually *do this* and on other days, I would love to just keep going on the way we do with our familiar patterns of worship, study, and friendship. Contemplating such a big change is scary and a whole lot of work. It is a somewhat attractive idea to just sit back and try to keep things the same.

Heracitus once wrote that "all is flux, nothing stays still" and my mentor and colleague Rev. Pam Shortridge used to say that "if you're not moving, you're dead." It is true for churches, as well as people, that change is the only constant so the desire to squelch change is pure folly.



What spiritual practices help you weather the storms of change? For me, being part of a spiritual community makes an enormous difference. The spiritual practice of our interfaith zen group on Thursdays and our worship on Sundays keep me grounded in a pattern of community reflection. It's a good time to stay close to one another. May all of you be blessed in this season of change.

Love,
Melinda

Minding the Mindfulness Circle by Joan Thompson

The Mindfulness Circle will read *The Zealot, The Life and Times of Jesus of Nazareth*, by Reza Aslan, beginning June 15. We will discuss what is myth and what is historical. For example, Matthew has Jesus fleeing to Egypt to escape Herod's massacre not because it happened but because it fulfills the words of the prophet Hosea. Luke places Jesus' birth in Bethlehem, not because it took place there, but because of the words of the prophet Micah. The infancy narratives in the Gospels are not historical accounts, but rather theological affirmations of Jesus' status as the anointed of God, according to Aslan. The author provides a meticulously researched biography that challenges long held assumptions about the man we know as Jesus of Nazareth. We will explore how Aslan carefully balances the Jesus of the Gospels against the historical sources. This is just a taste of what is in store for you if you choose to join this book study. It meets every first and third Wednesday of the month. Call the church office for details.

News from the Pews

Our choir director, **David Joon Song** will begin a full-time music position in Foster City in the Fall and will be unable to continue his service with Mira Vista. The Amazing Graces will sing with him one final time on **Sunday, June 5th**. Be sure to thank David for his wonderful service among us!

Betty and Howard Coates have moved into El Cerrito Royale #330. Howard is now in hospice care. Do hold them both in your thoughts and prayers.

Though it's slow going, **Barbara Cook** is healing well from shoulder surgery.

Rev. Dr. Curran Reichert has accepted a call to be pastor for First Congregational UCC, Sonoma. Curran, Katie, and Ellie are moving in June.

Our soon to be former **Moderator Bonnie Hariton**, with husband **Dan** and daughter **Elise** will be going mid-June to Romania for a month as a graduation present for Elise before she begins a new position as a newly-minted social worker for Solano County.



I do not need to own you to call you Friend by Tom Emanuel

I do not need you to disclose to me the secrets you share with none but God (and even with Her only on occasion).

I do not need to iron out the wrinkles of your insecure-beautiful humanity so I can wear you out in public.

I do not need to graph your costs against your benefits before I invest myself in you.

I do not need you to flash the papers and passports that purport to grant you Permission to Be Here — as if your existence required someone's stamp of approval.

I only need to sit here and eat with you, take part in the alchemical-unfathomable mystery of bread and wine and salad greens enzyme-disassembling themselves and

reconstituting these very-born human bodies, sit and eat and laugh and cry and allow the lark-diving joys and fledgling-uncertain doubts you choose to share with me to liberate me from my narrow fears and my selfish loves.

-April 2016
Berkeley, CA



Interfaith Zen Meditation by Joan Thompson

"The kingdom of God is like a certain woman who was carrying a jar full of meal. While she was walking on the road, still some distance from home, the handle of the jar broke and the meal emptied out behind her on the road. She did not realize it. She had noticed no accident. When she reached her house she set the jar down and found it empty."

This is an example of a *koan* that the interfaith Zen meditation group reflected on a couple of weeks ago. Try sitting with this and see where your stream of consciousness flows. What thoughts rise up out of nowhere, as you let your mental wanderings rise up to meet the *koan*? What does it say to you about your life? Every Thursday at 6:00 pm we meet in the church to listen to a *koan* shared by someone who facilitates. We share our reflections, open our hearts to new revelations, and gradually, imperceptibly, become transformed. Folks from Sycamore UCC, Mira Vista and friends sit together for 45 minutes. No judgment. No right or wrong. Maybe even no thoughts, just sitting together in silence. Do you want some silence in your busy life? Come give the group a try.

June Celebrations



12th Olivia Wisely
15th Cathy Noble
17th Randi Nielsen
28th Wendy Wisely



17th Susan and Barbara



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2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Council meeting, Melinda's office, 7p	2 Open Door Interfaith Zen, 6p	3	4
5 12 Noon Worship & Holy Communion followed by La Mesa with Social Action Team	6	7 Mira Vista prepares lunch, GRIP Souper Center, 10am 	8 Mindfulness Circle with Melinda (Re- Thinking our Story) @ El Cerrito Royale, 7p	9 Open Door Interfaith Zen, 6p	10	11
12 12 Noon Worship followed by Semi-annual meeting & potluck	13	14	15 Mindfulness Circle @ El Cerrito Royale, 7p	16 Open Door Interfaith Zen, 6p NCNC Gathering @ Sonoma State University, June 16-19	17	18
19 12 Noon Worship followed by La Mesa with Holy Communion 	20	21	22	23 Open Door Interfaith Zen, 6p	24	25 59 th Anniversary of the United Church of Christ
26 12 Noon Worship followed by La Mesa with Holy Communion	27	28	29	30 Open Door Interfaith Zen, 6p	31	

Mira Vista Annual Meeting

Do mark your calendars now for
 our annual meeting on **Sunday,**
June 12. Plan to bring a special
 summer dish to share.

Our worship life together . . .

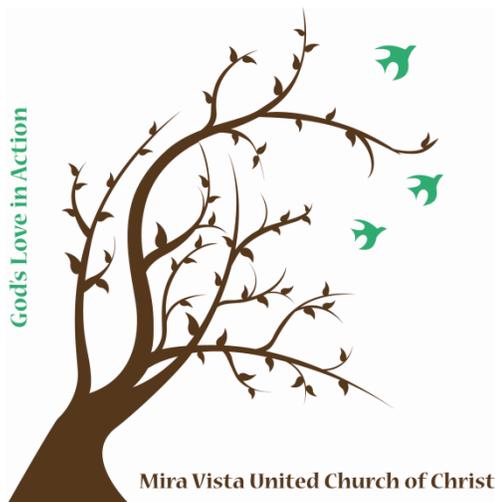
*Join us on **Sundays at 12 noon** for our celebration with music and preaching, then stay for lunch because our worship continues as we share food and friendship together at La Mesa. We celebrate the sacrament of Holy Communion every First Sunday in the sanctuary and during La Mesa on subsequent Sundays. All are welcome at our table!*

June 5	“Near Nain” <i>David Joon Song's last Sunday</i>	Luke 7: 11-17
June 12	“Bring Nard” <i>Annual Meeting of the Congregation</i>	Luke 7: 1 36 – 8:3
June 19	“Neither Jew nor Greek” Tom Emanuel preaching	Galatians 3: 23-29
June 26	“Just Freedom” <i>Celebrating LGBT Pride</i>	Galatians 5: 13-25

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Address Change Requested

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