

# DIALOGUE

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

## UUFSD Art Club Pages 11-14



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**"What Does It Mean to be a UU?"  
Join the Congregational Meeting on  
Article II**

**Sunday, October 1, 11:30 am  
See Page 6 for more information**

# Rev. Ellie's Corner



Beloved Members and Friends at UUFSD,

It has been a joyful and eventful beginning of the year! Beginning August 15th, I am now your full-time minister, and I am thrilled to jumping into this more extensive work with you. This year is going to see some major changes in how we share in ministry together, and I think you'll be excited by most of them! One of the things that I'm asking all of you to consider is what you do at the fellowship that feels like work rather than nourishment. If it isn't essential to fellowship life, our hope is that we can create new organizing structures, and new ministries that allow for us to move more deeply into the actual joy of fellowship and ministry.

By now, most of you have heard from the board about some of our changes in governing structure. I will be the point person for programmatic committees, while the board will continue to manage the operational committees, like the fiduciary committees. Part of the point of this is to reduce the unnecessary minutiae for the board, for me, and for all of you on our wonderful committees! As we begin to do some visioning work together as a congregation, we'll also be delving into the article II changes that will be voted on in the upcoming Unitarian Universalist General Assembly. Last year, I described the changes, which included six values bound together through love. Like the article II draft, I see our congregation with six ministries: Worship, Social Justice, Music, Spiritual Growth, Pastoral Care, and Outreach. All of these ministries are bound together in Fellowship. Fellowship is the center of our congregational life, and as such, I'm excited to begin exploring new ways of engaging in fellowship in creative ways that will be both on our beautiful campus, and out in our broader community.

The coming year will be an exploration, and I, for one, cannot wait to explore our six blessed ministries together with fellowship as our goal.

As always, please feel free to reach out to me or make an appointment on my calendar.

Blessings and Excitement for the upcoming year!

Rev. Ellie Kilpatrick (she/her)

# Welcome New Members



**Greg and Christine Trigeiro** have been UUs in San Diego County for 37 years, moving around the area and attending different congregations. Now they are with us. They currently live in Vista. Greg is retired and Christine is still working part time as a clinical psychologist. They are the parents of two married daughters living in the area. They are looking forward to welcoming their first grandchild in early November. Christine enjoys tending their three dogs and dog sitting for their daughters. She is attending the Buddhist group on Friday mornings. Greg is an avid gardener, taking care of 30+ fruit trees and many other food-producing plants. He enjoys being part of one of UUFSD men's groups. Welcome Trigeiros!



**Olga Anson** found us through a friend who will likely also join soon. Olga's creative spirit began as a child when she daydreamed on the adobe porches and in the apple orchards of her grandparents in Northern New Mexico. She is a native of the Land of Enchantment and a graduate of the University of New Mexico. Her career in social services took her to California, Nevada and Colorado. Her travels have taken her to New Zealand, France and Germany and further inspired her awe for the natural world. Retired 20+ years she currently pursues creative interests and talents in music acting and writing. Topics range from a love for Mother Earth to transformative life experiences. As a singer-songwriter, she combines her original music with her poems. Welcome Olga!



**Jennis Hemmingway** works at the Legal Aid Society of San Diego as a staff attorney helping adults and children qualify for Social Security Disability and supplemental Security Income. Jennis is the 8th child in a family of 11. She and her husband have two adult daughters. Jennis loves to travel, enjoys hiking, playing board games, cards and doing puzzles. She is also keen on politics and social justice. She decided to explore UUism after attending the UU memorial service for her niece in Salt Lake City. It seemed to be a good fit and a way to make connections with like minded people. Jennis has two adorable Siamese kittens. Welcome Jennis!



**Michael Rosen** was introduced to us when he accompanied his father, Steve Rosen, to Sunday morning services. Mike is a software developer who maintains the software that calibrates color TVs. His wife, Ana, and some of his 4 adult children sometimes attend the Fellowship with him. Mike belongs to Rotary International, and does philanthropic work in Central America. He also uses his computer skills to that end. Welcome Mike!

# Our Values in Action

## “THRIVE” Pride Parade, Saturday, July 15



Unitarian Universalists of the San Diego Cluster joined an estimated 300,000 people to celebrate this year's 2023 San Diego LGBTQ Parade through Hillcrest in San Diego. The theme of this year's festivities was “Thrive” to acknowledge how our resilient and diverse community has grown and flourished over the half-century since the Stonewall Riots of liberation.

More children, families, young adults and seniors joined UUs from First San Diego, San Dieguito and Summit this year. Many more watched from curbside, on-line and virtually or met up at the two day Festival in Balboa Park that followed the Parade. Our lead vehicle was driven by Valerie Jaques. Louise Titlow, Co-Chair of First UU's Rainbow Action, coordinated the entry.

## Annual School Supply Drive



Thank you one and all for your generous support of the School Supply Drive. For those who gave cash, we used it to fill with a nice assortment of needed items. Betsy Gilpin has delivered half the supplies to the Encinitas Community Resource Center Women's Shelter and Norma Showalter delivered the other half to Capri Elementary School in Encinitas. The recipients were very pleased with the donations and have expressed their profound thanks.

## Involvement Teams



## Pastoral Care Candles of Light Teams

If you attend UUFSD regularly, we hope you will participate on one of our “Involvement Teams.” Participating on our teams can be your contribution of shared worship.

You can:

- Offer to bring food to someone in need
- Send a “caring card”

- Join the Elder Companions Team.

- 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)

Please contact [PastoralCare.org](http://PastoralCare.org) if you are interested.

# Our Values in Action

## UUFSD'S ORGANIC GARDEN



Greg  
&  
Greg



boosting garden nutrients



Greg Brown  
donating worm  
castings.



Greg Tigeiro  
donating chicken  
manure.

Can you see a greenish baby butternut squash behind the flower?

As these little plants grow, they will cover the entire garden bed. It's our next phase for growing squash to donate to those in need of fresh healthy food.

Butternut squash has powerful antioxidants to help prevent cellular damage & reduce inflammation. To donate finished compost/fertilizer or to help in any way: [LindaMLuisi@gmail.com](mailto:LindaMLuisi@gmail.com) or see Linda after service.

# Our Values in Action

**Fill A Belly, Thursdays, August 24, August 31 & September 28**



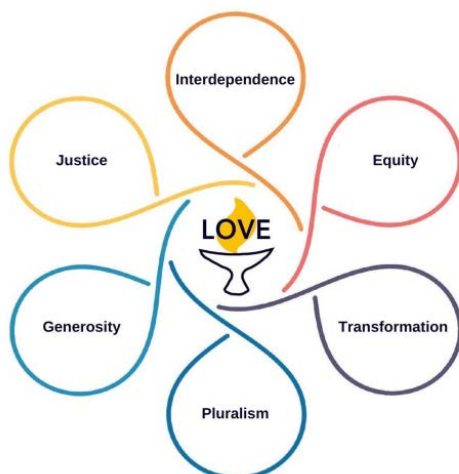
Fill -A- Belly is a non profit organization serving meals to our homeless brothers and sisters in the San Dieguito area. The UUFSD has been an active participant at Fill -A -Belly since it restarted having dinners in Encinitas every Thursday. The meals are served at the San Dieguito United Methodist Church. UUFSD furnished two meals in July, one in August and one in September. UUFSD has committed to furnishing one meal a month through 2023.

**A special thank you** to our meal providers and servers: Bill Paxton, Mary Ann Trause, Charlotte Ulm, Linda Luisi, Nancy Ronig, Irv Himelblau & Livia Walsh, Angie Knappenberger, Nancy McCharen, Norma Showalter, Sara Ohara, Nicole & Natalie Sutton, Keneth Kales, Christine & Greg Trigeiro, Marty Vogel, Julia Darling, Leslie Gomez, Betsy Gilpin, Amanda Manger.

**This is a wonderful family activity. Upcoming Fill a Belly dates: Thursdays, October 26th, November 16th and December 21st. For more information contact Irv Himelblau at [ihimelblau@gmail.com](mailto:ihimelblau@gmail.com).**

**Sunday, October 1, 11:30 am**

## A congregation-wide study and discussion of the revised Article II



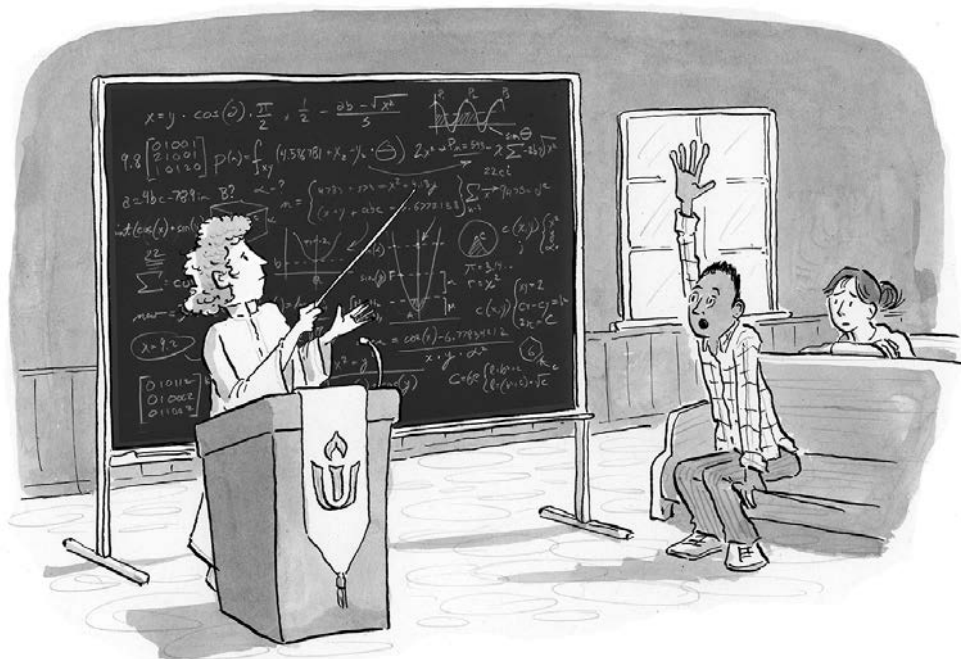
The revised Article II drops the concepts of “Principles” and “Sources” and introduces the concept of “values.” The six proposed UU values are “Interdependence,” “Equity,” “Transformation,” “Generosity,” “Pluralism” and “Justice,” and all the values are based on “Love.” This is graphically represented by the floret design above with Love in the center. The current Seven Principles and Six Sources are eliminated as separate ideas. Much of the wording of the Principles (including the 8<sup>th</sup> principle adopted by UUFSD and other congregations) is retained in paragraphs that explain the graphic. The wording of the Six Sources is mostly removed entirely.

This is a big theological change. We at UUFSD, like all UU congregations, will send delegates to the June 2024 GA to vote on finally adopting or rejecting the proposal. We have been asked to use this time to study and discuss the proposal, and decide how our delegates should vote.

Are these the right values? Is there room for the current principles and sources? Is there poetry? Why now? What do we want out of the revision? Does it matter or is it just words? What reasons have been offered pro and con? Are there supplemental or different values, sources, or principles that our Fellowship wants to adopt? In other words. . .

# C.C.C.C.C.

Cartoon Courtesy of Edward Himelblau



Your caption here.

Welcome back to the Communications Committee Cartoon Caption Contest, better known as the C.C.C.C.C.

Here are the entrees for the October CCCCC; choose your favorite caption.

**Irving Himelblau**

"It seems that our UUFSD Humanists members have taken over the Adult Religious Education Committee."

"I thought that the Adult Religious Education Program would be more of a spiritual experience."

"So, what you're saying is that God could have created the world in six days, if each of his days lasted seven hundred and fifty million years."

"Can you tell us again how your 'Number Theology Theory' relates to our 8 Principles?"

**Linda Luisi**

"Is this the new UU elevator speech?"

"I'm New to UU. Why not simply count the number of cars that fit in the parking lot?"

"Is this the new minister who speaks in (algebraic) tongues?"

"I've heard you say 'God is NATURE'. I've heard you say 'God is LOVE.' Is this the new 'God is MATH?'"

**Kenneth Kales**

"Who can tell me what U squared + FSD equals?"

Yes, Harold...

"A nonconforming set."

**Darren Heinrichsen**

"Wow... you really went off on a tangent there..."

**Ted Foster**

"Reverend, you have read my mind."

"The answer is love."

"The answer is Article II."

"This is simpler than Article II"

# Happenings

## 4th of July Celebration



Approximately 50 members, and friends attended the UUFSD 4th of July celebration.

**Special thanks to Louise Garrett, Trent Ulm, his friend Ed Lam, Niel Lynch, and Betsy Gilpin.**

Louise and her partners, provided a magnificent 4th of July feast which included hamburgers, both meat and vegan, and hot dogs, both meat and vegan.

Members and friends added to the wonderful menu with a variety of salads, potato salads and other traditional side dishes. And then there were the desserts: fudge, all kinds and shapes of cookies, cake, lemon wedges, more cookies, cakes..... Our site was perfect for reviewing the Del Mar Fairgrounds fireworks which were spectacular. It was truly a magnificent afternoon feast and evening entertainment.



# Happenings

## Annual Beach Party, Sunday, August 27



It took a whole team of folks to replace Betsy Gilpin who had hosted the End-of-Summer Beach/Birthday Party for twenty years. On August 27, 2023, nearly fifty of us gathered at Moonlight Beach on a gorgeous day and evening. Stephanie Reed-Elliott provided a delicious chicken-barbecue sandwich, and many others contributed salads, desserts, and drinks. Some went in the ocean and kids played in the sand. Most folks just enjoyed the time for leisurely conversations and relaxing in the beauty of the beach.

Shifting the beach party to a potluck was regarded as the way to keep the tradition alive. The moon was on the rise as we headed home after another memorable time together.

## Musings From the Kitchen



Beginning in September, the Kitchen Elves created a theme pot luck for each month. From time to time, the Kitchen Elves will ask for an idea or request a contribution from the congregation members. To maintain consistency, the Elves have decided to designate the third Sunday of each month as Greet and Eat Sunday. Mark your calendars:

- **October 15th** – Chili Cook Off, Congregation members are asked to submit their favorite chili to be voted on. A prize will be given.
  - **November 19th** – Soup Sunday, Congregation members are asked to bring their favorite soup, vegan, vegetarian, or animal based. Bread and dessert served.
  - **December 17th** – Glazed Ham and sweet potatoes. Bread and dessert.
- Stay tuned for future monthly themes.

The Thanksgiving Dinner and Christmas Dinner will be potluck with the kitchen crew furnishing the turkeys and ham. No donation is required, just an appetite and the wish to be with Fellowship family and friends.



# Happenings

## UUFSD Pink Flamingo Swap, Saturday, September 9



The Pink Flamingo, headed by Louise Garrett, hosts two swap meets a year at UUFSD. This September's Pink Flamingo Swap was as fantastic as previous ones. New and veteran shoppers experienced another exciting, unforgettable experience of rows and rows of new and vintage items for any age in Founders Hall. Attendees found just about anything Jewelry, arts, computers, books, exercise equipment, games and bicycles. The best part? It was a swap! So people brought something and took something. Several families with small children were delighted as they watched their children filled boxes of their collection of cool stuff. It was an exciting evening with friends with the added bonus of lots of good food and drinks.



## Luncheon for Planet-Conscious Eating, Sunday, September 17

The choices we make for what we eat every day can make a difference in the sustainability of our planet. Even small actions like this can cultivate a mindset that spreads to other areas of our lives that can make a real difference. Doing it together will be an adventure. If you've been wanting to make a transition to a more plant-based diet, this potluck made it easier to explore new recipes. Members and friends shared many delicious vegan and vegetarian dishes, and we had several salads and fruit plates. This luncheon, sponsored by the **Climate Action Task Force**, was the second of its kind in 2023. More are to come.



## Dream Builders - Capital Improvement Update, Sunday, September 17



The Dream Builders sponsored an informational forum with an explanation of the progress and the ongoing procedure for upcoming work for the Administration building, repairs to the bridge leading to the amphitheater and the status of the design for Phases 2, 3, and 4 of our Capital Campaign. Doug Paterson, the architect whom we have contracted to work with the Coastal Commission to obtain our Coastal Development Permit, discussed the new architectural drawings and timelines for construction of the different phases. Sam Wade, our contracted landscape architect, gave a review of the landscape plans that will complement construction.

The design plans will remain hanging in the Hall for the next few weeks for all to view.

# UUFSD Art Club



## We Hold Space for Art Making at UUFSD

Linda Luisi was hosting a “Natural Art and Mindfulness Workshop” as a fundraiser for the fellowship in July 2022. Attendees were enjoying working on drawings and shooting the breeze. Some of us talked about how we liked the workshop’s “open studio” atmosphere, and how we would like to establish an artists’ open studio at the fellowship.

And that’s how the idea for UUFSD Art Club came about.

Art making is usually an introverted pursuit. But I’ve always enjoyed taking art classes where people work on their own projects while chatting away about this or that. Creativity coach Jill Badonsky calls this “holding space,” where we each encourage each other to explore our own creativity.

Holding space for others is also spiritual. We hold space for one another all the time at UUFSD: social justice, sacred circles, meditation, music, poetry, book clubs, gardening. We come together and unite as a religious community by exploring and participating in what interests us and where we can make a difference.

We started out small. The group has grown to include artists working in a variety of media, including graphite, crayons, pen and ink, color pencil, watercolor, printmaking, collage, jewelry making, leather crafting, wreath making, stitching, crocheting, and sign making.

If you want to join the fun, bring your own materials (nothing too messy) on the first Sunday of every month. UUFSD Art Club is non-competitive and supportive. All ages are welcomed. We meet from 11:30 am to 1:30 pm—outdoors on the patio when the weather is nice or indoors in Founders’ Hall.

For more information about UUFSD Art Club, contact me, Alice Brzovic , at [alicebrzovic@gmail.com](mailto:alicebrzovic@gmail.com).



# UUFSD Art Club

**Monoprint by Greg Brown**



**Drawing by Alice Brzovic**

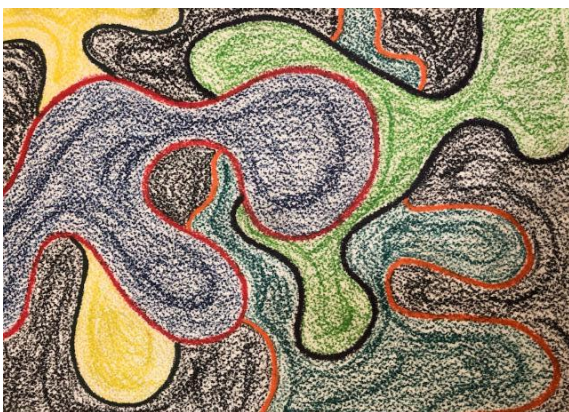


**Block print by Karen Eckhart**



Art Club is a great way to spend a relaxed creative time with fellowship friends. I usually work on adding finishing touches to my mono-prints or planning what needs to be done later on a press. I also ask for critiques to see if my ideas are coming across. It's very peaceful to work among a bunch of UUs, each doing her/his own thing and being together. – **Greg Brown**

**Drawing by Charlotte Rosen**



**Drawing by Trent Ulm**



# UUFSD Art Club

**Wreaths by Karen Eckhart**



**Mixed media print and collage by Greg Brown**

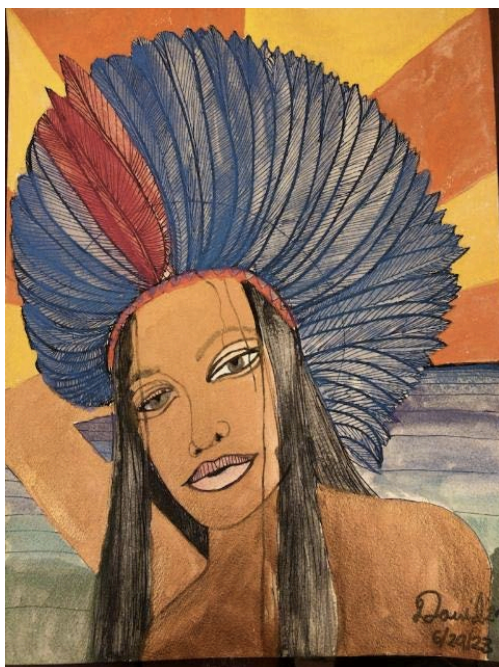


For me, Art Club is a set time where I know I can get things done with my crafting, where I don't have distractions at home that normally keep me from making progression my commissions. -  
**Antony Carter**

**Watercolor by Charlotte Ulm**



**Drawing by Trent Ulm**



My drawings are inspired by the spirit plane and my visions of smiling quiet beings become real on paper or canvas. I joined this group of talented people who I hope have similar feelings on how Art should be presented. Presented to all souls with a love and a smile in the UU way, in all the ways art can be expressed. - **Trent Ulm**

# UUFSD Art Club

Two hours following the first service of each month to MAKE ART! What a joy—no home chores, no garden tasks, no emails to distract me; that's what draws me to our Art Club. The company and inspiration of my fellow UU art makers stirs my creativity, too. - **Karen Ekhart**

**Leather Craft by Antony Carter**



"Art Club - Amazing!" - **Charlotte Ulm**

**Drawing by Alice Brzovic**



**Watercolor by Charlotte Ulm**



**Europlastic drawing by Trent Ulm**



# Goings on at UUFSD October thru December 2023

## ONGOING EVENTS

**First Sunday of each Month at 11:30 am Art Club**

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

**Quarterly, Newcomer Meet Up**

**September 24, January 21, 2024 & April 21, 2024**

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

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

Contact Mary Anne Trause 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)

**Thursdays at 7:00pm Choir Rehearsal**

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

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

Contact Christie Turner at [christieturner@gmail.com](mailto:christieturner@gmail.com)

**First Saturday of each Month at 9:00am UUFSD Buildings and Grounds 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 6:00 pm All Ages Game Night**

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

# Goings on at UUFSD October thru December 2023

## SPECIAL EVENTS

Sunday, October 1, 11:30 am:

Article II: "What Does It Mean to be a UU?"

Contact Mark Tuller at [ArticleII@uufsd.org](mailto:ArticleII@uufsd.org)

Sunday, October 22, 11:30 am:

Social Justice Planning Meeting

Contact Irv Himmelblau at [socialjustice@uufsd.org](mailto:socialjustice@uufsd.org)

Special Kitchen Lunches: Dates to be announced

October – Chili Cook Off

November – Soup Sunday

December – Glazed Ham and sweet potatoes

Contact Louise Garrett at: [lovenlou@gmail.com](mailto:lovenlou@gmail.com)

Thursdays: October 26 - November 16 - December 21, 6:15 - 7:30 pm

Fill a Belly Dinners for our Homeless brothers and sisters,

Contact Irv Himmelblau at [ihimmelblau@gmail.com](mailto:ihimmelblau@gmail.com) for sign up information

Saturday, October 14, 8:30am – 2:30pm

Silent Walking Meditation-Full Campus

Contact Bob Isaacson at

Sunday, November 19, 12pm – 2pm

Writing Workshop-Founders' Hall West

Contact Eberly Barnes at [eberlyb@gmail.com](mailto:eberlyb@gmail.com)