

# UUFSD FOCUS – DECEMBER 2011



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

Rev. David A. Miller, Minister

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



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Office hours: 8:30-4:30, M-F



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

Monthly theme: Celebration

**December 4 – Second Annual Joy Service**  
Come let us be joyful together!

Rev. David A. Miller

**Artists' Exhibit and Sale after the Service today!**  
(rain date from November 6) Purchase by cash or check only.

**December 11: MUSIC SUNDAY - From The Stillness Comes The Light!** Come warm yourselves with beautiful music from our Adult and Youth Choirs, with special music from our own keyboard wizards, **Monique Kunewalder** and **Lynne Talley**, **Cheryl Sims**, flute, and **Cris Crisler**, clarinet.

**December 18 – Comfort Me Oh My Soul** - Can we find strength and comfort in the foundational significance of the season?

Rev. David A. Miller

**December 24: 5:00 pm Christmas Eve Service**  
Where is the Light – the Light's Inside of Us! Rev. David A. Miller and Alison A.L.G.M. Crotty, DRE

**December 25: – Christmas Day Service**  
Come Join together as we sing our Christmas Day Celebration! **Robin Mitchell** and **Gianna Drogheo**



## Christmas Day Potluck Dinner 2:00 pm - Founders Hall

All are welcome. Sign-up beginning Sunday, December 4<sup>th</sup> in the core area after the service. Contact Louise Garrett : [lovenlou@gmail.com](mailto:lovenlou@gmail.com) or Bev Conner: [beverlyconner@roadrunner.com](mailto:beverlyconner@roadrunner.com)



## DAVID'S DIALOGUE

Dear UUFSD Community,

As I sometimes do, in preparation for my December newsletter article, I go back to look at previous articles to see what I have written about in the past. I then decide what I feel like writing and I craft the article for the current newsletter. Well, in reading my article from December of 2009, I thought, this is exactly what I would like to say this year as well. So, in fact, here it is slightly updated. I offer this again as a prayer of hope in this world for I believe that this time of year continues to speak to the need for hope and joy to be present in our minds and in our hearts. I wish that we will work hard, together, to keep this hope alive now and in the New Year to come.

### From December 2009:

As we enter this time of celebration for the holiday season, many of the holidays of this period of the year including Christmas, Chanukah, Kwanzaa and Winter Solstice, call us to joyful celebration. Certainly there is much to celebrate and an abundance of things for which to be grateful, but I am also aware of the political, economic, and religious struggles facing our society and our world.

I often reflect on my ability to not just make a difference, but also to keep myself hopeful during these challenging times. I am hopeful and I believe that all of these holidays speak to the common hope of humanity. In some simple ways Chanukah is about the hope that the light will keep shining; although the darkness is an important part of life, Winter Solstice is about the hope that light will always return; Kwanzaa is about the hope of a people; and Christmas is about the hope for peace on earth.

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I used to have a blog and I first wrote these wishes for thanksgiving six years ago. I now share this with you, with a deep yearning that these wishes can come true:

*I wish for true peace for the world, a peace built on mutual need to create a sustainable earth for generations to come.*

*I wish for open hearts toward those in need, for we are all the 100% and in this interconnected world what happens to one truly happens to all.*

*I wish for the blossoming of compassion, for all faiths have a compassionate core and all lives crave the kindness of others.*

*Finally, I wish for you, your families, friends and loved ones, the gentleness of spirit that lies at the heart of the songs and rituals of the holidays. May that spread out beyond to touch us all.*

One of the many definitions of faith is, "something that is believed especially with strong conviction." I continue to believe, especially with strong conviction that there is hope for a more loving, compassionate and sustainable world. May your holidays be filled with love, compassion and deep kindness to yourself and others.

In faith, **Rev. David**

# WELCOME

**Amy Cooper** and her children Cameron (7 yrs) and Carly (5 yrs) have been attending UUFSD for about six months. Amy's husband, Paul, comes along now and then. The family enjoyed the campout at Horse Heaven in July. Amy is a Special Ed aide for elementary age children and enjoys music (guitar), golf, cooking and family. She came looking for a friendly and thoughtful community. *Welcome Coopers!*

**Glen Bowden and Alice Brzovic** wanted to join a spiritual community. Glen is a freelance bookkeeper and CFO at Performance Structures in Oakland. Alice is a freelance technical writer/editor. Both enjoy "the church of the great outdoors", including hiking and walking. Glen likes to garden and read, while Alice likes art and food. *Welcome Glen and Alice!*

**Carol and Brian Blakistone** were attracted to UUFSD by the Coming of Age Program for their son Sam. Their son, Sam (13 yrs) is interested in fencing and is an avid reader. They also have a daughter, Grace (18 yrs) who is currently attending UC Santa Cruz. Carol is a Special Ed assistant teacher at Rancho Santa Fe Elementary School and Brian is Project Manger at Abacus Data Systems. Carol enjoys stand-up paddle boarding and ocean swimming, and Brian is a football fan and reader. *Welcome Blakistone family!*

**Shawn Anderson and Heather Stroud** come to us with their baby daughter, Evie (10 mo). Shawn is on active duty in the Marine Corps at Camp Pendleton until October. Heather is an attorney in environmental law with the City of San Diego. Both Shawn and Heather enjoy outdoor physical activities. In particular, Shawn likes athletics, camping and hiking and Heather running and surfing. In addition Shawn likes to read and Heather likes yoga. They came to us looking for an open-minded, accepting spiritual community for their family. *Welcome Shawn, Heather and Evie!*

**Becca Fredericks** moved to San Diego a year and a half ago and is still finding new and interesting things to do. She lives with her pet, a female Bearded Dragon named Durango. Becca is a registered veterinary technician in ophthalmology. She volunteers with Project Wildlife working with birds of all kinds from songbirds to raptors. In the past she volunteered with large cats and lesser primates. Her hobbies include hiking, reading, writing, playing the piano, and cross-stitching. *Welcome Becca!*

**Vicky Newman** is a long-time UU with an affinity for UUFSD. Vicky is the Director of Nutrition Services for the Cancer Prevention and Control Program at the Moores UCSD Cancer Center. Her son, Tei (25 yrs) is an engineer working on energy storage here in San Diego. Vicky confesses to being a "foody" and enjoys gardening and music, especially singing with groups. *Welcome Vicky!*

## NEW MEDITATION OPPORTUNITY

**Livia Walsh** will facilitate a new "**Mindfulness Meditation Sitting Practice**" on the first Tuesday of every month. The first sitting is **December 4**, from **9:15 to 10:30** in **Palmer Library**. Please RSVP to **Livia Walsh** if [you are planning to attend](#).



**Alison Aguilar Lopez Gutierrez**  
**McLeod Crotty, DRE**  
 858- 755-9225  
[alison@uufsd.org](mailto:alison@uufsd.org)

**RE NEWS**

The weather has changed, along with the leaves that scatter the path of the Fellowship. In my dash from one class to another, I pause a moment and pick up a golden leaf on the floor of our path and admire its simple beauty cradled in my hands. Taking the stem between my thumb and forefinger, I twirl it, watching the splendor, bending, twitching and weaving mysterious patterns in the air. In that moment, I remember of words of William Blake: *“To see a world in a grain of sand and heaven in a wild flower. Hold infinity in the palms of your hand and eternity in an hour.”*

I take my treasure up the hill, clutched tightly in hand, as the wind buffets us along the path to the hall. I run breathlessly from class to class, holding that moment of introspection securely within me as a precious gift. As this season of holidays, school breaks and goodwill approaches, I think that these spontaneous moments of clarity and space will be few and far between. As with my precious leaf, I remind myself to claim purposeful moments of peace.

I taught the Coming of Age class last week. We discussed the incorporation of deeds and creeds into our daily lives. We looked at what prompts us to action from a place so deep inside us that it seems to be intrinsic and instinctual. Those things we hold absolutely and resolutely in our hearts and will not only live by, but will not budge from when challenged. Our conversation clarified my resolution to make an extra effort to move from creed to deed. I shall try to live out the thoughts and words while clutching and remembering my leaf; to carve out deliberate spaces and search for clarity. *\*Smiling, I am not sure who was teaching whom this morning.* I hope, those in our Coming of Age class came away with some clarity as well.

**RE Calendar Reminders**

**November 27<sup>th</sup>** RE is **cancelled** due to the holiday break. Toddler care will be provided as usual.

**December 4<sup>th</sup>** is our Joy Service. This will be an Intergenerational Service and regular RE will be cancelled. Toddler care will be provided as usual.

In Love and Fellowship, *Alison*

**NEWS FROM SOCIAL ACTION**

The **CRC Food Pantry** in Encinitas continues to struggle with severe food shortages, so our Sunday donations are more important than ever. We especially need: **fruit juices, cereals, canned milk, granola bars, raisins, cooking oil, mayo, ketchup, sugar, salt, nuts, pancake mix, pasta, Top Ramen noodles, and Mac n Cheese.**

**UUFSD Food Drive Blitz: November 20, 27 and December 4**

Choose one or all of the following ways to support hungry families in our community through the 2011 Holiday Baskets Program:

**Food Drive:** Pick up a brown bag with list of suggested non-perishable foods and return your donations to the bins located at the stairs, ramp and core area

**Turkey Tickets:** Purchase tax-deductible Turkey Tickets for \$10 each to help Community Resource Center buy food for the Holiday Baskets

**Holiday Basket Project:** Volunteer at the Del Mar Fairgrounds: To participate, sign up at the Social Action Committee Table:

**December 11** from 1-3 p.m. for Sorting and Packing (families welcome, age 10+)

**December 16** from 6-9 p.m. for Distribution (teens and adults)

**December 19** from 12:30-4:30 p.m. for Take Down (teens and adults)

**Norma Showalter for the Social Action Committee**

**Giving tree:** look for the giving tree on Sunday. Each ornament represents a family or child and some gift options. The maximum cost is \$10 for kids and \$25 for a family. These families are from the domestic violence housing, **Canon Carretas** community and **Solana Beach**. Thanks for picking up an ornament and bringing in your much appreciated gifts.

**Canon Carretas Holiday Party in Mexico:** on **Sunday December 4** after services, we are having a holiday party at the community center we built last year in Tijuana. There will be food, games and gifts. This is a celebration of everything that was accomplished this year and a recognition of the contribution that the 15 Corazon families have made to improve their community. Each family has earned attendance to this party through their community service hours and their commitment to the Corazon community. Let's make this a special celebration of our partnership with Corazon, Canon Carretas and UUFSD.

**Submitted by Kathy Faller**

## HOLIDAY PROJECT

The Holiday Project is planning holiday visits now to the VA Hospital and local nursing homes. We provide the music for caroling, and cards to distribute. The RE children will be making cards on **November 20th**. These are the people that have no one to be with during the holidays. They love our visits! Times and locations TBA. There will be visits on Christmas morning. Contact **Bev Conner**"

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## NOMINEES FOR THE BOARD OF DIRECTORS and NOMINATING COMMITTEE

The Nominations committee is pleased to announce the following for the Board of UUFSD and Nominations Committee members. As you can see from their biographical statements, they are well qualified and dedicated to UUFSD. An election for these positions will be held at the **January 22, 2012 Congregational Meeting**. Please plan on attending.

**Lisa Shaffer** (for **President of UUFSD**) has been a member of UUFSD since 2007, and a UU since she discovered us in 1998. She has served on the UUFSD Board since 2009. She is part of the Dreamcatchers strategic planning group, the Stewardship, Social Action, and Joy Committees, and organizes the Fellowship's Spiritual Growth Circles. Before joining UUFSD, Lisa was active at First Church. When not busy at UUFSD, Lisa teaches business and personal ethics and corporate environmental strategy at UC San Diego. She also volunteers reading to Head Start children in Tierrasanta and driving a senior citizen in Encinitas. She serves on the Board of the California Center for Sustainable Energy. She and her husband, Steve Bartram, live in Encinitas.

**Caroline DeMar** (for **Vice President and Nominating Committee**) was born into a Unitarian family and officially became a member while in college. She joined UUFSD 10 years ago. Caroline immediately joined the choir and has chaired or served on the Music Committee since then. For several years, she was a member of the Finance Committee and chaired the Landscape committee. This is her third year on Stewardship/Auction Committees and her second year coordinating the Sunday Luncheon groups. She chaired the Planned Giving Committee when the program was revived and still hopes to ramp up the program in the future. She is finishing her first year on the Board and is very excited about working on the upcoming Capital Campaign. She deeply believes in UU principles and fervently hopes the world will be a better place if there are more of us!

**John Atcheson** (for **Board Member**) became a member of the UUFSD shortly after moving to San Diego in 2010. He was attracted to Unitarian Universalism for his children more than two decades ago, but stayed for himself. At UUFSD he is a member of the Worship Committee, he co-edits the Quarterly magazine, he is helping to establish a Sustainability Task Force. He is a member and former chair of the Joy Committee. He serves as a worship associate, delivered the first "Living Our Faith" address, and he has done two guest "sermons." He and his wife, Linda Pratt, live in Rancho Bernardo. John retired from 36 years in the environmental field. He is currently team teaching an Environmental Economics Course at UCSD, writing a novel centered on climate change, and writing for CommonDreams and Climate Progress.

**Sarah Wright** (for **Board Member**) has been a member of UUFSD and a UU since January of 2010 (although she's probably been an unidentified UU her entire life). After joining UUFSD she worked on launching the young adult group, joined the choir, and helped develop and implement the new UUFSD website. Over the years Sarah has had a number of careers including being a geologist, software developer, aerospace engineer, project manager, and corporate executive. One of the nation's leading ADHD coaches, and a founding member of the ADHD Coaches Organization, she is a leader in the growing ADHD Awareness movement, helping to lead a nation-wide study examining the effects of coaching on outcomes for college students with ADHD. She lives in Encinitas with her husband Chris and son Danny.

**Don Jones**, (for **Board Member**) and his wife, Alita, have been attending UUFSD for three years. After spending his lifetime in the Catholic faith, he found that the rigid dogmas of organized religions separated us from our common need to "Love our neighbor as ourselves." The principles of UU-ism were a perfect match for his journey. He looks forward to serving the Fellowship in any way possible. He and Alita have been members of the choir for the last three years. During his years with the Catholic Church, he served on Pastoral councils, as well as a Finance council, overseeing a large annual budget. He also was trained in a helping ministry similar to UUFSD's pastoral listening ministry. He looks forward to being a pastoral listener next year.

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## CALLING ALL SINGERS!!!!

**Alejandra Hoffmann-Chan (for Nominating Committee)** and has been a member since 2009. She has participated in the Joy Committee helping organize fun activities, Kitchen Committee coordinating volunteers for the coffee hour after the Sunday Service, and has participated in the small spiritual groups. She has had the opportunity to meet many people, new and old to the Fellowship, and really treasures what each one of them has contributed to her life. Her two children, Ursula and Andre, have participated in youth programs.

**Steve Bartram (for Nominating Committee)** a member of UUFSD for five plus years has been associated with Unitarian Universalism for many years. His children attended RE classes here and at Palomar. At UUFSD he is in the Men's Group, a member of the Personnel Committee and UUFSD Web Site group and is a current member of the Nominating Committee. A 20-year veteran and pilot in the US Marine Corps he then spent 17 years as a high school science teacher. An avid photographer and road cyclist he is a volunteer instructor at the American Red Cross and will be the primary CPR instructor here at UUFSD. He has given a guest sermon at UUFSD and is an active member of our fellowship. He and his wife Lisa Shaffer live in Encinitas.

Our "Cluster" UU group of San Diego County (Palomar, Summit, Chalice, San Dieguito and First Church) is preparing a concert to be offered **Saturday, June 9th at First UU Church of San Diego**. A wonderful 7-song cantata "**Sources**" by UU composer Jason Shelton, contains many beautiful and diverse styles of music. Those of us already singing in it love the music and the joy of meeting other UU singers in our area. There is still time to join the group if you wish. You do not have to be a member of a choir to participate. The group meets once a month. UUFSD will host the rehearsal on **Saturday, January 7th from 1:00-4:00 pm**. For more information, please contact **Gianna Drogheo gianna4 i i 2gX"cf[ .**

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### LIBRARY NEWS- New Books for Library

We are grateful for members and friends who donate books to the library and buy books at the Sunday Book Sale. This allows us to buy books to add to our permanent collection. We have ordered the following NEW books:

- "A Spirituality for Brokenness: Discovering Your Deepest Self in Difficult Times" by Taylor, Terry
- "Serving with Grace: Lay Leadership as a Spiritual Practice" by Erik Walker Wikstrom
- "Stirring the Nation's Heart: Eighteen Stories of Prophetic Unitarians and Universalists of the 19th Century" by Polly Peterson
- "Chaos, Wonder and the Spiritual Adventure of Parenting: An Anthology" by Conover, Sarah
- "Twelve Steps to a Compassionate Life (Borzoi Books)" by Armstrong, Karen
- "The Bond: Our Kinship with Animals, Our Call to Defend Them" by Pacelle, Wayne
- "The Good Book: A Humanist Bible" by Grayling, A. C.
- "The A to Z of Unitarian Universalism (The A to Z Guide Series)" by Harris, Mark W.
- "Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals (P.S.)" by Herzog, Hal
- "The Separation of Church and State: Writings on a Fundamental Freedom by America's Founders" by Church, Forrest

The best time to visit the library is Sunday morning before the service. If you would like to visit the library during the week, you are welcome to do so. Just call the office first to make sure that Patricia is going to be around, and she will open the library for you.

**Submitted by Sharilyn Parr**



### DEBENNEVILLE PINES

**March 30 – April 1, 2012**

Our UUFSD weekend at Camp De Benneville Pines is just a few months away! A registration form is in this newsletter. Sign up early and receive a \$10 discount off the adult price. Be sure to register early for the popular rooms in Craig's Cabin. Also, please help us with a donation to our scholarship fund to ensure that all those from our community who want to attend will be able to do so. Thank you!

For questions about registration, please contact **Pamela Parker"**

If you wish to help set up a workshop or other program for the weekend, please contact **Judy Osman"**

## PREVIEW OF COMING ATTRACTION



Starting in December 2011, we will begin to exhibit art works of the many creative artists in our fellowship. The exhibit will feature photography as well as oil and watercolor painting. The exhibit will be housed in Founders Hall. All participating artists have agreed to share a percentage of the sales with the fellowship. Among the artists exhibiting are **Linda Luisi, Robin Mitchell, Steve Bartram, Betsy Gilpin, Niel Lynch, Jill Ballard, Tana Monaco, Louise Garrett, Karen Eckhart, Greg Brown, Leslie Uke, and Roger Harmon.** For more information contact **Irv Himelblau** at: [Publicity@uufsd.org](mailto:Publicity@uufsd.org)

The UUFSD book club meets the second Monday of each month at **7:00 pm** in the UUFSD library to discuss the month's reading selection. This month's meeting will be **Monday, December 12** and we will be discussing *The Housekeeper and the Professor* by Yoko Ogawa. (You can see a description of the book on the Amazon website, if you like: [www.amazon.com](http://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.



### CONGRATULATIONS FIRST VOLUNTEERS OF THE MONTH THE WEBSITE TEAM!!

With great appreciation, we announce that our first honorees are the original design and content team who put together our fabulous new UUFSD website: **Kathryn Sturch, Sarah Wright, Dave Masser Frye and Irv Himelblau.** A *very special THANK YOU* goes out to **Sarah Wright**, who truly has been the heartbeat of the site. She put in an incredible number of hours working with the designers. The team welcomes and thanks **Steve Bartram** and **Robin Mitchell** who recently joined the team, and will carry on the great work that has been done so far. Our new site is incredibly informative, joyful and user friendly. Check it out if you have not already! **Many thanks to all of you.**

We are looking for nominations for future individuals or committees for recognition as Volunteer(s) of the Month, please email **Pamela Parkef** before the

10<sup>th</sup> of each month (to make it into the next Newsletter). Please include a short description of those individuals' contributions to our Fellowship.

### NEWSLETTERS ON THE WEBSITE

*Newsletters will soon be posted on the UUFSD website. Board members or Committee chairs not wishing their personal email addresses to appear on the website newsletter may use email aliases as they appear on the UUFSD website. An alias such as [committeex@uufsd.org](mailto:committeex@uufsd.org) links you to the individual without divulging their personal email address. Updates to committee chairs and board members will be easier. To request an alias contact **Sarah Wright**"*

### COMING OF AGE, YRUU & YOUNG ADULTS SOCIAL ACTION PROJECT OPERATION FACELIFT



**Walt and Chelsea Kanzler, Nick Mirandon, Darlene Kanzler, Tristan Pollner, Skye Mirandon, Rachel Maurais, Wendy and Doug Mau, Ann Linn, Zack Kanzler, Marilyn Bredvold, David Linn, Reinhold Pollner, Lisa Ackermann, Brian Blakistone, Nadian Singer-Bredvold, Elise Friedman, Torrey Mau, Sienna Elvins, Sam Blakistone, and Kevin West**, among our UUFSD contingent on Operation Facelift

On October 22, 2011, thirty members of UUFSD's Coming of Age and YRUU groups, along with parents and members of UUFSD's Young Adult Group joined forces with another 706 volunteers, making the fall City Heights Facelift event the largest in its 16 year history.

**Submitted by Rachel Maurais**

