

UUFSD FOCUS – SEPTEMBER 2011



The Unitarian Universalist Fellowship of San Dieguito is a safe haven and community of inspiration creatively meeting the spiritual, social, educational and emotional needs of members and their families in ways consistent with our UU principles. Through this mutual support,

Rev. David A. Miller, Minister

Alison A.L.G.M. Crotty,
Director of Religious Education
Gianna Drogheo, Choir Director
Patricia Weld, Congregational Admin.



Phone: 858/755-9225
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Website: www.uufsd.org
Office hours: 8:30-4:30, M-F

SUNDAY SERVICES – 10:00 a.m.
Child care is provided

Monthly theme: Vocation and Calling

**September 4: The Labor Movement and Music:
A Historical Look at Today. Wenda Alvarez**

**September 11: What Are We Being Called To
Do? – Has the time come for Unitarian
Universalists to ask the question, "To be a UU, do I
really have to live my life any differently than I am
now?" Choir sings! Rev. David A. Miller**

**September 18: What is a Vocation and How Do
I Get One? Rev. David A. Miller**
Luncheon follows the service today.

**September 25: Answering the Call – We will hear
stories from the summer and other sources on
challenges and how things can change when we
answer our call for loving transformation through
engagement. Choir sings! Rev. David A. Miller**
*September 25 will be a Generosity Sunday, with all
contributions going to **Doctors Without Borders** to help
them provide urgently needed medical assistance for the
humanitarian crisis in Somalia.*

NOW IS THE TIME TO JOIN UUFSD CHOIR!

To everyone and anyone who has ever thought they would like to sing in a choir, please consider joining our UUFSD choir. Rehearsals are on **Thursdays from 7:00-9:00 pm.**

You do not have to read music, just have a love of singing. Gianna will be giving some group vocal lessons for novice (or rusty) singers who would like some special attention before joining the whole group. She is also available for private lessons, if you wish. I believe that everyone can sing. It is our birthright! If you have questions, please email **Gianna** at giannadrogheo@gmail.com or call her at **858-750-3682.**

DAVID'S DIALOGUE

I have returned to UUFSD in a more serious mood as this congregational year begins. To quote a line from one of my favorite movies, Aaron Sorkin's *The American President*, "We've got serious problems, and we need serious people." These are serious times and I am feeling a bit more serious and that translates into my posing some deeper questions for personal and congregational reflection this year. Similar questions will in part be posed in our Dreamcatchers strategic planning process. Because the vision for the congregation needs to be as inclusive as possible, I encourage you if possible to sign up for the small group meetings sponsored by the Dreamcatcher Committee. Other questions will arise from the plans being developed to meet the capital improvement needs of the Fellowship. The original intent was to undertake the capital planning process after the Dreamcatcher process was completed. But because of favorable tax laws this year, (which we will be discussing more this fall) and a very generous \$100,000 matching gift per year for the next three years from an anonymous donor, capital planning will also be on our agenda.

Beyond these internal reflections about the structure, capital needs and vision of the congregation, I feel the time has come to do some deep reflection on who we are as Unitarian Universalists. This kind of conversation is representative of conversations taking place in congregations all over the country. The conversation is about how we are living our lives both individually and together as a congregation and how it relates to the impact we are having in the world.

One aspect of the reflection is about our status as a religion. I found The President of the UUA, Peter Morales' article in the August 15th UU World worthy of our examination. So in reflection I offer this to you.

Get Religion

We must do three things: get religion, grow leaders, and cross borders.
By Peter Morales

At our fiftieth anniversary General Assembly in Charlotte, North Carolina, I told those attending (and watching on the Internet) that if we are to thrive as a religious movement we must do three things: get religion, grow leaders, and cross borders. Each of these three involves deep spiritual and cultural development.

“Grow leaders” is about learning to trust and empower one another. Vital, healthy communities identify, nurture, mentor, and empower leaders. “Cross borders” is about crossing the barriers of culture, ethnicity, and class. These are topics for another column. Here I want to explore what I mean by “get religion.”

I am aware that the term “get religion” can be a bit of a shock for some UUs. We link the term “get religion” with evangelical fundamentalism. We have a long tradition (going all the way back to the Great Awakening of the eighteenth century) of being skeptical of intense religious emotion. And I would be the last person to suggest that we abandon our tradition of placing a high value on reason and learning.

So what do I mean by saying we have to get religion?

First, I believe that we must learn to take ourselves seriously as a religious movement. We are not an alternative to religion. Nor are we religion lite. We, like all religious movements, deal with life’s core struggles and humanity’s most profound questions about life’s meaning. We have a rich tradition that we want to share and pass on to future generations.

Second, we must realize that religion is more about what we feel and experience than about our opinions. Our religion is about what we love passionately, about how we aspire to live, about what moves us at the center of our being. Religion’s source is our experience of being loved, of loving, of belonging, of feeling awe, and of feeling connected to all creation. This has enormous implications. It should guide our worship, our small groups, our religious education, and our public witness.

Third, religion concerns that which links us to one another. Religion is relational because we are relational beings. Radical individualism may have been a liberating force in the more rigid society of the nineteenth century. Today, in a culture that erodes enduring relationships and isolates people, individualism is a prison. I believe it is the spiritual disease of our time. Religion is something we practice together. My religion isn’t about me; it is about us. It is through the practice of our religion that we create community, that we strengthen the bonds that sustain us, and that we build compassionate connection to the wider world.

What happens when a Unitarian Universalist congregation truly “gets religion”? Happily, I have seen this dozens of times in congregations of all sizes and in all parts of the country.

The first thing that happens is that worship becomes powerful. It ministers to our whole being, touching our hearts and our intellects (and even getting us to move our bodies now and then!).

The next thing we see is that members of such a congregation really know one another and deeply love one another. They have shared their stories and their dreams. They have worked together doing important things. They share a vision for the future.

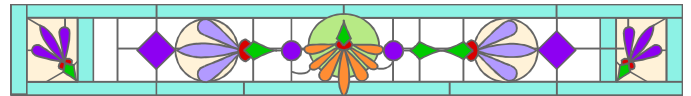
Congregations that get religion have a lot of energy. They have a lot of fun. They delight in each other’s company. They laugh easily. And, yes, they cry together when they deal with a loss.

Imagine what could happen if we all unleashed the compassion, commitment, idealism, creativity, and energy that lives within and among us. Just imagine.

And of course no matter how serious I feel, I also look forward to a great year filled with a lot of energy, a lot of fun, and delighting in each other’s company. Let the journey continue!

In faith,

Rev. David



Involvement Fair 2011

Save the date, **September 25th**, after the Sunday Service for our **Annual Involvement Fair**. All the Activity, Program and Committee Groups gather together so you have an opportunity to meet them and learn about everything that is going on at the Fellowship. Mark your calendars and join us.
Linda Howard

NOMINATIONS COMMITTEE UPDATE

The UUFSD Nominations committee (**Anne Larocca, Susan Hahm, and Steve Bartram**) is starting the formal process of selecting candidates for next year’s new members for the Board of Directors, as well as candidates for the Nominations committee. They are seeking interested UUFSD members for election to these leadership positions. Are you one? Talk to them and find out what UUFSD Board members and Nominations committee members do!



Alison Aguilar Lopez Gutierrez
McLeod Crotty, DRE
 858- 755-9225
alison@uufsd.org

RE NEWS

Top Ten Reasons to Volunteer in RE

10. Because lying in bed, reading the Sunday paper is just not my idea of a good time!
9. Unlike adult worship, you can get up and go to the bathroom without disturbing anyone. In fact, you will probably have some company *chuckle*.
8. You have your own reserved parking spots!
7. Volunteering with our kids has been known to lower your cholesterol and strengthen your heart.
6. Because it's NOT anything like a committee meeting.
5. Do it for the snacks. FREE GOLD FISH!!!!
4. Teaching Sunday school isn't beneath Jimmy Carter, and he was the President.
3. Someone needs to teach the kids of today why crayon colors like Maize and Burnt Sienna matter.
2. When the lesson asks the children their thoughts on faith, you realize that (1) You need to define yours, and (2) That our kids are amazingly eloquent and brilliant.
1. And the Number 1 reason why someone would want to be an RE teacher.... Karma Credit!

Laughing... I am no David Letterman, but I had a good time compiling these from different sources and my own experience.

I am excited for this next RE year and there are plenty of volunteer opportunities for everyone. Here is a quick introduction to the curriculum that is offered.

Pre K & K: Chalice Children

Introduces children to concepts such as family, holidays, birth and death, marriage, dreams and the natural world with fun activities, rhymes and fingerplays. Class meets in **Footprints**, first classroom up the hill past the administrative office.

Grades 1-3: Picture Book Bible Tales & Picture Book World Religions

These wonderful curriculums will help children understand the bible stories through a Unitarian Universalist lens, and then be introduced to the festivals and beliefs of religions around the globe. Class meets in **Treetops**, second classroom up the hill past the administrative building.

Grades 4-6: Spirit of Adventure

In this class, the group will explore UU principles in ways that have traditionally been ignored. Instead of the usual arts and crafts, this will focus on sports, medicine and other learning methods. A fun and energetic curriculum. Class meets in **Palmer Library**.

Grades 7-9: Coming of Age

Darlene Kanzler and her band of amazing mentors will be spending the year exploring our faith and faiths around the world so that our youth will be able to construct their own personal belief system more fully. Class meets in the **Montessori Building**

Grades 9-12: Topic Box Discussions

Youth will be exploring life and religious issues every week through conversations, conferences, worship sessions and leadership opportunities. Class meets in the **Cathy Schepps Space** (YRUU room), next to the upper parking lot.

Looking forward to a fully staffed, exciting and introspective new year!!!

Important R.E. News

*It's almost time for the beginning of the R.E. year at UUFSD! Our first classes will be held on **September 11**, and we have a great lineup this year. Here are some updates for the coming year: **We would like to register children via email before the start of classes this year**, so teachers can start the year with an updated roster and important safety information on hand. We can't attach the form to group emails, but you can locate it right on the Home Page at **UUFSD.org**.*

Please note that the form asks for volunteer information. Our program is a cooperative effort, and we need all families to volunteer about two hours per month to make it happen smoothly. Our most pressing need is for teachers and assistants in the classrooms, but there are other opportunities listed that don't involve time in the classroom.

*We are particularly looking for experienced teachers who are willing to teach during September and October, while we provide training and orientation for newer teachers. If you can teach during September or October, please contact **Alison (alison@uufsd.org)** and/or **Nancy Hebert (religiouseducation@uufsd.org)** with the grade and date(s) you can teach.*

We have great curricula planned for this year! Please read the detail for the different age groups.

Grades 1 - 3 will be following up on the very popular Storybook UU that we used a couple of years ago, with new modules including Storybook World Religions and Storybook Christianity. Kids loved the lessons, and teachers loved the simple format for teaching.

Grades 4-6 will be using a new curriculum by the same authors as Storybook UU designed for older kids, called Spirit of Adventure. The lessons include lots of movement, projects and activities that look great. Like Storybook UU, the lessons are easy for teachers to pick up without lots of advance preparation.

PreK/K will keep using Chalice Children, our terrific curriculum for younger children.

Junior High - this is a Coming of Age year! Darlene Kanzler will coordinate.

YRUU has elected new officers with big plans for the upcoming year.

In Love and Fellowship, *Alison*

WELCOME

Roger Doebke is married to Judy and has four children, and ten grandchildren. Roger has been in the business of real estate finance and development in California since 1960. Judy worked in international insurance for a multi-national corporation before she began a second career as a high school teacher (17 years). Roger and Judy have lived in Carlsbad for the past three years, and prior to that, in Orange County since 1963. Summers are spent at their home in the Chautauqua Institution in New York State.

Roger plays golf and Judy, tennis. Roger, a student at Meadville Lombard Theological School in Chicago, is studying for his Master in Arts in Religion degree. He is active in interfaith programming at the Chautauqua Institution and is supplementing his studies at Meadville with programs at the United States Institute of Peace in Washington, DC. Judy is active in the Southern California and National Jane Austin Society, and during the summer, the theater program at Chautauqua.

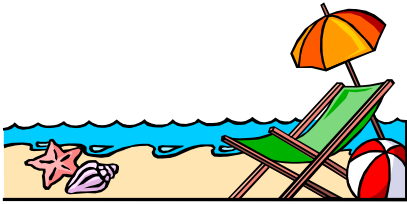
Roger was attracted to UUFSD because it represented everything he believes Unitarian Universalism represents. He has taken pleasure in being active in the Sunday morning discussion groups, and finds a great deal of inspiration from Rev. Miller's insights. **Welcome Roger (and Judy)!**

We welcome **Brynn Craffey**. In the past nine years, Brynn has led a nomadic life, moving a total of ten times over a distance encompassing nearly half the globe and including such far flung cities as San Diego, Brooklyn, Queens, and Dublin, Ireland. He returned to this area after 3-1/2 years in Dublin, quitting the Irish Republic just before the world's most bloated real estate bubble imploded, collapsing the economy and leading to great hardship for many people. His timing was accidental, based more on a desire to reside closer to his beloved 91-year-old father in Escondido than any insightful financial acumen. He now divides what feels like way too little time between a day job at UCSD, writing, bicycling, surfing, a demanding calico cat who insists on a minimum of daily playtime, anti-war and LGBTQ activism, and reading far too much news to be salubrious on the internet.

Sandie MacGowan was a member of UUFSD 20 years ago. She moved back east for work and has just now returned to the area. One of the first things she did upon her return was to come to a service, and she knew right away that she would again become a member. Sandie is a Project Manager for Clinical Programs at Skaggs School of Pharmacy and Pharmaceutical Sciences at UCSD. Her young adult son, Nicky Mackiewicz, has just moved to the area with his partner and we hope to see them some Sunday soon. In her free time, Sandie enjoys hiking, writing fiction and camping. Welcome back, Sandie!



The UUFSD book club meets the second Monday of each month at **7:00 pm** in the UUFSD library to discuss the month's reading selection. This month's meeting will be **Monday, September 12**, and we will be discussing Remarkable Creatures by Tracy Chevalier. (See a description of the book on the Amazon website: www.amazon.com.) So, pick up a copy, read it, and come ready to discuss! For more information, or to be added to our email list, please contact **Sharilyn Parr: BookClub@uufsd.org**



ANNUAL ALL FELLOWSHIP BEACH PARTY, Sunday, September 11:00 – 4:00 p.m.

The annual beach party, hosted by **Walter and Darlene Kanzler** and by **Betsy Gilpin and Niel Lynch**, was offered as part of the May Auction, but for those who were not there, we can accommodate a good crowd. Come early and enjoy a swim. Niel Lynch will be the chef cooking up great hamburgers, hotdogs and veggie burgers. Great salads and a dessert round out the meal.

Directions: Party at S. Carlsbad State Beach (aka Ponto Beach), first beach north of La Costa Ave, but can only be approached from the North driving south. Exit west at Poinsettia to 101. Go south on highway 101 to park entrance. There is a parking fee or try to park along the highway. Look for blue canopy set up as close as possible to path leading to beach from parking lot. The donation is \$10/person or \$25/family (whichever is less).

Please contact **Betsy Gilpin** at
ConnectionsAndMembership@uufsd.org

PAY IT FORWARD AT WORK IN OUR FELLOWSHIP

An Automated External Defibrillator, an AED, can save someone's life when they go into sudden cardiac arrest. Chris Faller learned this when someone at his workplace suffered a heart attack and was resuscitated by quick application of an AED. Chris and the Monday Night Team, who play basketball at the Solana Beach Boys and Girls Club, recognized that there wasn't an AED at the club, so several teammates started an email campaign that resulted in donating one.

Some months later, on May 4, 2011, my husband, Steve Bartram, had a heart attack while playing basketball with a different group on a different night on the same court where Chris plays. Because there was an AED there, and people on site who knew how to use it, Steve's life was saved, and he is alive and healthy today.

We are making arrangements to install an AED at our Fellowship and to offer a training class for anyone interested in CPR, including how to use an

AED. Please watch for more information on the subject. In the meantime, look and see if there's a cabinet on the wall with an AED at your place of work, in your neighborhood community center, or at your gym. Don't be afraid to use it if you see someone collapse. These devices are basically "idiot-proof" – they are designed to be used by anyone. They talk to you, explaining what to do, and they have technology that prevents you from harming anyone by using it wrong. You can read more about how to use an AED at http://www.nhlbi.nih.gov/health/dci/Diseases/aed/aed_us_e.html

Thank you, Chris, for paying it forward. We indeed are part of an interdependent web of all existence, and sometimes we are in a position to give and sometimes we are in a position where we need to receive. We are thankful to be part of this caring community.
Submitted by Lisa Shaffer

FOCUS ON OUR YOUTH Meet our own UUFSD paddler Nick Lyon



I am a paddler. That is the right verb for my sport: outrigger canoe. OC-6 (six-man outrigger canoe) is not the same as rowing, though many people start in one sport and work their way over to the other. My favorite part of OC is the sense of family and community or "ohana" as the hawaiians say. This vibe is not that far from the community we as UUs enjoy every Sunday, and just as welcoming to newcomers.

As a young man who is by nature very competitive, the races are extremely enjoyable. The aspect of competitions in the races is always respectful as opposed to the incivility all too prevalent in many sports today. Overall, I am glad to have stumbled across this fun and challenging water sport, and I hope to hone my skills through the foreseeable future.



Member Profile

LIVIA F. WALSH

Congratulations Livia!

Livia Walsh, a longtime active UUFSD member, has joined the team of instructors at UCSD's Center for Integrative Medicine's Mindfulness Based Stress Reduction program in La Jolla.

Livia is a nurse and licensed psychotherapist in private practice in Encinitas, California. She developed an interest and pursued training in the area of holistic/integrative health including mindfulness over her 40 years of professional practice. Included in her training is completion of the MBSR/Mindfulness training program at the University of Massachusetts Medical Center and Omega Institute under the direction of Jon Kabat Zinn, Saki Santorelli and the senior teaching staff. She has also been teaching meditation for 25 years.

Livia currently teaches MBSR at the Senior Center in Encinitas as well as in her private practice. She integrates mindfulness in her work with patients and students. In her capacity as clinical supervisor at San Diego Hospice and other institutions she has taught mindfulness based interventions to graduate/post-graduate students and professional staffs. Livia believes strongly in the mind-body connection and in an integrative approach to achieve and sustain optimal health and well-being.

Livia is offering our Fellowship, as an auction item, an **"Introduction to Mindfulness"** program on **Saturday, November 5th 9:00-12:00** in the Library. If you are interested in participating please contact her.



WOMEN TOGETHER RETREAT

This year's Women Together Retreat is themed "Celebrate in the Pines" and is from **October 21 through October 23** (Friday through Sunday) at **Camp de Benneville Pines**. Registration forms are now available. **For more information, contact Benita Berkson.**



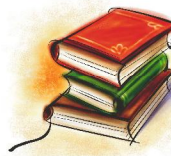
EMAIL COMMUNICATION AT UUFSD

UUFSD maintains two email lists that allow us to communicate to members and friends.

The **UUFSD Announcements list** is for "official" UUFSD announcements, such as weekly emails about each Sunday's service and other announcements about Fellowship events and activities. Only staff and board members post emails to this list.

The **UUFSD Online list** is for members to use to send emails to the member community. Anyone can post emails to this list, and anything is fine, as long as it is in accord with UU principles and is likely to be of interest to all members. To post to this list, simply create an email and address it to UUFSDOnline@yahoogroups.com. For more information, or to be added or removed from a list, contact Sharilyn at OnlineForums@uufsd.org.

Submitted by Sharilyn Parr



UUFSD LIBRARY

We are grateful for members and friends who donate books to the library and who buy books at the Sunday Book Sale. The money we earn through the book sales allow us to buy new books to add to our permanent collection.

We want to encourage all members to use the library. (Even the littlest ones! There's a kids' section.) The best time to visit the library is Sunday morning before the service. (There are often meetings in the library after the service, but you are welcome to check.) Or, if you would like to visit the library during the week, you are welcome to do so. Just call the office first to make sure that Patricia is going to be around, and she will open the library for you.



R.E. Volunteer Breakfast



On Sunday, June 5, more than 40 amazing volunteers from our community were invited to a breakfast in their honor to thank them for volunteering with our Fellowship's R.E. Program this year. This annual event gives us a chance to treat our volunteers and their families to a great breakfast! This year, the volunteers received beautiful hand-painted ceramic tile trivets made by our wonderful and creative R.E. children and youth.

Our volunteers support the UVFSD R.E. program in a variety of ways. Many teach or assist in the classrooms on Sunday mornings. Others fill critical roles as class coordinators, scheduling the teachers and assistants throughout the year and troubleshooting last minute issues. Still others serve on the R.E. Committee or helping with special events. If you would like to learn how you can be invited to join us at next year's event, please contact Nancy Hebert (R.E. Committee Chair) at he4gott@aol.com or Alison Aguilar Lopez Gutierrez McLeod Crotty (Director of R.E.) at alison@uufsd.org.



The “Money Team”

Pictured left to right in the photo are: **Bob Howard (Chair), Lisa Shaffer, Betsy Gilpin, Caroline Demar, Louise Garrett and John Sherman.**

They are members of UUFSD Stewardship Committee, the organization responsible for raising the funds necessary to run the Fellowship. Along with many others who volunteer working on specific projects, Stewardship has had a very successful year. Major fundraisers included the Fall Art & Entertainment Auction, the Annual Pledge Drive (the single most important source of funds), and the Spring “Dare to Dream” Auction, the Sunday Luncheons following services and several more individual efforts such as the Emma’s Revolution and Peter Sprague Concerts. All of us wish to thank the Members and Friends of the Fellowship for their continued support and generosity.



"They say that every piece of clay is a piece of someone's life ..."

Memorial Walls Update & Request

Check out the progress on the installation of Jerry Thiebolt's inspiring mural on Memorial Wall 2, which will be followed by the installation of pathway bricks, designed by Fellowship members, around the base of the obelisk supporting our refurbished James Hubbell sculpture.

The poem adapted from Byrd Baylor's "When Clay Sings" begins on Wall 1, continues on Wall 2, and will end in the pathway:

"They say that every piece of clay is a piece of someone's life.
They even say clay has its own small voice and sings in its own way.
So listen for whatever voice the clay may have.
A windy voice? A sandy voice? The voice of a far bird's cry!"

The Memorial Walls account is earmarked to pay for murals, engraving, and maintenance. We are short of funds to complete the third mural and cover future engraving costs. We need to make up a shortfall of about \$4,300 to stay on a pay-as-we-go basis.

An essential source of support for the project is the \$300 donation per plaque collected as individual plaques are reserved for immediate or future use.

We need 15 - 20 new reservation donations to complete the third mural (on the smallest wall, originally designated Wall 5) and to have enough money for engraving as needs arise. Reservation donations are tax deductible and cover future engraving and perpetual maintenance.

AS SOON AS YOU CAN, PLEASE DONATE AND SELECT LOCATIONS FOR PLAQUES FOR YOURSELF, YOUR ELIGIBLE FAMILY MEMBERS, OR OTHER ELIGIBLE UUFSD MEMBERS. Policy statements and reservation applications are on line at UUFSD.org under Fellowship/ Memorial Wall. All instructions are included there.

On the first wall, 23 plaques remain available. On the second wall, 109 are available.

After producing and installing the third mural over the next several months, Jerry will take a hiatus from UUFSD to work on major projects for others (e.g. memorial walls for other churches). It will be a couple of years until he is ready to turn to the final two murals for the UUFSD Memorial.

Thanks to all,

Barbara Blomgren
Memorial Walls Chairman

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