



# Mt Diablo UU Beacon

*Transforming Ourselves and Our World*

Volume 72, No. 9

October 2025

**SERVICE TIME — 10:30 A.M.**

**9:00 A.M. SUNDAY MEDITATION — ON ZOOM**

**ALL SERVICES ARE LIVESTREAMED!**

- <https://mduuc.org/service-stream/>
- <https://youtube.com/@MDUUC>

**SUBSCRIBE TO OUR PODCAST!**

Search for "MDUUC Beacon Light" on Spotify

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## SUNDAY, OCTOBER 5

**Beyond Birds: Stories of Francis of Assisi.** Francis of Assisi, the medieval saint, is remembered for his love of animals and celebration of nature. UUs often only mention him during annual blessings of animals in October. Ron Ahnen explores other key aspects of his life—perhaps even more fundamental—that speak to the core values of our UU faith, offering inspiration for us today.

## SUNDAY, OCTOBER 12

**Wakarimasu, Wakarimasen.** Throughout human history, people have sought to make meaning and dwell in mystery. Join Rev. Leslie Takahashi for this reflection on the practices which have sustained human communities through the ages which help us answer the questions of our times. How can we be centered? How can we be grounded? How can we remain openhearted?

## SUNDAY, OCTOBER 19

**Resistance or the River.** This Sunday, please join us as we dive into ancient questions with fresh eyes: Are we the resistance or the river? This worship service we explore civil rights scholar Michelle Alexander's profound shift in perspective that could transform how we understand our role in the great currents of history, accompanied by stirring music that will lift your spirit and meaningful rituals that connect us to the deeper flow of justice. Come discover what it means to move from resistance to becoming something far more powerful; the very force of change itself.

## SUNDAY, OCTOBER 26

**A Window To Life.** As we engage in our annual celebration of those we have lost to death and our continued connections to them, we will reflect on the practices across many cultures which remind us of the importance of this continuity and care. Those who have lost a loved one to death since our last All Souls ritual and those who are feeling a particular need to honor their grief are invited to let Rev. Leslie know by sending an email with the words "All-Souls" in the subject line.

**CONGREGATIONAL FORUM**  
**Sunday, October 19 at 12:30 p.m.**

## WEDNESDAY EVENING PROGRAMS

**VESPERS, at 5 p.m. in the Sanctuary and online**

Join Rev. Leslie Takahashi, Jo Gelinas and others on October 1 and October 15, for this brief mid-week gathering focused on recentering and calming. Vespers services are held on the first and third Wednesdays and begin at 5 p.m. and are available through Zoom as well (see the calendar or the Church Center app for more information. This is also a good place to hold your grief at what is happening in the world.

**COMMUNITY DINNER, at 6 p.m. in Bortin Hall**

All are welcome to join this simple meal with conversation. Please register online to help us honor a headcount for preparation.

We'll be serving food that's mindful of food allergies. If you have severe allergies or other dietary restrictions, we encourage you to bring something to help round out the meal, just in case our options don't fully meet your needs.

A\$10 suggested donation to help cover costs, but please give what you are able to, and it's completely optional—it should never be a barrier to attending.

**\*MINISTERS' CONVERSATIONS, at 7 p.m. in the Sanctuary and online.**

These times require us to hold onto our values even tighter AND also requires that we do so in new ways which can feel uncomfortable. Join us for a free-ranging conversation about what it means to honor our values in ways that are steady and changeable, time-honored and wholly new. In addition to discussion, we will also be using ritual, story and shared experiences to remind ourselves of key skills for these times. Come help us build the ship as we float along!!!!

**Bid 4 Love Coming Soon!**  
**SATURDAY, NOVEMBER 8, 5–8PM**

Bid 4 Love, our biggest and most fun fundraiser of the year, comes in less than 2 months! Put November 8, from 5-8 pm on your calendar and start thinking about what you'd like to donate.

With a musical theme, there'll be time for visiting the silent auction, shopping at the crafts fair, snacking on a light supper, other activities and socializing before the live auction begins.

One change this year—we're remaking the market place into a crafts fair. Handmade crafts, art and gift baskets will be offered in Bortin Hall during the live auction event and after service on the 9th. Stay tuned for more details ad the date approaches.

Ready to make a donation to the auction? See page 3 or visit: <https://fundraiser.bid/bid4love2025>

## Leslie's Logos

How are you staying grounded? This is the question of our times. Being scattered, unmoored and discombobulated is easy enough. I am noticing that without conscious effort, we just fly all over the place. Do you have those days? I know I do.

Where do we start to figure out how we will keep our Center? Why? Because our grounding and our centering helps us continue to live our values, even in a culture that asks us to compromise them in big ways and small ways with more frequency. Without grounding, we are too easily subject to becoming part of a system that we do not want to support. How do we keep our ideals? How do we keep doing those things that we can do which in the long-term we still believe will cause there to be a more just world?

Maybe we start at the beginning. The beginning of your day. How do you start? What do you begin with? Is it picking up your screens? Or is it taking a moment to stand and stretch, to say hello to a beloved near you, perhaps lighting a candle? To sit in a few moments of meditation, which is not about some rigid discipline, rather simply the opportunity to come into the world with a little more intention that might otherwise happen.

How do you stay grounded in your day? And how do you return again and again when our leaders are trying to make us lose our footing? Is there a place in the world where you can feel yourself held more deeply? Who do you call when something throws you off? And how do you allow yourself to have days where you don't have the energy except to lie low?

And how do you end your day? Is it with an intentional practice of quiet or perhaps some devotional or preferential reading something that takes your heart out of the day-to-day? Or reminds you of what you believe? How do you forgive yourself for those moments when you might be a little distracted or confused or overwhelmed? Where do you put your anger? Is there a place on the ground where you can stomp?

Please remember that we offer many ways to center your spirit and connect, ways to build the musculature to stay grounded not as an escape, rather as an anchor. Please join us at the Saturday meditation, at this month's Breath and Spirit retreat, at Vespers, at the Friday meditations which (really) return on October 10. Have other ideas? Let me know and let's keep reaching up towards the stars and down towards the ground.

In faith and perseverance,

Leslie

Rev. Leslie Takahashi serves as the Lead Minister for the congregation and is best reached by the church phone or [leslie@mduuc.org](mailto:leslie@mduuc.org).

Schedule an appointment with Rev. Leslie at <https://calendly.com/revlesliemeet>



## Rev. Rodney Lemery Associate Minister



### Justice Thursdays: Where Faith Meets Action

Meeting every 1st, 2nd and 3rd Thursdays,  
online, from 6:30-7:30 PM

Do you hear it? The world is calling for justice, and I believe our congregation is answering. I wanted to let you all know that we have taken a moment to reimagine how we engage with justice work! As a part of the Unitarian Universalist Association, our congregation is being asked how best we might "Meet the Moment" in which we find ourselves. As a result, Rev. Leslie and I have collaborated and are offering 1st, 2nd, and 3rd Thursdays as Justice Symposium nights!

We know that many of you are already deeply involved in resistance movements throughout Contra Costa County, fighting for equity, environmental protection, social justice, and human dignity. Justice Thursdays honors that commitment while providing a space to connect, learn, and amplify our collective impact in the various areas of Justice in which this congregation has historically participated.

We will begin with a chalice lighting and check-in, grounding our work in spiritual intention. The heart of our gathering will include sharing current opportunities for engagement, and exploring educational resources that deepen our understanding of justice issues.

This isn't just another meeting; we are hoping to prepare one another for our movement toward justice in this world. Whether you are already active in justice making or you feel particularly called to start now, Justice Thursdays will offer you something so important: the opportunity to build community.

Join us each and every Thursday from 6:30-7:30 on Zoom as we try to be the change our world so desperately needs.

Hope to see you there!

Rodney

Schedule an appointment with Rev. Rodney at <https://calendar.app.google/Ja3STbGbF6TrY28S9>

## Living Our Values: Actions You Can Take

The potential for justice exists in all spaces we cultivate together, including the virtual ones! You can visit our Living Our Values page to participate in a number of online petitions, email, phone calls, and text campaigns to further Justice efforts at our local, state, and national levels. This is a great way to live out our UU values, especially when we want to remain safely distanced and engaged.

Visit here for more information,  
<https://mduuc.org/living-our-values/>

## Marena McGregor, DRE

### Greetings!

As the seasons shift and autumn settles in, we are excited to share opportunities for connection, support, and celebration this October!



**Parents' Groups** – Parenting is a sacred, challenging, and joyful journey, and it is so much easier when we journey together in community.. Our Parents' Groups are a space to share stories, support, and resources with other caregivers in our community. Whether you are parenting young children, teens, or somewhere in between, you are warmly invited to join.

- First Sundays of the month at 12:00 pm (after service)
- Third Sundays of the month at 9:00 am (before service)

Both gatherings are designed to offer meaningful conversation, reflection, and connection with others traveling the parenting path.

**All-Ages Halloween Party** – Mark your calendars for Sunday, October 26 at 12:00 pm, when we'll host our annual Halloween Party! There will be costumes, games, treats, and lots of fun for the whole family! It's a wonderful chance to celebrate community, creativity, and joy together. Costumes are encouraged for all ages—let's make it a festive afternoon!

As always, we are grateful for the ways families bring life, energy, and love into our congregation. We hope you'll join us this October to connect, share, and celebrate.

Sincerely,

Marena

marena@mduuc.org



The poster features a pink border with a white center. At the top, there are black line drawings of a jack-o'-lantern, a bat, and a broomstick. Below these, the text reads "ALL-AGES HALLOWEEN PARTY" in black, and "COME IN COSTUME!" in large green letters. Underneath that, it says "SUNDAY, OCTOBER 26 AT 12PM" and "BORTIN HALL". In the bottom right corner, there are two black line drawings of children's faces. From the mouths of these faces, speech bubbles extend upwards. The top bubble contains the text "Games!", the middle bubble contains "...and plenty of treats!", and the bottom bubble contains "Fun For All!".

### Join in on the Spooktacular Fun!

Volunteer or donate baked goods, treats, and candy here!

<https://mduuc.churchcenter.com/registrations/events/3182863>

## Help Make Bid 4 Love A Success Need Donation Ideas?

### Event Ideas

Car tours. Take a lovely drive (carpool +/or separate vehicles) highlighting a favorite landscape or perhaps important historical or cultural sites. With the right app, phones can make sharing your knowledge between stops a snap.

[Scan to Donate](#)



Hikes, walks and bike rides. Share your favorite trail, place or route. No need to provide food but if you do, pick up prepared meals at your favorite deli.

### Share Skills

Share your fabulous skills via zoom gatherings or in some cases outside in small groups. Know how to wrap that exquisite holiday gift, make a bird house, coil a clay pot, cook a soufflé, or taste wine? Show us! We know we are an artistically and aesthetically talented congregation. Your skills can be shared via zoom gatherings or perhaps held outside in small groups.

### Donate a Vacation Location

We know some of us are lucky enough to have timeshares or second homes. In this era when many feel uncomfortable staying in public accommodations and when, this could be a huge gift to donate a chance to get out of town. If shares are transferable or second homes available, consider donating a few nights at what must surely be a treasured place for you!

### Skills

Do you know how to knit, cook an amazing crepe, or decorate holiday cookies? Whatever your skill, we can help you teach it via ZOOM or in a small gathering, and provide a fun learning experience with friends.

### Services

Perhaps you're a certified rosarian, a skilled plant pruner, an exceptional errand runner or a pick-up truck owner available to cart discards to the landfill or the Habitat for Humanity Reuse store. Consider donating your services.

### New and Artisan Items

Consider donating that boxed, new, unused item or houseware that is taking up space. Do you make lovely jewelry, fabulous fabric art, or beautifully crafted and utilitarian wood pieces? Share your creations with the church community.

### Gift Cards or Certificates

Consider donating a gift card or certificate to a favorite restaurant or retailer. You'll not only be helping MDUUC but also local business!

### Donate!

We know these are challenging times! And we also know this community is up to the task. We look forward to receiving your donations –and looking at your creativity and ingenuity.

If you're able to donate in any way following the list of suggestions above, please email [bid4love@mduuc.org](mailto:bid4love@mduuc.org). If you're unsure about what you can donate, please call us and we'll gladly help you!

Please use the QR Code to fill out the donation form or visit:

<https://fundraiser.bid/bid4love2025>



## A Message From Your Board of Trustees

### Greetings, MDUUC Community!

As we are well underway into the new church year, we want to welcome the many new people who have joined in these last few weeks. We celebrate those who have expressed finding the support they have been seeking, given today's tumultuous times, in the messages expressed at MDUUC, as well as the people they encounter when they arrive. We are living in a time when so many who are part of our community are experiencing hardship, fear due to their identity, anxiety regarding the threats to jobs or benefits. As many feel threatened, we can truly be a safe harbor, for spiritual guidance and connection.

One of the things that has always made MDUUC a powerful presence and plentiful is our willingness to donate personal offerings. When there is a memorial service, it is a gift to welcome those attending, to help set up tables and refreshments, and to help with the clean up after. Community Circles, known as small group ministry, are run by folks who offer time and energy to planning, preparing the materials and facilitating the discussions. Contributions to the youth for activities and snacks to sell during Connection Hour after church are always appreciated. You can reach out to the Director of Religious Education (DRE), Marena McGregor, and ask what is needed. Our beautiful campus needs attention – our attention. Please consider joining the 1st Saturday work parties. We have the tools and people who can show you what needs to be done. Members and friends like to attend classes and services or events but not everyone is able to drive. You can contact the intern minister and ask him to put your name on the list to offer transportation. When someone needs a ride, they contact the church and the church sends out an email blast to see who is available.

Please know, your contributions are not just needed, they are truly valued because they help keep us engaged and help us grow our community. It may be a one time thing or it may be an ongoing commitment, depending on what works for you, but supporting this community with the gift of your time allows us to continue to offer full programming. We offer training for some of our more structured opportunities, like pastoral visitors. We invite you to share some of your skills. Perhaps you want to know what is involved for a particular task. Talk to one of the ministers, the staff, a Board member and ask how you can contribute. We also understand that things can come up that may interrupt your volunteering. We know life happens and we respect if your commitment has to change. Please consider what you can offer!

In Faith and Gratitude,

Linda Russell

President, MDUUC Board of Trustees

### Jyvonne Haskin, Music Director



Hey Musicians! Are you interested in sharing your talents with your MDUUC community and furthering your spiritual practice of music making? The MDUUC House Band is looking for you to join us in the sanctuary on Sunday, October 12th from 12pm until 1pm for our next band rehearsal! To RSVP, please email bandleader Brett Carson and music director Jyvonne Haskin at [band@mduuc.org](mailto:band@mduuc.org) to let us know your instrument and provide some insight into your experience and music background (e.g. sight reading, lessons, current engagement, etc.). Singers, drummers, guitarists, bassists, violinists, cellists, flautists, you name it - we can't wait to hear from you!

### - SECOND HOUR - “Centering Practices For Unsettled Times” November 2 at 12:30pm, Sanctuary

Throughout the year, join us for “Second Hour”, periodic opportunities to delve deeper into critical issues. Join Rev. Leslie Takahashi on November 2, at 12:30 p.m. to focus on ways we can honor our bodies in these stressful times. Simple and inclusive embodied practices will be used as well as a chance to reflect on the science of why this is so important in our times. Join in the Sanctuary or online. The link to join online is available on the calendar.

### Membership Matters

Have you been thinking about joining? Been around for a bit visiting and wondering what the next steps might be? Interested in participating and having a voice in some of the exciting developments going on? The first Sunday of each month, we offer an opportunity for people to sign the membership book—this is a simple act which captures your desire to shape the future of this congregation.

Look for Rev. Leslie Takahashi or a board member outside the Sanctuary doors at 11:30 a.m. or 15 minutes after service ends on Sunday, October 5.

### Soup & Bread Donations Wanted! CONGREGATIONAL LUNCH YOUTH FUNDRAISER

The youth will be holding a lunch fundraiser following the before the Congregational Forum begins and could use food donations! A variety of homemade soups, breads, desserts and coffee-hour treats are welcomed. Signup here:

<https://mduuc.churchcenter.com/registrations/events/3155005>

## MDUUC Could Be Your Spiritual Home!

Can you imagine a faith community where doubt doesn't disqualify you; where questions spark celebration rather than condemnation, and where Love stretches wide enough to embrace every soul walking through our door? I believe what you are imagining is Mount Diablo Unitarian Universalist Church!

We are a proud congregational member of the Unitarian Universalist Association, a national organization of congregations that uplifts our larger faith movement. We champion curiosity rather than demanding conformity. While your individual spiritual journey might wind through Buddhist meditation halls, Christian sanctuaries, scientific laboratories or you have never considered a religious home. We believe wisdom emerges from countless origins, and each unique path adds richness to a more complete understanding of some of life's incredible mysteries.

Membership at MDUUC asks nothing of your personal beliefs, yet requests everything of your commitment to building community and social change. Formal membership deepens this connection and opens new possibilities. Some of the benefits to membership here at MDUUC include: speaking and voting at congregational meetings, representing our congregation at national gatherings, and serving on our Nominating Committee or Board of Trustees.

Beyond these practical benefits, membership transforms individual paths into shared purpose. Right now, religious freedom faces unprecedented attacks from the current administration. Formally joining a religious community like ours becomes both an act of gratitude and a form of defiance. Members declare, "I won't let fear silence progressive voices."

Our faith tradition doesn't simply discuss equity; we live it boldly. When immigrant families need sanctuary and support through the asylum process, we open our doors. When unhoused folks need food or hot showers, we provide both. As climate change threatens our planet's future, we take action with protests, postcards, and civil disobedience to educate others about this crisis. I do not believe this is political theater; I feel this is UU prayer in action. It is our sacred work made manifest.

My hope is that you consider formally joining us on this journey to craft a more compassionate world that we want our children to inherit.

Every 1st Sunday of the month is Membership Sunday. When you attend worship with us, you can be sure to hear about the positive and life-affirming impact joining our congregation has had on people's lives. You will also have the opportunity to sign our membership book, which has been in existence since our inception in 1951.



### Film & Discussion Event Every 4th Sunday! Next Date: October 26 @12:30pm, Children's Chapel

Join Linda Russell for a monthly gathering, on the 4th Sunday from 12:30-3 p.m. in the Children's Chapel. We'll come together to watch a thought-provoking film followed by a lively, values-based discussion. Whether the movie explores justice, identity, compassion, or community, we'll reflect on its meaning through a Unitarian Universalist lens.

#### Why Join Us?

- Grow Together – Deepen your understanding of UU principles through storytelling.
- Connect – Share perspectives and build relationships in a welcoming space.
- Enjoy – Relax with a good film and meaningful conversation.

Film selections will be announced soon—stay tuned!

Each month will feature a different movie, so there's always something new to explore.

We hope to see you there!

### Fall Community Circle Groups

Fall Community Circle Groups are forming! Visit <https://mduuc.org/connect/community-circle/> to view all available sessions or stop by the Community Circles table after Sunday Service to learn more.

Looking to deepen your connections? Our Community Circles are small, supportive groups that meet regularly to share, reflect, and grow in spirit. Whether you're new or a longtime member, there's a place for you.

\*Each community circle lasts 6 weeks and space is limited!

- Saturdays at MDUUC from 10:30 a.m. to 12:15 p.m.  
Starting October 4 and ending November 8
- Now Full! Fridays at MDUUC, 10:00 a.m. to noon.  
Starting October 10 and ending November 14
- Wednesdays at MDUUC from 7:00–9:00 p.m.  
Starting October 15 and ending November 19
- Now Full! Thursdays at MDUUC, 1:00–3:00 p.m.  
Starting October 30 and ending December 11  
(Please note there will not be a session on Nov. 27)

**Coffee & Conversations**  
**Look On The Calendar For Dates & Locations!**

## Feeling Overwhelmed? Need To Recenter?

Did you know that we have virtual meditations on our website at <https://mduuc.org/virtual-meditation/>

Search for "Beacon Light" on Spotify or subscribe here:

[https://open.spotify.com/  
show/4iQZnnkS3HlXBa94JRuMin?si=808541c48b2b451f](https://open.spotify.com/show/4iQZnnkS3HlXBa94JRuMin?si=808541c48b2b451f)

## Friday Morning Meditations in October

Join Rev. Leslie for a simple half-hour of guided meditation, on Friday mornings from 8-8:30 a.m. on Zoom as a way to recenter yourself at the end of the week. We will not meet on Friday, October 3 and will return to this weekly gathering each Friday, starting October 10. The link to join is on the calendar.

## Restorative Practices

In these challenging times, finding peace and mindfulness is more important than ever as is remembering the inner resources we have which we can develop to anchor ourselves.

- **Friday AM Mediation will return on October 14 at 8 a.m.**  
Start your day with calm and clarity. Join Rev. Leslie online for a short, 30-minute session to ease into your day.
- **Saturday Mindfulness Meditation, hybrid, at 9:00 a.m.**
- **Sunday Virtual Meditation, 9:00 a.m.**  
Email [yoga@mduuc.org](mailto:yoga@mduuc.org) to be added on to the mailing list.
- **Rituals of Restoration, 4th Wednesday, 6:30 p.m.**  
These sessions allow you to connect with yourself and our community and is designed to help heal your spirit and are trauma-inclusive. Whether you're new to meditation or have been practicing for years.
- **Virtual Meditations - Visit [HERE](#) for recordings.**

## Virtual 12 Steps For UUs

Any time of stress can awaken addictive behavior and these coping strategies can become their own morass. The threat of addiction is higher during difficult times. Many among us struggle with the traditional theistic language of 12 step programs and find it a great entry or a good supplement to engage with a UU specific approach to the 12 steps.  
The link to join is available on the calendar.

## Pastoral Visitors

Pastoral visitors assist our ministers with pastoral care in two capacities. First, they are matched one-on-one with members who could use a listening ear. And second, they provide on-site listening support on Sunday mornings (yep, that is them behind the water column during the Offertory.) If you are a member and interested in serving in this capacity, please email Rev. Leslie Takahashi at [leslie@mduuc.org](mailto:leslie@mduuc.org).

## Buildings and Grounds Work Party Saturday, October 4 from 9 a.m.–noon.

Join our work parties on the 1st Saturday of each month from 9 a.m.–noon to help beautify our campus while connecting with members and getting a few tasks done that cannot be done by one person alone!

*All are welcome to join! A variety of tasks are available, scheduled with priorities and weather in mind!*

Bring your work gloves, some snacks to share and refuel, email [admin@mduuc.org](mailto:admin@mduuc.org) and join us for an hour, or two, or for the whole duration!

## Share The Plate, Sunday, October 12 Interfaith Movement For Human Integrity

For more than twenty years, the Interfaith Movement for Human Integrity has been joining hands with people of faith to act on these core beliefs. We defend the humanity of the immigrant and fight for the rights of the incarcerated.

Working at the intersection of spirituality and social movements, we mobilize congregations to take a stand on issues of social justice like immigration and mass incarceration, and we engage people of faith to develop their own leadership so they can stand up against racism, discrimination and the political challenges of the day.

## HATS OFF! Honors, Accolades, Thanks!

Thanks to all the new ushers who attended the Rapid Response Training

Thanks to all who have helped with our community pantry

Thanks to all who joined the vigils, especially Peggy Kroll, Mary Schreiber and Linda Russell

Thanks to the BIPOC Group for hosting our guests from Apache Stronghold, especially Linda Russell and Mark Watanabe

Thanks to Lynn Scoby for donating snacks for the youth

Thanks to the RE Support Committee—Ben Barr-Wilson, Susie Barr-Wilson, Maria Hunt, Jeff Hagerstrand and Rosie Reid

Thanks to Doug Tamo for the work on the back-flow

Thanks to Jim Hughell, Bruce Pennington and Matt Smith for work on grounds

*Thanks from our Music Director, Jyvonne Haskin:*

- Thank you to Scott Schrader for running vocal warmups with the choir in rehearsal this week while I continued learning how to use the copier, LOL
- Thank you to Mora Mattingly and Patty Purvis-Thielman for their wonderful songleading during the 9/21 service!
- Thank you to Carol Fidler for organizing the choir retreat

*We encourage gratitude and appreciation throughout MDUUC.*

## Just In Time Volunteering

Mutual aid is how we will thrive. If you care about this community, consider dedicating some of your volunteer time. Contact [justintime@mduuc.org](mailto:justintime@mduuc.org) with any questions or to signup!

**Did you know you can sign-up on Church Center to volunteer as a driver?**

- Visit the and choose the Signups icon, then choose Volunteering as your category. Or, click on:
- <https://mduuc.churchcenter.com/registrations/events/3132297>

**Sign Up to Make Coffee [HERE](#).** Our coffee hour is a vital time for community. Our staff can really use help in this area. You can also send an email to [sundaycoffee@mduuc.org](mailto:sundaycoffee@mduuc.org)

**Sign Up To Help with Beautifying Our Campus.**

On September 5, we will have an all church work party and will be trying to get our campus ready for the congregational year! With so many people coming to visit us, we want to keep that feeling of Sanctuary and you can help. To be added as an attendee, contact [jennm@mduuc.org](mailto:jennm@mduuc.org).

**Help us keep all involved—Be part of our welcoming team--can you help greet people? Answer questions?**

- Offer rides to those who otherwise can't participate

**Do you play an instrument? Like to lead songs?**

Jyvonne Haskin our amazing new music director is rebuilding our database and we want to include your gifts.

**Want to support our children and youth?**

- Be an adult mentor for our middle schoolers
- Help buy supplies for classes
- Help with youth soup lunches —email [marena@mduuc.org](mailto:marena@mduuc.org)

**Pastoral Visitors needed.** Are you a good listener (or want to learn to be one?) In these times, we need more people to offer this valuable ministry. Please email Rev. Leslie Takahashi for an application at [leslie@mduuc.org](mailto:leslie@mduuc.org).

**Are you nostalgic for actual money?** If so, perhaps you can get your fix as part of our once a month cash counting team.

**Gifts of time power our amazing community.**  
If you can give community, let us know by sending a message to [justintime@mduuc.org](mailto:justintime@mduuc.org).

## Your Vehicle Can Make A Difference

Do you have a reliable car that you no longer need? Instead of selling or trading it in, consider making a direct impact—Your generous donation can make a world of difference for individuals and families in need.

For more information, contact Rev. Leslie Takahashi.

## Did You Know You Can Register For Events AND Help Volunteer On The Church Center App or the MDUUC Calendar?

We have a few great ways to volunteer for those who do not have space in their lives for ongoing commitments to still help us out here at MDUUC.

When using the Church Center App, on your computer or phone, visit the Signups section and change the category to “Volunteering”.

If you’re visiting the MDUUC calendar, you’ll see the volunteer form available under the date with an opportunity.

Alternatively, you could click on this link to see what we’ve posted thus far, <https://mduuc.churchcenter.com/registrations/events/category/99744>.

## Dances of Universal Peace

**Sunday, October 26 at 2 p.m., Sanctuary**

Join us on October 26 and every 4th Sunday for an interfaith, multi-cultural, spiritual practice. Meet in the Sanctuary for the Dances of Universal Peace at 2:00 p.m.

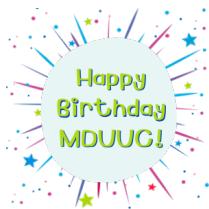
We honor all faith and wisdom traditions with singing, moving, prayers to promote inner peace —sending blessings to a world in need.

These are joyous and meditative, sacred circle dances celebrating our diversity and oneness with uplifting song and live music. Come nourish your heart and strengthen your spirit to meet these challenging times. Each easy to learn dance/chant/song is taught. Those with movement challenges can do the easier ones and/or sit to sing and enjoy the blessings —no partner or experience needed. All are welcome!

Led by SierraLynne & Bill Wentz with friends

## Have A Book That Buoys Your Spirit?

Do you have a book that is helping you navigate these times? Rev. Leslie Takahashi is looking to create a Second Hour program in the new year where we will have people lead a discussion of their favorite books, with opportunities for people read them over the winter break. If you would like to offer one, email [leslie@mduuc.org](mailto:leslie@mduuc.org) and PLEASE put “SPIRITED BOOKS” in the memo line!!!!



## MDUUC Has A Birthday This Year!

Are you interested in sharing congregational history? Do you want to be part of helping us celebrate and learn from our history over the next year? If so, please contact Rev. Leslie Takahashi at [leslie@mduuc.org](mailto:leslie@mduuc.org).

## Save The Dates!

**"Getting To Know UU"** - This quarterly, hybrid conversation helps answer questions about who we are, what we care about and learn more about what we believe. Stay tuned, dates will be announced soon. Have questions? Contact [rodney@mduuc.org](mailto:rodney@mduuc.org).

**Halloween Party** - October 26, 12–2 p.m., Bortin Hall

**Bid 4 Love - Live Event - Saturday, November 8, 5-8 p.m.**



**Learning Sundays!** - February 15, and May 17.

**Winter Nights - March 23 through April 6. We need volunteers!**

Besides the funds the MDUUC contributes to support the program, over a hundred of our members take part each year by making and serving breakfasts and dinners, leading activities for the children, cleaning, installing, and taking down the equipment. Time, talent, and treasure are the ways we ask our members and friends to contribute to our community.

**Celebration of Community (formerly Fellowship Event)** -

Saturday, March, 7 from 5-8 p.m.

**50 Days of Commitment Kickoff** - Saturday, April 18, 4 p.m.

Youth Service - Sunday, April 26

**Annual Meeting** - Sunday, June 7

**Flower Service** - Sunday, June 7

**Bridging Ceremony** - Sunday, June 14

## Did you know?

MDUUC now has a space for scattering the cremains of beloved companion animals in the

Robert De Vight Legacy Garden.

If you would like to have a minister participate in helping you with the scattering, please contact

Rev. Leslie Takahashi.

## An Important Way To Get Involved

*If you are looking for an important act that you can do to support immigrants in these VERY difficult times, this program is for you!!!*

Do you LIKE supporting families? Will you HELP us welcome newly arrived immigrants and asylum seekers?

Learn about how you can reduce fear and offer safety, comfort, and clarity by providing a friendly face to help navigate the legal system in Contra Costa County and the Central Valley.

Join us in making a difference for our newcomer neighbors! For more information contact IM4HI Accompaniment Manager, Kelly Younger at [kkyounger@im4humanintegrity.org](mailto:kkyounger@im4humanintegrity.org).

## Report ICE Sightings

Help keep our community informed. Submit a report through the form, contributing to a more aware and prepared community. No account required and with real-time reports.

Report ICE Sightings here: <https://juntosseguros.com/>

## Faith Without Walls

Faith Without Walls is our ministry to those who experiencing homelessness. If you are interested in learning more or being trained to be part of our showers program, or washing towels, please contact one of our ministers.

## Faith In Action East Bay

Faith in Action East Bay is creating a fund for families where the main breadwinner has been deported. Here is a link to contribute: <https://www.gofundme.com/f/help-immigrant-families-in-east-bay>. This is a great way to practice mutual aid.

## Climate Justice Team Endorses Prop 50

After a robust discussion about November's impact on environmental legislation, the Climate Justice Team ("CJT") unanimously voted to endorse [Proposition 50](#), primarily to stop the disastrous gutting of federal environmental legislation. The CJT is confident that a better-balanced Congress will more fully support both existing environmental laws, as well as restore funding for renewable energy projects that are not only already in the pipeline, but are also nearly complete and are now stalled. As part of that endorsement, the CJT has partnered with [Commit to Democracy](#) to create a postcard campaign in support of the proposition; you can sign up [HERE](#) and join the effort, and/or for further information you can reach out to Chris Steiger or Vera Lenaro. And either way, don't forget to vote by November 4th and make your voice heard!

Sources:

<https://elections.cdn.sos.ca.gov/statewide-elections/public-display/prop-50-title-summary.pdf>

<https://www.commit2democracy.com/>

## Help Keep The Community Pantry Stocked

THANK YOU  
FOR KEEPING  
IT STOCKED!

## COMMUNITY PANTRY

LOCATED IN BORTIN HALL'S KITCHEN

INTERESTED IN DONATING? TAKE A LOOK AT THE EXPIRATION DATE OF YOUR NON-PERISHABLE, SHELF STABLE, CANNED FOOD, JARRED CONTAINERS, AND FOIL SEALED ITEMS BEFORE DROPPING IT OFF TO THE BORTIN KITCHEN.

**MDUUC PANTRY HOURS: TUE-FRI, 10-3PM  
OR DURING SERVICE/PROGRAM HOURS**

We could use your help by stocking our Community Pantry with unopened, new items. The pantry is open to all—no questions asked—for anyone in need of a little extra support.

Please take a moment to check expiration dates—freshness helps us ensure quality and safety for those we serve. Drop off your donation into the labeled bin by the Church Office, not the food barrel, or bring it to the Bortin kitchen.

Also, to celebrate the season and support our pantry, we're also hosting Pickling Parties! These fun, hands-on gatherings will help us preserve the bounty of local harvests and build community spirit. All are welcome to join in the joy of pickling and preserving. Pickling parties will be held on November 1 from 1:30-3pm. and May 9, 12-1:30pm, in the Bortin Kitchen!

## Register To Join The Family Music Program

Join our Family Music Program for a fun and enriching experience! This program invites families to come together to sing, dance, play instruments, and share the joy of music.

Whether you're a seasoned musician or just love to sing in the shower, there's a place for you here. Come perform in our Sunday services and participate in our delightful multigenerational holiday pageants. This is a wonderful way to connect with others, celebrate our community, and create lasting memories.

All ages are welcome! Register on Church Center or online:

<https://mduuc.churchcenter.com/registrations/events/3055350>

*Family Holiday Pageant, Sunday December 15 at 10:30 a.m.*

*Family Christmas Eve Service, Tuesday, December 24 at 5 p.m.*

## Community Concert Series

**Save The Date! Friday, November 21 at 8 p.m.**

**Community Concert Series Presents The House Jacks!**

The Community Concert Series (formerly Devil Mountain Coffee House) offers an opportunity to experience great music in a warm and informal setting. Our performers present a rich variety of musical genres: mostly acoustic, mostly original, but always wonderful.

For more info, visit: <https://mduuc.org/community-concert-series/>

## QUEER CORNER

*Justice and Joy*

Saturday,  
February 14,  
11AM-3PM

Fort Mason Festival Pavilion

(San Francisco)

**15th Annual BAAITS Two-Spirit Powwow**

**The only Queer Powwow in existence!!!**

Sunday,  
November 2nd  
10:30AM-1:30PM

Bortin Hall

**Worship, Lunch, and Workshop**

**Supporting our Trans Siblings Locally and Nationally!**

## Reclaiming Our Stories: A Journey Through Queer History

**Wednesday October 29 from 6:30-7:30 pm via zoom**

Join us for an illuminating hour as we explore the rich tapestry of LGBTQ+ history—from ancient civilizations that celebrated gender diversity to the courageous activists who paved the way for today's rights. Understanding our past isn't just about honoring those who came before us; it's essential for navigating our present moment with wisdom and resilience.

As our transgender siblings face unprecedented legislative attacks and societal hostility, we'll examine how historical patterns of persecution and resistance offer both sobering context and inspiring hope. We'll trace the threads that connect past struggles to present challenges, discovering how knowledge of our history becomes a source of strength and strategic insight in these difficult times.

## Educate Yourself To Prepare For Trans Justice

Our faith has been a leader in religious advocacy for trans people and in light of attacks, we need to do more. Visit this document for comprehensive list and links to UU Actions & Resources to Support Trans Justice & Safety [[tinyurl.com/UU-trans-action](http://tinyurl.com/UU-trans-action)]. Here you'd find resources for:

- Organizations to Support/Follow
- Reputable & Worthy Sources of News on Trans Justice
- UU Resources
- Resources for Trans/Nonbinary UUs
- Resources for Understanding & Responding to Anti-Trans Legislation & Rhetoric
- General Resources on Trans Identity, Allyship, etc.

## Ongoing Programming

For the most accurate and up-to-date information on meeting times and dates, please refer to our calendar at <https://mduuc.org/mduuc-calendar/>. While the program descriptions provide a helpful overview of our ongoing offerings, the calendar is your go-to source for event locations, Zoom links, and registration details for events that require it. To stay informed about any changes or new opportunities, we also encourage you to join our mailing list.

### 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 on Wednesdays from 10:30 a.m. to 11:30 a.m. Elder Journey meets virtually and is hybrid (in person or virtual) on the 2nd Wednesdays.

### Vespers

Vespers is a mid-week recharge for the spirit and a chance to connect to the community. You can join via Zoom or in-person on the 1st and 3rd Wednesdays, at 5 p.m., of the month. This is a great place to check in with your spirit and some friendly community members.

### Ministers' Conversations

Our ministers' conversations Join via Zoom or in-person on the 1st and 3rd Wednesdays, at 7 p.m., of the month.

### Virtual Yoga

Mondays at 7:00 p.m. (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. \*See calendar for dates.

### Tuesday and Thursday Virtual Lunch Groups

A friendly drop in virtual group that meets on Tuesdays and Thursdays at 12:00 p.m. on Zoom.

### Friday AM Mini-Meditation Boost

End your week with a guided meditation and an opportunity to state an intention for your self. Join Rev. Leslie most Fridays from 8-8:30 am for this chance to destress and connect.

### Saturday Mindfulness Meditation Group

Join us on most Saturday mornings at 9:00 a.m., on campus and online. Email Rose Riedel at [rose@mduuc.org](mailto:rose@mduuc.org) to be added to the group list. \*See calendar for dates.

### Sunday Virtual Mediation

Join Sharon Lawrence online on Sundays at 9:00 a.m. Email [yoga@mduuc.org](mailto:yoga@mduuc.org) to join the mailing list.

### MDUUC Choir

The MDUUC Choir is a chance to connect with others, deepen your faith, and be part of something truly special. Everyone is welcome to join, no auditions are required. \*See calendar for dates.

### Black, Indigenous and People of Color Caucus

3rd Saturdays at 4:00 p.m. in the Oak Room and on Zoom (hybrid). 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. We meet monthly with alternating times—please email [leslie@mduuc.org](mailto:leslie@mduuc.org) to be apprised of our scheduled meeting times. Get in touch and learn more!

### Exploring Whiteness Together

4th Wednesday of every month from 7:00 p.m. on zoom. Members and friends who identify as white are invited to this gathering to create a sacred space where we can engage in what decentering whiteness means especially in a culture where whiteness is almost always the center. Through guided discussions and personal reflections, participants will explore their experiences with racism, learn about the impact of microaggressions and allyship, to develop actionable steps to become effective advocates for racial justice. Join us in this transformative journey to dismantle systemic racism and build a more inclusive community.

### MDUUC Bike Group

The MDUUC Bike Group holds a ride on the third Saturday of each month—all levels of ability are welcome. We meet at the church at 10:00 a.m. and carpool or ride to our starting location. Contact Jim Hughell at [bike@mduuc.org](mailto:bike@mduuc.org) to join the email list to receive and communicate plans.

### Open Women's Group

1st Thursday of every month from 10:30 a.m. to noon. Join us online to meet with our new intern minister Aiden McMahon. All are welcome. Please email [admin@mduuc.org](mailto:admin@mduuc.org) to be added to our mailing list.

### Wild and Wonderful Women's Spiritual Arts Group

3rd Wednesday of every month from 3–5 p.m. in the Owl room. MDUUC women to explore their spiritual lives through creative practices like writing, painting, movement, voice, ritual, and storytelling. Contact [wild-and-wonderful@mduuc.org](mailto:wild-and-wonderful@mduuc.org) with questions or to join the group!

### Men's Breakfast

2nd Saturdays at 9:00 a.m. in the Owl Room or on Zoom. This is a group for those who are male-identified to gather for conversation and to share life experiences.

### YA, Young Adult Group at MDUUC

YA is comprised of adults ages 24–35. This group provides an opportunity for people to gather, meet and do fun things together.

### Xillennial Group (Ages 30s–40s)

This group provides opportunities to connect and gather. Please email [xillennial-leads@mduuc.org](mailto:xillennial-leads@mduuc.org) to join the list.

### Community Garden Group

Do you have interest in gardening but don't have a space of your own? Want to be involved in growing fresh food for our neighbors experiencing food insecurity? Any excess food grown will be part of the Faith Without Walls program. Contact [garden@mduuc.org](mailto:garden@mduuc.org) to find out more.

## **Buildings and Grounds Work Party\***

1st Saturday of the month, from 9 a.m.–noon. Join our to help beautify our campus while connecting with members and getting a few tasks done that cannot be done by one person alone! If you can, bring and share snacks to refuel! Contact admin@mduuc.org with questions and to be added to our contact list. \*Weather permitting.

## **Wednesday Virtual 12 Step for UUs**

Join virtually on Wednesdays at 12 p.m. as we share our experience, strength, and hope with one another. No matter what addiction you have, you are welcome to join us as we engage in recovery as Unitarian Universalists.

## **Grief Group**

This is a monthly, drop-in group for those who have suffered a loss can continue to gather support. Join on the 1st Friday of the month from noon–1 p.m. available in-person and virtual.

## **Memory Matters Group**

4th Saturdays at 3:00–4:00 p.m. in the Oak Room and on Zoom (hybrid). This friendly, drop-in group is for those experiencing loss of memory or new difficulties with familiar tasks to come together to share in memory strengthening exercises, experiences and for support.

## **Health and Hope Group**

\*1st Saturdays at 4 p.m. Health and Hope is a group for people who have a difficult diagnosis. Please consider joining Rev. Leslie if you could use a space to talk about the challenges of living with a life-altering condition. **In October when we are meeting on the second Saturday due to Rev. Leslie's travels.**

## **Virtual Monthly Caregiver Support Group**

Care-giving for a loved one can be challenging. Our drop-in virtual, monthly support group meets the 1st Saturday, 11:00 a.m. to 12:30 p.m.

## **Transitions Group**

Join the group on the 3rd Saturday at 11 a.m. in-person and on Zoom. Transitions and Loss is a group for people undergoing life transitions. This group works for people who are going through a change of relationship, retiring or other job status change, federal workers experiencing stress or those in the later stages of grief who are rebuilding and reassessing. Join Rev. Leslie for this monthly conversation on the third Saturday of the month from 11-12. Please note, we are trying to arrange child care for this group.

## ***Did You Know?***

*MDUUC now has a space for scattering the cremains of beloved companion animals in the Robert De Vight Legacy Garden. If you would like to have a minister participate in helping you with the scattering, please contact Rev. Leslie Takahashi.*

## **Parent Group**

The Parent Group meets on the 1st Sundays from 12-1:30 pm. Childcare will be available.

## **Parents and Toddlers Group**

The Parents and Toddlers Group meets on the 3rd Sundays from 9–10:30 am. Childcare will be available.

## **MSYG, Middle School Youth Group**

MSYG meets on Sundays 12–1:30 pm.

## **YRUU, High School Youth Group**

YRUU meets on Sundays, from 12:00–1:30 p.m.

## **Emerging Adults (Ages 18-24)**

MDUUC's Emerging Adults gather to learn new life skills, make new connections, enjoy good company, nurture their spirits and have fun! This group supports each other as they navigate life transitions from post high school into adulthood. Whether it's a new skill, game night, or a delicious meal, the emerging adult group is the place to be!

## **Board of Trustees**

Linda Russell, President

Andrew Oswald, Vice President

Mark Chase, Secretary

Elizabeth Dietsch, Treasurer

## **Trustees**

Andy Smith, Kevin Hsieh, Jim Lincoln,

Mary Kelly Persyn, Patricia Craven

## **Do You Have A Skill Or An Area Of Knowledge To Share?**

One of the joys of MDUUC is to learn about the many talents people can offer. Learning together is also a great way to connect with new people. If you have an idea for an adult class you would like to offer, email Rev. Leslie Takahashi at [leslie@mduuc.org](mailto:leslie@mduuc.org) and put "ADULT" in the email subject line.

## **November Beacon Deadline**

Wednesday, October 15, 2025  
at 10:00 a.m.

Please send submissions to [publications@mduuc.org](mailto:publications@mduuc.org).

All submissions are subject to editing for space and approval.



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

RETURN SERVICE REQUESTED

### MDUUC Ministers and Staff

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Bluesky: [mduuc.bsky.social](#)  
Podcast: Spotify - Beacon Light

# Breath & Spirit

Register Online  
**SATURDAY  
OCT 11  
9:30AM**

## Remembering Our Inner Power!

Mindfulness Meditation, Chanting, Art, and Music

### **Breath and Spirit - Remembering Our Inner Power! October 11, 2025 at 9:30 a.m.**

Join Rev. Leslie Takahashi, Jo Gelinas and others for this half day retreat which will allow us to remember the power of our own inner strength and resources.

This is a wonderful gift to give to yourself.

We will use the elements of fire, air, water and earth with a focus on grounding, simple practices and personal rituals. Participants will also have the chance to create objects (such as a God Jar) which people can use in their own spaces and places.

If you have not attended before, try out this non-threatening, peaceful space for contemplation and connection with others seeking the gifts of the spirit.

Register online at: [mduuc.churchcenter.com/registrations/events/3011864](https://mduuc.churchcenter.com/registrations/events/3011864)

Suggested donation \$20 (however this amount should not be a barrier for coming.) The donation can be made in person or online by choosing "One Time Gift" from the Give Form, which can be found at: <https://mduuc.churchcenter.com/giving>



Scan to register.  
\$20 Suggested donation.  
We're grateful for any support you can offer. If you're able to give, thank you. If not, thank you for being here. Everyone is welcome, always.