

UUFSD FOCUS – APRIL 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, we are empowered to transform the world, one person at a time.

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
Fax: 858/755-9017
Email: office@uufsd.org
Website: www.uufsd.org
Office hours: 8:30-4:30, M-F

SUNDAY SERVICES – 10:00 a.m.

Child care is provided
Monthly theme: Prayer

April 3: A Spiritual Path for Pessimists - In a world of incessant tumult, pessimism finds a comfortable home. But some among us lean towards pessimism regardless of the amount of tumult around them. Is there a spiritual path for pessimists? Regardless of the answer, just remember, a pessimist is never disappointed!

Rev. Kathleen A. Green

April 10: What is a prayer? A traditional interpretation of prayer says that, when we pray, those thoughts are headed in a specific direction. Are there other ways to interpret the meaning and practice of prayer and how that can serve our desire to live with intention? *Choir sings today!*

Rev. David A. Miller

April 17: Earth Day Service – Join Rev. David and the Worship Committee in a service about our sacred connection to the life giving waters of the planet. *(For this service, please bring some of the water that is wasted each day when doing something like running the water in the shower to heat it up, or when leaving the water running to brush our teeth. Please capture some of that water and bring it with you to the service. Water amounts may vary but bring as much as you can carry.)*

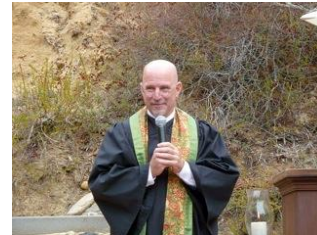
Rev. David A. Miller

Luncheon follows the service!

April 24: Easter Sunday and the Flower Communion – The Prayer in Rebirth – This time of year offers stories of rebirth and resurrection, but what is the prayer behind these stories? (Please bring flowers to share in our annual Flower Communion ritual.) *Choir sings today!*

Rev. David A. Miller

DAVID'S DIALOGUE



What Is a Covenant of Right Relations? Our Committee on Ministry is at the beginning stage of researching and compiling a process for us to develop Covenant of Right Relations. The UUA describes it this way, *“Developing a Covenant of Right Relations is an important step in clarifying expectations and creating a safe environment for congregations. ‘Covenant’ is Latin for ‘come together’ and means a ‘solemn agreement’ or ‘promise from the heart’ regarding a course of action between parties.”*

An excerpt from the UU Church in Berkeley, Ca. workshop on their Covenant says:

“This structure of individual churches in which every member has a voice and in which the church is beholden to no external authority is the structure of our modern UU church. It sounds so familiar, so reasonable, so obvious -- to us. It can be hard to remember that democratic autonomous churches were once so radical that participants risked being fined, jailed, exiled, whipped and even hanged.

Today, we are free to gather and worship as we choose, free to govern ourselves. We’ve kept the governing structure of those early churches, but, as Alice Blair Wesley argues, somehow we’ve lost the spiritual foundation beneath the structure – the intention to walk together in love.

One reason that UU churches around the country are turning to covenants is an effort to return to this spiritual grounding. If our values are to be worth anything, we need to walk our talk – here in our congregations as well as in the outside world. We need to practice what we preach. A covenant gives

us a way to state our intentions, our highest ideals, and then to support one another as we try to uphold them. We won't always succeed, but the process of formally writing down our aspirations gives us a structure with which to do this important and challenging work of interacting intentionally and religiously."

In an effort to have some guidance before we formally begin our process, probably early next congregational year, the Committee on Ministry is putting forth what might be called an interim Covenant borrowed from the Berkeley Church. This covenant is just to give us some general guidelines and a framework that can be used for our official and unofficial interactions in congregational life.

The Berkeley Covenant of Right Relations – *"We covenant to build a religious community guided by love and sustained by respectful relationships. Believing that building healthy relationships is a spiritual practice, we aim to listen appreciatively, speak with care, express gratitude, honor our differences, and assume good intentions. We endeavor to communicate directly, honestly, and compassionately, particularly when we are in conflict. When we hurt one another, we will try to forgive, make amends and reconnect in a spirit of love. In celebration of the common purpose that unites us, we will do our best to abide by this covenant."*

If this sounds familiar, I used it in one of last month's sermons and I feel it can be helpful for us to have a congregational touch point for our lives together in community. One of the reasons we will do this process for ourselves is that each congregation is unique and the process is just as important as the end result. But for now, this example is not a bad example for us to use.

We are a loving, joyful and compassionate community, and this is another step in a clear and communal understanding of our life together in this congregation.

In Faith, **Rev. David**

WELCOME

Josh Garcia was a member of UUFSD several years ago and is rejoining now along with his daughter, Isabel Emily (age 3y, 8m). Josh works as a therapist and clinician for the Psychiatric Emergency Response Team (P.E.R.T., Inc). In his free time he enjoys surfing and movies and surfing movies. *Welcome Josh and Isabel!*

DREAMCATCHERS

The Dreamcatchers are moving forward. Our UUFSD strategic planning committee is working on a 12-18-month plan that will be shared with the Fellowship so you can follow our progress. One of the early steps will be small group meetings to explore our visions and dreams to provide the framework needed for a long-term plan. Stay tuned for further developments.

**Greg Brown, Angela Ichwan, Kristin Magnuson
Rev. David Miller, Lisa Shaffer, Kathryn Sturch
Scott Thacher**

NEW UU ORIENTATION CLASS

**Attention visitors contemplating membership
Sunday, April 10 - 11:45 a.m.-1:15 p.m.**

This new UU Orientation Class will be held after the service in the Palmer Library. We will begin with a light lunch at 11:45. This is an opportunity for those interested in Unitarian Universalism to learn more about UU history, philosophy and world view. Also, Fellowship members will be on hand to tell you a little about our own history and operation. **Childcare is available by reservation.**

NEW MEMBER CIRCLE

On **Saturday, April 30, 2011**, from **10:00-11:00 a.m.** there will be a **New Member Circle**. At this event, those wishing to become members will sign the membership book, complete the membership process and share their stories. **Childcare available upon request.**

NEW MEMBER RECOGNITION

On **Sunday, May 1**, new members will be recognized during the Sunday service. Those interested in membership, please note the above dates on your calendar.

The next opportunity to participate in these events will be in October 2011. **Please call the office for more information and to sign up/request childcare.**



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

“Yesterday my grandma drank thirty-two cups of coffee. I shouldn't have said anything. I suggested that perhaps her drinking thirty-two cups of coffee was not unlike my need for a security blanket... She didn't like the comparison.” (Linus Van Pelt, Peanuts, 17 Jan '63)

This past Sunday, I spent time catching up and checking in with the 1st-3rd graders. We spoke about the best part of our weeks and the worst part of our weeks, and as we fed off of one another, our talk spiraled to deep dark secrets. Deep dark secrets? What darkness lies in the hearts of 7 year olds? The ominous truth slunk out ... “wubbies.” “Wubbies” are also known as “Blankies” and are more generically referred to as “security blankets.” According to Wikipedia, “A security blanket is any familiar object whose presence provides comfort or security to its owner, such as the literal blankets often favored by small children.”
en.wikipedia.org/wiki/Blankie

Currently, one of our Fellowship's young boy's struggles is with working through the process of letting go of his wubbie. Letting go of a security blanket. An object that through the years has been safe and comforting that now must be laid aside. How does anyone possibly part with comfort and safety? Seeing the struggles on the faces around me, I wondered how I ever let my Wubbie go. The truth is, one of my deepest darkest secrets is that I have not entirely let it go. My mother goes through boxes of my childhood every now and then and pulls out a snarled angry ball of tattered string and once white satin. I reach for the motley ball and press it to me, hugging my old friend. Mom turns to me and asks, “Can I throw it away now?” Aghast, I look at her incredulously and, sighing, she returns my wubbie back to the box so we can have this ritualistic conversation again next year.

When other children in the class on Sunday shared their wubbie stories of triumph and tricks, it became a beautiful and articulate discussion. One girl shared what she had done. She cut up her blankie into pieces small enough to put into a pocket of her jeans. That way she can carry it with her wherever she goes. Another girl had the strength to put hers away into a box. However, she has negotiated to secure visitation rights when the need becomes too great.

A boy's white leather wubbie that he says, “smells like ice cream and candy” admittedly has become full of holes. He is struggling arduously with putting the security blanket down. Discussing his battle, he related the story of his good friend who went to a balloon store and picked out any twelve balloons he wanted. Standing up suddenly, our storyteller stepped into the middle of our intimate circle. With all eyes intently upon him, he enacted the scene of his friend's mother tying the wubbie to the balloons. Engrossed in his story, our narrator reenacted how his friend took the wubbie outside, flung his arms out widely, threw his head back, and looked up to the sky as the blankie was released. Rising with love, it floated with colorful and sun dappled mylar as it disappeared over the horizon. With what could be described as reverence, we were told, “My friend watched the sky for a long time ... like a half an hour, even when it was gone. AND, he was only 4!”

He sat back down and I had to blink back a few tears. We reached consensus that letting go of security blankets was a very personal and individual journey, albeit a necessary one.

Spring-cleaning is coming soon in my family. Perhaps I can find the courage and ingenuity of a four-year-old child to let go of a much-loved wubbie. Although, reflecting upon the idea of a security blanket, these wubbies are not an actual blanket for most of us. Some are tangible, but most are memories, thoughts, or feelings that need to be aired. They have served their purpose of providing security at a very necessary time. Yet now, much later, perhaps we are clinging to something that might no longer be shielding us from harm, but is preventing us from seeing new opportunities. If we let go of our wubbies once they have served their purpose, it may lighten our emotional loads.

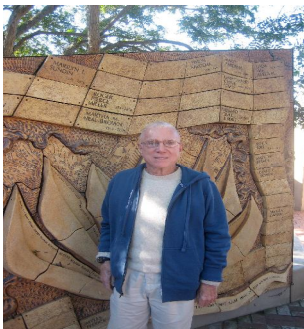
After speaking with the 1st-3rd graders, it occurred to me that it was I who was taught, as happens from time to time with our young people. I extend an invitation to anyone who has thought about “teaching” or perhaps learning from RE, but instead has clung to the secure thought that, “I am not a teacher.” Put down that wubbie (you can't hold hands in a circle with a blankie in your hand), and join our brilliant children in their triumphs, tragedies, and daily struggles. Oh, after class, you can pick up and keep you wubbie for as long as it serves you.



In Love and Fellowship,
Alison

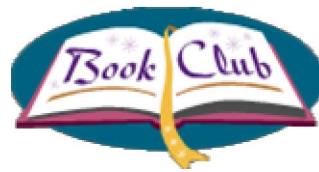
ANNUAL AUCTION "DARE TO DREAM" SATURDAY, MAY 7

Come join the fun at our annual Auction, "Dare to Dream", on **Saturday, May 7, 2011**, from **5:00-8:30** p.m. Admission is free and there will be free tasty hors d'oeuvres and wine tasting at \$3.00/glass. Mom and dad, relax and enjoy some adult socializing while the kids are entertained and have a pizza supper. Bid for items such as vacation getaways, artwork, jewelry, antiques, dinners, event tickets, and much more while you enjoy live music. Forms for donating auction items are available as an insert in this newsletter issue, or from our website. The deadline for turning in your donations for the auction brochure is **April 19th**. Check out the auction table in the core area on Sundays for ideas, more forms and to sign up to help on the day of the auction. **Submitted by Betsy Gilpin**



Steve Rosen Working with the National Alliance on Mental Illness

Every Tuesday evening for 12 weeks, I and two other volunteers present a class for NAMI (National Alliance for Mental Illness). The program is designed for family members, rather than the individuals diagnosed with a major mental illness themselves. It provides current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders. Participants receive up-to-date information about medications, side effects, and strategies for medication adherence; current research related to the biology of brain disorders; gain empathy by understanding the subjective lived experience of a person with mental illness; communication techniques; handling crises and relapses; problem solving and limit setting; stress reduction; community services and support as well as advocacy. The *National Alliance on Mental Illness* is a nonprofit, grassroots, self-help, support and advocacy organization.



NEWS

The UUFSD bookclub 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, April 11**, and we will be discussing Outcasts United by Warren St. John. (You can see a description of the book on the Amazon website, if you like: 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.



SAC OPPORTUNITIES

April 30 Corazon Super Build - We will be building three homes in the Colonia Carretas with the Corazon organization. These are three families that have worked hard to earn the hours to qualify for new homes. We will be building with three other churches that have provided the funding and we are helping with the labor. It is a one day build and passports are required. Stop by the SAC table for more information or go to www.corazon.org.

Family a familia: We are starting another six month food program for families in need. This time it will include some Solana Beach families and some families in Mexico. It involves once a month packing a box of food with your family for another family. We will have the family profiles at the SAC table or email **Kathy Faller** for more information, SocialJusticeAndSocialAction@uufsd.org.



Memorial Day Weekend and Fourth of July

Campers, put these dates on your calendars! Memorial Day weekend: **Friday, May 27** through **Monday, May 30** at El Prado Group campsite. **Fourth of July: Friday, July 1** through **Monday, July 4** at Horse Heaven Group campsite.

BUDDHIST DHARMA TALK



Dharma teacher, **Guy Armstrong** (right), gave a teaching on Friday, March 11, 2011. His interactive Dharma talk on "Why do you meditate? The Path and the Goal," was a great success. Guy has been teaching the Dharma since 1984, and teaches all over the world. He spent a year as a Buddhist monk in Thailand. He is a member of the Spirit Rock Teacher's Council and is a Guiding Teacher of IMS Guy spoke to over 30 people, mostly from the Thursday night and Friday morning Fellowship meditation groups and the Thursday night Buddhist Sangha. Sitting next to Guy, is **Bob Isaacson**, the Sangha instructor.



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 announcements about Fellowship events and activities.

The **UUFSD Online list** is for members to use to send emails to the member community. Anyone can post emails to this list, as long as it is in good taste and is likely to be of interest to all members. To post to this list, create an email and address it to **UUFSDOnline@yahoo.com**.

For information, or to be added or removed from a list, please contact online list moderator, **Sharilyn Parr**: OnlineForums@uufsd.org

LOST AND FOUND ITEMS IN THE UUFSD OFFICE WILL BE DELIVERED TO THE COMMUNITY RESOURCE CENTER IF NOT CLAIMED BY APRIL 30.

WE ARE STANDING ON THE SIDE OF LOVE



In her Freshman year **Lauren Mercier** discovered that there was not an active Gay Straight Alliance at her school, so she convinced two other people to start it up, and became the Vice President of La Costa Canyon (LCC) High's School GSA in 2008.

She went on to be Secretary of GSA in her sophomore and Junior Years. As a Sophomore, Lauren stood in the rain on the street in front of Calvary Church holding high a "No on 8" sign, as people drove by and voters parked to vote at the Church's voting center. One man cussed and threw a drink at her from his car window and Lauren smiled, waved and held the sign higher and firmer still. She went to school late that same day wearing her soaking wet "No on 8" t-shirt. Prior to voting day, all that Lauren experienced on her campus was groups wearing "Yes on 8" shirts. She went with her mom to the Downtown LGBT, San Diego "NO on 8 After Party" and cried together with hundreds of other voting booth activists as the election results were announced. A few weeks later, Lauren marched in the "No on 8" Rally through the streets of San Diego to the Court House, one of a dozen marchers bearing the giant Gay Pride Flag.

For two years Lauren has also organized and led the "Day of Silence" celebration for LCC, encouraging all students to choose to be silent throughout the entire school day in support of gay, lesbian, bisexual, and transgender students who feel forced to be closeted. She produced and directed a "Day of Silence video" for the High School, and organized the end of day celebration event.

This year, Lauren was one of two youths selected to represent UUFSD at the UU Youth and Young Adults of Color: Multicultural Leadership Conference held in Boston in August of 2010. Aside from her public advocacy among her peers, Lauren stands on the side of love, and proudly supports her two moms, and her family of diversity.