

UUFSD FOCUS – MAY 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
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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: Power

May 1: The Powers That Be - When we use the expression “the powers that be,” we may be referring to names of corporations, governments and religious institutions, but “powers” includes many realities that impact our lives. How can we recognize them and the control they have over us?
Pacific Women’s Chorus sings this Sunday!

Rev. David A. Miller

Luncheon after the Service

May 8: Interculturality - *The delicate dance of cultures of the interdependent web of all existence of which we are a part.* As we become more interdependent, how do we learn, grow, evolve and incorporate otherness and yet still respect and honor our distinct differences? *Choir sings today!*

Rev. David A. Miller

May 15: Youth Empowerment – YRUU Service

May 22: The Power of Hope – We can, we must, we will. *Choir sings today!*

Rev. David A. Miller

Luncheon after the Service

May 29: Memorial Day Service – To be Announced



MUSIC SUNDAY

Save this Date! **Sunday, June 12th** is *Music Sunday*. The theme is WE ARE ONE, and we plan to celebrate our Oneness with lots of inspiring music about Our Earth, Our World Society, and the joy and blessings we all share. There will be guest percussionists to be announced at a later date. Come and join us in making a joyful noise!



DAVID’S DIALOGUE

The following are excerpts from a column written for First Words magazine, a publication of First UU Church of San Diego, by Alice King, their Young Adult and Campus Ministry Coordinator.

On a very warm day last February, while riding up to Carmel Valley with two UCSD doctoral students and a three month old who is asleep in her car seat in the back, I listened to two young adults bonding about the trials and tribulations of doctoral programs. We were all on our way to deliver a trunk full of shawls, cards and heart-shaped cookies to members of our First Church community who are no longer able to attend worship and other activities held on our First Church campus.

Three hours later, after we and others delivered our cars full of Valentine gifts, the young adults participating this day met up back at Bronx Pizza in Hillcrest. With the sharing of stories, their laughter came easily their friendship deepened and with joy in the hearts there were tears of joy in my eyes. For the 25-35s participating in this service project called Share the Love, it was a beautiful day in weather and experience. It went so well that two months later they did it again...this time with springtime floral bouquets. They did it because, well, as one of the young adults said, “It’s the right thing to do.” And service be our prayer...

Often I have heard that the reason for doing young adult ministry is that young adults are our future. In truth, young adults are our present...young adults need ministry now. Parents die, brothers attempt suicide, best friends overdose, the company goes out of business, they buy their own business, they get a boyfriend, relationships end, cars have trouble, roommates bring challenges, babies are born, grandfathers are cranky, college is fun and

challenging, loneliness creeps in, their parents' religion doesn't work for them, saving the planet is really important, they vote, they get married, they get divorced, they move, they become more aware of themselves and the world around them.

It is November 2007. I am at a retreat with college students from UCSD and the YAMS group, mostly 18-24 year olds. Two of these young adults are letting me tag along on a hike. They hike at a faster pace and one suggests that they go ahead to the top and I may want to wait for them...it is steep. I rest for a few moments and then continue on. I stop again to rest and hear drums beating, loudly. Where can that be coming from? Who can be anywhere nearby playing drums? I realize that the sound is not coming from the outside but inside...I am hearing my own heartbeat. This work is deeply spiritually fulfilling and I am grateful to be able to do it.

As Unitarian Universalists we are constantly questioning why are we not more diverse, why don't we have younger adults. Part of the answer is because we need to meet people where they are, not where we want them to be. On May 14th, the San Diego Cluster of UU Congregations will be holding our first Young Adult Summit. We will spend the day learning how to provide ministry to young adults that meets them where they are. Please join together for **WELCOMING the WANDERERS - Building and Sustaining Young Adult & Campus Ministry. Saturday, May 14, 2011 10 am – 4 pm at First UU Church of San Diego.** From 9:30 am - 9:55 am we will have morning scones and sign in!

The registration deadline is **May 10th**. Please contact me, revd@uufsd.org if you are able to attend. I look forward to seeing you there and our continued efforts to expand our intergenerational and inclusive UUFSD ministry. **Rev. David**



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, May 9**, and we will be discussing Mennonite in a Little Black Dress by Rhoda Janzen. 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**.

DON'T MISS DA—MAY 21-22

When I stand at our campus looking out over the ocean I often think of how incredibly lucky we are that our Fellowship exists in this amazing setting. It is tempting to enjoy our space and not venture out beyond, but in May we have a great excuse to get out and meet with other UUs. Our **District Assembly** is being held on **May 21st and 22nd** in **Pasadena**, a relatively short drive away. On Friday there will be a keynote address by Rev. Peter Morales, President of the Unitarian Universalist Association. Saturday will offer a worship service and many interesting workshops ranging from the spiritual, "Reverence for Life: A Covenant with All Beings," to the practical, "Community Forum: Creating a Dynamic Public Event Series." You can go and spend the night or just go up for the day on Saturday. For more information or to arrange a carpool, please contact **Sara Appleton-Knapp**, or visit the PSWD website: <http://www.pswduua.org/>. I hope to see you there! **Sara Appleton-Knapp**

MEMBER PROFILE

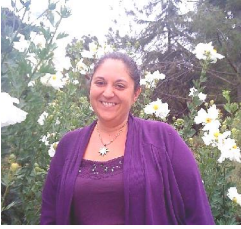


PAUL PEARAH

Paul Pearah facilitates the SMART meeting in the Fellowship Hall on Tuesday evenings. SMART is a non-profit organization that helps its members overcome unwanted behaviors such as alcohol or drug use, gambling, overeating, etc. SMART (Self Management and Recovery Training) teaches that members have the power to gain control of their own behavior. It provides coping tools and peer group support to help learn and practice new behaviors, attitudes, and problem solving skills. The shared goal is a balanced and healthy lifestyle conducive to one's chosen values and life goals.

Paul's involvement in SMART began in 1996 when it became apparent that several years of earnest efforts to stop drinking alcohol using the 12-step program of Alcoholics Anonymous had not produced the desired result. Within 6 months of his first SMART meeting he had developed a plan for abstinence and lifestyle balance that enabled him not only to stop drinking but also to lose 50 pounds in one year and quit smoking cigarettes.

After moving to San Diego Paul started the Solana Beach group that draws about a dozen participants. There are no dues or fees for membership but voluntary donations are requested at the end of each meeting.



Alison Aguilar Lopez Gutierrez
McLeod Crotty, DRE
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Beaches. Birds and Bunnies

Sand warm and velvety slipped into the cracks of my toes as I walked with our youth across Moonlight Beach this past weekend. It was a beautiful Saturday and the world was still waking up as we trundled along the road picking up cigarette butts, bits of plastic, glass and the random piece of unidentifiable ribcage. The sun beat down awakening the earth, and our skin drank up warmth as we basked in the glow of doing good work. Cars drove by and people thanked us for our efforts, but really it wasn't about being appreciated by strangers. It was about us, in that moment, working together cataloging our finds and taking inventory of our hearts. After the clean up we all ran to the beach, played in the waves, threw a football, ate snow cones, made and demolished sand kingdoms, laughed until our sides hurt. In the afternoon we packed up and headed back to first church where the YRUU con was being held. As I drove the youth back down toward San Diego, the rowdy dance and singing party got softer and more subdued. I looked at the sleeping pink faces worn out from the laughter and the days events in my rear view mirror, my heart swelled, eyes grew a little misty as I saw the inner five year olds come out on their "adult" faces. That moment was my most treasured of the day. Taking a deep breath I filled my soul with the serenity that filled the car and I imprinted indelibly upon my soul our perfect day.

The bright colored Origami paper with its beautiful prints and thin edges are almost too stunning for me to mar. And decimate I do, with creases that are not sharp and my many mistakes make the paper dull. As I valiantly try to fold life into the paper it becomes clear that Origami cranes are hard for my thick and unwieldy fingers to manage. I come from the school of close enough is great! But the beautiful and delicate art of Origami demands a necessary perfection for which I am clearly not programmed. Our Children's Chapel this past Sunday focused on a Social Action project in which we learned to fold and make cranes for the Rebuilding of Japan after the Tsunami. We were working with a non-profit that had secured funding for every crane completed. A two dollar donation will be given to the relief efforts. Our cranes will then be compiled eventually into a global art

project. Fortunately for UUFSD's contribution to the relief efforts we had Tristan Pollack. Tristan valiantly led about 40 people painstakingly through the process and with his patient and clear tutelage, all 40 cranes were finished and ready to take flight. I watched his nimble fingers fold and unfold the flashing paper with deft and dexterity, and his simple instructions allowed other small fingers to fold correctly and ease the tightness of frustration that was mounting in the room. Yesterday we took flight to Japan, on the wings and talent of one of our own.

Easter is this next week and I can not be more excited. It is one of my favorite holidays with our children of UUFSD. The excited faces as they practically hum with excitement outside the playground waiting for the start of the Easter Egg Hunt. It is a hunt which takes teamwork and they have to earn the candy not just find it. Our eggs are each filled with one of our seven principles. They have to work together to get a complete set of principles to turn in for a bag filled with toys and candy.

The fevered bartering and trading of scraps of paper flow over the picnic table and a frantic question, "What is the fifth principle!!!!!!?" rings out in the morning air. It is an organized chaos that the children sort out on their own with a little help from adults. Looking down I see a small fist clutching seven pieces of paper. I remember she was in a beautiful Easter dress and her hand is raised up in the air as high as she could reach. Eyes shining with accomplishment and anticipation, I take the principles and put them in my coat pocket and exchange them with a sack heavy with treasure. She scampers off to join the others and my attention is pulled back by another's voice, "Miss Alison, I am finished!"

This time of year is filled with activities and I can not thank the wonderful volunteers enough for making them successful. Without your contributions childhood experiences would not be half so enriching... or frankly, would not happen. I am so deeply indebted to you. On behalf of myself and the children of UUFSD, I would like you to know that you hold a piece of us, a tiny piece that you can point to and proudly say, I helped make that. I was a part of that project. I was a part of that child's life. I made a difference.

Volunteers are love in motion! ~author unknown

In love and fellowship, *Alison*

CRC FOOD PANTRY UPDATE

The CRC Food Pantry is once again experiencing an extreme shortage of many food items just when there is an increase in participation in the program. Our volunteers suggest that we target our Sunday food donations to items of scarcity: *fruit juice, cereal, canned milk, granola bars, raisins, cooking oil, mayo, ketchup, sugar, salt, nuts, pancake mix, Top Ramen noodles, and Mac n Cheese.* We have even been out of pasta recently. Clients also request necessities such as *laundry detergent, liquid dish detergent, shampoo, and toilet paper.*

Thank you to all of you who continue to support the Pantry. Your weekly donations are welcome and gratefully appreciated!

Norma Showalter for the **Social Action Committee**

NEW BOOKS FOR THE 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 have added the following new books. You can see descriptions of any of these at the UUA bookstore website: www.uuabookstore.org. Come by the library and check them out!

Theology Ablaze by Tom Owen-Towle

A House for Hope by Rebecca Parker

Blessing the World: What Can Save Us Now by Rebecca Parker

A People So Bold: Theology and Ministry for Unitarian Universalists by John Gibb Millspaugh

Stone Blessings: A Meditation Anthology by Robert Walsh

The Epic of Unitarianism: Original Writings from the History of Liberal Religion

The Larger Faith: A Short History of American Universalism by Charles A. Howe

The Abundance of Our Faith: Award-winning Sermons on Giving Plus Suggestions for Group Discussion

We encourage all members to use the library. (Even the littlest ones! There's a kids' section.) Visit the library Sunday morning before the service, or after if there is no meeting in the library. You are welcome to visit the library during the week, but call the office first to make sure Patricia is there to open the library for you. **Submitted by Sharilyn Parr**



UPCOMING UUFSD CAMPING TRIPS

Attention all Campers – The Time is Drawing Near
Come join the fun in the beautiful Laguna Mountains:



Memorial Day weekend: Friday, May 27 through Monday, May 30 at El Prado Group campsite.



Fourth of July weekend: Friday, July 1 through Monday, July 4th at Horse Heaven Group campsite. Typically some folks arrive on Friday (after 2 p.m.), and others come up on Saturday in time to set up and join in the Community Stew Dinner Saturday evening. Everyone brings something for the stewpots (traditional beef, chicken and vegetarian) and a side dish to share. The results are always tasty and no one goes hungry. The rest of the meals are on a family basis. Besides talking to the other campers, there are great hikes and mountain biking. The kids seem to always find plenty of things to do. We sing and tell stories around the campfire each evening. We have the campsite until 2 p.m. on Monday. Nights tend to be a bit chilly on Memorial Day, but the days are warm. By the Fourth of July it is generally mild at night and borderline hot during the day. There is potable water at the campsites and pit toilets.

Don't like to sleep out -- come up for the day on Saturday and stay to enjoy the Community Stew. You can get home by 10 p.m. or so. To pay for the campsite we charge \$25/family, \$10/single, \$5/daytripper. Questions: Contact **Betsy Gilpin** (ConnectionsAndMembership@uufsd.org).



**Karen Eckhart, Dianne Graham
and Sandy Washington**

Humanitarian Mission to Cuba

Last fall, Karen Eckhart, Sandy Washington and Dianne Graham participated in humanitarian missions to Cuba, which were sanctioned by the United States government. Although they traveled at different times, their trips were under the auspices of Road Scholar (formerly Elderhostel) and The Bringing Hope Foundation. As part of the mission's requirement, the participants had to include in their luggage 15-20 pounds of medical supplies.

Also, a portion of the journey would be devoted to the humanitarian efforts of bridging the cultural, social and political gap between Cubans and Americans by visiting their homes and seeing how they lived and listening to what they had to say. The supplies were hand delivered by the tour groups to the Sisters of Charity who operate community-based outreach centers throughout Cuba.

Other highlights of the trip included a stay in the historic and vibrant center of Havana, a journey to the rural areas of Cienfuegos and Trinidad de Cuba and the scenic Sugar Mill Valleys, a look at Hemingway's restored Finca Vigia, a visit to artist Jose Fuster's public display of colorful ceramics and a day sojourn to the Las Terrazas Community, a designated biosphere reserve.

Each had their own unique experience, but readily acknowledged that the humanitarian mission enriched their understanding of today's Cuban situation. Along the way, they gained insight into the political and social complexity, the island's geographical and environmental diversity and finally, the exuberance of the Cuban people and their rich cultural heritage.

EMMA'S REVOLUTION CONCERT



Emma's Revolution” is the duo of activist musicians, Pat Humphries & Sandy O. What a joy and privilege it was for the UUFSD to host Pat and Sandy. They sang to a capacity audience of over 130 at the UUFSD on March 25th. **Emma's Revolution** creates new standards in the art of social justice. Their songs have been sung for the **Dalai Lama**, praised by **Pete Seeger** and recorded by **Holly Near**. Among the highlights of the evening were their performances of "Peace, Salaam, Shalom," UU favorite "Swimming to the Other Side," and "Keep on Moving Forward" which our choir had sung just the Sunday before. They also played new songs they wrote in tribute to the protesters in Madison, Wisconsin, and in recognition of the impact of the wars in Iraq and Afghanistan.

The concert was promoted at First UU and Chalice congregations, as well as through traditional media outlets. Thanks to many volunteers who donated time and home-baked snacks, the concert raised over \$500 that will go to the operating budget of UUFSD. **Submitted by Lisa Shaffer**



UU News for San Diego County ("Cluster News")

In addition to our UUFSD email lists, you can also sign up for a weekly email newsletter from SUUN (The San Diego UU Network). The San Diego County UU Network Newsletter provides event and activity information relating to our six UU congregations in San Diego County. You can be added to the SUUN email list by going to the Cluster website at www.uusandiego.org and clicking on "Sign up for our Email Newsletter" on the home page.



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 good taste 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**.

All members who use email generally choose to be on the announcements list. Though not "mandatory" it is a great way to stay in touch between newsletters. Most members are also on the online list, but those who wish to keep the number of emails to a minimum may opt to only be on the announcements list. For more information, or to be added or removed from a list, please contact Sharilyn Parr.

SOCIAL ACTION COMMITTEE

Announcing: UUSC Southern California's Annual Human Rights Forum

Human Slavery and Trafficking in Our Back Yard
Saturday, June 4, 10:30 am -3:00 pm
Unitarian Universalist Church of Long Beach
5450 East Atherton Street Long Beach, CA 90815
(562) 597-8445

The LA Metro Task Force is a coalition of 25 federal and local law enforcement and prosecution agencies and social service providers that work together to identify and aid trafficking victims. Program Manager Kimberly Agbonkpollor will speak about the task force's accomplishments and will provide tips for identifying victims of human trafficking. Accompanying her will be Vanessa Lanza from the Coalition Against Slavery & Trafficking (CAST). Also speaking will be Sherri Harris, Director of NETS (Network Emergency Trafficking Services) for the Salvation Army. A panel discussion will be followed by a group Q & A session.

Includes morning snacks and full lunch (\$15 if paid and registered, \$20 at door) **RSVP by June 1** to **Ruth Shapin**. Ruth@Shapin.org. Write check payable to UUSC and send to Ruth Shapin, 2000 E. 4th St., Ste. 120, Santa Ana 92705

Submitted by Kathy Faller

THE CASE OF BRADLEY MANNING

Sunday, May 8 after the Service in Founders Hall

Bradley Manning Support Network steering committee member **Loraine Reitman** will speak about accused Wikileaks informant Bradley Manning and the international, grassroots movement to support him. Manning, 23, has been held in solitary confinement in the military brig first in Kuwait and now Quantico, VA, since being accused of leaking classified information. Gay identified, he has been held without trial for 11 months and subjected to increasingly harsh and punitive treatment, including forced nudity and sleep deprivation. Amnesty International has adopted his case. This informational presentation on a complex issue of public importance may include a panel and will be followed by a question and answer period.

Reitman is an advocate for open government, privacy and online free expression. In addition to her work on the Bradley Manning campaign, she serves as the activism director of the Electronic Frontier Foundation, a nonprofit civil liberties law firm and advocacy organization based in San Francisco.

Sponsored by the Social Action Committee



WELCOMING the WANDERERS
Building and Sustaining
Young Adult & Campus Ministry

*Do you want young adults on your
committees, task forces, and at your activities?
Do they show up and you aren't quite sure what to do with them?*

*Come and find out what is going on and how you can grow personally and spiritually
from being involved in this important ministry.*

THIS IS NOT JUST FOR YOUNG ADULTS BUT FOR EVERYONE!

Saturday, May 14, 2011
10 am – 4 pm
First UU Church of San Diego
9:30 am - 9:55 am morning scones and sign in!
REGISTRATION DEADLINE: May 10th

Have you felt intrigued or proud or wondered how to be involved with providing and supporting ministry to Young Adults?

Can you be a mentor/grandparent to a young adult or college student who is here from somewhere else?

YOU are needed to build and sustain this ministry.
At this summit we will also explore how to cooperate across the San Diego Cluster.

Pre-registration is required for this event for purposes of food and space planning.

Please call or email Alice King
619-947-4610 or 619-298-9978 or alice@firstuusandiego.org.
REGISTRATION DEADLINE: May 10th

Come One, Come All

Annual Auction & Social

Saturday, May 7, 5:00 - 8:30PM



Free admission
Free food!

Live music and dancing

Wine tasting \$3/glass

**DARE TO
DREAM**

Opportunity Drawing

- Movie tickets
- Gift certificates
and more

Silent Auction (Lessons, gift certificates, babysitting, etc.)

Fixed Price (Big dinners, parties, workshops, etc.)

Live Auction (Golf, catering, dinners, tickets, etc.)

PARENTS, enjoy some adult fun.
There will be childcare, a magic show
and pizza for the kids.

Can't be there? See reverse side.

CAN'T BE THERE?

YOU CAN BID BY EMAIL

HERE'S HOW

Check the Auction Brochure for the items you want.

Make a list with the item number and title and the maximum amount you would be willing to pay for each item. For fixed-price items, just indicate the price.

Email your list and it will be given to Louise Garrett and she will bid for you. She will start at the minimum and raise the amount up to your maximum as appropriate.

Emails must be received by Midnight, Friday, May 6th.

Alternatively, give your list to a friend who will be at the auction and have that person bid for you.