

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.

Environmental Justice

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HAPPENINGS *July - September 2017*

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Annual July 4th Campout at Horsehaven

The All Fellowship Campout at Horse Heaven in the Laguna mountains the weekend before the fourth of July was enjoyed by all who attended. The highlight was a field trip to the San Diego State Observatory open house. Graduate students gave talks about their research and we all got to look at the moon through very powerful telescopes. The sunset from the mountain top was breathtaking. Otherwise, as usual we hiked, we talked, we ate, we laughed, we talked, the kids played nonstop, we talked, etc.





Moonlight Beach Morning Meditation Mon, July 24th

It was a pleasure to host a small group of members (and potential members) at Moonlight Beach in Encinitas on Monday, July 24th for a Monday Morning Meditation, followed by a light continental breakfast. After lighting our beach-friendly chalice we enjoyed the relaxing sounds of...lifeguard whistles and shrieking, giggling children. We quickly discovered our Monday Morning Meditation coincided with the first day of surf camp! The sounds added to the celebratory feeling of gathering together outside of Sunday service...and we enjoyed the energy being supplied by the happy, hopeful mini-surfers as we took a brief walk along the beach in our own shared silence.

RESIST Rally, Tuesday, July 25th

UUFSD Indivisible Patriot members Nancy Cohen, Steve Bartram and Karen Reimus attended this morning's "Resist" rally at Congressman Darrel Issa's office.



All Fellowship Beach Party, Sunday, August 13th

Hosted by Heather Stroud, Shawn Anderson and Betsy Gilpin, the annual All Fellowship Beach Party at Moonlight Beach featured a fried/baked chicken picnic with all the trimmings rather than the traditional BBQ. About 20 people signed up, we planned for 30, but about 40 showed up. Thus, the food ran out. The breezes were mild and the kids got a kick out of some guy blowing giant bubbles with a special apparatus. Always fun.

"Love is Louder" Vigil, Sunday, Aug. 13

Approximately 300 people came together at Cottonwood Creek Park, Encinitas, at a "Love is Louder" vigil and march in support for the victims of Charlottesville. Fifteen members (that we were able to identify) participated in the vigil to bear witness that love overcomes hate, bigotry and violence. Other members attended the vigil at the Embarcadero in downtown San Diego.



Back to School Backpack Project, June-August 2017

Wow!!! We exceeded our goal of preparing 100 backpacks. Our generous congregation provided 115 backpacks and school supplies for children in need. One hundred and two were stuffed with school supplies, this includes fifty for Casa de Luz to distribute in the Colonias of Tijuana and thirteen backpacks and gift cards were given to Casa de Amparo. A special thanks to Liz Young and Robin Sales, our Backpack Project coordinators.



Rallies in Defense of DACA, Tuesday, September 5 th

In response to the Administrations decision to revoke the DACA Executive Order in six months, thousands of San Deigns took to the streets to support DACA. Rallies were held in downtown San Diego and in Escondido. Members of the fellowship were present at both rallies. The Social Justice Action Team prepared a petition for Senators Harris and Feinstein and Representative Issa, asking that they work to create humane immigration reform to protect DACA applicants.



Fun & Fellowship Improv Friday, September 8 th

Thank you to Linda Luisi who facilitated the evening's entertainment, which was preceded by a delicious potluck. Approximately 20 people participated in various improv activities such as: story-telling while integrating famous movie titles that were suggested by the audience. There was a lot of concentration (while trying to make up a sentence that fit the ongoing story, while including a non-related movie title). There was plenty of laughter. Several people recited their own original limericks!

UUFSD Indivisible Patriots Candidate Forum, Sun, Sep.10 th

Approximately fifty people attended the 49th Congressional candidate forum. Doug Applegate and Paul Kerr addressed the audience and answered questions submitted by participants. Representative Darrell Issa and Democratic candidate Mike Levin did not choose to participate. This forum represented another great effort from our Indivisible Patriot chapter to provide information on the positions of the candidates on a series of topics.



Mens Groups Barbecue Social, Sunday, September 17 th

Fourteen members and friends joined in the Men’s Groups’ Barbecue Social. The focus of these men’s groups is to build friendship, connection, support, self-awareness, and communication skills through authentic sharing. We have three Men’s Groups at UUFSD. One goal was to fill vacancies in two of our groups and this was successful, Anyone interested in learning more about the groups should contact Richard Macdonald at ridumac@gmail.com

Zen Mindful Creativity Workshop, Sunday, Sep 17 th

Linda Luisi provided a free Zen Mindful Creativity Workshop with a demonstration and soothing background music, while artists mindfully composed art with pencils, pastel and watercolors. Childcare was provided. Watch our UUFSD calendar for future art workshops. For more information see Linda’s web site at LindaLuisi.com



Making a Difference, One Lemon at a Time Sunday, September 17 th

On September 17 th, UUFSD and the Strauss Family hosted a lemonade stand at Whole Foods Market in Del Mar to raise money for Hitchcock Independent School District. Hitchcock, Texas was hit hard by Hurricane Harvey. Their region was already one of the poorest in Texas and many families, students, teachers and administrators were left homeless after the storm and subsequent flooding.

Between lemonade and treat sales and a fundraising website, the event hit our goal of raising \$1,000 to aid the district in purchasing school supplies and helping students in need.



Drumming Circle, Thursday, September 21 st

The amphitheater resounded with djembes, tambourines, and percussion of all sorts when an open-air drum circle came to the UUFSD campus on Thursday, September 21. Led by local drum instructor Frank Lazzaro, two dozen drummers learned rhythms, did call-and-response drumming, and generally had fun making noise as twilight gave way to night and the stars appeared. Frank plans to return for more drumming in the future. It’s fun, and no experience and no personal drum required.



Beloved Conversations, Friday & Saturday, September 22 nd & 23 rd

Twenty-six members of the fellowship participated in our first Beloved Conversations Retreat. The retreat served as an introduction to the Beloved Conversations eight week program on racism, race relations and privilege. Beloved Conversations is a teaching and learning curriculum that holds both the tensions and joys of an intentional multicultural community. Beloved Conversations creates the first step—a learning laboratory—for how to live in a multi-racial, multicultural, and often theologically diverse community, and how to use what is learned to work for a racially just world, both within ourselves and beyond the congregation.



Concert Across America for Gun Violence Prevention Sunday, Sep 24 th



The San Diego Concert Across America was part of a larger, nationwide event that linked communities across the U.S. to remember victims of gun violence and to commit to taking actions to reduce gun violence in our country. The San Diego concert, hosted by the San Diego Chapter of the Brady Campaign to Prevent Gun Violence and partnering with the Unitarian Universalist Fellowship of San Dieguito and San Diego Moms Demand Action, was connected to other concerts nationwide. The event took place in our amphitheater; with approximately 125 people attending. The fellowship rocked with the sounds of the young group 92124, Jungle Poppins, Celeste Barber, The Kaotics, Tom Keener and the San Diego Peace and Freedom Singers.

San Diego Food Bank If you would like to help out (1st Thursday evening of each month, contact Sara Ohara at sara@saraohara.com)

July: So great having some of UUFSD kids helping bag 7,000 pounds of plums which were enjoyed by those in-need the very next day!

August: Eleven volunteers (many children) bagged 12,000 pounds of potatoes in just 2 hours! - Wow! Thanks everyone!

September: We bagged 6,000 pounds of pears this month. How sweet it is!!!





Environmental Justice

ENVIRONMENTAL JUSTICE TASK FORCE SURVEY RESULTS and STRATEGIC PLAN DEVELOPMENT

The Environmental Justice Task Force (EJTF) recently sponsored a survey that asked for your ideas in these three categories:

1. Personal Development (learning more, setting goals and taking action);
2. UUFSD Fellowship (collective actions to become an eco-friendlier Fellowship); and
3. Community (identifying issues and coordinating advocacy efforts beyond our Fellowship).

Debbie Hecht and Linda Giannelli Pratt, co-chairs of the EJTF, will present the Survey results and a draft Strategic Plan to discuss at the **All-Fellowship EJTF Meeting on Sunday, October 1st from Noon -2:00PM**. Please join us for a light lunch as we brainstorm your ideas. and launch our Environmental Justice Month of Sundays.

The goal is to support the UU Core Principles, especially “Respect for the interdependent web of all existence of which we are a part.” The question is: How are we honoring that in our personal life, in our Fellowship, and in our community. Here is a “sneak-peak” at the ideas we will be discussing.

Actions: Results presented in the order that they were ranked, with the top action being the most popular

Personal: Reducing individual Ecological Footprint - Socially responsible or Impact investing

UUFSD Fellowship: Solar panels for UUFSD - Potlucks with a purpose (Lecture/discussion) - Recycling Program

Community: Community Choice Energy - SDG&E natural gas expansion - Land conservation

The survey responses from 55 people highlighted many areas of interest. The Strategic Plan will serve as a roadmap to guide us to successful implementation of the highest-ranked projects. Please join our leadership group or pick the individual projects that you like best. We recognize that everyone has limited time to volunteer, which is why working together reduces the individual’s burden and increases the likelihood of success!

“Never doubt that a small group of thoughtful committed citizens can change the world: indeed, it is the only thing that ever has.” Margaret Meade

Contact Linda Giannelli Pratt lgpratt@sbcglobal.net or Debbie Hecht hecht.deb@gmail.com if you have questions.

UUFSD**LIFE*****Weekly activities***

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

Bi-weekly activities

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

Monthly activities

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

Quarterly Social Justice Committee Meetings: dates and times vary. Contact SocialJustice@uufsd.org for additional information.

Coastal Concerts at UUFSD

Love is Love - Songs of Liberty & Love - Saturday, October 21, @ 7:00 pm - Donation \$20 Students \$10
Peggy Watson & David Beldock with Paul Beach - Sat., Nov. 18, @ 7:30 pm - Advance \$20 At Door \$25
Music Sunday - "Words Like Freedom" - Sunday, Dec. 3 @ 9:00 & 11:00 am services
Anna Lyn Galura - Violinist Holiday Gift to Music Lovers - Wednesday Dec. 20, 7:00-8:30 pm - Free
Carrie Newcomer - Sat. Jan. 20, 2018 @ 7:30 pm - Advance \$20 At Door \$30
Lee Coulter - Casas de Luz Benefit Concert - Sat. March 3, 2018 @ 6:30 pm Tickets \$30.00
Laura Sandage - Connect+Create+Inspire - Sat. April 21, 2018 @ 7:30 pm - Advance \$20 At Door \$25
Music Sunday - Sunday, June 3 2018 @ 9:00 & 11:00 services
Sip & Savor - Piano & Flute Concert - Sat. June 9, 2018 @ 7:30 pm Advance \$20 At Door \$25

UUFSD Indivisible Patriots



Do you remain upset about last November's election results and the resulting changes in government policy?

Are you disturbed by the Muslim Travel ban, the ban on transgender Americans serving in our military, attempts to repeal the Affordable Care Act, and the plan to build a southern border wall between the US and Mexico?

If you are "Ready To Resist" but not quite sure how to engage/feel you may not have enough time, Indivisible Patriots (the Fellowship's Indivisible Group), invites you to learn how to resist in 2-3 minutes a day.

Smartphone technology has made directly engaging our elected officials easier and more convenient than ever before. Two smartphone tools have made it particularly time-efficient: (1) the 5Calls App, and (2) Resistbot.

5Calls App: The 5Calls App is a smartphone application that can be downloaded for free from either the App Store (iPhone users) or Google Play (Android users). Once downloaded, you will enter your zip code so that the app can identify the elected officials who represent residents of that zip code. When you open the app, a menu of 8-10 nationally trending issues will appear. (Examples: "Demand A Bipartisan Fix for the ACA, Not Repeal", etc.). You then click on the issue that matters most to you, and the app will bring up a factual overview of the issue, a short call script you can use when you call and a telephone link to directly connect you to your elected official.

Resistbot: Resistbot turns text messages into letters to elected officials (sent via fax or hard mail). No download is required. An internet bot is a computer program that runs automated tasks over the internet. (iPhone's SIRI is a bot). The program is run by volunteers. Instructions: (1) Open the "Messages" app on your smartphone, (2) Text the word "RESIST" to the number "50409". The bot will take it from there.

Indivisible Patriots sponsors a "5th Principle Campaign" during the Gathering Hour in the Core Area on the 1st Sunday of each month. During the 5th Principle Campaign, you can register to vote, write a postcard to your elected official(s) and watch short demonstrations on how to use both the 5Calls app and Resistbot.

Challenge yourself to Resist at whatever frequency works for your life. Is that making one call per day, one call per week or one call per month? Is that sending a letter via Resistbot once per day, once per week or once per month? Is that attending one rally or townhall per month, per year or some other frequency? **Set a goal for yourself!** For Resistance "extra credit", UUFSD Social Justice Chair Irv Himelblau invites you to report your Resistance Challenge participation to him via e-mail at SocialJustice@uufsd.org.



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**

Social Justice Action (SJA) Coordinators

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**



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 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**

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**



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**



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

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**



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First Staff Meeting of FY 2017-18,

Behold our dedicated UUFSD staff welcoming in the new FY with dignity and purpose.

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.

HOMELESS PROGRAM

A new initiative in partnership with Dignity Delivery and the Encinitas Community Resource Center to provide, on a monthly basis, homeless persons with toiletries and hygienic items. This program might expand into providing a dinner meal to homeless persons in Encinitas on a quarterly basis. We are also looking into the possibility of sponsoring a shelter during inclement weather.

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.