

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

January-March 2015



emma's Revolution, Sat, Jan 24



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Another successful cluster concert at UUFSD. emma's revolution performed before a very well attended audience on Saturday, January 24. Such a treat to have Pat Humphries and Sandy O back with us for an energizing evening of music and message. Founders Hall was filled with UUs from around the county, enjoying their beautiful music about social justice issues. We were inspired, as well as entertained. The congregation was treated to some of their great hits like "If I Give Your Name." "Keep on Moving Forward," "Peace, Salaam and Shalom," as emma's revolution performed at both services on Sunday, January 25.

Pastoral Care Team February 8, 2015



The UUFSD Pastoral Care Team Commissioning took place on Sunday, February 8. The team is divided into North and South districts. Members include: Don Jones, Renae Greig, David Naimark, Kelly Kelsoe, and Karen Quinones. After the service there was a successful volunteer signup for those willing to provide communications, services, meals and transportation for members in need. (See extended article on pages 11 and 12)



UUFSD Band, Sunday, February 8

Wonderful performance by the UUFSD Band during the “Creating a Community of Caring” service. The band performed “A Change is Gonna Come,” by Sam Cooke and “Let It Be Me,” by Amy Ray

Spirituality at UUFSD

- Tuesday Meditation Practice: Palmer Library - 9:30 to 11 am Contact TuesdayMeditation@uufsd.org
- Thursday Buddhist Meditation: Palmer Library - 6 to 7:15pm Contact ThursdayBuddhistMeditation@uufsd.org
- Thursday Buddhist Sangha: Palmer Library - 7:30 to 9 pm Contact BuddhistSangha@uufsd.org
- Friday Buddhist Meditation: Palmer Library - 11 to Noon Contact FridayBuddhistMeditation@uufsd.org
- Spiritual Growth Circles: Locations and times vary Contact SpiritualGrowthCircles@uufsd.org

Creating A Community of Caring Workshop

On Sunday, February 8, the UUFSD Pastoral Care Team sponsored a workshop with Pilar M. Placone-Wiley, PhD, author of “Mindful Parent and Happy Child: A Guide to Joyful and Resilient Children.” Dr Placone-Wiley explored new ways of being a parent, partner and community member with simple principles and practices.



Standing on The Side of Love Month “Commit2Respond” March 22- April 22, 2015



This year, the UUA’s 30 Days of Love --from World Water day on March 22 until EarthDay on April 22 -- will be devoted to responding to the crisis of climate change. The initiative has been named Commit2Respond. The aims of C2R are:

1. shift to a low carbon future;
2. advance the human rights of affected communities;
3. grow the climate justice movement.

UUFSD will be joining C2R with a month of services, forums and events designed to educate, inspire and ultimately, act.

What’s Love Got to Do With It”

OK, right about now, you may be asking, why is climate change the topic of the 30Days of Love campaign? Or, to paraphrase Tina Turner, “What’s climate change have to do with love?”

Glad you asked. Once you get past the dry statistics and the demoralizing models, climate change is a moral issue – in fact, it is the greatest moral and ethical issue humans have ever faced.

Climate disproportionately affects the poor, the dispossessed and the politically weak. Already, Pacific Islanders, inhabitants of the far north, and agrarian cultures are having their land and livelihood ripped from them.

It affects the unborn. We are, in essence, robbing our children and their children and generations that follow, so that we may live a life with more stuff. Our present material prosperity comes at their expense.

It will take an act of selfless love to turn the tide, to embrace a world and an economy in which the rights of the poor and the unborn become as important as McMansions, SUVs, and ever more stuff. But meeting this challenge isn’t all sacrifice and deprivation. In the long run, what we do to solve climate change will also save our souls and enrich our lives.

What's UUFSD Doing?

We are fortunate to have some world class climate scientists in the Fellowship, including Lynne Talley and Jeffrey Severinghaus, and we also have several people who have worked in climate law and policy at senior levels at both the federal and local level. But our main asset is a committed congregation that cares passionately about social justice, sustainability and environmental justice.

We will be relying on them and outside experts and activists to help us develop an enduring and effective response that makes UUFSD a source of hope and solutions.

If you are interested in learning more or getting involved, come to the Social Action/Happenings Table in the Core Area between services and after the second service.

***UUFSD 30 Days of Love
From World Water Day (March 22) to Earth Day (April 22)***

COMMIT2RESPOND

People of Faith and Conscience

Taking Action For Climate Justice

March 22, Sunday Services, 9 & 11 AM

“Have You Heard the Good News About Climate Change?” John Acheson

March 29, Sunday Services, 9 & 11 AM

“How to Ignite a Movement - Great Lessons From Great Teachers.” Rev. David Miller

March 29, Sunday Forum, 12:15 PM, Founders Hall

Forum: “The Science of Climate Change and the Citizen Response.”

Speakers: Dr. Lynne Talley, PhD & Marshall Saunders, Founder of Citizens Climate Lobby

April 5, Sunday Morning 10:00 AM

“Ecological Bike Ride” From the Solana Beach Train Station to the Fellowship. Steve Bartram

April 5, Sunday Services, 9 & 11 AM

Easter Services Rev. David Miller

April 12, Services, 9 & 11 AM

“Local Voices on Climate Change” Lawrence Jones

April 12, Forum, 12:15 PM Founders Hall

Forum: “What Are The Solutions To Climate Change?”

Speakers: Dwaine Deets & Phil Petrie from SanDiego 350.org

April 13, Monday, 7 PM

One Read Book Selection (TBD), Palmer Library

April 19, Sunday Services, 9 & 11 AM

“Global Voices on Climate Change” Laura Colban

April 19, Sunday Evening, 5 PM Founders Hall

*“Sustainable Pot Luck Dinner” Design, Prepare and Share Your Own Sustainable Dish
John Acheson & Vicky Newman*

With Appreciation For Volunteer Efforts



Sandy Washington In this issue of the magazine we celebrate the UUFSD Pastoral Care Team. However, we would be remiss if we did not honor Sandy Washington for all her service as the leader of the Pastoral Care effort for the many years prior to the establishment of the Care Team. It is impossible to measure our gratitude for her selfless dedication to being there and offering an open ear and open heart for those who sought her solace. **Thank you, Sandy.**

Gun Violence Prevention

A significant part of participating in UUFSD social action involves the choices we make about where we put our time, energy, and effort. Each of our Social Action issues tugs at our hearts and draws us to be supportive. My time, energy and effort is dedicated to bringing Gun Violence Prevention (GVP) issues to the awareness of our membership.



Each Sunday we will have an information table out for you to browse and read about what is significant in the world of GVP. There will be things for you to ponder and ways for you to participate. On May 10, Rev. David Miller will incorporate the issue of Gun Violence Prevention in his weekly service. Following that service, at 12:15 pm, we will conduct a forum on “What Does the Brady Foundation Really Do?” Our speaker for the forum will be from the Brady Foundation for the Prevention of Gun Violence. Each year we commemorate the anniversary of the Sandy Hook Elementary School shootings, which took place on December 14, 2012, with a candlelight vigil, to reaffirm our resolve to remain vigilant in our pursuit of effective Gun Violence Prevention laws. Our GVP Vigil will be conducted on the evening of Monday, December 14, 2015.

Steve Bartram, GVP Coordinator

The Social Action Committee

“Back to School Backpack Project”

June 7 through August 9

Help us reach our goal to provide 60 backpacks filled with supplies to children and teenagers in need.

We will distribute these backpacks to:

- The Community Resource Center in Encinitas for the children in the Battered Women’s Shelter.
- Stand-Up for Kids homeless teen program in Oceanside.
- Colonia Carrettas in Tijuana Mexico.

Dialogue Questionnaire

WHY do you come to the UUFSD?

WHAT does this community mean to you?

IS/ARE there any activity/activities that you can suggest, that might encourage you to participate more fully at UUFSD?

Steve Bartram I come to UUFSD for community and common support. I find those things in my ability to contribute and to be with like minded people. I found the Men's Group to be THE significant group for me. I give of my time, energy and money to be here and I am glad to be part of our community. The fellowship is, frankly, a wondrous bouquet of opportunities and activities. My passion is a social action program to bring Gun Violence Prevention programs and action to the fellowship. Jump in.

Irv Himelblau The UUFSD offers me an opportunity to be part of a community that upholds many of the principles and ideologies that I have been brought up with. Coming from an agnostic upbringing I am able to participate in a religion based on principles rather than creeds. This fellowship allows me to continue my involvement in social justice issues that are crucial to who I am as an individual in the world. The Men's groups empower me to be genuine and emotionally connected to others and have been the foundation of many lasting friendships. Meditation groups have expanded my mindfulness and appreciation of life. I would like us as a community to honor and celebrate everyone by learning more about each other.

Louise Lin Garrett I joined UUFSD because of its diversity. Every Sunday in the Forum Discussion Group, I gain an understanding of politics, the world, climate change, and other topics, with opinions on both sides. Members here are the most caring and involved with each other forming a community. I am loved and cared for. People miss me if I do not attend and are always ready to lend a helping hand. Members come together to meet any crisis, or personal injustice, or economic hardship. Your economic status does not determine who becomes your friend.

I would like to see the "Circle of Friends Dinners" reinstated. These "Circles" meet for six months, meeting socially. You make long term friends because you get to know each other on a more personal level. Dining for Dollars provides one supper. Circle dinners can begin friendships and foster long term socialization.

Cindy Fuhrman (frequent visitor) We come because we enjoy the messages Rev. D delivers. We use his ideas to raise our own and our kid's spiritual awareness and growth. We discuss his ideas often. We love Miss Alison and her kid's program. Our six year old is so happy in her classes. We're looking forward to Family Camp in April. The community is inviting and challenges us intellectually and spiritually. I would love some kind of parent group with a parenting book we read and discuss three or four times a year. Or, at least, a parent meeting once a month to discuss raising kids in this world of "overwhelm."

Joey Elwell We come for a community that can help share our morals and values with our children. This community means I have support and a place for me to contribute my love.

Dialogue Questionnaire

John Sherman Judy and I first came to UUFSD in December, 2007. We were hoping to find a community of people of similar philosophy to ours, with whom we could become friends. We found what we were seeking, and today have many friends whose companionship enriches our lives. Another important benefit to us was the outward-looking attitude of the Fellowship, with many groups devoted to helping others in the world, through their efforts in charitable activities and working for social justice. After the years of devotion to our business and family, the expansion of our outlook toward the wider community has enriched our lives, and today, though we still have our business that takes our time during the week, we both take time to volunteer to help the Fellowship and our local community.

Steven Rosen It gives me a chance to relax in a quiet peaceful place away from the hectic activities at home. I like the high quality educated people of similar values to mine. I've made great friends here, as close as family members. I think there are enough activities at UUFSD to satisfy everyone.

Danelle Friemod Oisi I come to the UUFSD because it is a principle based community that honors each other's truths.

Anonymous-Young Adult I come for spiritual growth and to be part of an open minded and civic minded community. I'm part of the Young Adult Group and wish that there were better attendance by the young adults group, more leadership and commitment. I've been doing my best to fill that role, but haven't received much support yet.

Rigdon Currie One of my goals when moving to this area was to find a UU institution to join. I approached Joan Cudhea, who I knew lived in San Diego and with whom I had worked at Starr King School, for suggestions. She immediately thought that Trish and I would like UUFSD, so took us there soon after our arrival. It was love at first sight for both of us.

I have been a committed UU for years, being active in churches and particularly at Starr King School for the Ministry in Berkeley for the past 25 years. Trish was more casual in her involvement but had been active at the Palo Alto Church. While we were living in West Marin, however, we never joined the Marin Fellowship for several reasons and I treated Starr King as "my church".

I believe that our Fellowship is far and away the best "church" I have ever been affiliated with. There is nothing about it that I do not like or admire. Beyond the continually extraordinary Sunday services, I like the friendliness and community of the members, the lack of cliques and underhanded activities so common in many churches, the many activities and educational opportunities. And, of course, I am increasingly fond of Rev D and the many constructive roles he plays. The music is wonderful.

I had determined not to get personally involved in UUFSD because of age and health reasons. That did not last and I am now helping a bit on the Capital Campaign Committee and am determined to reactivate a planned giving program in the Fellowship. I hope to get more involved in the Men's Group when my health returns but don't have enough experience to talk about it yet. I cannot speak for Trish. She has had much more serious health issues than have I. I do know she loves going on Sundays when she can and is a big fan of Rev D.

Dialogue Questionnaire

Anonymous I come to the UUFSD for fellowship and community, to hear and share ideas for making the world a better place, think peaceful thoughts and connect for social activities (for personal enrichment and helping others). This community means a connection to people I know and care about. It's a community where most individuals seek to know themselves and others better.

Wish we could have a movie night, for enrichment and entertainment, not discussion. A theater night at a local theater, poetry reading, and a game night with pot-luck. I would love to have a class on journaling or writing. Wouldn't it be wonderful to make a collection of writings?

Larry Jones I come to the UUFSD to rail against dark forces, practice rhetoric and talk with interesting people. I also come for my friends.

Amanda Walker-Young Adult I started coming here a few month ago. I was introduced to this community through my boyfriend, who is a member at a UU church in Fort Meyers, Florida. I enjoy coming here on Sundays because it makes me feel at ease and motivated to help out in my community as well as increasing my dreams and desires of being a better person, This community is very special with many open minded people. It's a pleasure always to be a part of the UUFSD. Thank you all for your knowledge and support.

Alita Jones I come to the UUFSD because of the openness of everyone here. This community is a great support in so many ways, i.e.: friendships, community, etc. I'm in the choir and sometimes I prepare food for events. When I can, I'll do more.

Jim Halliman I come to the UUFSD seeking a safe community, with kindness. It's a place where I can escape from loneliness. UUFSD is also a place to reflect and be exposed to a discerning way of thinking. I was disappointed when John Gillies' "Documentary Film Program" was discontinued. It was a very special event with much content and dialogue.

Anonymous I come to the UUFSD for spiritual guidance and sharing spiritual practice with a community of like minded people. This community has been comforting and validating. I have met wonderful friends and have felt included and welcomed. I have participated in spiritual growth circles and other social events that have been meaningful. I think there are many activities already offered that I haven't gotten around to.

Elizabeth Michel I've been coming for seventeen years. I come for meaningful services and a weekly meditation group that is the foundation for my spiritual and relational life. I come to see old friends and to meet new ones, which brings me fun and high spirits as well as caring people with whom I can exchange listening and talking when someone needs support. This community means a place where all are (usually) accepted with love, and support. I'm happy with what the programs the UUFSD offers and my level of participation.

Anonymous I come to the UUFSD to have a place to cultivate my spirituality and to be inspired in my life. This community is very important to me. It is right up there with family and work. I would like to see more inspirational services .

Dialogue Questionnaire

Barbara Walker Make a better world; spiritual growth; community connection; like minded spirits; safe inspiring good folks; there is so much to do already.

Sophy Chaffee I come to the UUFSD to reflect, sing, laugh and be part of a community. I would like to see a new yoga activity started here.

Bob Quick I come to the UUFSD seeking spiritual meaning to many of life's questions in an environment of free-thinking and intellectual equals, with a base not affiliated with any specific diety or credo. This community provides me with a sense of belonging, a sense of equality, a freedom to think what I want and the knowledge that I will not be ridiculed for believing whatever I choose to believe. I'd like to see some inter-fellowship sports such as softball, golf or basketball. I'd also like to have a "Talent Show."

Anonymous I came looking for, and found, a religious/spiritual community. This community offers me support and motivation life, understanding and helping together on social justice issues. The UUFSD community seems to be doing a lot with many activities.

Linda G. Pratt This is a caring community with wonderful members, many of whom I consider dear friends. I feel supported here. Rev. David and this community inspire and challenge me, and help me continue on my spiritual path. I am enjoying my involvement with the small group communities called Sacred Circles.

Anonymous (with a smile face) I come to the UUFSD for the outdoor services, the band, social justice activism opportunities and Buddhist meditations. This is a community where I can connect with others, learn new things and receive kind words from others. I would love to see more musical gatherings to participate in, more outdoor gatherings on the beach or in the woods.

Sandy Washington Fellowship with warm, intelligent members.

Don Jones My wife makes me come. (Just kidding)! I come to the UUFSD because it is a pleasure to get together with like minded, nonjudgmental travelers on this journey called life. Community to me means more than just a group of friends, but rather a group of friends with a common purpose. There are plenty of activities available already for me.

Nick Baltis About 3 years ago, I searched for a community of faith that fit my personality. With help from a friend of mine, I visited 5 different churches, UUFSD being the 5th. The reason I chose UUFSD as my community of faith, and continue to come to this fellowship, is mainly due to the people who are here. Upon my first visit, I was welcomed with open arms and open hearts. Thank you for the opportunity to be a part of a giving community.

Tinsika Riggs I come to the UUFSD to feel connected and inspired. The community makes me feel connected and present. The UUFSD offers so many activities. I need to participate more fully in what is offered currently before making suggestions for more. I get the feeling that the Fellowship offers more than enough .

Bev Conner I come to the UUFSD for a sense of community, social justice information, great conversation. and making new friends and providing good food when asked.

Michael Kowalski I come for the fellowship, opportunity to serve, the exchange of ideas and uplifting music. There are caring, spiritual people who share my concerns and hope for change. I wish we had more game nights, folk concerts, theater group productions, some group/team sports.

Caroline DeMar I was and am a Unitarian. I loved the site and the way the church was run, not too big, but big enough for lots of different personalities etc. The community is very important to me. As a newbie to San diego, I had no connections (I'm retired) so this community is full of friends. I don't need to participate more. In fact, I need to scale back. I'm happy that the music programs have expanded , more is better! I hope I can figure out how to get new and old members involved in small ways so that they discover the "fellowship" of this Fellowship.

Social Action Forum Islam & the Muslim World



Tehseen Lazzouni founder of the Islamic Speakers Bureau of San Diego, spoke at a forum at the Fellowship on Sunday, March 15. She helped to dispel myths about Islam and Muslims. She spoke about beliefs and practices and current issues, including women in Islam.



Pastoral Care at UUFSD

Creating a Community of Caring



Our Mission As your pastoral care team at UUFSD, we seek to create a community of caring by responding to and nourishing each other in time of need. Through compassionate listening, crisis support, and personal growth educational opportunities, we support a spiritual path to health and happiness for our congregants. We are committed to responding to emergencies affecting our community, mobilizing our neighborhood care teams to assist with meals, transportation, and memorial services when needed. As an extension of our minister's pastoral care presence, we identify and respond to situations in need of caring attention and are available to visit members who are unable to attend services in their 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.

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. Our minister Rev. David Miller is available for spiritual support. You may email him at revd@UUFSD.org. In an emergency or crisis, call 619-876-74

Educational Workshops Educational workshops offer advice on important life transitions and personal growth.

Meals and Visitations During illness, loss, and stressful times, meal deliivery 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 Reverend David Miller, Renae Grieg, Don Jones, Kelly Kelsoe, David Naimark, Karen Quinonez

Contact Information **Care Team Services:** Renae Greig (north team) - Kelly Kelsoe (south team) pastoralcare@uufsd.org **Pastoral Care Needs:** Rev. David A. Miller: revd@uufsd.org Karen Quinonez: pastoralcare@uufsd.org

North (Blue Team) Cardiff, Carlsbad, Encinitas, Escondido, Leucadia, Oceanside and San Marcos.

South (Green Team) Del Mar, La Jolla, Poway, Rancho Santa Fe, Solana Beach, and San Diego

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

Pastoral Care Needs visitations-crises support-compassionate listening

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

To offer your compassionate assistance please contact Renae Grieg (Blue Team) or Kelly Kelsoe (Green Team) at pastoralcare@uufsd.org

**It is not enough to be
compassionate.
You must act.
His Holiness the Dalai Lama, 2008**