

# DIALOGUE

**A QUARTERLY MAGAZINE**

*A publication of the Unitarian Universalist Fellowship of San Dieguito*

*Inspired by our UU principles, we are a vibrant, intentionally diverse congregation that models and promotes both locally and globally: love, spiritual growth, service, right relations and sustainable living.*

## HAPPENINGS

*April - June 2017*



### **Bridge Act, April 4, 2017**

Eighty members in Representative Darrell Issa’s Congressional District signed letters to the Congressman asking that he endorse the Bridge Act, a bipartisan Congressional bill. The intent of the Bridge Act is to allow people who are eligible for or who have received work authorization and temporary relief from deportation through Deferred Action for Childhood Arrivals (DACA) to continue living in the U.S. with permission from the federal government. The BRIDGE Act would make it possible for young people who meet DACA requirements to apply for and receive “provisional protected presence” and work authorization for a three-year period.



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**Passover Seder, April 16**



**Environmental Justice “Active Hope” Workshop,  
Thur, Apr 20**



Rev Meghan and Irv Himelblau conducted a workshop for the Environmental Justice Task Force using the principles outlined in Joanna Macy & Chris Johnston’s book, “Active Hope - How to Face The Mess We’re In Without Going Crazy.” Active Hope” deals with the anxieties of an industrial growth which puts profits over life sustainability and provides systemic approaches for solving societal and global disregard of the environment. “Active Hope” transforms the word “hope” from a noun to a verb. As Joanna Macy indicates, "Hope isn't something you *have*, it's something you *do*." This movement from noun to verb makes hope active, utilizing our unique human capacity to choose—where to put our mind, what story to follow, and what step to take next.

**March for Science - Standing for our community,  
health, economy and our region’s future. April 22**

March for Science - San Diego is an adamantly nonpartisan group of scientists, engineers, students, teachers, and science enthusiasts, united by our awe of the universe, and grounded by appreciation for science in our everyday lives. Members of our congregation joined thousands on the march. standing for our community, health, economy and our region’s future. Our own Marylou Gibson sang the National Anthem and Lynne Talley was one of the speakers at the event.



**Chris Klich Quintet , Saturday, April 29**

What an evening!!! Members and friends were dazzled by the Chris Klich Quintet. The Quintet played swing, bebop, cool jazz, and Latin jazz, including several of Chris's original tunes. The experience was beautifully expressed by Suzie Behr ... "Sitting in the amphitheater in the late afternoon with a glass of wine, watching the sun play on the tops of the trees, surrounded by good friends and listening to truly outstanding music. It just doesn't get any better than this."



**Blue Boat Home Annual Auction, Sat, May 13**

What a great turnout for 'Blue Boat Home' auction! Thank you everyone who bid on items. Thank you everyone for donating items! And especially thanks to our over 50 volunteers who put time and love into this fundraiser. Bravo and Blessings!

**Farewell to Roger & Nancy Harmon, Friday, May 19**

Oh what a night! Thanks to everyone who came to our Fun and Fellowship potluck. Great crowd, fun dance party ! Memories were shared and friends said a sad farewell to Roger and Nancy Harmon who are returning to their home in New Mexico.



**All Fellowship Campout, May 26-29th**

We had a very full camp at the Lupine site in Horse Heaven. In fact, we had such a good turnout that for next year we have reserved the larger Hollyhock site. Besides the usual group of campers, there were a couple of first timers. The children had fun, especially with the skits around the campfire and the night flashlight hike. The weather was perfect and a good time was had by all. Join us next time! If you don't like to camp, you can just come for Saturday.

**Our Pristine Mind Meditation Teachings and Practice, Friday, June 2**

Meditation master Orgyen Chowang Rinpoche explored the “pristine” nature of the mind. These teachings are deeply relevant to seeking a happier life or are pursuing the spiritual journey all the way to enlightenment. He provided instructions from Dzogchen teachings to make this life-transforming realization attainable for all.



**JUNE 16-17, Conversion Therapy Conference**

Members of UUFSD protesting at the "Conversion Therapy Conference" Activists protested against a conference at a San Diego church this weekend promoting so-called gay conversion therapy, a practice widely condemned by mainstream science and mental health professionals.

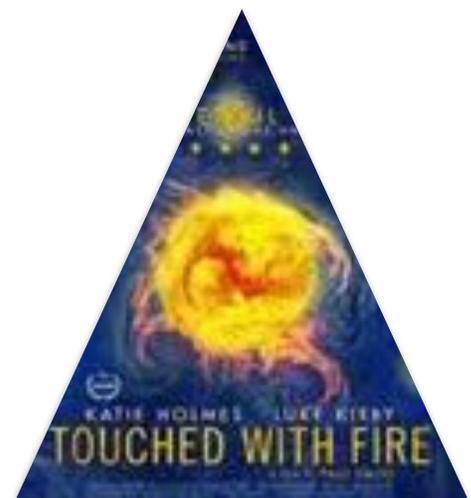


**Healing Our Losses, Saturday, June 24**

The Phoenix Project is an orchestrated rite of passage, which facilitates both emotional and spiritual growth. This journey has its origins in ancient tribal rites of initiation. Dr. Jack Miller gave this workshop out of gratitude for all that he has been given along the way. Dr. Miller is a former Catholic priest who founded The Center for Education on Death and Dying, Inc. and Cook County Hospital’s Palliative Care Program.

**Saturday, June 24th, “Touched with Fire” Movie and Dinner**

Touched with Fire is an extraordinarily sensitive, nonjudgmental exploration of bipolar disorder and creativity. The film starred Katie Holmes and Luke Kirby as two poets whose art is fueled by their emotional extremes. John M. Kelsoe, Jr., MD, a UCSD psychiatrist, researcher and professor shared insight on current research associated with bipolar disorder. Dr. Kelsoe is known for his longstanding focus on the genetics of psychiatric illness and bipolar disorder in particular.





**If you would like to help out (1st Thursday evening of each month, contact Sara Ohara at [sara@saraohara.com](mailto:sara@saraohara.com)**

**April:** We husked 2500 pieces of corn at the SD Food Bank! Now that was new!!!

**May:** We bagged 2800 pieces of corn at the SD Food Bank this month! It feels !!!sooooo!!! good working together to help others.

**June:** We bagged 11,500 pounds of oranges in just two hours. A great way to put "Service is Our Prayer" in Action.

## **Generosity Sundays January-June 2017**

**One Sunday a month, our offering goes to a Social Justice Community Organization**

**January: GS Offering for Banding Together: \$966**

Founded in 2009, Banding Together's mission is to bring music opportunities to individuals with special needs in our community. This is accomplished through key objectives that include providing: music therapy scholarships, free Jam Session programs, mentorships, and instruments.

**February: GS Offering for Kids for Peace: \$1097**

Kids for Peace's vision is a safe and peaceful world where all people respect and care for each other and our planet. Kids for Peace serves as a model and inspiration for creating this reality with children leading the way, not only for today, but for generations to come.

**March: GS Offering for Parent Institute for Quality Education (PIQE): \$927**

PIQE provides a nine week course to teach parents about the importance and the value of being involved in their children's education, and how to effectively navigate and impact the K-12 public education system.

**April: GS Offering for Border Angels: \$1816**

Border Angels advocates for human rights, humane immigration reform, Border Angels engages in community education and awareness programs that include guided trips to the desert to place water along migrant crossing routes as well as to the border to learn about the history of US-Mexico border policy.

**May: GS Offering for NAMI: \$847**

NAMI is committed to:

\*Support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.

\*Educate people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma

\*Advocate for more research and an improved system of mental health services across the nation.

**June: GS Offering for North County Immigration Task Force(NCITF): \$1267**

The NCITF is a coalition of activists, organizations, leaders, and community members who work to educate and activate the immigrant community and allies to advance immigrant rights in North County San Diego.

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## ***WHAT DOES IT MEAN TO ENGAGE IN MEANINGFUL MEMBERSHIP?***

**Membership Expectations:** One of which is **contributing time and talent.** (It's important!) Congregations work because their members find ways to give of themselves, whether through singing, financial management, sharing their passion for social justice, organizing, cooking, greeting-the list of tasks goes on. (and on and on and on).

Finding ways to give back that nurture your own soul helps to avoid vexation and supports your own growth. (and it's fun!) **We are here to support your growth.** Thank you in advance for your time, love and investment in our fellowship. **Please contact Adrienne McCord at : [adrienne@uufsd.org](mailto:adrienne@uufsd.org)**

### **Social Justice Action (SJA) Coordinators**

**LGBTQ program.** The coordinator communicates with LGBTQ partner organizations to identify ongoing programs for fellowship participation.

**Immigration Reform and Education program.** Coordinators plan action items including, but not limited to legal clinics, voter registration, bearing witness at border events, etc. **Please contact Irving Himelblau at [socialjustice@uufsd.org](mailto:socialjustice@uufsd.org)**



### **Do you like to meet and greet? Join our Ushers**

Ushers play a very important role in the formation of a service. They are often the first face our congregants see on Sunday. Their welcoming presence is so important to our members, friends and guests. Interestingly, as important a role as it is, it is very easy & enjoyable to do and it requires such a small amount of time. **Please contact [alanasch@sbcglobal.net](mailto:alanasch@sbcglobal.net) for more information.**

### **Enjoy meeting new and returning Visitors and Members as Greeters**

A great opportunity to interact with members and visitors. Greet before a service every once in a while. It's a great way to get to know people. **Contact: [Membership@uufsd.org](mailto:Membership@uufsd.org)**

### Coffee Hour Kitchen Help

We may not live by bread alone, but sometimes it's pretty tasty - Help create a welcoming environment as members and visitors pass by for coffee and goodies on the patio every Sunday.. Brew coffee, set the tables, clean up afterwards. **Contact Adrienne at [adrienne@uufsd.org](mailto:adrienne@uufsd.org)**



### Do You Have Some Free Time This Summer?

If so, please join other UUFSD volunteers at the Community Resource Center (CRC) food distribution center, 656 Second Street, Encinitas on Thursdays, 10am-12:30pm. Activities include helping CRC clients "shop" for food from the pantry shelves, unloading and sorting incoming donations of food and household items, and re-stocking pantry shelves. **Details at our Sign Up Genius page: <http://www.signupgenius.com/go/409054fa8a823ab9-volunteering> or contact Susan Miller at [susan3733@gmail.com](mailto:susan3733@gmail.com).**

### Building and Grounds (First Saturday of each Month)

Who says there's no such thing as a free lunch. Meet with your friends once a month and get your hands dirty and your soul clean; keep the Fellowship looking good with the added bonus of a delicious lunch. **Contact: Ken Schultz at [BuildingAndGrounds@uufsd.org](mailto:BuildingAndGrounds@uufsd.org)**



### Parking lot volunteers (Sundays and Events)

If you like to tell people where to go, then this is a fit for you - Fulfill your desire for providing direction. Assist in parking lot traffic control. Volunteer attendants are needed for Sundays and special events to assist in the parking lot to let people know when our small lot is full and where the over-flow parking is located.

**Contact: John Sherman at [ParkingLot@uufsd.org](mailto:ParkingLot@uufsd.org)**

### Library Book Sale (Sundays)

Volunteers are needed to set up the book sale table on Sundays and to collect money from the sale of books. The money collected is used to purchase new books for the Palmer library and other library expenses.

**Contact: [Library@uufsd.org](mailto:Library@uufsd.org)**



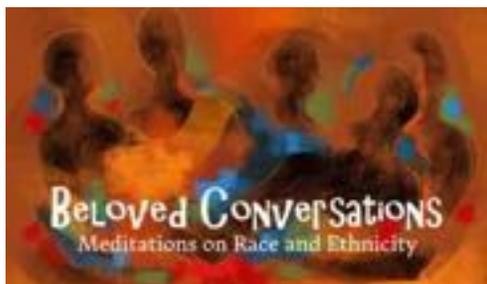
# Beloved Conversations

## Teaching Hearts and Minds to Open for Multicultural Change Exploring Racism and Privilege in America

The Beloved Conversations program is a multi-faceted series of interactive activities through films, book discussions and workshops. Beloved Conversations creates the first step—a learning laboratory—for how to live healthily in a multi-racial, multicultural, and often theologically diverse community, and how to use those learnings to work for a racially just world, both within and beyond the

### “13th” the Documentary, Friday, June 2

The title of Ava DuVernay’s extraordinary and galvanizing documentary film, shown at the fellowship, refers to the 13th Amendment to the Constitution, which reads “Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States.” The progression from that second qualifying clause to the horrors of mass criminalization and the sprawling American prison industry is laid out by DuVernay with bracing lucidity.



### Beloved Conversations Forum, Sunday, June 4

The Beloved Conversation team introduced its anti-racism/anti-oppression curriculum to members of the fellowship. The full program begins with a weekend retreat on Sept. 22-23, and follows on 8 consecutive Sundays from 3-5 pm from Oct. 1 to Nov. 19. Three discussion groups will be formed and space is limited to 24 participants. Childcare will be provided for the weekend retreat and all eight sessions.

### Beloved Conversation Book Discussion, Saturday, June 17 *Waking Up White, And Finding Myself in the Story of Race*

Rev Meghan Cefalu led a discussion of Debby Irving’s book, *Waking Up White: And Finding Myself in the Story of Race*. This book sheds light on why America’s racial divide continues to deepen. Author Debby Irving encourages readers to bring more nuance, historical knowledge, and personal reflection to the issue. *Waking Up White* functions as both a “Racism 101” for white people and a rare exposé on whiteness for people of color.





## Teaching Hearts and Minds to Open for Multicultural Change

**Beloved Conversations is a teaching and learning curriculum that holds both the tensions and joys of an intentional multicultural community.** Nested inside communities of faith, Beloved Conversations creates the first step—a learning laboratory—for how to live healthily in a multi-racial, multicultural, and often theologically diverse community, and how to use those learnings to work for a racially just world, both within and beyond the congregation.

Beloved Conversations opens with a 1.5 day learning laboratory, for facilitators and participants, in the form of a “retreat.” Following the retreat, cohorts of 10–15 participants meet for eight two-hour sessions, each designed to help participants examine their assumptions about race and begin living into new ways of being as individuals, as a religious community, and in partnership with others beyond the walls of the congregation. The curriculum is experiential through and through, using music, visual arts, digital media, theater, film, and the best practices of small-group ministry to make its point.

We have formed two cohort groups for the October - November session. We will consider a third cohort if there is enough interest. **Contact Robin Sales at [rls728@hotmail.com](mailto:rls728@hotmail.com)**

### **Participants are expected to attend the retreat and all eight cohort workshop sessions**

Retreat: Friday September 22, 2017 6-9 pm Dinner & Opening Event

Retreat: Saturday, September 23, 2017 8am - 4 pm Breakfast & Lunch Included

### Cohort Workshop Sessions (all sessions are on Sundays, from 3-5 pm)

Oct 1: The Invisible Footprint of Racial/Ethnic History

Oct 8: Exploring the Dynamic of Racism and Privilege

Oct 15: Racism Today: Micro-Aggressions

Oct 22: Interrupting Racism

Oct 29: Community Audit: The Experience of Racism in Your Community

Nov 5: The Legacy of Racism

Nov 12: Toward a New identity: How Can We Be-In-The-World?

Nov 19: Collecting our Wisdom: A Celebration of Learning and Commitment

**Suggested Donation \$50 to defray costs of materials**

## ***Social Justice Action***

**Unitarian Universalism aspires to make our world a better place for all living things. We view ourselves as part of an interconnected web of existence, and understand that actions that we take can reverberate well beyond the confines of our immediate community. To meet our responsibilities, we engage in projects that assist those in immediate need, empower those who require new skills and resources to take control of their lives, and preserve the ecological balance of our planet.**

### **GENEROSITY SUNDAY**

Each month we donate one of our Sunday offerings to a local Social Justice organization. In doing so, we strengthen the bonds between the fellowship and organizations who share our social justice values.

### **COMMUNITY RESOURCE CENTER FOOD PANTRY**

Every Thursday from 10am until 12:30pm, UUFSD members volunteer at the Community Resource Center (CRC) in downtown Encinitas, where we serve individuals and families in need of food assistance.

### **SAN DIEGO FOOD BANK**

On the 1st Thursday of each month we volunteer at the San Diego Food Bank in the Miramar area. Mostly we just put food in boxes on an assembly line, really easy, no lifting, no bending, great camaraderie.

### **MENTAL HEALTH**

Throughout May, NAMI and participants across the country are We raise awareness for mental health. We fight stigma, provide support, educate our members and advocate for equal care. One of our main actions is “Mental Health Month” which is held yearly in May.

### **CLIMATE ACTION & ENVIRONMENTAL JUSTICE**

We aspire to “make the UUFSD campus a living laboratory in the education, practice, and promotion of sustainable design and living.” We also hold educational workshops and participate in local, state and national environmental justice actions.

### **BACKPACK PROJECT**

Backpacks and donations of school supplies are collected from July through August. Our goal is to assemble at least 100 backpacks with school supplies. The backpacks are distributed to the for the children in the Battered Women’s Shelter, Stand-Up for Kids and in several Colonias in Tijuana Mexico.

### **GUN VIOLENCE PREVENTION**

We plan and conduct continuing events that support Gun Violence Prevention initiatives. These include a December Candlelight Vigil, in conjunction with Faiths United, the Brady Campaign, and the Newtown Foundation.

### **HUMAN RIGHTS**

The Human Rights Task Force holds information/educational orientations on human rights issues. We partner with a broad number of organizations involved in immigration, race relations, LGBTQ, and world affairs.

### **INDIVISIBLE UUFSD PATRIOTS CHAPTER**

Indivisible Patriots invites you to participate in our monthly Fifth Principle Campaign. You can write a postcard to your elected official, register to vote and even learn about new smartphone tools that allow you to access your elected officials easier than ever before.

### **CASAS DE LUZ**

Casas de Luz brings volunteers together with families in need to build houses and community centers in Mexico. Volunteer builders from ages 8 to 80 arrive in Mexico early on Saturday to help construct these pre-planned homes, with the help of a few skilled workers from both sides of the border.



## **Annual SAC Backpack Project Sundays, June 7-August 9**

Our goal to provide **100 backpacks** filled with supplies for children and teenagers in need at the Community Resource Center in Encinitas, Local San Dieguito Schools, Stand-Up for Kids a homeless teen program in Oceanside, and Colonia Carretas in Tijuana Mexico.

**\$20 donation will provide supplies for one backpack**

**\$25 donation will provide one backpack**

**\$45 donation will provide one filled backpack.**

Types of Supplies: pens, pencils, note pads, crayons, markers, rulers, calculators, paper clips, scissors, etc. For Homeless Male and Female Teens: toothbrushes, toothpaste, socks, combs, brushes, make-up, shampoo, soap or body wash, and deodorants. Gift cards appreciated.

For more information contact: Liz Young at [thefouryoungs@sbcglobal.net](mailto:thefouryoungs@sbcglobal.net) or Robin Sales at [rls728@hotmail.com](mailto:rls728@hotmail.com)

# UUFSD Community Life

## Weekly activities

Freethinkers - We Agnostics Recovery: Mondays, 6 pm Library ([weagnostics@uufsd.org](mailto:weagnostics@uufsd.org))  
 SMART Family & Friends: Mondays, 7 pm, Founders Hall ([SMARTRecovery@uufsd.org](mailto:SMARTRecovery@uufsd.org))  
 Mindfulness Meditation: Wednesdays, 9:30-11 am, Library ([MindfulnessMeditation@uufsd.org](mailto:MindfulnessMeditation@uufsd.org))  
 Buddhist Meditation: Thursdays, 6 pm, Library ([ThursdayBuddhistMeditation@uufsd.org](mailto:ThursdayBuddhistMeditation@uufsd.org))  
 Choir Rehearsals: Thursdays, 7 pm, Founders Hall ([choir@uufsd.org](mailto:choir@uufsd.org)) Does not meet in the summer.  
 Buddhist Meditation: Fridays, 10:30 am, Library ([FridayBuddhistMeditation@uufsd.org](mailto:FridayBuddhistMeditation@uufsd.org))  
 Sunday Morning Discussion Gp: Sundays, 9 am, Core Area ([SundayDiscussion@uufsd.org](mailto:SundayDiscussion@uufsd.org))

## Bi-weekly activities)

Women of the World: 2nd & 4th Wednesdays, Noon (locations vary) ([womensgroup@uufsd.org](mailto:womensgroup@uufsd.org))  
 Buddhist Sangha: 1st & 3rd Thursdays, 7:30 pm, Library ([BuddhistSangha@uufsd.org](mailto:BuddhistSangha@uufsd.org))  
 Encinitas Advaita-Verdana Meditation: Every other Saturday, 5-6:30 pm, Pinecones ([verdanta@uufsd.org](mailto:verdanta@uufsd.org))

## Monthly activities

Building & Grounds Work Party: 1st Saturday, 9:00 am, Core Area ([BuildingandGrounds@uufsd.org](mailto:BuildingandGrounds@uufsd.org))  
 Young Adults: 1st Sunday, 12:15 pm, Core Area ([YoungAdults@uufsd.org](mailto:YoungAdults@uufsd.org))  
 Senior Discussion Group: 1st Sunday, 10 am, Founders Hall Patio ([SeniorDiscussion@uufsd.org](mailto:SeniorDiscussion@uufsd.org))  
 Book Club: 2nd Monday, 7 pm, Palmer Library ([BookClub@uufsd.org](mailto:BookClub@uufsd.org))  
 Sacred Circles: Dates vary, locations vary ([Sacredcircles@uufsd.org](mailto:Sacredcircles@uufsd.org))  
 Day Timer's Men's Group: 3rd Friday, 11:30 am (Off Campus) Contact Ben Platnik at 858-792-2072

## Other Events

Watercolor Class with James Q. Millard NWS, WW, WDWS, Thursday, July 6-13 & 20 1-4 pm, Palmer Library  
 Four class series: \$125.00 - **Website:** [jamesmillard.fineartstudioonline.com](http://jamesmillard.fineartstudioonline.com) **email:** [jqm33@att.net](mailto:jqm33@att.net)

**Local contact: Betsy Gilpin at [betsygilpin01@gmail.com](mailto:betsygilpin01@gmail.com)**

Quarterly Social Justice Committee Meetings: dates and times vary. Contact [SocialJustice@uufsd.org](mailto:SocialJustice@uufsd.org) for additional information.

## OPENINGS IN MENS GROUPS

**The focus of UUFSD's men's groups is to build friendship, connection, support, self-awareness, and communications skills through authentic sharing.**

**The second and third Wednesday night (7-9 pm) Mens Group is open for members and pledging friends. Contact Richard MacDonald at [ridumac@yahoo.com](mailto:ridumac@yahoo.com)**

**The first and third Tuesday night (7-9) Mens Group is open for members, pledging friends and friends. Contact Greg Brown at: [gr8mackinnon@gmail.com](mailto:gr8mackinnon@gmail.com)**