

August Newsletter



Camp & Retreat Center

“Thank You” Party for Mark Boyd!

For more than 10 years, Mark has managed N-Sid-Sen with skill, grace, humor, faith and a strong sense of hospitality. He’ll be leaving at the end of November, and we don’t want to let the summer go by without a party!

It will be a time to gather for a late summer BBQ and to say goodbye and thank you. Come and plan on sharing stories and gratitude for his time at N-Sid-Sen. In lieu of gifts, Mark is suggesting donations be made to N-Sid-Sen

**Saturday, August 20, 2022
Party and BBQ
N-Sid-Sen Camp and Retreat Center**

**Gathering around 1:00 PM
Food served about 2:00 PM in the Cove
with Sharing to Follow**



Please let us know you’re coming and if you have dietary needs. There’s no cost for the meal & celebration. For folks traveling there will rooms available and breakfast in the morning. Use the link below to register.

<https://www.ultracamp.com/info/sessionDetail.aspx?idCamp=367&idSession=363541&campCode=nss>

For more information, questions or to make in-person reservations contact: Alice Ling at amcling@northernhorizons.net or 208-659-7907.

Conference Calendar

If you'd like your committee meeting or event added to the calendar, please send an email to office@pncucc.org.

August

- 4 Moderators Check-in; online; <https://v.ringcentral.com/join/333224991>; 7:00-8:30pm
- 5 Admin & Finance Check-in; Video call link to be determined; 1-2:00pm

- 8 PNCUCC Moderator & Board Office 1.5 hours; new link to be determined; 6-7:30pm
- 10 Church Development Committee meeting; 1:00-3:00pm
- 11 Westside Committee on Ministry; online; 9:30am-2:30pm
- 12 Admin & Finance Check-in; Video call link to be determined; 1-2:00pm
- 13 Ordination of Amy Johnson; Wayside UCC; 3:00pm

- 16 Board of Directors meeting; online; 6:30-8:00pm
- 18 Moderators Check-in; online; <https://v.ringcentral.com/join/333224991>; 7:00-8:30pm
- 18 Global Ministries Committee Meeting; online; 7:00pm
- 19 Eastside Committee on Ministry meeting; online; 10:00am-2:00pm
- 19 Admin & Finance Check-in; Video call link to be determined; 1-2:00pm
- 20 BBQ at the COVE for Mark Boyd; N-Sid-Sen; 1:00pm

- 26 Admin & Finance Check-in; Video call link to be determined; 1-2:00pm
- 28 Ordination of Stevi Hamill; Fauntleroy Church; 3:00pm

September

- 2 Admin & Finance Check-in; Video call link to be determined; 1-2:00pm

- 5 Conference office closed for Labor Day
- 8 Westside Committee on Ministry; online; 9:30am-2:30pm
- 9 Admin & Finance Check-in; Video call link to be determined; 1-2:00pm

- 12 PNCUCC Moderator & Board Office 1.5 hours; new link to be determined; 6-7:30pm

Farewell



Conference Minister Announces New Call

Mike Denton announced that he has received a new call to serve in a local church in the Massachusetts Conference. He will be missed but we are grateful for his faithful leadership of the Pacific Northwest Conference since January 1, 2008. *Read his letter [here](#).*



THE PACIFIC CONFERENCE OF THE UNITED CHURCH OF CHRIST AND
WAYSIDE UNITED CHURCH OF CHRIST INVITE YOU TO THE

ordination
OF
Amy Johnson

AUGUST

SATURDAY **13** AT 3 PM

WAYSIDE UNITED CHURCH OF CHRIST

2000 SW DASHPOINT RD

FEDERAL WAY, WA 98023

KINDLY RSVP to AMY at 253.653.2786

for in person attendance or zoom link

*masks requested
reception to follow*

THE PACIFIC NORTHWEST CONFERENCE OF THE UNITED CHURCH
OF CHRIST, FAUNTLEROY CHURCH UCC, AND SEATTLE
UNIVERSITY'S CAMPUS MINISTRY JOYFULLY INVITE YOU TO
CELEBRATE

The ordination of
Stevi Hamill

SUN 28 AUG
AT 3 PM

Fauntleroy Church, UCC
1940 California Ave SW
Seattle, WA 98136
and online

Reception to Follow

Please RSVP to
stevihamill@gmail.com
for in-person or Zoom



Staff Column

By Arlene Hobson

“The Power of Regret, How Looking Backward Moves Us Forward” by Daniel H. Pink, debunks the myth of having no regrets. Do you know who Edith Piaf is? She’s in there along with stories about people who got “No Regrets” tattoos. People are adamant about not regretting anything. Me? I have a lot of regret but thanks to this book, I now have a better perspective on regret and how it can help me.

The first part of the book is “Regret Reclaimed”. Daniel Pink used research in social psychology, neuroscience, and biology and the largest sampling of American attitudes about regret. He also created his own survey. Go ahead and take it at www.worldregretsurvey.com. It’s simple. Type in your regret in the first box. Then answer questions about your age, gender, state, and enter your email if you are willing to be interviewed. I’m not sure if he is still following up on this because the interviews were to be collected for the book but at the end of the survey, you can read regrets from people around the world. I spent a brief amount of time on this site and thought it was interesting.

Back to the book: in the first few chapters, he inserts a handful of graphs and pictures, including graphs of the most common regrets in 2005, 2011, and 2021. Survey methods have vastly improved through the years so the 2005 results ~~may be~~ are definitely questionable.

When considering regret, remember that it is about something that was in our control to do differently. Processing regret can help us make better decisions moving forward.

In Part Two, we learn the four core regrets.

- 1) Foundation Regrets. These regrets can be identified with the words “too much” or “too little” such as: I skipped too many classes, or I studied too little when I was in college. These are difficult to undo.
- 2) Boldness Regrets – choosing to play it safe.
- 3) Moral Regrets – makes up the smallest percentage of regrets but can last the longest. It’s choosing the wrong path.
- 4) Connection Regrets – makes up the largest percentage of regrets. These are about any relationship we had, or didn’t have, with others.

In Part Three, “Regret Remade”, we get into how to apply strategies for using our regrets to learn and grow. There are many options here. You may remember both of these helpful tools from “Chatter” by Ethan Kross that I reviewed in August 2021: normalizing negative experiences, as in, everyone has them; and self-distancing, but this time it is with time travel.

The book ends with a chapter on “Anticipating Regret” and one last survey with a group of university students. When thinking about how something may work out in the future if you do A, could help you decide to do B instead.

“...transform regret into a powerful force for stability, achievement, and purpose.”

Transitions

Rev. Jess Peacock had his standing transferred to another conference.

Rev. Bill Comfort's transfer of standing into our conference was approved.

Amy Johnson will be ordained on August 13th at Wayside UCC.

Stevi Hamill will be ordained on August 28th at Fauntleroy Church, UCC.

Communities of Practice

Communities of Practice groups are set to begin September 2022 and run thru May 2023. The structure will be on-line only at the on-set. Should the ever-changing COVID situation allow, each group can collaborate to decide how to proceed.

Like last year, participation is open to the Montana Northern Wyoming and the Central Pacific conferences. Active, retired, specialized ministers and members in discernment are invited to participate.

If you are interested in participating in a group, please contact **Coordinator Rev. Brigitta Remole** AND **Rev. Amy Hitchens** (as Amy will be taking over in September).

Contact emails: Brigitta.ucc@gmail.com
amy@npucc.org

Registration opens August 1, 2021, through Ultracamp at the Pacific Northwest Conference website.

<http://www.ultracamp.com/info/sessiondetail.aspx?idCamp=367&campCode=nss&idSession=364405>

How to navigate once there:

- 1) *On home page click on "My Sessions"*
- 2) *On My Sessions, Hold cursor over "Communities of Practice" It will turn gray*
- 3) *Do not click on clipboard or pencil,*
- 4) *Click on gray area*
- 5) *Scroll down to registration link*
- 6) *Copy it and paste it everywhere you would like.*

The total cost is \$250. If you cannot pay the whole amount, please know you will need to pay the \$50 registration fee to participate. Payment plans and scholarships can be negotiated. Only those who are registered will be able to participate in a group.

Grace and peace,

Rev. Brigitta Remole
Rev. Amy Hitchens



Celebrate 50 years of ONA Ministries!

Join us online for the 2022 National Gathering of the Open and Affirming Coalition!
August 5 – 7, 2022 ([more](#))



General Synod 2023

will be held June 30-July 4 in Indianapolis, Indiana. ([more](#))



UCC Webinar

Our special guest will be Lynn Thorp who serves as the National Campaigns Director for Clean Water Action. She will discuss how we can make effective and equitable strides in reducing water pollution. If you can't make the scheduled time of 1 pm ET on August 10th, still sign-up for a recording. [Register now!](#)

[Other upcoming webinars.](#)



August Celebrations

Best wishes to our clergy and their partners on their special days.

Ordinations

2	Ron Blake	52 years	19	Cathryn Cummings	43 years
4	Candace Frawley	9 years	19	Daniel Parker	40 years
10	Gregg Brekke	16 years	24	Kevin Raymond	14 years
10	Alice M. C. Ling	42 years	29	Kathy Turner	53 years
13	Lynne Simcox	50 years			

Birthdays

1	Daniel Berg	13	Harvey Buer	23	Lewis Hinshaw
3	Rebecca Withington	15	Cameron Sharp	23	Ann Lev
4	Judi Edwards	16	Beth Seacord	26	Lynne Simcox
5	Anthony Robinson	17	John Solimine	28	Sally Bredeweg
5	Elayne Spangler	20	Meighan Pritchard	20	Pichu Chen
6	Delbert Gault	20	Roberta Rominger	27	Dale Rominger
7	Susan Welsh	21	Sylvia Taylor	29	Marcia Royer
8	Andy CastroLang	22	Trina Banks	30	Josh Sanders
10	Catharine Cline	23	Philip Eisenhauer		

Anniversaries

2	Roberta & Dale Rominger
3	Ron & Carol Blake
6	Ryan & Shauna Lambert
16	Chris Morton & Megan Crouse
17	Bob Ingalls & Donna Poland
18	Courtney & Mark Stange-Tregear
20	Tara Barber & Wendy Blight
28	Jane & Tom Sorenson
29	Daniel & Iona Parker