

DIALOGUE

Published by the Unitarian Universalist Fellowship of San Diego in order to promote love, growth, and right relations both locally and globally.



Livia Walsh Recipient of the 2019 UUFSD Courageous Love Award

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Rev Meghan's Corner



Greetings friends,

In mid-March we finished round two of our Beloved Conversations class—the 8-week class focused on helping us explore and have conversations about race and racism. Now almost 40 of our members have engaged with this material by way of reading, films, role-plays, a panel of outside speakers and many large and small group conversations.

I have to say this has been one of the most exciting areas of my ministry in the past few years—in part because this is an area in which I have pushed myself to learn and grow and because it has been so exciting to watch other white people “get the bug” about unlearning ideas we have taken for granted. Once white folks have the humility and the willingness to really listen to people of color talk about their experiences and challenge our long-held beliefs there is an excitement that builds and a momentum. We can't wait to get about the business of peeling back the film of the dominant white culture so we can see more and more clearly how differently people of color experience the world we share. Friends, the process of unlearning and relearning truly feels good!

I know that this is an area that many white people feel a little timid to explore. Maybe we worry that we'll say the wrong thing. Or that people will tell us we are racist in ways that we don't even fully understand. Maybe we think that because we don't actively hold overt racist thoughts that we have nothing to gain from the effort. Or that action is really the way to help solve the world's problems. Here's what I know to be true: all of our social justice work in the world would become truly transformative if we first engage ourselves in the work of understanding the white supremacy culture we are embedded in. If we choose to not do this work we are allowing a film to obscure our true vision and hold us separate from the people of color we are hoping to deeply connect with. Engaging with this work honors the people of color already in our congregation and will help create a congregational culture that draws, or at least ceases to repel, people of color who are looking for a liberal religious faith to call home.

My greatest dream for you is that you will continue this work after I am gone. The Racial Justice Task force is planning more opportunities to read and discuss books and watch more films together in the coming months. There are people now skilled and experienced in facilitating Beloved Conversations classes in the future. I hope all of you, white people and people of color, will engage yourselves in these conversations so that this congregation can grow even more deeply into authentic relationship with one another as a whole, multi-racial community.

All my love,

Rev. Meghan

Our Values In Action



UUFSD at St. James Homeless Shelter, January 13-19 "It takes a Village."

We were privileged to provide dinners and chaperones to 10 adults and 4 children, ages 1, 4, 5 & 7. Thanks to Mary Anne and Paul Straus who coordinated this year's shelter and to all the wonderful volunteers. Gaylin Allbaugh, Greg Brown, Alice Brzovic, Julia Darling, Mary Dhooge, Dana Fruehauf, Marylou Gibson, Marta Giri, Ruth Gregory, Irv Himelblau, Livia Walsh, Barb Hogan, Callen Hyland, Leslie Isham, Yvette Jockin, Karen Joshi, Diane Kolasinski, Mike Lazarus, Elaine Lewinnek, Richard Macdonald, Andi MacLeod, Tom Manders, Robin Mitchell, Kim Nguyen, Sara Ohara, Linda Pratt, Maggie Rintala, Robin Sales, Marita Saxton, Alison Schlick, Norma Showalter, Judy Sterling, Kathryn Sturch, Kerry Taylor, Charlotte & Ed Ulm, Barbara Walker, Kathy Faller, Mary Ann & Paul Trause, Katie Wheeler, Scott Williams, Betsy Gilpin & Niel Lynch. And, we want to thank the many partners who came along.



North County NAACP Martin Luther King Day of Service Saturday, January 19

Robin Sales, Julia Daring and Andi MacLeod participated in this year's MLK Day of Service.



UUFSD Indivisible Post Card Writing, Sun, Jan 19

The Indivisible Patriots and the Environmental Justice Task Force invited members and friends of UUFSD to write to our elected officials asking them to support HR 7173, the Energy Innovation and Carbon Dividend Act of 2018. Citizen's Climate Lobby, a nonprofit and non-partisan organization, projects that if enacted, HR 7173 will reduce America's emissions by at least 40% within 12 years.



Generosity Sundays - Give yourselves a hand

In the last few months UUFSD members and visitors donated \$1,361 to Survivors Empowered and \$1,296.77 to Hands of Peace. Thank you for your generosity!

Our Values in Action



New member Recognition, Sunday, January 20

Welcome to our new members, Aleks Rosales, Sal Rosales, Zuzia Rosales, Joanna Rosales, Andi MacLeod, Don MacLeod, Kevin Burchby, Kim Haller, Diane Kolasinski, Dean Rockwell, Sasha Kimel, Dana Frieauf



San Diego Food Bank - Jan, Feb & Mar - Ongoing

January: Seven UUFSD members and some from other UUs, bagged 9,900 pounds of fruit.

February: With the help of three UUs we bagged 12,000 pounds of apples!

March: We bagged over 12,000 lbs of Potatoes for our San Diegan Comrades who need just a bit of help.



Change For Shower Tokens - Ongoing -

Thanks to everyone who contributed their loose change to our "Change For Shower Tokens" campaign. We take certain things for granted, one of these is hot water for a shower or a bath. With the donations we received so far, we were able to supply our homeless brothers and sisters "shower tokens." **We started by distributing 2 tokens to everyone, which gave them 4 minutes of hot shower water a month. Your coins have allowed us to increase this to 8 minutes of shower water per month.** With your continued help, we will be able to provide these shower tokens on an ongoing basis during our distribution of toiletries at the CRC and Fill A Belly Dinners.



Homeless Program Delivering Dignity - Ongoing

Pictured are Paul Trause and Irv Himelblau at the Encinitas Community Resource Center. Because of the generosity of Livia Walsh, Michele Devore, the Change for Change and Toiletries projects, we are now able to provide toiletries and other hygienic items to our homeless brethren twice a month. In addition, we furnish these items at our four Fill a Belly Dinners. A notable addition to our distribution are shower tokens which are greatly appreciated by many of our less fortunate friends.

The things that many if not all of us take for granted, having soap, tooth paste, deodorant, shampoos, towels, and hot water for baths or showers, are luxury items for our homeless friends, and gives them a sense of dignity.

Our Values in Action



A Solution to Your Accumulation of Travel Toiletries - Ongoing

Have you traveled lately? Are you thinking about what to do about the small bottles and tubes of shampoo, conditions, soap, and lotion that you've accumulated over the years? Well, the UUFSD Social Justice Homeless Project is here to help. Just bring all your tubes and bottles to the fellowship on Sundays and drop them off at the Happenings Table. Our Homeless Task Force will distribute these donations at our CRC distributions



Beloved Conversation, January-March & Racial Justice Book Club

Beloved Conversations is a UUA Racial Justice program which explores the role of race/ethnicity in individual and congregational lives. It is a spiritual journey designed to help us understand institutional racism, challenge our own beliefs, and help us to become allies. The program began with a retreat on Friday evening, January 25th and all day Saturday, January 26th followed by eight consecutive Tuesdays, beginning January 29th.

The Racial Justice Book Club continued its deep exploration into the book, "So You Want To Talk About Race." The January 20 session focused on the chapter "The School to Prison Pipeline". All are welcome to join but you must have read the book.

Coastal Concert Series - Coming on April 28, 2019: "Pictures at an Exhibition"
Four hand piano performance, in tandem with artwork created and choreographed to music. Supporting arts programs in our schools.

Our Values in Action

UUFSD 2019 Courageous Love Award

The Courageous Love Award is for individuals that have exhibited courageous love and touched hearts. We present this year's award to Livia Walsh.



Since joining the UUFSD some 20 years ago, Livia has been a stalwart participant in our Social Justice programs. She has chaired many Social Justice task forces including our very successful Day Laborer's Lunch Program and the Backpack Project and consistently volunteers on Social Justice projects.

Livia also leads one of the fellowship's more successful mediation groups, Mindfulness Meditation. Over the last decade she has donated all the dana, (voluntary contributions) from her meditation sessions to Social Justice causes.

Her donations have:

- * funded our Day Laborer's Lunch project for four years.
- * funded our Peace Garden, at the foot of the stairs
- * is currently co-funding the Homeless Project and supporting our Families in Need project.

Her contributions to the Homeless Project have allowed us to expand our ability delivering dignity to our homeless brethren through the distribution of shower tokens, toiletries and hygienic goods at the CRC from monthly to twice a month, and to expand our outreach at four Fill A Belly dinners a year.



Peace Garden



Keep Families Together



Women's March



Co-Chair Backpack Project



Day Laborer's Lunch Program



Bearing Witness at the Border

Our Values in Action



Snowy Egret



American Kestrel



Redheads

Bird -A-Thon, Saturday, Feb 23

Rigdon Currie led a group of members and friends on the first Annual UUFSD Bird-A-Thon. They had a wonderful time and saw a total of 51 species, 12 on the Fellowship's property and an additional 39 around San Dieguito Lagoon. They concluded their morning with a delicious pot-luck lunch on the patio.



The Bird-A-Thon was also a fundraiser for the Fellowship. Participants made pledges and contributions (dollars per species), and provided over \$400 to the Fellowship's general fund..

Rigdon indicated that the group is recommending that these funds back projects that will enhance our campus's natural beauty and attraction to wildlife. One project they are looking into is a very slow water drip that will provide water 24/7 to birds, butterflies and whatever else happens along.

Fill a Belly, Tuesday, March 12

Members and friends of the fellowship responded to an urgent call from Fill a Belly, to assist in providing a meal with another organization. Thanks to Karen Joshi and her friend Tom Manders, Ana Carder, Renee & Keith, Hanlon and their children, Thomas, Lucy and Rose-Hilda, Gloria DeRouen, Mike Lazarus, Angie Knappenberger, Diane Kolasinski, Pilar Bewley and her son Zachar, Elaine Lewinneck, Ruth Gregory, Ala & Ulysses Garza, Rich Macdonald, Anne and Bill Gernhardt, Linda Luisi, Daniellla Zucker, Robin Sales, Jeanine & Andy Rowe, May Lou and Ken Schultz, Sue Langhans, Livia Walsh & Irv Himelblau, for providing a wonderful dinner and a meaningful interchange with our less fortunate brothers and sisters.



A New UU Hymn

Cartoon Courtesy of Edward Himelblau



*Please open your hymnals to 377 as we sing together, The Beagle
Unto Heaven Doth Bay... with accompaniment.*

Coastal Concert Series 2019

UUFSD Coastal Concerts - Concerts with a Cause

The Unitarian Universalist Fellowship of San Dieguito (UUFSD) is pleased to present our Coastal Concert Series. Our Series offers “something for everyone” and includes everything from classical to jazz, Celtic and Folk music - while mixing in storytelling and visual arts choreographed to live music. This year’s Series benefits music and arts programs in our schools and social justice causes.

We are grateful to Libby Scott, the brains and energy behind this concert series and all the wonderful UUFSD volunteers who gave of their time to ensure the success of these concerts.

Seachange Brass Concert, Sunday, January 13 Supporting the Solana Beach Youth Band Program

We had a sold out house for the first UUFSD 2019 Coastal Concert. Our guests were treated to a magnificent concert by Seachange Brass. The quintet included Frank Glasson, Trumpet; Tim Saeger, Trumpet; Rachel Trumbore, Trombone; Matt Pennington, Horn and Brian O’Donnell, Bass Trombone.

These fantastic artists were joined by students of the Solana Beach Band. We heard “Bugler’s Holiday” played by Nathan Cheng, 10th grade, Canyon Crest Academy; Luke Ryu, 8th grade, Carmel Valley Middle School; Nathaniel Tran, 10th grade, Canyon Crest Academy and Ezgi Bayraktaroglu, 10th grade Canyon Crest Academy.



Coming on April 28, 2019: “Pictures at an Exhibition”

Four hand piano performance, in tandem with artwork created and choreographed to music. Supporting arts programs in the schools.

Coastal Concert Series 2019

Peter Sprague Trio Concert, Sunday, February 17 Benefiting the San Elijo Lagoon Conservancy



We had another sold out house for the Peter Sprague's trio. During the concert, they explored the music of The Beatles, Stevie Wonder, Bob Marley, Jimi Hendrix, James Taylor, and Cream from a fresh jazz perspective. The trio included Tripp (who is Peter's brother) on saxophone who also doubles on flute, chromatic harmonica and percussion and Leonard Patton, who sang up a storm all the while sitting on a cajon (percussion box) and playing rock solid drum grooves. Peter played a one of kind, double-neck guitar and has an array of special pedals on the floor that he added in as needed. The music was contagious, the sound pulled everyone in, and happily the woes of the world eased up, if only for a brief while.

Celtic Celebration Concert, Sunday, March 24 Supporting the UUFSD Homeless and Refugee Asylum Projects



The enthusiasm in Founders hall was captivating as the standing room only audience was clapping, stomping and singing along with the Mairtin de Cogain Project. The ensemble, included singer, story teller Mairtin de Cogain, Pete Polansky on fiddle, guitar and banjo, Ben Jaber on whistles, flute and pipes, and Michael Eskin on the concertina and whistle. And, the

icing on the cake were the magnificent young dancers from the Malone Academy of Irish Dance.

Livia Walsh, was the inspiration and driver behind having Celtic culture come to our facility and Irv Himelblau helped make her dream a reality. Libby Scott, the coordinator of the Coastal Concert Series, was instrumental in guiding us through the process. A special thank you to our fantastic volunteers, Betsy Gilpin, Brenda & John Post, Mary Anne and Paul Trause, Eberly Barnes, Bill and Anne Gernhardt, Libby and Doug Scott, Andrea Bernard, Amy Olson, Chris Lehman and Liz Young.

Social Justice - Immigration

Humanitarian Crisis at the Border - UU's of San Diego Unite to Support the Work of the San Diego Rapid Response Network (SDRRN)



SDRRN Shelter, San Diego



SDRRN Shelter, San Diego



UUFSD Bearing Witness at the Border

UU'S are bearing witness to the victimization of migrants coming into the US lawfully. We all want to help to welcome them to the US and alleviate their suffering. Individuals in our congregations are already volunteering in a number of ways at the Shelter, making their voices heard at the Board of Supervisor's meetings, helping those who are being detained and deported by ICE, and financially supporting the ACLU and Jewish Family Services and other organizations doing much needed advocacy and direct service.

The Social Justice Coordinators and Immigration Task Force leads, have conferenced with Angela Fujii, the cluster Social Justice Coordinator, and agreed to work together to launch a Backpack Drive.

When the migrants are dropped off at the emergency Shelter, they are given one set of clothing for themselves and their children. Many are traveling on Greyhound buses for days to their sponsors all over the country. We urge you to picture a frightened and exhausted, yet hopeful mother with her children who has nothing yet is grateful to be here. We can provide, through your generosity, some dignity while they complete their journey.

UUFSD is collecting new or gently used sturdy adult backpacks and your generous monetary donations to support this effort. Thanks to the generous donations that were collected at our Christmas Eve services we have already purchased many backpacks to donate to the shelter. This backpack drive will continue through April.

There are many ways to get involved, stay informed and offer support. Please visit the SJA Table for more information.

Social Justice - Immigration

UUFSD Family In Need Project - Supporting Three Asylum Seeking Families



**Christmas
Celebration
with our Three
Guatemalan
Families**

Our UUFSD Fellowship has been assisting three families, six adults and eight children, who are living in Encinitas and seeking asylum.

In August of 2018 the Community Outreach Liaison from the Encinitas Union School District reached out to our congregation asking for some assistance. It was obvious that the children attending elementary school needed shoes and clothes and the families needed help with food. The Social Justice Action Committee held an immediate collection for two weeks for these families. The outpouring of generosity from this congregation, \$2000, exceeded all expectations. Each of these families are at different stages in the process of seeking asylum. We continue to support them with visits to various court appointments. One family is working with a JFS attorney.

Thank you to this congregation for the continued support for these families.

For the past 8 months, these are some of the services we have offered

Purchased food and gift cards

Signed them up for the local food bank and assist with rides

Shopping outing at the CRC thrift store for the two older girls (5th and 7th grade) so they could choose a couple outfits and shoes for school

Rides to and from many court dates

Assistance in attempting to securing pro bono lawyers

Enrolled 7th grader in school (She loves Oak Crest Middle School)

Rides to the doctor and dental appointments

Assistance with phone calls and paperwork

Delivered food on Thanksgiving

Attempted to offer ESL lessons but their schedules are too inconsistent at this time

Provided transportation and accompanied all families on a shopping spree at Target for Operation School Bell through the assistance league

Delivered furniture and other donations to their homes

Congregation-wide gift drive during the holiday season. Provided all children with a jacket, shoes and a toy and gave the parents gift cards to Target

Personal Growth & Interests

Parent Support Group, Nov 20 & Dec 18 (See 2019 schedule, page 16).

The challenges of parenting often leave us feeling confused and alone. By finding other parents who are facing, or have faced similar issues, many parents feel better able to navigate these challenges through a place for support, resources, to vent and to share frustrations and successes. Glenn and Barbara Bortnick, lead this support group. Glenn is a clinical and school psychologist. Barbara has a social work background. RSVP: to Glenn Bortnik at gbortnick@roadrunner.com

Sacred Circles, Dates times and locations vary

There are four Sacred Circles at the Fellowship. Sacred Circles foster a safe and trusting small group community that delves deeper into the principles of Unitarian Universalism and shares challenges and opportunities for manifesting them in our daily life. The monthly Sacred Circle meetings begin in October and continue through May. We have facilitators who have generously offered their time and homes. Contact: Linda Pratt at sacredcircles@uufsd.org

Sunday Morning Discussion Group

This group meets on Sunday from 8:45 to 9:45 AM in the Patio area or Library. The group is open to anyone. Discussions range from current events, religious, philosophical, political musings and more. For additional information Contact: Larry Jones at SundayMorningDiscussionGroup@uufsd.org

UUFSD Book Clubs

There are two Book Clubs at UUFSD. One meets the second Monday of each month at 7:00 p.m. in Palmer Library. A second daytime book club meets on Thursdays at 10:00 am. Check the weekly newsletters for information on which books will be discussed at each session. Anyone who reads the selected book is welcome. Contact: Cathy Leach-Phillips at BookClub@uufsd.org

Women of the World Group

The WOW (Women of the World) discussion group meets on the 2nd & 4th Wednesdays of the month (12:00 – 1:30 PM). A member of the group hosts each meeting. That host chooses the subject for discussion. The group usually has lunch together at the host's home, a restaurant or UUFSD Library and occasionally takes a "field trip" together. New members are welcome. Contact: WomensGroup@uufsd.org

Mens Groups

There are two mens groups at UUFSD. The focus of these groups is to build friendship, connection, support, self-awareness, and communications skills through authentic sharing. Because of the confidential nature of these groups, they are by invitation only and limited to members and pledging friends. Anyone interested in learning more about these groups should contact the groups' coordinator, Richard Macdonald, at MensGroup@uufsd.org

Daytimers Men's Group

The Day-timers Men's Group meets the third Friday of every month to share lunch and conversation. Your choice of topic! Join our friendly atmosphere and camaraderie. Let's meet at Roundtable Pizza, 1321 Encinitas Blvd., Encinitas. All you can eat pizza and salad bar. For further info contact John Drewe at sddrewe@gmail.com or 760-930-9881.



Personal Growth & Interests

Mindfulness Meditation

Back by Popular Demand for 2019

Livia Walsh will resume the Wednesday morning Mindfulness Meditation. The group is for new meditators as well as for those who have established practices. There will be sitting and walking meditation practices as well as meditations with a particular focus including Loving Kindness and Compassion. Livia is ordained in the Mahayana traditions of Zen Buddhism and has also been a student of the Vajrayana traditions of Tibet.

This group will meet off campus, on Wednesdays, 9:30 to 11 am, beginning January 2nd. All donations (dana) will be contributed to the UUFSD Social Justice Action Homeless Project. Contact Livia Walsh at livwalsh1@gmail.com for more information

Vipassana Buddhist Sangha & Day of Mindful Meditation

This Sangha meets on the first and third Thursdays of every month from 7:30-9:00 p.m. in the UUFSD Library.

Each session will provide guided meditation instructions and discussion, a talk on Buddha's teachings, a question and answer time .

The Day of Mindful Meditation includes guided sitting and walking meditation. It is presented in a non-sectarian way. There is an interactive talk and questions and comments are welcome Contact Bob Isaacson at: buddhistsangha@uufsd.org

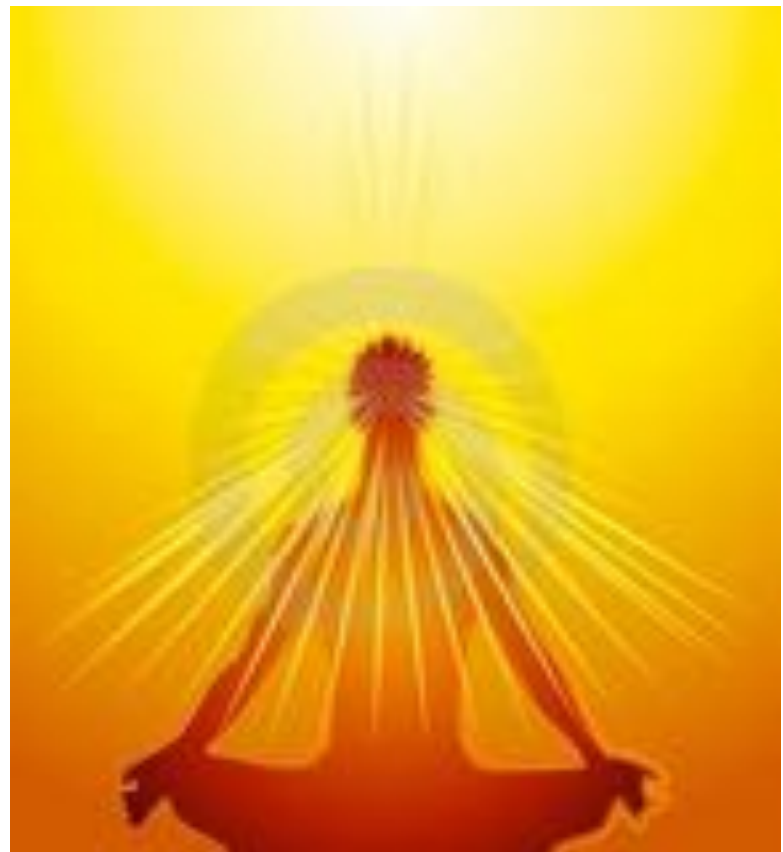
Buddhist Meditation Groups

UUFSD sponsors two Buddhist meditation groups . The Thursday group meets in the Palmer Library from 5:30-6:45 pm. The Friday morning group meets in the Palmer Library from 10:30 am to 11:45 am, with an optional meditation period from 10 to 10:30 am. Once a month, the Friday group hosts extended meditation practice until 3 pm. For information on the Thursday Group, contact: ThursdayBuddhistMeditation@uufsd.org For information on the FridayGroup, contact: FridayBuddhistMeditation@uufsd.org

Insight Meditation

New for 2019

The focus of this group is traditional Buddhist topics such as the Four Noble Truths, the Eightfold Path, and the Hindrances. Meetings will be held in Founders Hall from 7:00 to 8:30 PM on Wednesdays starting on January 2nd . The format is 30 minute sitting Vipasina meditation (not guided), 30 minute Dharma talk (recorded) and 30 minute discussion. For information contact Dirk Reemtsma: dirkreem@gmail.com



Community Life

The Many Ongoing Activities at UUFSD

Weekly Activities

Mindfulness Meditation: Wednesdays, 9:30-11:00 am, off campus. livwalsh1@gmail.com
 Freethinkers We Agnostics Recovery: Mondays, 6 pm, Palmer Library (weagnostics@uufsd.org)
 Insight Meditation: Wednesdays, 7:00 - 8:30 pm, Founders Hall (nina.tomkiewicz@gmail.com)
 Buddhist Meditation: Thursdays, 5:30 pm, Palmer Library (ThursdayBuddhistMeditation@uufsd.org)
 Choir Rehearsals: Thursdays, 7 pm, Founders Hall (choir@uufsd.org) Does not meet in the summer.
 Buddhist Meditation: Fridays, 10:30 am, Palmer Library (FridayBuddhistMeditation@uufsd.org)
 Sunday Morning Discussion: Sundays, 9 am Core Area (SundayDiscussion@uufsd.org)

Bi-Weekly Activities

Women of the World: 2nd & 4th Wednesdays, Noon, locations vary (womensgroup@uufsd.org)
 Buddhist Sangha: 1st and 3rd Thursdays, 7:30 pm, Palmer Library (BuddhistSangha@uufsd.org)
 Mens Group: 2nd & 4th Tuesdays, 7 pm, Palmer Library. Richard Macdonald : ridumac@yahoo.com
 Mens Group: 2nd & 4th Wed, 7 pm, Palmer Library: Richard Macdonald : ridumac@yahoo.com

Monthly Activities

Building & Grounds Work Party: 1st Saturday, 9:00 am, Core Area (Building&Grounds@uufsd.org)
 Young Adults: 1st Sunday: 12:15 am, Core Area, (YoungAdults@uufsd.org)
 Senior Discussion Group: 1st Sunday, 10 am, Founders Hall (SeniorDiscussion@uufsd.org)
 Book Club: 2nd Monday, 7 pm, Palmer Library (BookClub@uufsd.org)
 Book Club: 3rd Thursday, 10 am, Palmer Library (BookClub@uufsd.org)
 UUFSD Board Meeting: 3rd Tuesday, 1:30 pm, Minister's Office (board@uufsd.org)
 Sacred Circles: Dates Vary, Times vary, Locations vary, (SacredCircles@uufsd.org)

Quarterly Meetings

Social Justice Quarterly Meeting: dates vary, (SocialJustice@uufsd.org)



Looking Ahead & Men At Work

Non-Violent Communication Class: Beginning Monday, April 1 and meeting for four consecutive Monday evenings. Times and locations TBA. To register contact:

Camp de Benneville:

UUFSD Family Retreat Camp: April 5-7

UU Men's Fellowship Spring Renewal: April 12-14

UU Womens Spring Retreat: May 3-5

UUFSD Spring Auction: Join us on June 8th for our annual Spring Auction. More than a fundraiser this event is a **Fun-raiser**. There are so many enjoyable events to be auctioned off.

Dining 4 Dollars And So Much More: Host a dinner? A dance or yoga class? Making art? Offering a service? Please choose a favorite dinner or fun activity and contact Christie Turner at dining4dollars@uufsd.org to schedule a date.

Coastal Concert Series - Sundays at 6 pm, Founders Hall (see page 14)

April 28: "Pictures at an Exhibition." Four hand piano performance in tandem with artwork created and choreographed to music. Supporting arts programs in the schools.

For more information/ticket purchase: www.facebook.com/UUFSD-Coastal Concerts. **Questions: 760-919-5194**

Parent Support Group: Glenn and Barbara Bortnick, lead this support group. Glenn is a clinical and school psychologist. Barbara has a social work background. RSVP:to Glenn Bortnik at gbortnick@roadrunner.com

"Fill A Belly" Dinners for the Homeless

Location: Cottonwood Creek Park, Encinitas, Tuesdays 6:45 to 8 pm: May 7, August 6 and November 5, Sign up sheets will be available 30 days prior to each dinner date.

Men at Work Kitchen Volunteers - Our Two UUFSD Mens Groups Helping Out



Responding to requests from Louise Garrett, our Kitchen Guru, men from the two Mens Groups at the Fellowship have been helping with the set-up and clean-up at both services. Pictures are Greg Brown, Ron Demuth and John Atcheson. Not pictured are Duayne Kiddy and Irv Himelblau.

We are hoping that more social groups and committees commit to helping out in the kitchen thus lessening the load on other members and friends who are devoting almost every Sunday to this endeavor.

P.S. you get a preview taste of the goodies we put out every Sunday.

Please contact Louise at lovenlou@gmail.com if you or your group can help out .