

DIALOGUE

A QUARTERLY MAGAZINE

A publication of the Unitarian Universalist Fellowship of San Dieguito

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 2018**



Socially Responsible Investing, (SRI) Sunday, January 14



Financial Advisor Shane Yonston from Impact Investors spoke to us about SOCIALLY RESPONSIBLE INVESTING (SRI). SRI or Impact Investing is the process of investing money in corporations, infrastructure and community development that are not causing social or environmental harm.

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The designation of Socially Responsible companies is based on scrutinizing business practices, such as the treatment of employees, customers, communities and the environment as well as whether they are being respectful of social justice and ethical issues. This would possibly filter or omit investments in gas, oil and fracking, manufacturing guns, sweat shops, industry that pollutes oil or water, some drug companies and any other investment that you might be against. It is an investment approach that integrates environmental, social and governance values (ESG) into financial analysis and decision-making. For More information and a case study on SRI go to: <https://debbiehecht.com/2017/05/08/socially-responsible-investing-walk-the-talk-through-your-investments-by-debbie-hecht-5-7-2017/>

2018 Woman’s March, Saturday, January 20

UUFSD members joined other UU communities in the 2018 Woman’s marches in downtown San Diego and in San Marcos.



Carrie Newcomer Concert, January 20, 2018



Founders Hall was filled with the positive energy of heart-lifting sound last Saturday, as we enjoyed the music of singer-songwriter-poet Carrie Newcomer, accompanied pianist Gary Walters. After the Women’s March that morning, Carrie’s song “If Not Now, Tell Me When,” seemed especially timely. And we all joined in to sing her “Room at the Table” that speaks so clearly to our UU principles. Many commented effusively about the concert ... using descriptive words like “splendid

concert,” “a great duo,” “excellent show ... in every way.” Others mentioned being inspired and uplifted. And our spoken word and poetry fans loved Carrie reading from her books of poetry and musings. Thanks to all who reached out through your social networks to encourage concert attendance. The majority of folks attending were not Fellowship members, so it turns out that our concerts are a great way to reach out to our community.



New Members Recognition, January 28

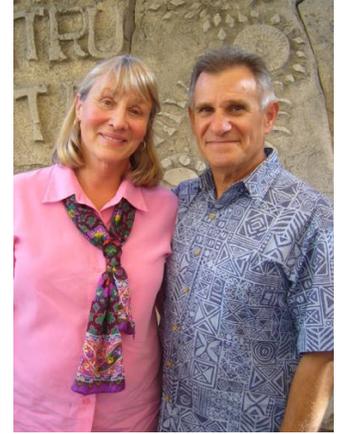
Kaitlyn Jackson



Cheryl Close



Debbie Hecht & Jon Luft



Doug & Libby Scott



Hanna Carey & Noah Setterholm



Leane Dawn Hosken



Kristen Chambers & Joe Brandley



Nicole Wedick



Kerry Taylor



Blake, Kaleb and Saylor

Thirty Days of Love Courages Love Awards & Beverly Connor Memorial Award Sundays, February 11 and 25

On February 11, we honored our Social Justice coordinators: Linda Pratt, Environmental Justice; Karen Reimus, Indivisible Patriots; Wenda Alvarez, Mental Health; Steve Bartram, Gun Violence Prevention; Elizabeth Young, LGBTQ and Backpacks; Robin Sales, Beloved Conversations and Backpacks; Kay Byrnes, Generosity Sundays; Norma Showalter, Holiday Baskets; Elizabeth Michel, CRC Food Pantry.

Our Bev Connor Memorial Courageous Love Award was awarded to Barbara Walter, who has been invaluable member of the SJA Committee, participating and helping with actions taken by all of our committees.

On February 25, we honored other program coordinators: Betsy Gilpin, CRC Food Drive; Debbie Hecht, Environmental Justice and Kathy Faller, Casas De Luz. We also acknowledged the UUFSD members and friends that have volunteered at the CRC Food Pantry for years: Betsy Gilpin, Kay Byrnes, Ruth Gregory, Christine Maciulla, Mary Lou Schultz, Jill Ballard, and Debbie Ploeser.

Last, but not least, we awarded Courageous Love awards to three people who were fundamental in formulating and implementing a plan of action for our newly created Homeless Project. Thank you Rebecca Palmer, CRC, Kellen Amensen, Dignity Delivery and Paul Trause, UUFSD Friend.

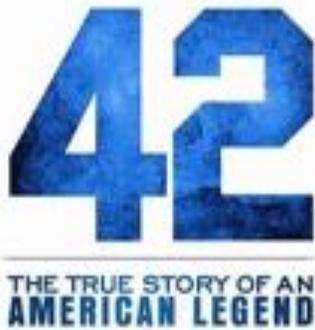


Courageous [♥] Love Award



Fight for \$15 Rally & March, Monday, February 12

Members of the UUFSD, Palomar UU, First UU Church and Summit UU, participated in a “Fight for \$15” rally. The rally and march were organized by the Interfaith Justice Coalition in recognition of the 50th anniversary of the crushing death of two Memphis sanitation workers and subsequent strike. The Fight for \$15 is doing a series of actions across the country to announce their participation in the Poor People’s Campaign: A National Call for Moral Revival.



Friday, February 23, Racial Justice Project

The Racial Justice Project is an outgrowth of Beloved Conversations and the ongoing work of the Fellowship in the area of exploring and addressing white privilege. This is the first of our film and book discussion events. Members watched “42” which deals with Jackie Robinson’s integration of Major League Baseball after being a star player in the Negro Leagues. Afterwards Rev. Meghan Cefalu lead a thoughtful exploration of this topic.

Fill A Belly, Tuesday, February 27

Thanks to all our members and friends, Ranae Grieg, Karen Joshi, Tiffany Fox, Robin Sales, Julia Darling, Liz Young, Liv Walsh, Irv Himelblau, Chris Faller, Mary Lou and Ken Schultz and Betsy Gilpin who participated in our quarterly Fill A Belly Dinner at Cottonwood Creek Park in Encinitas. Joining us were several of Tiffany’s friends, Teresa Decking, Carol Skiljan, Jarad Whitlock and Fiona Leung. We were privileged to eat with approximately 30 homeless persons.



A special thanks to Tiffany Fox, our Homeless Task Force Fill A Belly coordinator for organizing this event.

The Fellowship is committed to providing dinners to our homeless brothers and sisters on a quarterly basis, For more information about our next dinner date contact Tiffany Fox at: homelessness@uufsd.org

Bridging the Genders – A Workshop for Men and Women, Sat, February 24 (see pages 6 & 7 for participants comments)

John Sherman, Patricia Cofre-Stone, Irving Himelblau, Mark Tuller, Jeff Severinghaus, Robin Sales & Alan Watchorn, Tiffany & Michael Fox, Greg Brown and Christie Turner attended this workshop which was facilitated by Rev. Meghan Conrad Cefalu and Glenn Bortnick. Brought about in part by the #metoo movement we gathered to shed light on places of real disconnect and misunderstanding for many, including many people in our congregation, of the significant sexual cultural upheaval in today’s society. We shared our thoughts and feelings, and asked genuine questions. But most importantly, we listened deeply to one another. Many of the attendees indicated that they would like to see this workshop as the first of many that would further our understanding of patriarchy, sexual discrimination and sexual harassment.



Reflections on Bridging the Genders

Christie Turner Bridging the Gender Divide surprised me in the depth of the conversations and the openness of the participants. We were aided by the format which allowed both women and men to be listened to without judgment in a safe environment with a covenant of confidentiality. The inner lives of men, some of whom I have known for many years, were shared and the complexity of gender issues was underscored. The women's stories were more familiar. I felt sadness and sense of overwhelm that in spite of progress over many years there is still a long way to go. We would like to continue in this kind of dialogue and would like to involve more of the community in the effort to bridge the divide.

Irving Himelblau The workshop served to initiate a conversation that emphasizes the importance of exploring our conceptions of the stereotypes society places on men and women. That conversation took place with the issue of "nature vs nurture" front and center. I was impressed by the honesty and vulnerability expressed when we separated into inner and outer circles, first with the women in the center and then men in the center. We listened to what women want men to understand about their gender and what men want women to understand about our gender. During this exercise, there were stereotypical responses. And, I was disappointed that we did not have time to truly challenge those stereotypes. Hopefully we will have followup sessions where we can further explore the ramifications of patriarchal influences on our daily interactions.

Tiffany Fox The Bridging the Genders conversation was one of the meaningful and healing experiences I've had as a member of UUFSD. Through ritual, spoken word and covenant, Rev. Meghan cultivated a space of safety and sharing that made it possible for both genders to reveal deep-seated pain, listen deeply and ask questions we had long yearned to ask. I was pleasantly surprised to find that the men outnumbered the women in this conversation by two-to-one -- precisely the opposite of what I'd expected given the silence of many men with regard to the #metoo movement. This profoundly emotional experience helped me see that many men long to break the shackles of toxic masculinity and embrace a softer side of themselves, yet they also long for women to understand they are driven by a sexuality that can sometimes be confusing and intense. As a woman, I felt heard by these men, who reflected back our own desires as women: We seek to be seen as whole people -- not just as sexual beings -- and we yearn for healthy relationships with men that are not dominated by misunderstanding and power struggles. I hope we can revisit this topic as an entire congregation, as we all have much to share, much to learn and much love to give.

Greg Brown One way that the power imbalance in our society exerts its influence is through the sexual exploitation of women. They have suffered for years from criminal assaults, harassment, and toxic work environments, while the white male bosses have covered them up. But now women are speaking up and men have an opportunity to be a part of constructive change

First we have to listen to women. Just listen. To spouses, partners, co-workers. Then we have to ask women questions to understand them better, and then listen to the answers. Next we need to tell women how we feel, honestly, un-aggressively, and perhaps in the process discover our own complicity, conscious or not, in women's exploitation.

That's just a start. This is a complex issue and won't be solved with simplistic answers. But I believe the beginning of the journey is through trusting empathic respectful dialogue. I hope we can continue it at UUFSD.

Reflections on Bridging the Genders (cont)

Jeff Severinghaus The Bridging the Genders conversation at UUFSD was deep and transformative, but I felt it was just the beginning of what will likely be a very long journey. I especially liked the creation of a group “Covenant” at the beginning. All of us were empowered to voice our concern, during the ensuing conversation, if at any time we felt that that we might be drifting away from our Covenant. The two key parts of the Covenant for me were “Speak from your personal experience” and “Extreme respect”. The “fishbowl” exercise was especially powerful - just listening, not responding or arguing - to the folks in the center of the fishbowl. I sensed that this exercise got us beyond our everyday tendency to debate or argue with our ego-based rational minds, and instead truly and deeply listen with our whole minds. The next step was for the folks outside the fishbowl to repeat what they heard, in their own words. We didn’t do so well on this part - many of us launched into editorializing rather than simply repeating what we heard. I appreciated that there was an awareness among the group that the first step must be a radical increase in understanding the other gender, because it is so hard to truly understand the experience of someone of a different gender. I came away more convinced than ever that men need to be liberated from a toxic cultural definition of what it means to be a man, and this liberation is in some ways the major unfinished business we (as a society) face in unlocking the human potential. The unhealthy entanglement of power and sex in the culture needs to be talked about openly before it can be healed, while respecting rather than judging each person’s experience. I find it helpful in this process to treat feelings of sexual attraction as natural products of our unconscious minds, for which we need not feel ashamed, while at the same time being crystal clear that feelings and actions are two very different things. We are indeed responsible for our actions. The Bridging Conversation at UUFSD has made a bold start on this crucial process, and May It Continue!

The Pristine Mind Retreat, Fri & Sat, March 9 & 10

Our Friday Morning Meditation Group has been studying *The Pristine Mind* by Orgyen Chowang Rinpoche. On March 9-10 we held a two day retreat lead by Rinpoche. Though born in very rural eastern Tibet, and only living in the Bay area for twelve years, Rinpoche has not only mastered the English language but found new and practical ways to explain the teachings of the Buddha. He teaches us that our essential nature is pristine, vast, and limitless, while our thoughts and emotions are "mental events" which arise and cease within this skylike nature. He gave us practical tools for not only developing an intellectual grasp of his teachings but to bring them into our direct experience. We were honored by this opportunity and invited Rinpoche to return in the future. For a copy of *The Pristine Mind* see Christie Turner. Each book is \$20.00 and we have a limited supply.



Leadership Development Council, Fri & Sat, March 9 & 10

The Board and Leadership Development Council Dinner and Workshop was held March 9-10. Fifteen members of the congregation participated. The workshop included the current scope of programs and activities at the fellowship along with a behind-the-scenes look at how the fellowship is maintained and grows. The purpose of these events is to let congregants know the opportunities to deepen their involvement at UUFSD as part of their own spiritual journey. The invitees are also asked for their input on how the fellowship can better serve their needs and widen our impact in the broader world. Another upcoming opportunity this spring will be Rev. Meghan's *Serving With Grace* experiences. The next event will be in fall of 2018. If you would like to attend and have been a member for one year just speak to anyone on the board or contact Lisa Shaffer, Marta Giri, or Christie Turner at leadershipdevelopment@uufsd.org

All-Fellowship Casas de Luz Home Build—Direct Generosity and Service—A Great Success - March 17 & 18

Rev. Meghan and an enthusiastic band of UUFSD builders completed the All-Fellowship Home Build for a charming and highly-appreciative three-generation Tijuana family over the St. Patrick’s Day weekend. It was an unforgettable two days filled with love and fellowship and sore muscles. Many of the builders were first time Casas de Luz participants, and they wielded hammers and paint brushes and saws under the confident leadership of Kathy Faller and the master carpenters of Casas de Luz.



Despite rainy skies and a remarkable amount of mud, a snug pink house arose from piles of lumber and drywall in a day and a half, with everyone in an upbeat mood. At the closing key ceremony, the builders offered heartfelt good wishes to the family, who responded with deep gratitude for UUFSD’s generosity.

Many thanks to all from UUFSD who contributed and all who were builders! By UUFSD’s direct action, one family who were living under tarps on a dirt floor now has a painted, dry-walled, shingled, and sturdy house. For the family, it is a genuinely life-changing gift. We can’t do everything, but we can always do something!

UU Choir Festival, Sunday, March 25

The UU Cluster Choirs, made up of UUFSD, First UU and Summit UU Choirs, performed Fauré’s Requiem with a professional orchestra and soloists. Following the [March for Our Lives for Gun Violence Prevention](#) on the previous day, we were soothed by Fauré’s unique setting of this Mass for the Dead. Fauré, a self-professed agnostic, composed a deeply expressive hymn of solace, with gentle, yet complex harmonies to comfort mourners. This is an opportunity to hold and deepen our community spirit, rest for a moment, mourn together, and renew.



San Diego Food Bank - January, February, March, 2018



January: Six members of the UUFSD helped bag 9,500 pounds of pears and oranges!

February: Five UUFSD members helped out last night at the Food Bank bagged 8,000 pounds of potatoes and apples!

March: We bagged 8,000 pounds of carrots that went to those in need the very next day.

Rev. Meghan, Thoughts on Compassionate Social Justice



“Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time.”

— Marian Wright Edelman

Pouring through the pages of this magazine it is clear that our Fellowship is deeply committed to helping to create a more just and equitable world. We march, protest, write our representatives, donate food and money and school supplies, build houses, feed people living on the streets, show up at city council meetings, and some of us even run for public office. Why is it that we engage in social and environmental justice actions? Rabindranath Tagore said, “I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.”

We serve others because it feels good when we do. Compassion means to “suffer with” and it begins with the simple willingness to see another’s pain. And so when we notice a need not being met or see a situation that is unfair or harmful to life our heart naturally opens. And when we allow our compassion to guide our actions it invites a heart opening between ourselves and someone else. Anytime we experience our connection, our oneness with another person it leads us out of isolation.

Some people engage in a social justice action because they think they “should” or to alleviate their guilt or just to cross it off their list of to do’s. Compassion often leads us into service, but service can also lead us into compassion. If you are not feeling particularly connected to others, if your heart feels oddly closed - which can very easily happen in this world that doesn’t honor the spiritual nature of our beings – I encourage you to engage in an act of service. Even simple acts like opening a door for someone, picking up a piece of trash or and making eye contact, smiling and saying good morning to a homeless person will help you find your way back to your heart. Mahatma Gandhi said, “The best way to find yourself is to lose yourself in the service of others.”

Thank you to all of you who have become involved in the many areas of service through our Fellowship. If you haven’t already I hope you are inspired to participate in one or more of these projects.

In service and joy, Rev. Meghan Conrad Cefalu



Earth Month

April 2018

By Linda Giannelli Pratt

As “Earth Month” approaches, we celebrate the progress made at UUFSD, consider the challenges we still face, and strengthen our commitment to environmental justice. Celebration is due because at long-last, the UUFSD Board and Finance Committee have approved installation of solar panels on Fellowship Hall. Sincere thanks to Debbie Hecht and Mark Tuller for getting this moving! We also have a new washing and drying system in place in the kitchen and have greatly reduced our use of paper products, thereby reducing solid waste. The Kitchen Committee, Stu Anderson and Rich Franzwa have been very helpful in getting this implemented.



What are the costs involved in ignoring climate change? Ask survivors of recent wildfires and hurricanes about the cost. What price will we and future generations pay when natural resources become scarcer or public health deteriorates? Remaining willfully oblivious to the financial burden imposed on children alive today and those who follow is unconscionable and inexcusable. This environmental justice issue is referred to as intergenerational equity. Making eco-friendly decisions can be a win-win for the earth and for the economy. Renewable energy is now the cheapest source of new power, and investments in energy efficiency and renewable energy create three times as many jobs as investments in fossil fuels. The return on investment for energy efficiency and water

conservation improvements makes these worthwhile considerations for your home and office. Is there more you can do?

The calendar of events for April includes sermons, a workshop, a potluck, and the launch of the new “environmental book club”. There is something for everyone at these events.

April 1- Eco-Mindfulness is a pledge we will make to reduce our environmental footprint. We will practice these in April and try to create lifelong improvements.

April 8 guest speaker Rev Paul Langston-Daley from Unitarian Universalist Service Committee will discuss climate displacement issues and the global work UUSC has done.

April 15- Reverend Meghan’s sermon is entitled “Eating our Values”

April 20-21- Sacred Earth Workshop—Inspiring Community Creativity. Laura Sandage will lead a creative workshop at UUFSD with music, spoken word, and movement. Information and registration at <https://conspireconcert2018.eventbrite.com> <https://conspireworkshop2018.eventbrite.com>

April 22- “Flower Communion” service and a “Pot Luck with a Purpose.” We will hear from members and friends about books that have inspired you to think more deeply about the environment?

April 22- Earth Day in Balboa Park. Stay tune for additional information.

April 29 At the 9:00 am service, Linda Pratt will discuss intergenerational equity.

At the 11:00 am service guest Speaker Diane Takvorian, Executive Director of The Environmental Health Coalition will discuss environmental justice issues.

Social Justice Action

Unitarian Universalism aspires to make our world a better place for all living things. We view ourselves as part of an interconnected web of existence, and understand that actions that we take can reverberate well beyond the confines of our immediate community. To meet our responsibilities, we engage in projects that assist those in immediate need, empower those who require new skills and resources to take control of their lives, and preserve the ecological balance of our planet.

HOMELESS PROGRAM

A new initiative in partnership with Dignity Delivery and the Encinitas Community Resource Center to provide, on a monthly basis, homeless persons with toiletries and hygienic items. This program might expand into providing a dinner meal to homeless persons in Encinitas on a quarterly basis. We are also looking into the possibility of sponsoring a shelter during inclement weather. **More Information: Irv Himelblau - SocialJustice@uufsd.org**

GENEROSITY SUNDAY

Each month we donate one of our Sunday offerings to a local Social Justice organization. In doing so, we strengthen the bonds between the fellowship and organizations who share our social justice values. **More Information: Kay Byrnes - GenerositySunday@uufsd.org**

COMMUNITY RESOURCE CENTER FOOD PANTRY

Every Thursday from 10am until 12:30pm, UUFSD members volunteer at the Community Resource Center (CRC) in downtown Encinitas, where we serve individuals and families in need of food assistance. **More Information: Betsy Gilpin & Susan Miller: crc@uufsd.org**

SAN DIEGO FOOD BANK

On the 1st Thursday of each month we volunteer at the San Diego Food Bank in the Miramar area. Mostly we just put food in boxes on an assembly line, really easy, no lifting, no bending, great camaraderie. **More Information: Sara Ohara - sara@saraohara.com**

MENTAL HEALTH

Throughout May, NAMI and participants across the country are We raise awareness for mental health. We fight stigma, provide support, educate our members and advocate for equal care. One of our main actions is “Mental Health Month” which is held yearly in May. **More Information: Wenda Alvarez - [Mental health@uufsd.org](mailto:health@uufsd.org)**

(Continued on Page 12)

CLIMATE ACTION & ENVIRONMENTAL JUSTICE

We aspire to “make the UUFSD campus a living laboratory in the education, practice, and promotion of sustainable design and living.” We also hold educational workshops and participate in local, state and national environmental justice actions. **More Information: Debbie Hecht Linda Pratt: EnvironmentalJustice@uufsd.org**

BACKPACK PROJECT

Backpacks and donations of school supplies are collected from July through August. Our goal is to assemble at least 100 backpacks with school supplies. The backpacks are distributed to the for the children in the Battered Women’s Shelter, Stand-Up for Kids and in several Colonias in Tijuana Mexico. **More Information: Liz Young - Backpacks@uufsd.org**

GUN VIOLENCE PREVENTION

We plan and conduct continuing events that support Gun Violence Prevention initiatives. These include a December Candlelight Vigil, in conjunction with Faiths United, the Brady Campaign, and the Newtown Foundation. **More Information: Steve Bartram: GVP@uufsd.org**

HUMAN RIGHTS

The Human Rights Task Force holds information/educational orientations on human rights issues. We partner with a broad number of organizations involved in immigration, race relations, LGBTQ, and world affairs. **More Information: Irv Himelblau: SocialJustice@uufsd.org & Robin Sales: bcfacilitators@uufsd.org**

INDIVISIBLE UUFSD PATRIOTS CHAPTER

Indivisible Patriots invites you to participate in our monthly Fifth Principle Campaign. You can write a postcard to your elected official, register to vote and even learn about new smartphone tools that allow you to access your elected officials easier than ever before. **More Information: Karen Reimus: indivisible@uufsd.org**

CASAS DE LUZ HOME BUILDS

Cases de Luz brings volunteers together with families in need to build houses and community centers in Mexico. Volunteer builders from ages 8 to 80 arrive in Mexico early on Saturday to help construct these pre-planned homes, with the help of a few skilled workers from both sides of the border. **More Information: Kathy Faller: casadeluz@uufsd.org**

