

# 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.*

## HAPPENINGS

July- September 2015

Welcome Rev. Meghan Conrad Cefalu



### Table of Content

<b>Happenings</b>	<b>Pgs 1-3</b>
<b>Social Action at UUFSD</b>	<b>Pgs 3-5</b>
<b>A Day in the Life at CRC</b>	<b>Pg 6</b>
<b>Capital Campaign</b>	<b>Pg 7</b>
<b>Voluntary Simplicity</b>	<b>Pg 8</b>
<b>Spirituality at UUFSD</b>	<b>Pgs 9-12</b>
<b>Save the Dates</b>	<b>Pg 12</b>

Rev. Meghan Comrad Cefalu brings more than 10 years of experience in UUA ministry to our congregation during the time we will be searching for our next settled minister. Rev. Meghan will help to guide us, leading our thriving Fellowship in worship, and participating in our many outreach and community activities.

Rev. Meghan grew up in Northern California. She has served UU congregations ranging in size from 30 to 450 members and in places as diverse as rural Kansas and Missouri, Grass Valley, CA and the Boston suburbs. She studied psychology before earning her Masters in Divinity from Starr King School for the Ministry in Berkeley. She loves good food and wine, hearing live music, engaging in stimulating conversation and watching her sweet dog run on the beach.

## Welcome Adrienne McCord, Director of Connections

As *Director of Connections*, Adrienne McCord is here to help congregants strengthen their connections within the Fellowship and involve members in activities that nurture their spirit. Adrienne was introduced to Unitarian Universalism at *All Souls of New York City* and instantly found a home amongst those who value love and practice compassion in action. With a passion for service and outreach she is enthusiastic about her role at UUFSD.

Adrienne brings a wealth of experience with creative expression and management of Volunteer Engagement, Social Good and Corporate Citizenship. An evangelist for nonprofits she provides leadership for cause organizations focusing on social and economic justice. Prior to her work in research and advocacy, Adrienne studied Global Affairs and Anthropology and enjoyed work in the outdoor recreation and culinary field in UK, Europe. She loves a good adventure, traveling and great food.



## Lama Kathy Wesley, July 24-26, 2015

Lama Kathy Wesley is an ordained lama in the Kagyu lineage of Tibetan Buddhism. She has completed a three year retreat and is a principle student of Khenpo Karthar Rinpoche. Lama Kathy has a long and strong connection with UUFSD. She has given annual teachings here for seven years. She is well known for her pragmatic, accessible and down-to-earth approach to meditation and the teachings of the Buddha. She was

## Sally Alice Thompson, 92 Year Old Social Justice Advocate Sunday, August 9, 2015

The Fellowship was treated to stories and songs by this phenomenal 92-year-old social justice advocate. Sally Alice Thompson recently walked from Albuquerque to Santa Fe, New Mexico (approximately 60 miles) to raise awareness about the amount of money involved in politics. Sally said, "I need to bring attention, and if I drive nobody's going to know it." Sally Alice continues to write and sings protest songs for the "Raging Grannies."

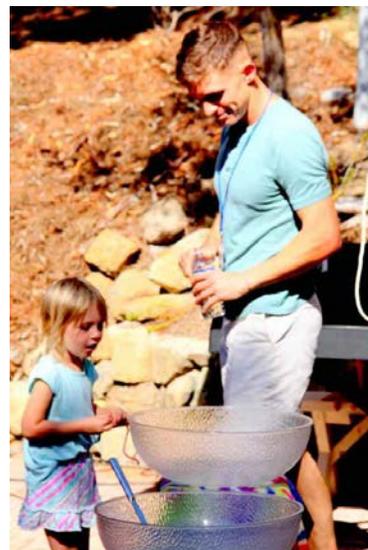
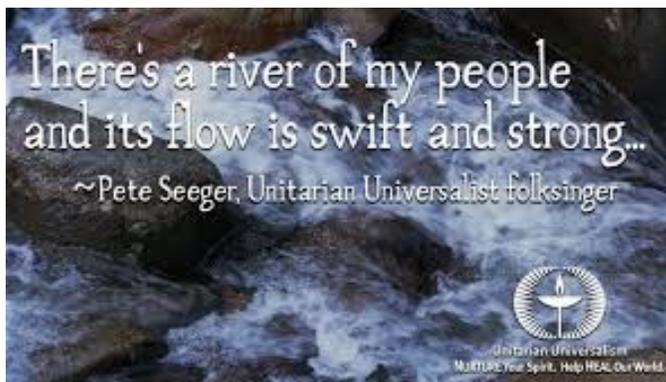


## SUUN Concert at UUFSD, Saturday, September 12, 2015

Another successful concert by the SUUN Concert Committee. The Fellowship was rocking with the sounds of the UUFSD Band, Project Harmony from the Chalice UU, Electric GrUUve from Palomar UU, UUFSD Singchronicity, the Apostles of Vibe from Palomar UU and Kengington, Friends of Grunion Run. Once again, thanks to Vicki Newman and all the volunteers that made this magnificent event possible.



## UUFSD Water Communion, September 13, 2015



## Primer on Hospice Care, September 26, 2015

Robin Fiorelli, Senior, Director of Bereavement and Volunteers, VITAS Healthcare, discussed hospice history, hospice philosophy and Medicare benefits and services. She also discussed hospice bereavement services provided after the death to caregivers and family. Hospice provides medical, emotional and spiritual support to individuals at the end of life. Most insurance companies including Medicare provide hospice care when the decision is made by health care providers and patient alike that the curative form of medical care is no longer viable or desirable.



# SOCIAL ACTION AT UUFSD



### San Diego Food Bank

**July 2015:** Nine members of UUFSD assisted in **bagging 7,200 pounds of plums** which will be enjoyed by children who would otherwise not have any fresh fruit.

**August 2015:** Seven members of the UUFSD joined in **bagging almost three (3) tons of baby potatoes!!!!**

**September 2015:** Three members of the UUFSD joined the crew at the SD Food Bank and helped **bag 8,100 pounds of fresh peaches!**

***To participate in this meaningful monthly activity contact Sara Ohara at [sara@saraohara.com](mailto:sara@saraohara.com)***



### Backpack Project August 2, 2015

UUFSD completed another successful Backpack Project. Over twenty members and friends assembled 66 backpacks for children living in the Encinitas CRC Battered Women’s Shelter, Colonia Carrettas, Ocean Knoll Elementary School and Stand Up For Kids. Thanks again to Livia Walsh and Liz Young, who coordinated the backpack effort. And a **huge thank you** to everyone who contributed with materials or cash to make this project a success. The backpacks for the homeless teens at Stand Up were packed with school supplies, snacks, socks, and toiletries the teens need.



### Generosity Sunday and Immigration Reform Forum - August 23, 2015



**Enrique Morones**, Director of Border Angels was on hand for the Social Action Generosity Sunday offering and conducted a forum on **“Before we were us, we were them.”** *Border Angels* is an all-volunteer, non profit organization that advocates for human rights, humane immigration reform, and social justice with a special focus on issues related to the US-Mexican border. Border Angels engages in community education and awareness programs that include guided trips to the desert to place water along migrant crossing routes as well as to the border to learn about the history of US-Mexico border policy and to experience the border fence firsthand.

### Everytown for Gun Safety “Whatever It Takes Day of Action.” September 6, 2015

*“Everytown” is a movement of Americans working together to end gun violence and build safer communities. Gun violence touches every town in America. For too long, change has been thwarted by the Washington gun lobby and by leaders who refuse to take common-sense steps that will save lives.*

Our Congregation stood for a picture supporting Everytown for Gun Safety. Members of the congregation and visitors carried individual signs telling Congress to listen to the voices of sanity and act against gun violence.



Food Drive  
for Hunger



**National Hunger Action Month  
September 2015 - CRC Food Drive**

**Wow!!! We did it again!!!** Every year we endeavor to provide the Community Resource Center with at least six (6) months of product (oil, peanut butter, tuna and pull-ups) for distribution. The Fellowship responded as it always has, with great compassion. This year, your donations to the CRC allowed us to supply the Food Pantry with the equivalent of at least 6 months worth of these products, if not more.



**Know Your Rights Forum - Conosca Sus Derechos Foro, September 22**

The Social Action Committee’s Immigration Reform and Education Task Force was the primary sponsor of a free information forum on immigrant rights. The forum was co-sponsored by UURISE, the ACLU, the North County Immigration Task Force, and the SD County Library (Encinitas Branch), and held at the Encinitas Community Center, and approximately 50 people attended. The agenda included: Deferred Action for Childhood Arrivals (DACA); Deferred Action for Parents of Americans (DAPA); California AB 60; how to obtain a California Driver’s License; Know Your Rights when you are stopped or detained by law enforcement and how to prepare/protect your family and local efforts around immigrant rights and how to get involved. After the presentations, attorneys from UURISE and the ACLU met with participants, one on one, to respond to their legal questions,.

**Members of the sponsors who helped with logistics, attorneys from ACLU and UURISE, and members from organizations staffing information tables.**



**Unitarian Universalist Association & Unitarian Universalist Service Committee  
Global Refugee Crises Initiatives**

The Unitarian Universalist Service Committee (UUSC) and Unitarian Universalist Association (UUA) issued a joint statement about the global refugee crisis by announcing two new initiatives: 1. A special UUSC-UUA Refugee Crisis Fund with the goal of raising \$250,000 by September 26, 2015 and 2. A petition drive to pressure the Obama administration to substantially raise the number of refugees admitted into the United States to 200,000.



**The UUFSD Social Action Committee collected over 100 signatures and sent our petition to Secretary of State John Kerry asking that 200,000 global refugees be allowed to enter the United States.**

## A Day in the Life at the Encinitas Community Resource Center Food Bank



### Volunteers Needed

Every Thursday from 10:00am until 12:30pm, UUFSD members volunteer at the Community Resource Center (CRC) at 656 Second Street in Encinitas. Activities include distributing food from the pantry

shelves and refrigerated sections to CRC clients, re-stocking shelves, and helping unload/sort incoming donations of perishable, non-perishable foods and household items. No need to make an ongoing commitment - we are in need of occasional volunteers.

To sign up or for more information, please visit our Sign Up Genius page at <http://www.signupgenius.com/go/409054fa8a823ab9-volunteering> or contact Susan Miller at [crc@uufsd.org](mailto:crc@uufsd.org).

No experience necessary!



## The First Phase of Our Capital Improvements

By now, we expect that you've all received the Capital Campaign brochure, and hope that you are filled with the same excitement for what we can achieve for our future as the members of Dream Builders and Dream Funders are feeling.

But the brochure deals primarily with the Master Plan for our campus, as defined by Dream Builders and our architect, DomusStudio Architecture, dividing that Plan into Phase 1 and Phase 2, and speaks only lightly of our true first phase, the repairs of our classrooms.

We believe in the words from the song *Take Care of Your House* by Alan Lerner and Leonard Bernstein:

Care for this house  
Shine it by hand  
And keep it so clean  
The glow can be seen  
All over this land.

Unfortunately, we have done too little in living up to those words, but we are correcting that now, by commencing with sorely needed repairs to our Treetops, Footprints and Pinecones classrooms, and the

YRUU building. These are not part of the Master Plan because they fall more in the line of repairs to roofs, windows, siding, fixing termite damage and rot. Here is an example, from Footprints:

Now that we finally have the money to tackle these needed repairs from generous contributions already made to our capital improvements campaign, we are going ahead with sprucing up these four buildings. Treetops is first, and we expect it will be finished by about the end of November.

The process is slower than it might normally be, but we are cooperating with Sandy Hill to work in such a way that students may continue to use one portion of the classroom while we work on another. Although it slows down the process a bit, the convenience for both Sandy Hill and the Fellowship outweighs having Sandy Hill use space in Founders Hall, and the clutter it would incur by doing so.

While raising the funds for the Master Plan, and waiting for Solana Beach to approve our application for the C.U.P. (Conditional Use Permit), we will get this job completed.

John Sherman, Chair - Dream Funders Task Force

## Voluntary Simplicity

by Louise Garrett

Duane Elgin, an internationally recognized speaker, defines Voluntary Simplicity as a manner of living that is outwardly simple and inwardly rich... deliberate choice to live with less in the belief that more life will be returned to us in the process.” The Voluntary Simplicity course is designed with the person in mind who is concerned about the future.

The readings are interesting and diverse. The format encourages discussion and personal growth while providing participants an opportunity to reflect on current lifestyle, fostering positive, healthy changes in buying, consumption, transportation, conversation, community, sustainability and living. The course is not about being a “hippie” or living in poverty, but about the examination of the relationships we have with money, material possessions, the planet, ourselves, and each other and discovering how much consumption is enough to provide personal freedom and enjoyment of life.

Our present culture embraces the “more is better” idea, but what detriment is the result? The consumer culture has distracted us in our personal, social, environmental and spiritual lives. We can be locked into cycles that offer no lasting satisfaction. Voluntary Simplicity offers new ways to rethink the unhealthy relationships we have with money, time, and energy and the meaning we want our lives to reflect. Simplicity offers ways to balance our work life, our personal life relationships with the community and the resources of our planet. Vicki Robin’s profound democratic insight is that how we spend our money is how we vote on what exists in the world. Simple living tends to involve thoughtful thrift and environmentally and socially conscientious spending habits. The mass media has very little interest in promoting voluntary simplicity because the media are financed by corporations, which are driven almost exclusively by the incentive of profits. Our society is geared towards producing and then consuming more and more products, which makes it



**MINIMALISM.**  
the intentional promotion  
of our greatest passions  
and the removal of everything  
that distracts us from them.

difficult for people to live and think differently, even if we want to.

Paying more attention to alternatives to consumer culture, it is possible to discover that there are other, better, more fulfilling ways to live. Acting upon this realization, we can reshape our own lives, improve our culture, and evade the ruts of conformity. The power to change the world ultimately lies in the hands of ordinary people.

Since we are concerned about the direction our society is heading, possibly seeking a different way of life, we must first look at our own lives and begin making changes there and not be disheartened by the fact that our social, economic, and political institutions embody outdated materialistic values that we ourselves reject.

Gandhi said, in a phrase that captures the revolutionary spirit of voluntary simplicity: ‘Be the change you wish to see in the world.’

**The SAC Environmental Justice Task Force is sponsoring a five week Voluntary Simplicity course, developed by the Northwest Earth Institute, on Wednesdays, Sep 16, 22, 29, Oct 6 & 13 from 6:30 to 8:00 pm in Founders Hall. We say we want to slow down and be more productive, but get stuck with the initial question of “Where do I start?”**

# SPIRITUALITY AT UUFSD



## Buddhist Meditation at UUFSD

Every Thursday, 6-7:15pm

Every Friday 10:30-11:45am with an optional sitting period beginning at 10am

These groups have met continuously for twenty years and are an excellent place to begin or to deepen your understanding and practice of Buddhism. No experience is necessary to attend these groups. While our reading has emphasized teachings by Pema Chodron and other Tibetan teachers, we have also read in the Vipassana and Zen traditions and welcome Buddhists of any tradition and non-Buddhists as well. Both groups have the same format: a short reading followed by sitting meditation for 10-15 minutes, then reading a chapter of the current book and discussing it, and finally another short reading and sitting for another 15 minutes.

Books we have studied recently in one of these groups:

*The Wisdom of No Escape* by Pema Chodron

*Start Where You Are* by Pema Chodron

*The Authentic Self* by Ezra Bayda

*The Power of an Open Question* by Elizabeth Mattis

*No Self, No Problem* by Anam Thubten

We also watched teachings by Pema Chodron given at Karma Ling

Some of the members our of groups are members of UUFSD but not all. Some members have a teacher and a commitment to a particular lineage of Buddhism but most do not. We strive to support each member in finding the contemplations, study, and practice of Buddhism which is most meaningful and fitting for that individual. We have found benefit in reading widely in the various Buddhist teachings which have come to the west.

We are sometimes visited by traveling teachers. Most recently Lama Kathy Wesley was here for a weekend of teachings in Founders Hall. Her humor and accessibility as well as her deep knowledge of the dharma gave the participants inspiration and guidance to deepen their practice of meditation. One of the points she made was that the Buddha taught that individuals have a variety of dispositions and will be able to practice meditation in different ways. For example, some people sit down to meditate and find that the mind settles quickly and that they can focus on the breath and relax but that after awhile the mind becomes restless and begins to scatter. This type of person should have relatively short practice sessions more frequently. Another type of person sits down to meditate and finds the mind is initially scattered and full of thoughts but by patiently following the meditation instructions on awareness of the breath, eventually begins to become clear and relaxed. This person, it is recommended, should practice for longer periods to reach that state.

Once per month, Debra Ann Robinson, a principle student of Thrangu Rinpoche, teaches meditation at Christie Turner's home in Encinitas. These teachings are in the Kagyu lineage of Tibetan Buddhism and are open to anyone. Debra Ann has a deep understanding of the teachings and practice which she offers generously to our group and to individuals.

Feel free to drop in to one of our groups or to contact a facilitator:

Christie Turner at

ThursdayBuddhistMeditation@uufsd

[MonthlyChenresig@uufsd.org](mailto:MonthlyChenresig@uufsd.org) or

Robin Mitchell at

[FridayBuddhistMeditation@uufsd.org](mailto:FridayBuddhistMeditation@uufsd.org)

# SACRED



# CIRCLES

## Sacred Circles – All Shapes Welcomed!

Although I am a relative newcomer to Unitarian Universalism, I have always known in my head and heart that spirituality comes in many shapes and sizes. For me, spirituality is a byproduct from the unending search for our own identity. What is my connection to the world around me? How can I live my life in the best way possible? Am I a good person?

Stop for a moment and think about the people, places, and experiences that inspire a deep sense of “aliveness” within you. Perhaps it is a reverence and awe in nature that moves your head and heart in ways no words can describe. Perhaps a meditation practice pulls you deep inside and creates a sense of oneness with all life. Perhaps spending time with loved ones overwhelms you with gratefulness for your blessings. Perhaps sitting alone listening to a melody stirs your soul. Whatever it may be, that deep sense of connectedness to something greater than yourself leads to positive emotions, such as peace, awe, contentment, gratitude, and acceptance. I would call those spiritual moments.

More than any other church I have attended, UUFSD demonstrates a commitment to building a strong sense of community. My favorite way to experience that is through Sacred Circles, small group meetings that delve deeper into some of the most basic of human experiences. The qualifications for participation are simple in theory, but challenging in practice. Can you listen with your heart and without judgment to your Circle members? Can you allow deeper feelings to arise and then speak your truth, as you know it? Can you commit to being with your group once each month to cultivate the relationships that strengthen and nourish us? Do you agree to support a safe and trusting Sacred Circle?

As part of a Sacred Circle, I am with people who have said “Yes!” to those questions. They, too, are seeking to know more about who they are and why they are here. Each month, we challenge ourselves with a set of readings and questions, and I treasure the insight I have gained from each of the Circle members, especially those who approach the questions so differently from me. This is a unique opportunity—an intimate gathering with a specific discussion topic open to all worldviews. My Sacred Circle members have contributed, wittingly or unwittingly, to my individual growth by offering a part of themselves that I can choose to incorporate into my own life. In the end, regardless of where we came from and the perspectives we carry, we have the same destination in mind—an answer to those BIG questions in life. My heart is so full of love and gratitude to all of those who have shared their stories and listened to mine during the past five years in a Sacred Circle. Is that a spiritual experience? I say “Yes!”

If you are interested in becoming part of a Sacred Circle, please talk with me or send an email to [SacredCircles@uufsd.org](mailto:SacredCircles@uufsd.org)

## **Mindfulness Meditation & Mindfulness Self Compassion**



**MINDFULNESS MEDITATION IS OFFERED ON Tuesdays, 9:30-11:00 a.m. in Palmer Library.  
All are welcome.**

Most world religions have some form of meditative or contemplative practice as part of their tradition. Mindfulness Meditation is a foundational practice originating from Buddhist traditions. For those who don't identify with any particular religion or spiritual path, Mindfulness Meditation can be a pragmatic way to consciously be engaged in life with intention and clarity. Sakyong Mipham Rinpoche, a Tibetan Buddhist teacher, describes meditation as a "way to make the mind more stable and clear." One certainly does not need to be a Buddhist to practice this very effective way of calming the mind and relaxing the body so that we can be available to all that we experience in the present, discerning what is true or what is misperception or misunderstanding.

Jon Kabat Zinn, founder of the Mindfulness Based Stress Reduction Program (MBSR) describes mindfulness as being "fully awake in our lives. It is about perceiving the exquisite vividness of each moment. It is about paying attention, on purpose and without judgment, to the present moment."

Meditation, which is supported by neuro-scientific studies, offers our minds a way to rest so that we may access our intelligence, wisdom, compassion and inner peace.

The Mindfulness Meditation Group offers an opportunity to learn about meditation and, more importantly, to practice meditation with guidance. We discuss obstacles that may arise that distract us from focusing on the present and ways to deal with these distractions, be they thoughts, emotions or body sensations.

In our group we also learn ways to cultivate compassion for ourselves and for all beings. Jack Kornfield, well known meditation teacher and Buddhist scholar, tells us that if the development or cultivation of compassion does not include compassion for ourselves it is incomplete. His Holiness the Dalai Lama states that compassion is the core of his spiritual practice.

The group is facilitated by Livia Walsh, who has been teaching meditation for almost 30 years. She offered a workshop on Mindful Self- Compassion at UUFSD and will offer more in the future. Livia teaches Mindful Self Compassion and the Mindfulness Based Stress Reduction program at UCSD Center for Mindfulness.

The Mindfulness Meditation Group meets in UUFSD Palmer Library on Tuesdays, from 9:30 to 11 am. Livia can be contacted at: [MindfulnessMeditation@uufsd.org](mailto:MindfulnessMeditation@uufsd.org)



## Buddhist Sangha at UUFSD

The meditation Sangha meets on the first, third, and, when there is one, fifth Thursdays of each month from 7:30 to 9:00 p.m. in the UUFSD Palmer Library. The Sangha is based on the Vipassana/Theravada tradition of Buddhism which involves paying mindful attention to present moment experiences in a way that leads to clarity, relaxation, and coming into harmony with our experiences. Each session will provide guided meditation instructions and discussion, a talk on the Buddha's teachings (presented in a non-sectarian way), a question and answer time, and practice assignments that call for applying the teachings to everyday life. We are open to newcomers.

We offer several Days of Mindfulness each year; the next one is Saturday, December 19, 2015. These days of practice take place at the Fellowship in noble silence, which allows each meditator to look more deeply inside the mind and heart. We alternate between sitting and walking meditations, eat lunch in mindful silence, and listen to a talk on the Buddha's teachings (called the Dharma). Each Day of Mindfulness begins at 8:30 am and ends at 3:00 pm.

We also offer weekend, residential retreats at Questhaven Retreat Center, only 25 minutes from the UUFSD. These weekends of practice are similar to the Days of Mindfulness, but last for 48 hours. Meditators spend two days and nights at the center, alternating between sitting

and walking meditation, listen to two or three talks on the Buddha's teachings, eat six meals provided by a professionally trained chef, practice yoga, etc. We begin late on Friday afternoon and end late on Sunday afternoon. Personal, one-on-one sessions are offered to each meditator as support for their path to freedom from suffering.

For more information contact Bob Isaacson at: [BuddhistSangha@uufsd.org](mailto:BuddhistSangha@uufsd.org)

## SAVE THE DATES OCTOBER/DECEMBER

**Friday, October 9, 6-9 pm, Environmental Justice Task Force, Sustainable Pot Luck, Founders Hall**

**Oct 15-29th: Environmental Justice Task Force 2015 ECO Challenge - Check the Core Area SAC table for Information.**

**Sunday, Oct 25, 12:15 pm, Founders Hall: EJTF Forum - The Global Environmental Crisis: "What It Is and How We Can Respond."**

**Sunday, November 1, 10:15 am, Capital Campaign Congregational Meeting, Founders hall.**

**Sunday, November 22, 10 am 1 pm, UUFSD Art Fair, Founders Hall.**

**Thursday, November 26, 1:00 pm Thanksgiving Luncheon, Founders Hall**

**Sunday, December 6, at both services: Music Sunday**

**Saturday, December 12, 6 - 9:00 pm, December Holiday Party Potluck, Founders Hall.**

**Sunday, December 13, Time TBD, Evening Vigil Memorial for the Sandy Hook mass shooting.**

**Saturday, December 19, 8:30am -3:00 pm, Day of Mindfulness, UUFSD Campus**

**Thursday, December 24, 5:00 and 7:00 pm, Christmas Services, Founders Hall.**

**Friday, December 25, 1:00-4:00 pm, Christmas Pot Luck Party**