

# DIALOGUE

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



**Gun Violence Prevention Wear Orange Rally**  
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**Fill A Belly Staff, UUFSD Servers and  
Community Volunteers**  
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# From The Board



**Angie Knappenberger**  
**President**

I feel so very excited about where we are as a Fellowship and spiritual community. There has been so much positive and needed change during my past three years on the Board, and I am glad to have been a part of it all.

We are so fortunate to have had three incredible staff members join us in the last year! Rev Ellie's new two-year contract as our full-time minister starts August 15 and includes our intention to begin the process of Contract – to - Call in August of 2024. Steve Milloy, who joined us in September, will continue as our Music Director; and Denise Clark, who joined us in January, as our new Congregational Administrator, is just the perfect fit. Hopefully, our improved offering for our DRE position of 20 hours/week and benefits will enable us to fill this remaining open position.

In the interest of good communication and transparency, the Board has continued our Open Letters and organized three congregational forums on different issues. At the January forum, a draft behavioral covenant and a few Bylaw suggestions to address the lack of clarity in some of our policies evolved into deeper conversations about our overall governance philosophy that will be continuing into next year.

At the February forum, our Dream Builders updated the status of our capital campaign projects and now there are some exciting updates to share! After receiving bids on the Administration Building remodel that were over \$600k, we reached out to Chris Kolb, who has done a significant amount of work for UUFSD throughout the years. With Chris's sustainable approach, we will be to go ahead with the original design plans for a cost of \$281K. The project will take a little longer than if we had signed with a big company, but we are so fortunate to have someone with such a heartfelt connection to UUFSD taking on this project and anticipate it being completed by January. We thank Clint Stoddard for taking the lead in supervising this project. During construction, the "Office" will be relocated to the Library so that space will be unavailable for meetings.

Regarding amphitheater improvements, we are in the process of finalizing a contract for the work necessary to obtain our permits. Design development will be completed by early fall and presented to our members for input. Once we have the permits, the very first project to complete is the turnaround for an emergency vehicle (the hammerhead) per mandate from the Fire Marshal. Once we have the hammerhead completed, we can go on to any of the other projects in Phases 2, 3, and 4. The lead for this effort is Jon Luft, and we thank him for lending his professional expertise and guidance.

To help with the expense of the required hammerhead construction, we just learned that we have been awarded a \$50,000 matching grant from the Spirit Level Foundation. Pledges of \$42,000 have already been received so we just need to raise \$8,000 more to qualify for receipt of the entire grant.

One last update to share is the decision the Board made in early June about our Covid vaccination policy. The national emergency is over and so much has changed as we have learned to live with this virus and as very effective vaccines have become available. While we strongly encourage everyone to keep all vaccinations and boosters up to date, we no longer will require proof of this in terms of covid.

I say a huge and heartfelt thank you to the awesome Board members with whom I have had the privilege to serve.

Thanks to all of you for allowing me to serve as your Board President for the past year.

Angie Knappenberger

# Our Values in Action



## Turkey Earthquake Assistance Collection.

The UUFSD supported the Yidiz family, in Turkey, which has been displaced by the earthquake. The family consists of two adults and two children and four grandparents. The family's condition was brought to our attention by Guliz Kuruoglu, a UUFSD member, who is a native of Turkey and still maintains connections with family and friends there. The Yildiz's family homes were destroyed, as were their places of employment; they are homeless and unemployed. The family and four grandparents are currently living in temporary housing. We raised \$650.00 that went directly to the family to help during this difficult transition.

## Casas de Luz

 **UU Justice Ministry of California**

**Pilgrimage to the Border**

# HOUSE BUILD

**April 13-16, 2023**

**Tijuana, Mexico**

**BUILDING HOMES.  
CREATING COMMUNITY.**



#BuildingHomesCreatingCommunity  
#20YearsOfJustice



The UU Justice Ministry of California partnered with [UURISE](#) and UUFSD [Casas de Luz](#) for this service opportunity. They built a cottage house for a local family! Builders stayed at local orphanage which was also supported in this effort.

## Be A Candle of Light



Pastoral Care is a core component of our beloved community as it strengthens the meaning and experience of community. Every caring action is a compassionate action. We can all participate in caring for our community through a variety of compassionate actions. Here are some ways you can be a "Candle of Care":

- Offering to bring food to someone in need
- Send a "caring card"
- Visit someone who is experiencing a challenging time
- Make a phone call to express your care
- Offer transportation to Sunday services or for essential appointments (e.g. medical)
- Give a hug (when appropriate)

The Pastoral Care Committee invites UUFSD members and friends to consider joining our new *Elder Companions Team*. With support from the Pastoral Care committee members, the Companion Team member offers compassionate support and companionship; help with transportation to essential services, including Sunday services and other events at UUFSD; and connection to resources for elders in the larger community.

If you would like to participate in UUFSD's Pastoral Care program please contact [pastoralcare@uufsd.org](mailto:pastoralcare@uufsd.org)



# Our Values in Action

## Fill A Belly, Encinitas, Tuesday, May 23 & 30

Fill A Belly returned to Encinitas at a new venue on Highway 101. We were privileged to serve dinner and pass out toiletries to approximately 20 people who experience food scarcity and homelessness. A special thanks to Livia Walsh, Mary Anne and Paul Trause, Sara Ohara, Mary and Vic Dhooge, Cheryl Close, Julia Darling, Norma Showalter, Leslie Gomez, Marty Vogel and Irv Himelblau



Julia Darling mentioned that a woman she was sitting with at dinner, was very appreciative of the meal and she said "I feel seen". She usually eats alone.

Fill A Belly had a group cancellation on Tuesday, May 30 and members of the UUFSD stepped in to fill slots and provided, main dishes, salads and dessert. Special thanks to Betsy Gilpin, Mary Anne Trause, Marty Vogel, Alison Luedecke, Irv Himelblau, Livia Walsh, Mary and Vic Dhooge, Norma Showalter and Barbara Walker.

**Future Dinners: July 25 - September 26 - November 21 - December 19**

## Gun Violence Prevention Wear Orange Rally, Saturday, June 3

UUFSD members and friends joined approximately 150 participants at the Wear Orange Rally in Cardiff. Speakers included students from Students Demand Action, State Senator Catherine Blakespear and Encinitas Mayor, Tony Krantz.



## CRC Chicken Soup Campaign



### A personal note from Betsy Gilpin

We asked, and you responded. We collected 93 cans of chicken soup for the Community Resource Center! Thank you all from me and the clients of the CRC. Now they can have that can of chicken soup in their cupboards for those times when they are feeling a bit under the weather.



# Happenings

## Solana Beach Fiesta del Sol - May 20 & 21



UUFSD had a meaningful presence this May at the 42nd Annual Beachside Music Fiesta del Sol at Fletcher Cove Park right here in Solana Beach! It was an amazing two-day event that provided lots of exposure for UUFSD to the entire county. In the past over 100,000 festival-goers turned out for this music and fun filled event. This year, sometimes it seemed like the whole county was visiting the Fiesta.

Our very attractive booth boasted large pictures and many attractive brochures and give-a-ways for kids. Our UUFSD family met with many attendees who were interested in our Fellowship. We created an atmosphere of community amongst our wonderful volunteers who shared the entire time with the UUFSD coordinators Andi MacLeod and Liora Kian-Gutierrez. We would like to thank Irv Himelblau for all his support with publications and banners. Special thanks to Caroline DeMar for designing a business card for contact info on UUFSD.

We couldn't have done this without the following UUFSD friends: Andrew Fry, Kay Plasterer, Jon Host and Everett, Mary Anne Trause, Christie Turner, Leslie Gomez, Julia Darling, Charlotte Ulm, Louise Lin Garrett, Caroline DeMar, Charlie Mayfield and family, Michael and Charlotte Rosen and Sharon West. Without you, we couldn't have made it happen. Special thanks go to Lou Gutierrez and Don MacLeod for help with set up and take down of the booth. **See you next year at the Fiesta del Sol!**





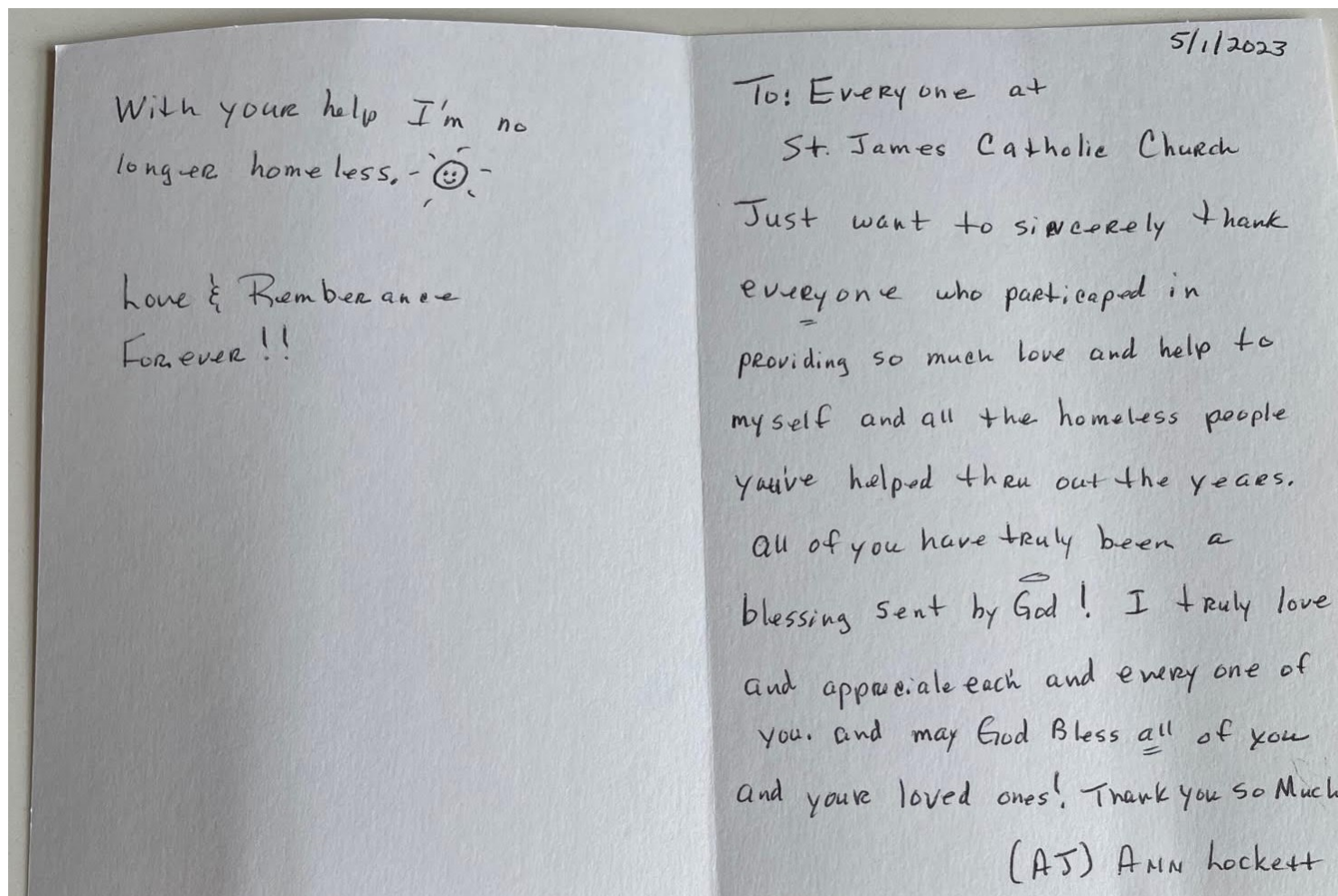
# Happenings

## Fellowship Picnic - Sunday, June 4 - San Dieguito County Park



All ages were present to enjoy a healthy picnic lunch: subtropical fruits and salads, shrimp, peanut butter and jelly sandwiches, sparkling drinks and desserts. Children played frisbee and rolled down soft green grassy hills. This added another dimension of relaxation with UU friends at a refreshing green park. Thank you Christie Turner for organizing this event.

## Thank You Letter from a Former Resident of the Winter Shelter Program



# C.C.C.C.C.

## Communication Committee Cartoon Caption Competition

Cartoon Courtesy of Edward Himelblau



**"I should have been a teacher--I prefer apples."**

**Linda Luisi**

**Irv Himelblau**

"Climate Change has really altered the nature of our annual Flower Communion."

"I was speaking metaphorically when I said we would be dealing with thorny issues in upcoming sermons."

**Betsy Gilpin**

"What's your point?"

**Ted Foster**

"During meet and greet, please refrain from handshaking."

"Please welcome our new members, the Prickly family."

**Gene Walker**

"As a congregation, we are frequently called to deal with thorny problems that prick our conscience!"

**Linda Luisi**

"Works better than a covid mask."

"I should have been a teacher--I prefer apples."

"This better be a water-saving campaign."

"Pass the basket, our water bill is overdue."

"Is this the best we can do for Flower Sunday?"

"The nursery's out of Christmas trees again?"

"Looks like we don't want new members."

"Our crotchety congregation's version of Flower Sunday."

"Are they trying to tell me to find a new job?"

"Flower Sunday never looked *THIS* bad."

"Today must be the BOARD's 'Prickly Topics' meeting."

"Trader Joe's sells cactus now?"

"Safer than a covid mask."

"I had a nightmare like this once."

"Read the audience, read the audience."

"I can see this congregation is easily offended."

**J.H. Song**

"Beauty comes in all shapes and sizes!"



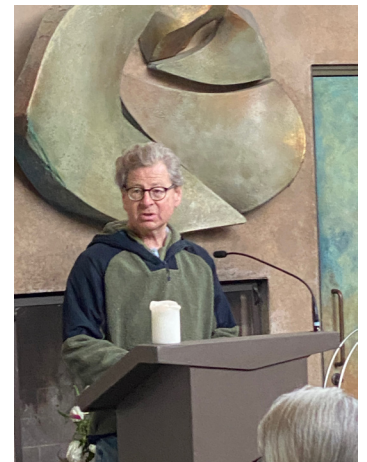
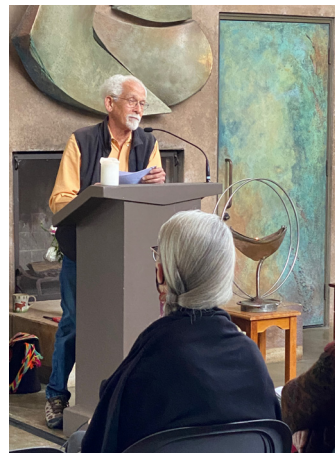
# Plant Based Perspective Service



Clara Geiser & Cathy Leach Philips  
Gathering Hymn: "Climate Change Song"

Greg Brown  
Intergenerational Sharing

Leslie Gomez reciting  
For the Garden of Your Daily Living



Sarah Miller

Talked about the need for reducing our individual carbon footprints and which behavior changes make the biggest impact on dealing with climate change.

Linda Luisi

Spoke about strategies for changing to plant based foods, which boiled down to dropping old habits, then replacing them with new ones to make it convenient, easy, and tasty.

Greg Brown

Talked about his strategy for gradually shifting away from meats in my diet, and focusing on what's good and tasty about vegetarian food. It's an exploration.

Kenneth Kales

Spoke on the connection between spirituality and a plant-based diet.

## Generosity Sunday Environmental Health Coalition



Environmental Health Coalition (EHC) works for environmental justice in the San Diego/Tijuana region and throughout California. Founded in 1980, EHC has worked to reduce pollution and improve health and well-being for thousands of people in underserved, low-income communities. Environmental Justice is the right of all people and communities to live, work, and play in a clean and safe environment. San Diego's low-income communities of color have been deprived of this right for generations.

Due to racist policies that prioritized profits over the health and wellness of people of color, our communities are burdened with more pollution than 80-97% of California. This is known as environmental racism. The UUFSD Social Justice in Action Generosity Sunday raised close to \$400 for the Environmental Health Coalition.

# Vegan/Vegetarian Service & Pot Luck

With **Spring** upon us, it is time to start thinking about planting a garden. So today we share with you a type of garden that we may plant anytime of year. We hope you will enjoy this special garden so much, that you will want to start planting one of your own today!

## FOR THE GARDEN OF YOUR DAILY LIVING Author is unknown

### PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul



### PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness



### PLANT FOUR ROWS OF LETTUCE

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



### NOW NO GARDEN SHOULD BE WITHOUT TURNIPS, SO PLANT 3 ROWS OF TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another



### FINALLY, YOUR GARDEN MUST HAVE THYME, SO FINISH UP WITH 4 ROWS OF THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends
4. Thyme for prayer



Water freely with patience & cultivate with love. there should be much fruit in your garden, after all, "we reap what we sow;" therefore, happy gardening .





# de Benneville Pines Family Camp



We had a wonderful time at our first UUFSD Family Camp weekend at Camp de Benneville Pines - our son Kellen had a blast playing in the remaining patches of snow with the other kids that had come up to camp with their families. Being able to sit and read a book in the sun on the deck while he ran and played in a safe environment allowed us to connect with our surroundings that much more. We enjoyed the ability to connect on a deeper level with our fellow UUFSD friends - meditation group, writing workshops, arts and crafts, hikes, and more made the weekend so memorable. Also, we couldn't stop raving about the quality and variety of the food that the camp staff made - definitely another highlight! It really was a fantastic weekend, and we look forward to coming back often for future camps.

**Darren, Erilynn, and Kellen Henrichsen**

Just weeks before the DeBenneville weekend, the report was 7 feet of snow. We expected a weekend mostly indoors, punctuated with brief and chilly jaunts from cabins to lodge. We packed boots for ice and muddy puddles. But the mighty sun delighted us all by melting snow and ice — reserving just enough snow for a delightful winter aesthetic and for children to enjoy.

Ted and I visited the creek, watched deer, slept late or rose early for yoga, ate yummy food, learned about UU from Angie's power point discussion group, watched folks create art, and enjoyed the company of UUFSD friends in this peaceful forest retreat.

Our last evening's entertainment: the most fun improv session I've ever led; amazing Irish dancing by 9yo Ciara; dancing by all; and table games. Sunday, after brunch, Christie led a simple and sweet service. We sang hymns. We shared our individual "joys and gritudes" for this special weekend and gritudes for each other.

Ted and I peacefully drove down the mountain looking forward to next year's deBenneville. The next blissful adventure: UUFSD summer campout in Laguna mountains. See you there!!!

**Linda Luisi and Ted Foster**



**The UUFSD deBenneville Improvisation Extravaganza**



# de Benneville Pines Family Camp



**Jon Hunt, age 9, at deBeneville**

I was excited to bring our family (Emily, Everett and Tabitha) to Camp de Benneville, where I had spent many winters and summers in my youth. Camp de Benneville had been a special place for me, where I felt free to be myself and explore the natural world within the safe confines of a loving community.

It was quite a thrill to watch my children run and play down the same paths I had some 30 years ago. We had a wonderful time interacting with the other members of the Fellowship during meals or arts and crafts activities; playing in the snow for the first time; and listening to sing alongs of "Puff the Magic Dragon" and "Country Roads."

Most of all, it was special to see the bonds of friendship form between all of the other children in attendance. While we unfortunately had to leave before the Sunday service due to Tabitha falling ill, we had a memorable time and are so grateful for the opportunity to attend with no cost for the children.

**Jon Hunt**

My only expectation of my first time at UUFSD Family Camp was to go out under the pines, breathe deep and absorb the many gifts that being back in wild nature always bring. But there was a surprise in store for me! The weekend was full of so many more gifts from the many talented and generous UUFSD members who volunteered to lead activities for all of us.

Wenda Alvarez hosted an early morning yoga class to a packed house before breakfast. Eberly Barnes led a creative writing exercise with surprising results for each of us. Andi MacLeod supervised rock painting out on the sunny Lodge deck after lunch for children ages 4 to 80. Cathy and Greg Leach-Phillips had everyone learning the history of songs and singing their hearts out under the pines before dinner. Linda Luisi presented an improv workshop after dinner that many brave souls tried for the first time - including me! Late in the evening, Trent Ulm set up an impromptu neurolinguistic art project. And the list goes on. Too many offerings to participate in over the short weekend!

Sharing in the many communal meals and hang-outs also gave me the gift of new connections with members I'd never spent any time with before but whom I now happily greet at Coffee Hour on the patio after Sunday services.

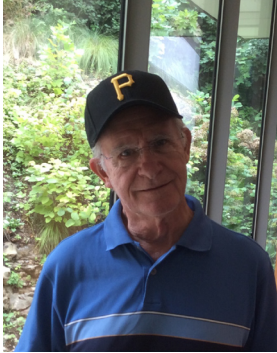
I arrived to Camp with an empty cup but by the time I left "my cup runneth over."

See you next year?

**Linda Cavanaugh**



# Remembrances



## A “Celebration Of Life Service” will be held at UUFSD on Saturday, August 5, 2023

**Ed Ulm**

**July 23, 1942 - October 30, 2022**

In 1965, Ed Ulm's first job was as a biologist in the National Institutes of Health lab of Dr. George Glenner. Decades later, his last job was #1 volunteer at the George G. Glenner Alzheimer's Family Centers, where he led singing and dancing activities and lent his helpful and positive energy wherever it was needed.

Just two blocks from his Encinitas home, Ed experienced a sense of purpose and joy at the Glenner Center. He participated in a variety of daily activities and learned to live with vascular dementia.

Ed's profession was Biochemistry, where his successes included pharmaceutical research and development at Merck, Ciba Geigy, Ligand Pharmaceuticals, Conforma Therapeutics Corp and Biogen Idec. A patent and contributions to, or authorship of, more than 100 articles are part of his professional legacy.

His love was Charlotte Dale Brandon Ulm – Ed's wife of 57 years.

Charlotte's poem “Reward for Impatience” is the voice of a young bride-to-be. It tells of a stream of worries: wedding venue, health, car, philosophical, theological and of her gown trailing through the mud on a rainy January wedding day.

The poem also describes a much brighter marriage day one. The sun was shining when Ed and Charlotte, “stopped to see a world of sparkling rainbows in the arms of the forest.” and, as the poem describes, “Brittle branches played a tinkling symphony just for us.”

Son Trent's reflection includes memories of his ‘papa's’ kindness, patience and love of all people.

Ed was the youngest of four born to Edgar Hermas Ulm and Genevive Sara Sant. Sarah, the eldest child, died in an accident at age 2. Sisters Nancy and Judy filled Pennsylvania family life with five nieces, two nephews two grand-nieces and favorite brother-in-law Gene Reid.

His youth memorabilia includes the standard baseball team photos. (He wasn't very good.)

In Ed's sophomore year, he discovered what would become a lifelong passion – singing! Ed fell in love with musical theater. His first role was Woody in ‘Finian's Rainbow,’ with Finian played by Van Dyke Parks, who later became Brian Wilson's collaborator and ‘Smile’ album lyricist.

Wedding soloist, classical music, contemporary, jazz scatting, Ed could sing it all!

His bright blue eyes reflected the sparkle of an easy laugh and generous heart. Trent recalls how Ed was a pun master, always enjoying friends' and family's reactions to his dry sense of humor.

The Ulm family is very close, generous and loving. They are positive and grateful people despite experiencing their share of loss and hardship.

Memories include the joy that daughter Janelle, brought to Ed and Charlotte.

The UUFSD family became the Ulm's family when they joined the congregation in 2014. A UUFSD choir performance was Ed's last concert. Performed in a large, made-to-feel-like-home room at Belmont Village, he silently kept time with the voices of friends and family. And just a few days later, the joyful music that was Ed Ulm's earthly life was silent.

# Remembrances

**Ed felt that this poem, “Courage”, by Anne Sexton offered a great perspective on what living is all about. It was very meaningful to Ed and Charlotte after their family suffered the sudden and tragic loss of their beautiful eight year old daughter, Janelle.**

## Courage

It is in the small things we see it.  
The child's first step,  
as awesome as an earthquake.  
The first time you rode a bike,  
wallowing up the sidewalk.  
The first spanking when your heart  
went on a journey all alone.  
When they called you crybaby  
or poor or fatty or crazy  
and made you into an alien,  
you drank their acid  
and concealed it.

**Later,**  
if you faced the death of bombs and  
bullets  
you did not do it with a banner,  
you did it with only a hat to  
conquer your heart.  
You did not fondle the weakness inside  
you  
though it was there.  
Your courage was a small coal  
that you kept swallowing.  
If your buddy saved you  
and died himself in so doing,  
then his courage was not courage,  
it was love; love as simple as shaving  
soap.

**Later,**  
if you have endured a great despair,  
then you did it alone,  
getting a transfusion from the fire,  
picking the scabs off your heart,  
then wringing it out like a sock.  
Next, my kinsman, you powdered your  
sorrow,  
you gave it a back rub  
and then you covered it with a blanket  
and after it had slept a while  
it woke to the wings of the roses  
and was transformed.

**Later,**  
when you face old age and its natural  
conclusion  
your courage will still be shown in the  
little ways,  
each spring will be a sword you'll  
sharpen,  
those you love will live in a fever of  
love,  
and you'll bargain with the calendar  
and at the last moment  
when death opens the back door  
you'll put on your carpet slippers  
and stride out.  
**-Anne Sexton**



# Remembrances

## Ed Ulm Remembered

### Ted and Katie Wheeler

We first got to know Ed and Charlotte at UUFSD, but then coincidentally ran into them at a concert at the Methodist Church here in Encinitas. But we didn't really get acquainted until getting together for lunch after church one Sunday. That was when we really learned about their family and the reason for Charlotte's aphasia.

During that occasion of learning each other's experiences, Ed was so patient, caring and, yes, humorous in his support for getting across Charlotte's situation and their shared history. We couldn't help but appreciate Ed's humor, supportiveness and general amiability. That's what we'll always remember about him.

### Greg Brown

Ed and I sang together in the UUFSD choir. I envied his clear sweet tenor sound that seemed so effortless. Although he had weathered tragedies in his life, he always seemed cheerful. Even after dementia had taken away his ability to form a clear sentence, he could still answer a greeting with an upbeat "bippity bop" and a smile. But what does that mean? To me it always showed his unquenchable joyful spirit. I will miss him.

### Christie Turner

When I think of Ed Ulm I think of his big smile and his passion for music. Despite the significant sorrows of losing their daughter and of Charlotte losing her voice, both Charlotte and Ed have radiated warmth and kindness.

I remember once at deBonneville Pines, Ed took the stage in our talent show and spoke of how music had changed his life. He had appeared in many musicals and seemed to be able to live his life with something of the tempo and joy that singing through those musicals brings. We were all touched when our very new minister, Rev Ellie, went to his bedside in his final days and sang some of his favorite show tunes to him. Ed was also sensitive to visual beauty and landscaped his yard, which is adjacent to the San Diego Botanical Garden to be a lovely haven. He and his son Trent had also combined their talents to design the creative separate space that Trent occupies in their house.

Finally even as he headed into his final illness, Ed continued to be gracious and genial, so that even though he was losing his memory, he still seemed the perfect gentleman. Special thanks to Charlotte, Trent, and to Karla Mayer who combined their efforts to care for Ed and to ease his passage at the end.

### Louise Garrett

I found that Ed was a many faceted person. He was a poet, a thespian, an author, and a person with the love of crafting music with his voice. Ed had creativity, curiosity and I think some eccentricity. And he learned how to communicate these gifts through his writing.

Observing Ed, I saw he was pattern-oriented and rhythmic. He could see rhymes and rhythms in nature that are there and expressed these through his writing puns, poetry, and in his work. He was a person who would not give up. He projected hope and faith giving a trusting nature and honored honesty in people.

Ed loved music and he considered his voice a blessing which he shared with many people. He loved being in the UUFSD Choir and singing. His love of singing, along with his acting, his writings, and his humor and puns, was a special gift. His listening skills produced a kind heart. He was creative and a person who could laugh at himself. Looking at Ed when we talked, I could see passion. There was always a glint in his eyes as he smiled.

# Remembrances

## Karla Mayer

I did not have the pleasure of knowing Ed before he was well into his journey of living with dementia. The man I was honored to get to know and came to love, can best be described by sharing a story about a simple act of kindness he extended to someone in need.

Ed attended a dementia day program called the Glenner Center near his home in Encinitas. Initially, Ed participated as a “volunteer”. He took his work very seriously. The staff appreciated his enthusiastic and buoyant style when leading exercises and his beautiful singing voice that encouraged others to sing along.

The director of the program called me shortly after Ed started attending. She was elated and very grateful as she recounted Ed’s “miracle work”. He had lovingly included a long time participant who was non-verbal, easily agitated and had never joined any group activity. Instead of screaming and rocking in the corner by herself, she sat with Ed and ate her lunch. With Ed’s patient and nonthreatening prompting, she slowly joined for exercises and singing.

Even as Ed wrestled with the frustration of losing his own words, he was able to see this woman struggling. He “saw” her and connected with her in a way no one else had been able to. He gently elevated her. This is who Ed was.

I admire the grace with which Ed navigated his steadily declining abilities as the vascular dementia took over. I admire the fierce love he had for his family until the very end.

I miss the twinkle in Ed’s eye and the spontaneous, jaunty jigs he would perform. I miss his melodious singing voice. I miss his grateful, knowing smile when he couldn’t find his words, and we would finish our conversation speaking in fake German or fun gibberish. I miss Ed.

## Wenda Alvarez

### On being Ed and 80

Ed was a doer. Until his final days, he preferred being in motion, being productive and weaving his days with music and people. He is one of my elder teachers and here’s a few things he taught me in his parting year.

- You can **play with balls** in the house.
- **Dislikes are transitional.** Basketball, a sport I disliked in school, was fun on the street in front of the Ulm’s house with Ed and Charlotte. His interest and endurance usually outlasted mine.
- **Dance:** in the kitchen, the living room, with a true love, family and friends -- preferably holding hands.
- **Celebrate:** especially with silly sunglasses and deep loving thoughts. At his 80<sup>th</sup> birthday party, Ed read out loud the tender lovely verses in his card from Charlotte. His voice and her thoughts left a lasting imprint on my heart and mind.
- **Socialize.** Encourage friends to stop by. Remind them you’d welcome an invitation to stop by their home, have lunch, etc.
- **Love, memories and emotions** run deep. Reluctance to reveal them fades.
- **Sing along.** Hymns sung with gusto at church should never be taken for granted. Bedside choruses of old friends are a beautiful gateway to stillness.
- **Make time.** Love is precious, lasting and always worth sharing.

# Goings on at UUFSD July thru September 2023

## ONGOING EVENTS

**First Sunday of each Month at Noon Art Club**

Contact Alice Brzovic at [alicebrzovic@gmail.com](mailto:alicebrzovic@gmail.com)

**Second Sunday of each Month at 11 am Newcomer Meet Up**

Contact Betsy Gilpin at [membership@uufsd.org](mailto:membership@uufsd.org)

**Second Sunday of each Month at 11:30am UUFSD Board Meeting**

Contact Angie Knappenberger at [board@uufsd.org](mailto:board@uufsd.org)

**First and Third Monday of Each Month at 5:30 pm (Zoom): Bit'of' Fun'/Word Games**

Contact Linda Luisi at [Linda@LindaLuisi.com](mailto:Linda@LindaLuisi.com)

**Third Monday of each Month at 2:30pm Earth Centered Spiritual Group**

Contact Glen Bowden at [ggbowden@cox.net](mailto:ggbowden@cox.net)

**Second Monday of each Month at 6:30pm UUFSD Book Club**

Contact Cathy Leach-Phillips at [bookclub@uufsd.org](mailto:bookclub@uufsd.org)

**Second and Fourth Wednesdays of each Month at Noon Women of the World**

Contact Kay Byrnes at [kaybyrnes@mindspring.com](mailto:kaybyrnes@mindspring.com)

**Every Thursday at 7:00pm Choir Rehearsal**

Contact Steve Milloy at [steve@uufsd.org](mailto:steve@uufsd.org)

**First and Third Thursdays of each Month at 6:30pm Buddhist Sangha**

Contact Bob Isaacson at [buddhistsangha@uufsd.org](mailto:buddhistsangha@uufsd.org)

**Every Friday at 10:00am Buddhist Meditation**

Contact Janet at [janetmelugin@gmail.com](mailto:janetmelugin@gmail.com)

**First Saturday of each Month at 9:00am UUFSD Work Party**

Contact Ed Mlakar to confirm at [buildingandgrounds@uufsd.org](mailto:buildingandgrounds@uufsd.org)

**Third Saturday of each month at 11:00 am Sacred Text Class**

Contact Rich MacDonald at [ridumac@gmail.com](mailto:ridumac@gmail.com)

**Fourth Monday of each month at 5:30 All Ages Game Night**

Contact Susan Hahm at: [srwhahm@gmail.com](mailto:srwhahm@gmail.com)