

DIALOGUE

A QUARTERLY MAGAZINE

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.

APRIL-JUNE 2016 MENTAL HEALTH EDITION

HAPPENINGS January-March 2016

Mindful Self



The UUFSD Pastoral Care Team sponsored a two hour workshop on *Mindful Self Compassion*. Approximately 30 people attended the workshop given by Livia Walsh. Livia is a senior teacher of Mindful Self Compassion and Mindfulness Based Stress Reduction at the UCSD Center for Mindfulness.



Gathering in Solidarity With Muslim Women, January 18

Fourteen UU's from UUFSD joined 20 other UU's to demonstrate solidarity with Muslim women in Balboa Park. Approximately 300 people came together in support of Muslim women who have been targeted as victims of hate crimes and discrimination. The gathering was sponsored by the League of Women Voters, The Islamic Center and the Interfaith Center on Worker Justice.



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Carrie Newcomer Concert, Saturday, February 13

It was a wonderful concert! Carrie is such a treasure – a kind spirit with lovely voice and thoughtful lyrics. Unitarians can be a bit serious, so we especially appreciated her interactive sing-alongs “If Not Now” and “Place at the Table” ... which helped us to get out of our heads, more into our hearts! We had about 140 in attendance. Many came from hours away (Los Angeles & Orange County), and Carrie’s high school friends seemed to have especially great time reconnecting with Carrie. A very special thanks to Vicky Newman and everyone who helped bring this extraordinary concert to the San Diego Unitarian Universalist Network.



Crisis in Palestine, Saturday, February 27

The UUFSD SAC Human Rights Task Force in partnership with the Jewish Voice For Peace (JVP) sponsored the “Crisis in Palestine Food, Film & Forum.” Over 80 people attended the first of a series of educational programs on the subject at UUFSD. Delicious food was catered by Haritna Mediterranean Restaurant. The discussion panel included an Israeli Sabra (Israeli Jew born in Israel), a Palestinian Christian, a member of the Episcopal Church and a Political Science Professor at San Diego State University.



U U Justice Ministry of California Social Justice Workshop, March 5

Twenty-two members from the San Diego Unitarian Universalist Network (SUUN) Social Action Committee met at UUFSD for a day long workshop facilitated by Evan Junker, Executive Director of the UU Justice Ministry of California. Participants were provided with useful skills, issue and advocacy updates, and connection to other justice advocates. This year’s workshop contained a number of exciting components including:

- a. grounding of our activism in our UU values and Beloved Community
- b. updates on important statewide efforts concerning economic justice, climate and water justice, racial justice and immigration
- c. connection and sharing among nearby congregations
- d. training and tools



Death Penalty Petition Sunday, March 13 "The Justice That Works Act of 2016: Ending the Death Penalty in California"

Approximately 100 members and friends signed the “Justice That Works Act of 2016“ a petition calling for the end of the death penalty in California. Bob Isaacson gave a brief explanation of the proposed act,. Bob has defended men and women against the death penalty for over 20 years. As the Capital Case Coordinator in the Cook County Public Defender’s Office, he supervised the trials and appeals of hundreds of men and women facing execution. As a nationally recognized death penalty expert, he taught other attorneys throughout the U.S. how to defend death penalty cases. He currently leads a Sangha (Buddhist meditation group) and Days of Mindfulness retreats at the Fellowship.

Day Laborers’ Lunch Program January-February

January Participants: Nancy Harmon, Debbie Ploeser, Holiday Geiger, Sharon Weld, Livia Walsh & Irv Himelblau

February Participants: Nancy & Roger Harmon, Sharon Weld, Livia Walsh, Holiday Geiger, Angelica & Robert Stinson & Irv Himelblau



San Diego Food Bank

January 2016: At this month's Food Bank we bagged 3,000 LBS of carrots to give to those in-need in just 2 hours! No way a 'little' rain was going to stop us!

February 2016: Three members of the UUFSD joined other participants to box 17,000 LBS of food to give to 576 Seniors.

March 2016: This month we boxed over 12,000 lbs. of food - in just 2 hours! Mike, a visitor to UUFSD and Rev. Elizabeth Bukey from Chalice UU joined us!

For more information contact Sara Ohara at sara@saraohara.com

Immigration Information Forum, March 12,

The UUFSD Human Rights Task Force, and our partner organization UURISE sponsored an Immigration Information at the Encinitas Library. Attendees were provided information on: Deferred Action for Childhood Arrivals; Deferred Action for Parents of American citizens and lawful permanent residents; the current status of the 2014 Executive Action; family safety plans in the event of detention or deportation and AB 60, drivers license for undocumented workers.



Holy Week - Maundy Thursday Foot Washing March 24, 2016

UUs from our five congregations joined hundreds of other activists to highlight plight of San Diego janitors who are struggling for a fair contract.



PREVIEW OF COMING ATTRACTIONS

Our UUFSD Family Camp is always great, and this year will be special as Rev. Meghan, and Director of Connections, Adrienne, will be planning our activities. We expect camp to sell out and we share our weekend with Palomar Fellowship so be sure to register. We welcome elders, little ones, teens, young adults. There is something for everyone at our beautiful camp near Big Bear. Register at: <http://uufsd.org/events-information/cdpwreg/> or go to our website, uufsd.org, click on Events & Info, then click on Camp de Benneville.

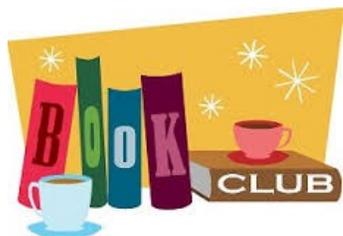


LUNCH and LEARN-- Climate Action in the San Diego Region

Sunday, April 10th, Noon to 2:00pm in Founders Hall

Please join us for a look at what various institutions are doing to prepare the San Diego region for a changing climate. Representatives from the City of San Diego, University of San Diego and The San Diego Foundation will participate in a panel discussion about past, current and future efforts. **An RSVP no later than April 2nd would be appreciated.** Please contact Linda Pratt at LGPratt@sbcglobal.net. This will be a **VEGETARIAN POT LUCK** lunch, so please bring a main dish of your choice to share with the group.





UUFSD Book Club, Palmer Library 7-8:30pm

April 11th: The Dispossessed by Ursula Le Guin (classic Sci Fi)
May 9th: Being Mortal: Medicine and What Matters in the End by Atul Gawande (contemporary non-fiction)
June 13th: All Quiet on the Western Front by Erich Maria Remarque
 Contact: email Cathy Leach-Phillips at bookclub@uufsd.org



Spirituality Through Music , Imagery & Sound by Ellen Whealton
Sunday, April 16th, 5:30pm-7:00pm, Founders Hall

Integrating music, imagery, crystal sound vibration, and therapeutic essential oils, this workshop will allow you to reach the ultimate in relaxation and rejuvenation.. Tickets are \$25 at door or save 20% with Early Bird Tickets available through 4/14/16 at <http://soundhealingwhealton.eventbrite.com>.

Gun Violence Prevention Resolution: April 24, 12:20 pm

By Steve Bartram

The UUFSD Board of Directors approved creating a congregational resolution in support of Gun Violence Prevention in accordance with the UUA “Action of Immediate Witness” proposal approved at the UUA General Assembly in June of 2014. <http://www.uua.org/statements/affirming-congregational-commitment-gun-violence-prevention>

The UUFSD resolution is being created by the Social Action Committee’s Gun Violence Prevention Group. It calls for supporting efforts to reduce Gun Violence as part of our commitment to Unitarian Universalists principles. Our annual Vigil for Victims of Gun Violence is an example of that commitment. In order to provide everyone an opportunity to participate in the content of the resolution, there will be a series of announcements in the Order of Service and Weekly Newsletter and an open forum on April 24th to discuss it. If you wish to be part of the process in any way or have questions about that resolution please contact Steve Bartram at GVP.uufsd.org, call at 760 518-4766, or talk to Steve on the patio between services. Here is a chance, as Rev Jim Grant, Minister Emeritus, First UU Church of San Diego, has asks us to “. . . . move from the audience to the stage.”



Aloha Spirit Saturday, May 14, 5-9:30 pm

What does it take to thrive? Energy, love and affection. That's what our Auction Committee needs, too. The Committee is asking members and friends to offer auction items. In two months, UUFSD is going Hawaiian! An evening with friends, hula dancing, ono grinds and bidding for a cause! What does it take to make this a success? YOU. This is YOUR AUCTION.



ON A PERSONAL NOTE



Nancy Harmon's Concert Debut

Roger Harmon

Several years ago one of Nancy's musician friends gave her a violin. No doubt the gift grew out of conversations they had had about their mutual love of music and interest in learning to play the fiddle! No doubt the conversations touched on Nancy's playing piano and violin as a kid, and perhaps on her family having a for-fun "family ensemble" during her high school years. Regardless, the violin sat in the closet for maybe four years. Then one week she joined two others for group lessons on the fiddle. The fiddle instructor leads the beginning orchestra at the Museum of Making Music (MMM) in Carlsbad, and Nancy soon went to check out the initial practices of both the beginning and the intermediate MMM orchestras. She enrolled in both. That was nine months ago. Early this month she was part of both orchestras' winter concert. She is getting better! Really! And I say that, not just because our dog, Salsa, stopped howling and, indeed, insists on being in the room when Nancy practices!

Our own Susan Miller is running the Boston Marathon. To be accepted to run in it, Susan had to qualify by running a prior marathon within certain time limits that vary by age and gender. The qualifying times are notoriously difficult for runners, but she said "That's what makes it so much fun to try." She qualified for the Boston Marathon by running in the "Mountains to Beach" marathon last May, starting in Ojai and ending in Ventura. Susan runs about 50 miles a week, sometimes more, with long training runs of 20-ish miles on Saturdays. The Boston event takes place on Patriot's Day in Boston, the third Monday in April, which this year is April 18th. We are looking forward to the finish line photo: stay tuned! When not running, among other things, Susan coordinates our wonderful UUFSD volunteers at the Encinitas Community Resource Center's (CRC) Food Pantry and enjoys working with Heather Stroud on the UUFSD Personnel Committee.



Happy 50th Birthday to Alejandra "Lilypad" Hoffman

Who hasn't been met, embraced and hugged by an always upbeat Alejandra Hoffman. Whose day hasn't been made better by being in her smiling pretense. Alejandra is a very young, lively and wonderful spirited woman who brightens the lives of everyone she touches.

May 2016 - Mental Health Awareness Month

By Wenda Alvarez



UUFSD celebrates Mental Health Awareness by fighting the stigma of mental illness with education and opportunities for learning, sharing, caring, coping and hope. Because my faith journey is deep in compassion and learning about mental health, it's a special time for me to be with you.

Faith, spirituality, community and worship can be safe, welcoming and supportive. And small things can make big differences. Here are some recommendations from the National Alliance on Mental Illness (NAMI) FaithNet.

- **Offer a place to belong, a small spiritual support/fellowship group.** Having a network of supportive friends can make a huge difference to someone living with a mental illness.
- **Offer to cook a meal, run an errand or any other helpful task.** If a person is going through a hard time you can help them while simultaneously showing that you care.
- **Learn about mental health.** The topic of mental health is often avoided and considered taboo to talk about. Be open about learning more without joking about it or using insensitive language. - See more at: <https://www.nami.org/Get-Involved/NAMI-FaithNet/How-to-Be-Inclusive-and-Welcoming#sthash.pYzMOOhb.dpuf>

Join us on this journey. Find an activity or two (or three) in the coming months. And read on for facts, advocacy and poetry.

Why UUFSD?

When it comes to mental health, faith communities are a microcosm of America. Our UUFSD congregation has individuals, families and professionals who face mental health concerns daily.

Mental Health Fact – The beginning: One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Mental Health Fact: 18.1% (42 million) of American adults live with anxiety disorders.

<http://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralMHFacts.pdf>

Mental Health Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.

20% of youth ages 13-18 live with a mental health condition

11% of youth have a mood disorder

10% of youth have a behavior or conduct disorder

8% of youth have an anxiety disorder

Learn: Warning signs and things a parent can do. <http://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf>

What's happening?

Stigma Free Table Mar. 20, April 24, every Sunday in May

One Sunday a month (and every Sunday in May), congregation volunteers are on hand with a bounty of mental health resources at the “**Stigma Free**” table during the Gathering Hour (10-11 AM). In addition to the latest books and studies, we have information about social security benefits and helping someone who’s been arrested as well as resources gathers from NAMI, Mental Health America, the Yellow Ribbon Suicide Prevention Program and more.

Apr. 30 (Saturday) A Walk with Friends NAMI Walks San Diego, Liberty Station, 9 AM

San Diego County NAMI hosts a fundraising walk and run, plus a Health & Human Services Agency Wellness Expo. How far? The course is a loop around a park area, so you can relax, rest or rejoin at any time. The total distance is about 3 miles (5k). **Registration:** Make a donation if you can. There is no required fee for walkers, and a \$20 registration for runners. Join us on the [North Coastal Beachwalker team](#) and you’ll support our local NAMI chapter.

May 7, (Saturday) Question Persuade Refer (QPR) suicide prevention training, 9 – 11 AM

UUFSD will host this important training which is growing in popularity. Instructor is Carol Skiljan, Yellow Ribbon Suicide Prevention Program, San Diego. Open to the public.

May 11 (Wednesday) Mental Health Matters, 6:30 PM

Wisdom Shared: Parents, peers and professionals share resources and how-tos.

May 13 (Friday) 7 pm Book Discussion – “A Common Struggle”, by Patrick J. Kennedy

Sign up at the “Stigma Free” table. Limit 10 people at the home of Wenda and Charles Alvarez You can also host a group on a day/time of your choice. Oct. 3, 2015: “[Patrick] Kennedy’s own story of his descent into addiction and alcoholism even as he was the lead Democratic voice on mental health and addiction issues.” – *New York Daily News*

May 15 (Sunday) Generosity Sunday

We recognize the grassroots commitment to quality education and advocacy by presenting our offering to benefit NAMI North Coastal San Diego County. Bring your contribution and your questions. A NAMI representative will join us on the patio after each service.

May 18 (Wednesday) NAMI “In Our Own Voice”

UUFSD Founders Hall, 6:30 PM

UUFSD will host this presentation of hope and determination by individuals living with mental illness. Open to the public.

In Our Own Voice (IOOV) presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. IOOV adds a critical perspective to the popular understanding of what people with mental illness are like. You’ll get:

- A first-hand account of what it's like to live with a mental illness. Presenters humanize this misunderstood topic by demonstrating that it's possible—and common—to live well with mental illness.
- A chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and helps dispel stereotypes and misconceptions.
- An understanding that every person with a mental illness can hope for a bright future.

May 25 (Wednesday) – Movie Night UUFSD Founders’ Hall, 6:30 PM, Popcorn provided
 Stop by the Stigma Free table and cast your vote. The final pick is a simple democratic choice.

Legislation

Mental Health Bill – H.R.2646:

U.S. Senate Committee Approval is Another Step Forward

Mar. 17, 2016: The U.S. House of Representatives Energy & Commerce's health subcommittee has approved bipartisan mental health reform legislation, H.R.2646, and we hope that further action in the House will occur soon. The Senate and House versions of comprehensive mental health care reform bills recognize that misinterpretation of HIPAA, a privacy law, by some health professionals has contributed to caregivers being unnecessarily shut out of care conversations.

– See more <http://www.nami.org/Press-Media/Press-Releases/2016/Mental-Health-Bill-U-S-Senate-Committee-Action-i#sthash.JNF0WCKd.dpuf>

Criminalization of Mental Illness in California

Like every state in the nation, California incarcerates more individuals with severe mental illness than it hospitalizes. Criminal justice officials are responding to the criminalization of mentally challenged individuals with innovative programs designed to divert people with severe mental illness away from the criminal justice

Population served by mental health court	Population served by CIT	Combined average	Grade
78%	79%	79%	A

system. Two of the most promising programs are: [mental health courts](#) and [crisis intervention training \(CIT\)](#).

(SOURCE: [PREVALENCE OF MENTAL HEALTH DIVERSION PRACTICES: A SURVEY OF THE STATES](#), Treatment Advocacy Center, 2013)

In April, 2015, San Diego County Supervisors backed Laura’s Law.

Laura's Law is California’s state law that provides community-based, assisted outpatient treatment (AOT) to a small population of individuals who meet strict legal criteria and who – as a result of their mental illness – are unable to voluntarily access community mental health services. The law is named for Laura Wilcox (pictured), who was shot and killed at the age of 19 by a man with untreated severe mental illness.

The vote came 13 years after the state gave counties the authority to implement the law. Laura’s Law and similar AOT laws across the country have successfully enabled people with severe mental illness to access the treatment they need in the community.

The [Treatment Advocacy Center website](#) is one resource for information about [mental health courts](#), [police Crisis Intervention Training \(CIT\)](#), research and more.

“Your present circumstances don’t determine where you can go; they merely determine where you start.” – Nido Qubein

Words"Explaining My Depression to My Mother"

– Spoken word video, Sabrina Benaim

<https://www.youtube.com/watch?v=aqu4ezLQEUA>

Excuse me

Tonight in the parking lot
 She didn't want to end
 our conversation
 It was her grief that held me
 a while longer, just a while
 To hear ideation painted
 like peaceful slumber
 In a coffin-sized hole
 Not too deep, only to rest awhile
 What could I offer one so stricken?
 My empathy, insignificant
 beside her unshed tears
 - *Dinah Aldrich*

June

For people living with and caring for, we'll be
 Coping
 Helping
 Healing
 Advocating
 Praying
 Giving
 Receiving
 Welcoming
 Exploring and
 Knowing what we do makes a difference.
 - *Wenda Alvarez*



By Ashley Phillips

SMART RECOVERY: Do you have a loved one with a substance use problem? Are you struggling yourself and aren't sure what to do? UUFSD hosts two SMART RECOVERY meetings each week; one is aimed at the friends and family members (Monday nights from 7-8:30pm) and the other is focused on the individual who is struggling (Tuesdays 6:30-8 pm). Both meetings are open to all.

SMART is the leading self-empowering recovery program in the US and around the world. Over 20 years old, and accredited by all leading addiction specialists, SMART is based on scholarly research and hard data about what works and what doesn't. The SMART program contends that people are NOT powerless over addictive behaviors and that family members can be a positive influence early on (no need to wait for a "rock bottom" experience). Smart does not require a particular spiritual or religious adherence or belief system. If you are deeply spiritual or religious, you are welcome in a SMART meeting. Atheist or agnostic? You are welcome too! Still figuring your spiritual or religious self out? That's fine! Also, we know that our brains are wired for language, so we emphasize empowering language and discourage the use of labels (such as alcoholic or addict). Labels are best used for jars not for people.

SMART meetings are self help discussion groups with lots of interaction and problem solving. SMART's 4 point program helps participants find and increase their MOTIVATION, introduces people to strategies for dealing with cravings, helps improve consciousness and intentional responses around our thoughts, feelings and behavior, and encourages the creation and nurturing of a balanced, values driven life that is healthy for the participant. We share laughter and tears. Solution oriented and data driven, you may find that SMART is a good option for you, alone or in combination with other programs that you find helpful.

Please contact Ashley E. Phillips at Ashley@ashleyephillips.com or text me at 858 337 2070 for more information!

Pastoral Care at UUFSD

Creating a Community of Caring

Our Mission: As your pastoral care community of caring by responding to need. Through compassionate growth educational opportunities, we happiness for our congregants. We are emergencies affecting our community, teams to assist with meals, when needed. As an extension of our identify and respond to situations in available to visit members who are home, the hospital or other facilities . Each Sunday, we offer confidential listening to those adjusting to change, loss, illness or death, or who want to share in moments of joy and celebration. Through our care and commitment, we strive to build a beloved community of strength and compassion with meaningful and lasting bonds among our members.



team at UUFSD, we seek to create a and nourishing each other in time of listening, crisis support, and personal support a spiritual path to health and committed to responding to mobilizing our neighborhood care transportation, and memorial services minister's pastoral care presence, we need of caring attention and are unable to attend services in their

Compassionate Listening Each Sunday a pastoral care listener is available to provide a confidential, caring presence to members experiencing times of transition, challenge and celebration.

Transportation Providing transportation to services or medical appointments is an important aspect of pastoral care.

Crisis Support Pastoral care team members are available in times of crisis such as illness, disability, injury, grief, marital changes, care-giving, unemployment, and other challenges.

Meals and Visitations During illness, loss, and stressful times, meal delivery can be arranged. Visits to hospitals, care facilities and those housebound are available to provide comfort and diminish feelings of isolation. Phone calls may be arranged for those needing increased contact and support.

Pastoral Care Team Renae Grieg, Don Jones, Kelly Kelsoe, David Naimark, Karen Quinones

Contact Information Care Team Services: Renae Greig (north team) - Kelly Kelsoe (south team) pastoralcare@uufsd.org

Pastoral Care Services meals-transportation-memorial services-household tasks .

Get Involved Join a Care Team prepare meals - help with shopping/household tasks - provide transportation for medical appointments, UUFSD services and activities - run errands for those who are housebound - provide phone calls for support - offer short term respite care - assist with memorial services. If interested in joining a care team, send an email to pastoralcare@UUFSD, or talk to Renae Greig or Kelly Kelsoe.

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PASTORAL CARE TEAM, SOUTH

Katherine Buffington, Nancy Harmon, Roger Harmon, Maria Angelella, Abigail Laurent, Kathryn Sturch, Karen Kowalski, Michael Kowalski, Patricia Cofre-Stone, Susan Pernia, Carol Mason, John Drummond, Eberly Barnes, Clint Stoddard, Kelly Kelsoe, Karen Quinones, Alison Schlick, Joey Elwell, Kathy Faller, Chris Faller, Yvette Jockin, Terry Goan, Kathleen Dewhurst, Hedy Aardema, Becca Fredericks, Monique Kunewalder, Pamela Parker, Kim Douwes, Barbara Walker, Gene Walker, Jim Hagan, Caroline DeMar, Nancy Gottdank
Anne Gernhardt, Karen Freeman, Charlotte Wilson

PASTORAL CARE TEAM, NORTH

Vicki Wolfrum, Carol Blakistone, Gina Brown, Ruth Gregory, Linzie Wood, Wenda and Charles Alvarez, Trish Johnson, Tiffany Fox, Ted and Katie Wheeler, Steve Bartrum, Sophy Chaffee, Sara O'Hara, Robin Sales, Robin Mitchell, Rigdon Currie, Rich Franzwa, Ellen Whealton, Ed and Charlotte Ulm, Devon Smith, Don and Alita Jones, Livia Walsh, Lisa Shaffer, Linda Luisi, Mary Pomerene, Michael Fox, Neil Lynch, Nancy Cohen, Nancy Beretz, Misun Lee, Josh Gordon, Susan Hahm, Glen Bortnick, Glen Bowden, Greg and Cathy Leach Phillips, Greg Brown, Jill Ballard, Julia Darling, Karen Joshi, Gloria DeRouen, Marylou Gibson, Katherine Blakespear, Bob Quick, Beverly Connor, Betsy Gilpin, Barbara Bortnick, Ann Heuton, Alana Schuller, Alice Bryovic, Irv Himelblau



A New Path - Generosity Sunday Recipient - April 2016

A New PATH works to reduce the stigma associated with addictive illness through education and compassionate support, and to advocate for therapeutic rather than punitive drug policies. A non-profit advocacy organization of parents, concerned citizens, individuals in recovery, healthcare professionals and community leaders working together to educate the public, media and decision makers about the true nature of the disease of addiction, and to expand access to treatment services. We advocate to end discriminatory drug policies that serve as roadblocks to recovery.

VISION STATEMENT

A New PATH strives to assure access to quality cost-effective addiction treatment services, lessen the harms associated with addictive illness, reduce recidivism, save lives and move towards a healthier society, free from discriminatory drug policies, violent crime and wasted lives."