

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.

JULY 2018

WHERE IS SHE NOW?



End Family Separation - Page 15

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UUA Declaration on the Separation of Families at the Border

The Unitarian Universalist Association (UUA) condemns the Trump administration's appalling assault on vulnerable families seeking asylum in the United States. "The policy of this administration to separate children from their parents at the border is immoral, inhumane and indefensible," says UUA president, the Rev. Susan Frederick-Gray. "These families arrive desperate for safe-haven, seeking asylum having fled violence and disruption in their own homeland – and instead of safety, they are further traumatized, victimized and criminalized at the hands of the U.S. government." (Continued on Page 2)

Rev Meghan's Corner



Greetings friends,

Our Music Sunday on June 3rd was focused around the theme "It Takes a Village". Together we lamented the injustices and cruelty in our nation right now. We explored through music and spoken word the idea that each

of us has a role to play in caring for our children (and ALL children are OUR children), for our communities. The roles we each play will vary based on our individual skills and interests and the capacity we each have to offer up our gifts at any given moment. The world is A LOT to take in right now. But fortunately, we don't need everyone to be a certain kind of activist. Civic, and moral engagement will look different for everyone.

If you are skilled at forming a plan of action and getting others to support your cause, then do that. If you are the nurturing type, we need you too. The world is in need of even the simplest kindnesses. If

you have the skills of entertaining, we need you. We need to laugh now more than ever before. And if art is your jam, create wildly! You help the rest of us to feel. Scientists and researchers, learn all you can and teach the rest of us what you discover. If you are good at following instructions, we'll need people who can carry out tasks. Holders of the vision, we need your wisdom and clarity - lend your voice. And we need the people who are not too afraid to call out the truth, no matter how unpopular it may be.

A glance through this magazine shows the variety of ways members and friends of our congregation have found to express our Unitarian Universalist values in the wider community and to be of service to others. It truly takes a village not just to raise a child, but for all of us to survive in these times. We need everyone to show up. All of us need all of us. Bring your whole self, all your gifts, to the table. Wake up. Be present. Open your heart. Feel. Express love. Together we make up the world and together we shape it into a loving, compassionate and just Beloved Community.

Grateful to be on this journey with you,
Rev. Meghan

UUA Declaration on the Separation of Families at the Border

Those who are fleeing violence and seeking safety for themselves or their families should find support and reassurance at the U.S. border, not the criminalization and separation of their communities.

Compounding this travesty is the Trump administration's use of religion to justify separating families at the U.S. and Mexico border. This is nothing short of religious malpractice. Attorney General Jeff Sessions' use of the Bible to justify family separation echos the ways the Bible was used to support American slavery, Nazi Germany, and South African Apartheid.

The Unitarian Universalist Association (UUA) rejects this administration's manipulation of sacred texts to explain the dehumanizing consequences of its immoral policies. As people whose religious tradition calls us to seek justice, we will continue to side with those most in need and most vulnerable, building on our decades of commitments to support the dignity of immigrants and displaced people. Through our Love Resists campaign, we will continue to help those seeking sanctuary and safety. We will also continue to follow the lead of organizers and organizations most impacted by these immoral immigration policies.

"Every human being has a right to flee from danger," says Rev. Frederick-Gray. "Every parent has a fundamental right to seek safety and survival for their children. Migration is not a crime. Being a refugee is not a crime. Certainly, I would do whatever was needed to protect my child and my family – wouldn't you?"



Our Youngest Volunteer

Kellen Heinrichsen, age 2 1/2, caring for the plants in our Peace Garden.

It Takes a Village

WHAT DOES IT MEAN TO ENGAGE IN MEANINGFUL MEMBERSHIP?

One way to meaningful membership is contributing time and talent. (It's important!) Congregations work because their members find ways to give of themselves, whether through singing, financial management, sharing their passion for social justice, organizing, cooking, greeting-the list of tasks goes on. We need hands, hearts and minds. That means sharing the work doing the chores, and joining committees. We cannot succeed in our mission without your involvement. As UU's we have a strong history of giving back and engaging ourselves in groups that encourage our spiritual and personal growth. Consider volunteering your time and energy today. Thanks in advance!

In building a community together, every person can make a difference.

Social Justice Action

We have a very vibrant Social Justice program at UUFSD. Whether you are interested in Gun Violence Prevention, Environmental Justice, Immigration Reform, Racial Justice, Homelessness, Mental Health, working the San Diego Food Bank or CRC Kitchen, LGBTQ Rights, Backpack project, there is place for you. **Join our Social Justice Action Team, please contact Robin Sales at socialjustice@uufsd.org**



Do you like to meet and greet? Join our Ushers

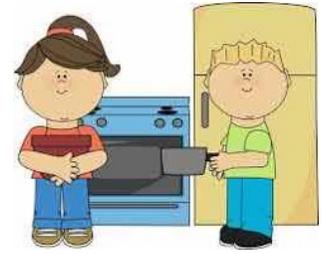
Ushers play a very important role in the formation of a service. They are often the first face our congregants see on Sunday. Their welcoming presence is so important to our members, friends and guests. Interestingly, as important a role as it is, it is very easy & enjoyable to do and it requires such a small amount of time. **Please contact ushers@uufsd.org for more information: Ushers@uufsd.org.**

Enjoy meeting new and returning Visitors and Members as Greeters

A great opportunity to interact with members and visitors. Greet before a service every once in a while. It's a great way to get to know people. **Contact: Membership@uufsd.org**

Coffee Hour Kitchen Help

We may not live by bread alone, but sometimes it's pretty tasty - Help create a welcoming environment as members and visitors pass by for coffee and goodies on the patio every Sunday.. Brew coffee, set the tables, clean up afterwards. **Contact kitchen@uufsd.org**



Building and Grounds (First Saturday of each Month)

Who says there's no such thing as a free lunch. Meet with your friends once a month and get your hands dirty and your soul clean; keep the Fellowship looking good with the added bonus of a delicious lunch. **Contact: Ken Schultz at BuildingAndGrounds@uufsd.org**



Parking lot volunteers (Sundays and Events)

If you like to tell people where to go, then this is a fit for you - Fulfill your desire for providing direction. Assist in parking lot traffic control. Volunteer attendants are needed for Sundays and special events to assist in the parking lot to let people know when our small lot is full and where the over-flow parking is located. **Contact: John Sherman at ParkingLot@uufsd.org**

Library Book Sale (Sundays)

Volunteers are needed to set up the book sale table on Sundays and to collect money from the sale of books. The money collected is used to purchase new books for the Palmer library and other library expenses. **Contact: Library@uufsd.org**



Join the Auction Team (A Yearly Event)

This is the major fundraiser, outside of member pledges, for the fellowship. Join in on the fun as a set up person, greeter/registrar, selling food and drink, helping people with their bids on the silent auction and during the checkout. We need your help to make this once a year event a success. **Contact: auction@uufsd.org**

San Diego Food Bank, April, May, June 2018

UUFSD members assisted in the San Diego Food Bank this quarter. If you are interested in helping one night a month, contact Sara Ohara at: sara@saraohara.com

- April - 9,800 lbs of potatoes with 4 UU's there
- May - 12,000 lbs of cabbages with 4 UU's there
- June - 5,300 lbs of apples with 6 UU's there



Sacred Earth Workshop and Concert, Friday and Saturday, April 20 & 21 (see page 7)



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Environmental Justice “Pot Luck with a Purpose.” Sunday, April 22 (see page 7)



**Diane Tavorian,
Environmental Justice Advocate
Sunday, April 29 (see page 7)**

Like to sing? Join the UUFSD choir this fall. We know you're out there. We hear you behind us. Your smiling voice helps your neighbors navigate our UU hymns. How about giving the choir a try? Join us for a month, or a quarter. It's not a lifelong commitment. Many choir members weave choir rehearsals and Sundays into their lives with planned breaks. Following the summer break, Thursday night choir rehearsals resume on August 30.



**New
UUFSD
Chalice

See Page 9**



EARTH MONTH

April 2018 - UUFSD Environmental Justice Month Pledges

UUFSD once again asked members to make an environmental pledge during April, and to commit to sticking to it for one month, in the hopes that it would become a habit. Potential pledgers were provided with a list of actions that individuals could take that would make a difference, and they were asked to sign their pledges. As is often the case with UUFSD members, they exhibited a lot of creativity and individuality in their pledges, and not everyone signed theirs. They ranged from the sublime to the ridiculous – We will leave it to you, our members and friends to decide which is which. Here they are:

No fruits from far off places; more farmer's markets – Katherine B.

No straws – Refuse before service – Wenda Alvarez

Use only 2 units of water per month for a family of 2 – unsigned

Turn off water while brushing teeth – unsigned

Eat lower on the food chain – MaryAnne Trause

Turn on Joy – Moxi Frankie?

Lowering plastic bottle and packaging use – Cathy L.

Stop junk mail – unsigned (Folks were provided with a link that stopped at least some junk mail)

Cold showers to preserve energy – signature not legible (... perhaps they were still shaking from the cold shower)

Keep tires inflated and use a low carbon diet – Rev. Meghan

We went solar – unsigned

No bottled water – Kay B.

Eating more veggies and local foods – Caroline DeMar

Waste less food – Linda C.

Plant more drought tolerant plants in order to use less water – John Nieman

Stop junk mail -- Julie

Solar cooking – unsigned --- there is an inexpensive design for a simple solar oven here: <https://www.education.com/science-fair/article/design-solar-cooker/>

Plant milkweed for monarch butterflies – John Sherman

Stop junk mail – Terry Goan

Avoid straws and plastic bottles – Elaine L. and John Atcheson

Stop junk mail – Linda Charles

Inspire and teach how to eat lower on the food chain – K. D.

Stop using disposable water bottles – unsigned

Go meatless for 1 month and keep tires inflated – Elaine Vuong

Vegan diet – Andy McLeod

The Ohm Hour Commitment – the Hautfelds --- The Ohm Hour Commitment asks people to shut off all electronic equipment for one hour a day and be together and present with one another

Drive old cars – unsigned (and unlikely to help the environment)

Water tolerant landscaping; improve garden; actively support organizations and elected officials who support environmental objectives – unsigned.

Pick up trash on the beach – Frankie

Plant milkweed for monarch butterflies – John Sherman

And our all-time favorite:

Put underwear in the freezer if it is going to be a hot day – unsigned, of course.



April 8 guest speaker Rev Paul Langston-Daley from Unitarian Universalist Service Committee highlighted the work that UUSC was undertaking in Papua New Guinea and Alaska. Working with “Tulele Peisa” (Sailing in the Wind on Our Own) in New Guinea, the UUSC is supporting migration with dignity for the Carteret Islanders facing severe climate change impacts they did nothing to create. In Alaska, UUSC is supporting our Alaska Institute for Justice’s (AIJ) Rights, Resilience, and Community Relocation program. AIJ is working with 16 Alaska Native Tribes to develop advocacy strategies to enhance their ability to adapt to a radically changing environment and to ensure the protection of their human rights if they are required to relocate as a consequence of climate change.

April 15- Reverend Meghan’s sermon “Eating our Values” explored the ethics and the impact of our food choices on the global economy and the climate. It was also an exploration of how everything we choose to “consume” or take in to our awareness (the media and even the company we keep) has an effect upon our mental, emotional and spiritual health. Following up on Rev. Megan’s call to be “Eating our Values”, there was a discussion focused on healthy and ethical food choices.

April 20-21- Sacred Earth Workshop—Inspiring Community Creativity. Laura Sandage, beloved UU musician from Davis, CA, lead a creative workshop at UUFSD with music, spoken word, and movement. Using music, spoken word, and movement, workshop participants created a concert shared with the wider UUFSD community

April 22- “Flower Communion” service and a “Pot Luck with a Purpose.” We heard from members and friends about books that have inspired them to think more deeply about the environment? The potluck included climate-friendly/ ethical-choice dishes. The purpose was to begin a discussion about some of our favorite novels, nonfiction books and movies that sparked our interest about environmental issues. Which ones inspired us to learn more? Which ones gave you a sense of awe and wonder? Which ones made you want to take action? We also considered the idea of an “environmental book and movie club”.

April 29: Linda Pratt, UUFSD Environmental Justice Coordinator and Diane Takvorian, Executive Director of “The Environmental Health Coalition” led the services and spoke of Environmental Equity. The Environmental Health Coalition works in low income community of color. impacted by toxic pollution. Their flagship program “Social Change for Justice” works with low income and minority communities to make their issues and demands known. They spoke of environmental racism which is defined as “...policies and activities of government, corporations, educational institutions or other large organizations with the power to influence many people that either intentionally or unintentionally result in people of color and low income people being exposed to greater environmental hazards...”

June 10: Healthy & Ethical Eating Discussion. The Environmental Justice group hosted a discussion focused on healthy and ethical food choices. What are your healthy eating practices and are they ethical? What pet peeves do you have about our current food choices? Do you have questions about organic products, GMOs, sugar, salt, etc? In our fellowship we have expertise from nutritionists, scientists, vegetarians, master gardeners, and more.

HAPPENINGS April-July

Family Camp at deBenneville Pines, Friday-Sunday, April 7-9

Participant comments:

Our annual UUFSD Camp deBenneville Pines Weekend on April 6-8 was so delightful. "I haven't been this relaxed in years" said one camper after progressive relaxation. "I didn't expect to be so moved by this experience" said another after our Beloved Conversations exercise. "We are new and came to get better connected and that is just what happened" said a couple. Hikers, archers, yogis, singers and dancers, painters, and more had their chance to express themselves. If you have never been to camp, here is what one camper said, " I can't believe it took me this long to get here. Now I will always come."



Racial Justice Film Series, "Mudbound," Friday, April 13

"Mudbound" is a movie depicting racial conditions and tensions in post World War II Mississippi. Two veterans, one black and one white return to face two different realities as the families deal with racism and poverty. It is a graphic description of the "Jim Crow" South, with all its prejudice and white privilege.. The movie leaves little doubt that sacrifice for one's country was not sufficient to merit equal treatment under the law. Despite his sacrifice, the black soldier (Ronsel) is humiliated, and forced to sit in the back of the bus, in the "colored zone," and not allowed to enter and depart from a grocery store through the front door. When it is found that he had a child born of an interracial



relationship, he is brutally mutilated by the Ku Klux Klan. This was a compelling and hard film to watch and to brought tears to many.



Victims fleeing violence and poverty on "La Bestia - The Beast"

Racial Justice Film Series, Fri, June 8. "Who is Dayani Cristal"

Members and friends gathered to watch and discuss the movie The movie, ["Who Is Dayani Cristal?"](#) This is a factual account on one . Who Is Dayani Cristal? tells the story about one of thousands of migrants who perish while crossing the deadly stretch of desert known as "the corridor of death" in Arizona. The movie is a testimonial to the tragic results of the U.S. war on immigration. There was a pre-showing activity which tested our knowledge of immigration policies and laws, and a post showing discussion of

UUFSD Indivisible Patriots, S.D. County Sheriff, Sunday, April 15 The event was co-sponsored by the Racial Justice Task Force.

There was a great deal of interest in the Indivisible Patriots “Meet Your Candidates for County Sheriff.” Both candidates were invited, however only Dave Myers showed up. The County Sheriff plays a crucial role in the issues of racial justice, homelessness and immigration, just to name a few. The Sheriff makes critical decisions including prioritizing/implementation (or not) of racial bias and de-escalation training within the department. The Sheriff also sets the tone regarding arresting (criminalizing) the homeless for being homeless, as well as coordination/communication with ICE. There was a very energetic question and answer session after the initial opening statement from candidate Myers.



Gun Violence Prevention Film Night, Friday, May 11

.Members gathered for showing of the Katie Couric movie "Under The Gun". This award winning film uses expert testimony, and a compelling story to reinforce and underscore the current movement by youth to bring an end to gun violence in America. The film was well attended and we had a terrific discussion afterwards lead by Catherine Blakespear and students from Torrey Pines High School, Cathedral Catholic High School, Palomar College, and San Dieguito Academy



Dedication of New Chalice, Sunday, May 13

For several years, there has been discussion of a new chalice. Lisa Shaffer took the initiative to turn that discussion into action. She approached Danny Salzhandler, a metal artist/welder and President of the 101 Artists Colony, to create a chalice similar to the iconic chalice used by the UUA. Danny said he’d never done one before but he’d try. With input from the Design Committee, and encouragement from the Worship Committee and the Board, he completed this unique piece of art. The design includes a glass chimney to protect the flame, and can accommodate an oil lamp or a wax candle. Lisa donated the chalice, which debuted on May 13. Danny will visit the Fellowship and light the chalice himself in the Fall so we can thank him for his artistic interpretation that created our new, original UUFSD chalice.

Peace and Justice Garden Dedication, Sunday, May 13



“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” ~ Margaret Mead



The Fellowship held a Dedication Ceremony for the installation of a Peace and Social Justice Garden. The Peace pole was donated by members Livia Walsh and Irving Himelblau. “May Peace Prevail On Earth” is engraved in English, Spanish, Hebrew, Hindi, Navajo, Chinese, Swahili and Arabic

Delivery of Clothing and Food to Border Angels, Wednesday, May 18

We delivered twelve bags of clothing and food to Border Angels. This effort was in support of refugees seeking asylum from atrocious conditions of poverty and crime from Latin American countries. Our Immigration Justice Task Force continues to work with undocumented workers to insure that they are aware of their legal rights and responsibilities. In this effort, we are partnering with San Diego Rapid Response Network. Please contact Irv Himelblau at immigration@uufsd.org if you are interested in helping in the Immigration Justice efforts.



Chenresig Sand Mandala May 2018



Clergy of four faiths workshop on justice and peace.



Family Day



Beginning Dissolution Ceremony



Middle Dissolution Ceremony



Ending Dissolution Ceremony





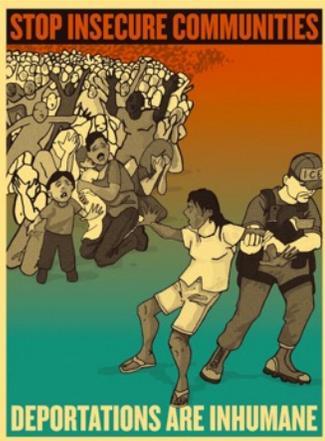
“In Our Own Voice”. Saturday, May 26th,

In Our Own Voice is a powerful anti-stigma program demonstrating that for individuals living with mental health conditions, recovery is possible and rich meaningful lives can be reclaimed. The presentation provided a personal perspective of mental illness, as presenters with lived experience talked openly about what it is like to live with a mental health condition.

Coming of Age, Sunday, May 27

Congratulations to the Coming of Age Graduates:

Simone Boutelle, Cameron Berry, Caroline Covino, Nika Field, Nico Giolitto, Renata Hahm, Ohana Hauptfeld, Nate Hughes, Bryan Knapp, Mollie Jean Rinalta, Alex Severinghaus, Alex Severinghaus, Emma Smith, Leo Smith, Derek Stone and Brea Upton



Monday, May 28, Immigration Justice Task Force

The Immigration Justice Task Force began a new initiative in partnership with the San Diego Rapid Response Network (RRN). The RRN maintains a 24 hour hot line to report specific Immigration and Customs Enforcement raids, arrests, and or harassment in progress. In addition to distributing the wallet card information to the Boys and Girls Club of Encinitas, and the Head Start schools in Encinitas. We also intend to have a quarterly distribution of information and snacks for the day laborers gathered at several sites in Encinitas. We are looking for a limited number of volunteers to distribute this information to day laborers. Our first distribution will take place on Saturday, June 19, from 7:30 to 8:30 am. **For more information and to sign up contact Irv Himelblau at ihimelblau@gmail.com.**



Fill A Belly, Tuesday, May 29

Fifteen members of the fellowship, brought, served and ate with our homeless brothers and sisters. Sponsored by Fill A Belly, every Tuesday night, rain or shine, the homeless gather in the park for a pot-luck feast and fellowship. Our congregation participates once a quarter to bring a potluck dinner for about 60 HUNGRY people. We also provided toiletries and other hygienic items.

Rock and Roll 60's Auction, Saturday, June 2

Over 100 items were up for bid at our yearly UUFSD silent and live auctions. **A special thanks to Patricia Cofre-Stone who lead the effort this year.**

We also want to acknowledge the many volunteers that made this event as effective and fun, it really takes a village.

Thank you:

Eli Snyder, Kim Douwes, Julia Darling, Callen Hyland, Pamela Parker, Angie Knappenberger, Ed Mlaler, Caroline De Mar, Robin Sales, Nancy Hebert, Alana Schüler, Bob Quick, Kathryn Stuch, Robin Mitchel, Cheryl Close, Mary Lou Schultz, Barbara Walker, Livia Walsh, Irv Himelblau, Alisa Guralnick, John and Judy Sherman, Susan Hah, Maggie Rintalla, Chris Falle, Marylou Gibson, Scott Thatcher, Guliz Kuruoglu, Karen Eckhart, Greg Brown, Ed and Trent Ulm and Betsy Gilpin



Sip & Savor Concert Saturday, June 9

Our SIP & SAVOR BENEFIT CONCERT on 6/9/18 featuring UUFSD's own Monique Kunewalder & Lynne Talley on piano, accompanied by their musical colleagues Annette Inouye and Valerie Chereskin on flute, was a musical treat enjoyed by an enthusiastic audience. With about 30 in attendance, these talented musicians helped raise close to \$200 for our Concert Fund.



Bridging 2018, Sunday, June 10

Today we welcomed our new “Young Adults” to the Fellowship. Many of these young adults have been attending the Religious Education program at UUFSD for years. A special thanks goes out to Alison McCleod, our RE Director who has nourished the youths in their journey to adulthood.

Congratulations to Carolyn Appleton Knapp, Andres Colban, Lily Franzwa, Kayleigh Kornher, Augustus Moscato, Lilia Welsh, Jay Chong, Eva Douwes, Barbara Hermann, Madellyn Masser Frye and Abbie Mulmat



Salute to our RE Teachers, Sunday, June 10

Thank you to our invaluable RE teachers and care takers: Collin Wats, Katherine Buffington, Melanie Undberg, Emersen Philips, Danielle Rubenfeld,



Congregational Meeting, Sunday, June 17

The congregation adopted a “Gun Violence Prevention Action of Immediate Witness” in response to the UUA Action of Immediate Witness adopted at the 2014 General Assembly. The resolution calls for a congregational commitment to work for national gun violence prevention measures. The resolution also calls for us to strengthen our connections and partnerships with other faith groups and local community activists to advocate for gun violence prevention legislation at the local and national level. Special thanks to Steve Bartram who initiated this action and to all who helped formulate the resolution.





**FAMILIES BELONG TOGETHER MARCH
SATURDAY, JUNE 23**

Members and friends of the UUFSD joined thousands of outraged citizens marching against the cruel, inhumane and unjustified separation of children from their parents along the U.S. border with Mexico and at other ports of entry into the U.S. The demonstration and march protested the conditions in which these children are kept and the irreversible trauma that has already been perpetrated on these children and their parents for the crime of seeking a better life.

**Stigma Free Movie Night Dinner -
Question and Answer with Dr. John M. Kelsoe, Saturday,
June 23**

We were honored to have Dr Kelso, who is known for his longstanding research focus on the genetics of psychiatric illness and bipolar disorder in particular speak and respond to questions. The evening also included a showing of the movie “Home.” It is an inspiring independent film about a man living with schizophrenia, whose goal is to move out of the group home where he resides and into a home of his own. In doing so, he hopes to salvage his relationship with



UUFSD Grandparents Against Gun Violence, June 2018

The UUFSD Grandparents Against Gun Violence distributed the Brady ASK information to the children in our UUFSD Religious Education Program and extended our outreach to our neighbor, the Sandy Hill Pre-School. The UUFSD Grandparents against Gun Violence is part of the GVP Task Force. Contact Irv Himelblau at ihimelblau@gmail.com if you’re interested in joining Grandparents Against Gun Violence group.



**Social Justice Baskets in Support of the North County
LGBTQ Resource Center. June 2018**

The UUFSD donated two baskets, “Play at the Beach and Relax at the Beach” for the annual Gala that took place this month. The Gala was a huge success and the two raffle baskets were much appreciated.

What Is It That Gives Meaning To My Life

by Irving Himelblau



Many, or all of us, have, at one time or another, contemplated the question “What is the meaning of life?” We may have opined, in the abstract and at a distance, on the subject, and we feel at peace knowing that we participated in this universal quest for justifying life on earth, our life on this earth.

But a more intimate, more introspective and perhaps challenging question we should ask ourselves is “**What gives my life meaning?**” **How does what we do impact on who we are, our personhood? What motivates us to wake up each morning and “live the day?”**

This is intended to be a quarterly feature of the magazine. !!SIGN UP!!

Meaning is defined as “...what is intended to be, or actually is, expressed or indicated; signification; import...” For me, “signification” is the key to defining what gives meaning to my life; it connotes substance, import and value.

So, without further ado, here is my take on “what is it that gives meaning to my life.”

Being loved and being able to love: That is, the love I experience from my spouse and family and the love I have toward them. This offers me a sense of support, security and happiness, a sense of belonging.

Being an “elder” and not an old person: I have entered the 8th decade of my life and feel that I still have much to contribute to society. As I transition from, and let go of certain engagements, I am encouraged that my experiences and advice are sought and sometimes accepted.

Knowing that in some way, I might make a difference in my grandchildren’s lives: I feel that I am respected and a good moral model for my grandchildren. The books we read, the games we play, the chores we do together, add joy and satisfaction to my life.

Knowing I have friends to depend on and who can depend on me: This gives me a sense of connection. It allows me to be vulnerable and trusting as well as trusted and understood.

Retaining my faculties and use them wisely: I feel that my ability to absorb and retain new information (although there are some that question this) adds to my continued growth as a person. And, that adds value to my life.

NOTE: *At a recent mens group meeting I misread this and said: “Retaining my facilities and using them wisely.” Actually, the use of certain facilities does add to the quality of my life and is very meaningful.*

Knowing that I attempt to create a beloved community: I feel that my work in social justice is a means to fulfill my passion to “do good.” and “be good” to alleviate suffering and injustice in any way I can.

Finding joy and beauty in meditation, the arts and nature: I appreciate my increased need for and use of quiet contemplative time. Time to turn inwardly and appreciate the ease and peace that comes from being with nature, music, art and meditation.

We welcome your input in this quarterly feature of the “Dialogue Magazine.” Please submit your “What Gives My Life Meaning” to Irv at ihimelblau@gmail.com