

*THE SCENE AT SUMMIT*  
Newsletter of Summit Unitarian Universalist Fellowship  
8778 Cottonwood Ave., Santee, CA 92071

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May 2012

Monthly

Summit's services and programs are held at the address above, phone number, 619-562-0833. Our website is [www.suuf.org](http://www.suuf.org), where the Newsletter & Sermons can also be read. Mail should be sent to the office at the above address.

**Office hours: Mon. 9:00 am - noon, Tue. - Fri. 9:00 am - 4:00 pm**

**Sunday Services - 10:00 am**

**May 6: "From Chaos to Community"**

Rev. Frank Placone-Willey

Order emerges from chaos. Creativity is sparked by disequilibrium. Fellowship is forged out of challenging interactions with others. Come reflect with Rev. Frank on whence we have come as a congregation over the past 20 months, and some of the challenges we face as we move into the future together. The service will be immediately followed by a congregational meeting to vote on whether or not we will be calling him as our next Settled Minister. All members, friends and guests are welcome to attend!

**May 13: "Our Founding Mothers"**

Rev. Frank Placone-Willey

Too much of our nation's official history has been preoccupied with wars and old white men. On this Mother's Day, we will direct our attention and gratitude to those women who have shaped us and our world, and who have participated spiritually and politically in the struggle to elevate women to a status in society equal to that of men.

**May 20: "Beyond Disgust: Toward a Morality of Compassion"** Rev. Frank Placone-Willey

Over the past nine months, well over a third of our Summit Community has in some way been involved in studying and practicing compassion according to the schema outlined by religious historian Karen Armstrong in her book, *Twelve Steps to a Compassionate Life*. Our reflection this Sunday will be fueled with testimonies from study group participants, and punctuated with a reflection by Rev. Frank that draws upon the works of social psychologist Jonathan Haidt, his holiness the Dalai Lama and others.

**May 27: "MUSIC SUNDAY!"** Summit Musicians and Choral Director, Jill Reis

The musical talents of our Fellowship's members and friends are among our most precious resources, and music can open us to inspiration and understanding like no other spiritual discipline. This Sunday come enjoy a fun, informal and musically diverse service involving musicians from our own Summit community! If you would like to participate in this service, all you need to do is provide the specified info (see page 5-6) to Jill Reis by 10:00 pm on May 8th.

**—ATTENTION—**

*The Scene at Summit's June 2012 edition*

**deadline will be Monday, May 21<sup>st</sup>.**

## **FROM THE MINISTER'S ROLLTOP: Onward with Compassion**

For the past nine months, over sixty Summitarians participated in all or part of our Compassionate Life study and practice groups. I was inspired by the level of dedication and involvement.

Groups met each month—except in April—and we had two additional half-day retreats, with meetings all focused around religious scholar Karen Armstrong's book, *Twelve Steps to a Compassionate Life*.

From the outset, we agreed with each other that we would each “Live as if compassion is a virtue that can be cultivated through practice and reflection,” and I know the time and attention so many members gave to the experience has benefited them, and has been a positive leaven in our fellowship overall.

For your own reflection and spiritual practice here are a few key quotations from Dr. Armstrong's book, in the hope that it might help encourage a continuation and expansion of compassionate living within and among us:

*“The principle of compassion lies at the heart of all religious, ethical and spiritual traditions...”*

*“Compassion is not to be confused with pity. A literal definition of the word means “to endure [something] with another person, to put ourselves in somebody else's shoes, to feel her pain as though it were our own, and to enter generously into his point of view. That is why compassion is aptly summed up in the Golden Rule, which asks us to look into our own hearts, discover what gives us pain, and then refuse, under any circumstances whatsoever, to inflict that pain on anybody else.”*

*“Skeptics argue that the Golden Rule just doesn't work, but they do not seem to have tried to implement it in a whole-hearted and consistent way. It is not a notional doctrine that you either agree with or make yourself believe. It is a method—and the only adequate test of any method is to put it into practice.”*

*“...we should recall that the sages, prophets, and mystics of these traditions did not regard compassion as an impractical dream. They worked hard to implement it in the difficult circumstances of their time as we work today to find a cure for cancer. They were innovative thinkers, ready to use whatever tools lay to hand in order to reorient the human mind, assuage suffering, and pull their societies back from the brink. They did not cynically throw up their hands in despair, but insisted that every person had the ability to reform himself or herself and become an icon of kindness and selfless empathy in a world that seemed ruthlessly self-destructive. We need that energy and conviction today.”*

*“...one small act of kindness can turn a life around...we can all create ‘spots of time’ for others, and... many of these will be...little, nameless unremembered acts of kindness and of love...”*

My hope is that all of us will continue to cultivate and deepen the spiritual practice of compassion, never losing sight of the fact that each of us, and the community we share, are perpetually works in progress.

And so it goes!

Namaste, **Rev. Frank**

**Meet with the Minister Sessions:** More opportunities to find out more about Rev. Frank Placone-Willey:

Thurs., May 3rd, from 1:30 - 3:00 pm or 6:30 - 8:00 pm in the Summit Sanctuary.

## FROM OUR SUMMIT LEADERSHIP

### *Message from the President*

Dear members and friends,

We have ducks in our backyard. They are a pair of Mallards who first appeared on Tuesday morning. They were in our swimming pool. Later on, they were seen moving around our ground cover. We hope they were catching snails.

Jess, the dog, went out to investigate. The ducks were unperturbed. They simply returned to the pool, and swam to the center. Jess is a good dog and knows that he is not permitted to jump into the pool, even if there are ducks.

We came home Tuesday evening and the ducks were gone. We figured that they had continued on their way to wherever Mallards go, this time of year. However, on Wednesday morning they were back. I guess our pool in the backyard is very welcoming, at least to those two ducks. However, we realized that they cannot become permanent members of our household. There's not really room in the pool for two ducks, plus people. We will have to do something soon, before the summer swim season.

Larry Wheeler visited us, at Summit, on April 21<sup>st</sup>. He presented some very interesting questions for us to consider. He has completed a report, which will soon be disseminated to the whole congregation. If nothing else, it became apparent that we need to update our strategic plan. If you haven't read it, it is available in the "Members" section of our website. It is interesting to look at it and figure out where we have met or exceeded predictions. We will be looking for interested volunteers who may wish to serve on a committee or task force, to engage in the process of updating the strategic plan.

During the Saturday session with Larry Wheeler the inevitable question of growth came up. The various comments made me realize that there are at least three myths related to the concept of growth in members.

The first myth is that there are substantial numbers of current members who don't want our membership to grow. This was simply not the case in the strategic plan. However, when the people present on Saturday were polled, 14/33 thought that the rest of the congregation would consider it a positive development if our membership stayed static. However, when asked their personal opinion, only 5/33 thought that a static membership-ending the year at 152, just as we reported in January- would be a positive result. I don't think that the group who attended the Saturday meeting are really more gung-ho on growth than those who did not attend. More important, Larry did not ask if anyone present would consider it a negative result if our membership grew. I think that this number is even less. I would be happy to hear from everyone who personally believes that any additional growth in membership would be a negative.

The second myth is the thought that a healthy congregation can control growth. If we have a committed membership, a strong support system, opportunities for spiritual development, a favored minister, and a creative religious exploration program, we will tend to attract people who want to join our group.

Third myth is that we may lose our sense of community as we grow. The evidence does not support this, at least for the foreseeable future. I propose that our sense of community has grown over the last 18 months. It is certain that our membership has grown. We certified 152 in January, and are now at 160. Even more pertinent, at least 157 people are pledging this year, as compared to 140 last year. This growth is the primary reason that we are able to offer our minister a 100% salary. We are able to carry on more activities, with greater membership. There are more volunteers and more diversity in talent.

If the ducks don't leave, we plan on putting the cover back on the pool. This will avoid adding two Mallards as members of our household. There is no such way to discourage growth in Summit's membership.

Thanks, Pierre Vaughn

### ***From Our Choir Director***

Our annual Music Sunday on May 27th is nearly here! Come support your fellow Summitarians and experience beautiful music at this unique and cherished service. If you would like to participate in this service, all you need to do is provide the specified info. below **to Jill Reis by 10:00 pm on May 8th.**

Please email the following info to [jillerinr@gmail.com](mailto:jillerinr@gmail.com):

- 1) Title and Composer/Lyricist of song
- 2) Performers' names (if you're submitting a duet or group performance)
- 3) Instruments included (singer soloist, guitar duet, wind quartet, etc.)
- 4) Duration of each piece submitted
- 5) If you need a piano accompanist

### **Dear Committee Chairpersons,**

In an attempt to make the process clearer when events/workshops are scheduled we have created the following procedures:

Chairperson of Committee sponsoring/hosting event must call or send an email to the SUUF office to notify us for the calendar scheduling. Also, if childcare is needed for the event, the chairperson must also coordinate or work with the presenter to get SUMMIT's list of vetted childcare providers. Outside persons not on Summit's list cannot provide childcare in Summit's facility or on the property for liability reasons.

Thank you for your cooperation in regard to this detail.

### **Board of Directors Meetings**

Third Thursday of each month from 7:00 to 9:00 p.m. in the Library at Summit. Observers are welcome. Minutes from recent meetings are posted on our website: [www.suuf.org](http://www.suuf.org)

### ***Staff Notes:***

**Parking Notice:** Please, only park in designated parking spots. Additional parking is available in the lot immediately across the street from the Salon as well as the doctor's office at 10158 Buena Vista Ave. The driveway areas need to be kept clear in case of emergencies.

**Senior and Visitor Parking:** We would like to ask our able-bodied members and friends to use the above-mentioned parking areas and leave the lot spaces for our designated seniors and visitors.

Thank you. SUUF Staff

## **RELIGIOUS EXPLORATION FOR ALL**

### **Children's Religious Exploration News**

#### **Wizards, Wands and Webs – Oh My!**

Summer is coming and planning has started for our summer RE program. After surveying the children in our program it became clear that Hogwarts Summer School, year two, was a priority for them. This

summer Summit will return to the magical world of Harry Potter, with a UU twist! I will be working with Anna Fowler, who wrote last year's curriculum, on a few new lessons and adapting some of our most popular lessons from last year to include some new material with a UU focus. This program will be for children entering 3<sup>rd</sup> grade to 8<sup>th</sup> grade next fall. Our High School youth are invited to help as Professor's aides or Prefects for the summer. Last year they were wonderful and had lots of fun too!

The classrooms will be transformed into a magical world again this summer. Because we will have more students participating, the main RE room will become our "Great Hall" and main classroom. I am looking for magical props, tapestries, candlesticks and cauldrons for decorations. Let me know if you have anything that we can borrow for the summer. Want to get in on the fun and help to transform RE classrooms? Let Mary know and you can help with the "magical makeover."

***Professors Wanted!*** The search is on for our Hogwarts Faculty. Want an excuse to wear your witches' hat? Join us for this very fun program! No Harry Potter experience necessary. The classes are written so that anyone can sound professorial and be ready to play the part. Headmistress Carter-Vail is currently searching the realm of Summit for magical and muggle talent! Let her know if you are interested in being considered for a session or two.

### **The Very Hungry Caterpillar**

For our younger UU's I am working on creating a curriculum using the stories of Eric Carl. His works include "The Very Hungry Caterpillar", "The Grouchy Ladybug", "The Very Lonely Firefly" and many more. These beautifully illustrated, simple stories deal with real feelings and offer a great opportunity for learning. Each week will focus on a story and what we can learn from the tale. There will be crafts and other fun activities to help bring the books to life. This program will be tailored for children starting Pre Kindergarten to 2<sup>nd</sup> grade this fall.

***Story tellers are needed*** for this summer program. Working with Summit's youngest children can be a very enriching experience. This is a great opportunity to try something new if you have always wanted to interact more with our community's children. Come be part of the fun this summer and play, laugh and create big smiles.

The summer schedule is ready to be filled. If you are interested in being part of either program let me know. Together with Summit's children and youth, we can have a magical summer!

Peace, Mary Carter-Vail  
Director of Religious Exploration for SUUF  
[Summitdre@gmail.com](mailto:Summitdre@gmail.com)

## **Adult Religious Exploration**

### **"Twelve Steps to a Compassionate Life" Study Group**

**Please Note the Schedule Change!** "Twelve Steps to a Compassionate Life" Study Group: **On May 10th in our final regular meeting** of our 2011-2012 Study Group of Karen Armstrong's book Twelve Steps to a Compassionate Life, we will be covering the eleventh and twelfth steps, "Recognition" and "Love Your Enemy." Groups will meet at 10:30 a.m. to noon and 6:30-8:00 p.m. We will NOT meet on Thursday, May 24th as previously scheduled. We will be meeting in the Summit Salon, rather than the sanctuary.

### **Freethinkers**

#### **Religions of the Axial Age (800 BCE to 200 BCE) will continue-**

In a short 600 years, the philosophic foundations of the major religions were independently developed throughout the world. This series of five presentations will explore those from Eurasia, South Asia, and East Asia.

**May 20:** *Buddhism: India*, presented by Neal Biggart

**June 18:** *Confucianism and Taoism: China*, presented by Neal Biggart

**July 16:** *Assessment of Current Religious Attitudes*, presented by Jai Ghorpade

Third Monday each month, 7:00 to 9:00 pm in the Salon

**Writers Workshop/** Lois Santalo: This group meets every Tuesday morning, 9:30 to noon, in the Salon.

**Memoir Writing Group /** Lois Santalo: Friday, May 11<sup>th</sup>, 10:00 a.m. to noon, in the Summit Library. This is an ongoing workshop. Everyone is welcome.

**Poetry Workshop:** Saturday, May 19<sup>th</sup>, 10:00 a.m. to noon in the Summit Library. Come play with words and discover the poet within. All levels of writing experience welcome. If you have any questions please call Margo Mariana. No registration necessary.

If you have questions about the ARE classes, please contact Margo Mariana.

## SUMMIT MINISTRIES

### **Caring Committee**

We would like to remind everyone that Juana Page and JoAnn Swanson are the "ride coordinators" for our committee. If you need assistance with transportation to Summit or appointments, call them, preferably a few days ahead of time.

### **Loving Hands Ministry meets Tues., May 1<sup>st</sup> , at 1:00 p.m.**

If you like to knit, crochet, or quilt, please join us in the Salon. The Loving Hands Ministry works on blankets for Linus Project, dishcloths for Crisis House, comfort shawls for Summitarians in need of comfort, and is always open to new ideas for outreach projects. Contact Laurel Bernstein for more info.

### **Social Action Corner - *Service Is Our Prayer* Helping Others in East County and Beyond**

#### **Summitarians helping out in East County:**

**Interfaith Shelter:** Summitarians generously underwrote the cost of hygiene packs which were assembled by our teens and given to our interfaith shelter guests last week. Extra packs were donated to Crisis House for their homeless outreach program. As you will read elsewhere, our first experience as an interfaith shelter host site was a HUGE success and the Social Action Committee would like to thank Barbara Brooks Nutter for the hard work and love she put into making this such a positive experience for all concerned!

**A reminder- food collection basket:** Crisis House is in need of food pantry donations, which have decreased in recent years even as the need has increased. Please remember that a basket is always present in Summit's greeting room to receive your canned and boxed food items- why not pick up one or two extra items this week while doing your grocery shopping, and drop them in the basket on Sunday?

#### **Summitarians helping out globally:**

**Amnesty International:** May's Social Action collection (rescheduled from April) will go to Amnesty International to support their work to protect human rights worldwide. The East County Chapter (Group

692) of Amnesty International meets at Summit in the Salon on the fourth Monday of the month at 7 pm. Chapter founder and coordinator, Viraj Ward, encourages your participation and would be happy to answer questions

### **How Can You Help Summit's Social Action Efforts?**

**Environmental:** It is no longer allowable to dispose of your used household batteries in the trash- they must be recycled appropriately. Bring them to Summit and we'll dispose of them safely for you. Look for the collection basket in the greeting room.

**Financial: Fair Trade Coffee and Chocolate – May 20.** Put your money toward a great cause – purchase fair trade coffee and chocolate! You can also place a special order to make sure you never have to go without. Remember that chocolate is not shipped to us in the warm summer months so get some now to tide you over! Summit's teens are now running this program- if you have any questions, please contact Gary Baldwin.

**Social Action Sunday: The third Sunday of the month (May 20) is Social Action Sunday.** Please join us on that day for the next **Social Action Committee meeting** in the library at 8:30 a.m. This will be our annual planning meeting. Questions? Contact Rosemary Morrison.

### **Our Social Action Committee Endorses Day Trip to Tijuana for Summitarians and Other UUs Interested in Learning First-Hand about Current Social, Political, and Economic Issues Along the Mexican/US Border**

On June 2, 2012 we'll be meeting at the San Ysidro/Tijuana trolley station at 9:00 AM and walking together over the border bridge to our chartered bus, so get your US passports ready!

We'll be joining hands with Professor Enrique Dávalos from San Diego City College, the Environmental Health Coalition in Chula Vista, and several environmental and worker justice organizations in Tijuana for this 1-day trip across the border.

The proposed schedule includes visiting the crosses on the border wall, the Otay Industrial Park where the maquiladora factories are, the Chilpancingo community and the Alamar River, having lunch on the world-famous Avenida Revolucion, and reflecting about the tour experience.

You may choose to return to the US at 3:00 PM or stay until 6:00 PM to participate in a visit to the beach area of Tijuana (where Mar lives) to visit Friendship Park, the Boardwalk, the Binational Garden, the Playas Shopping Center, and enjoy dinner at the Russian Restaurant Matryoshka where we'll meet with local LGBT, environmental, and immigration rights activists.

Donations: \$30 Regular, \$20 Students (Donations cover cost of the charter bus, lunch, and a donation to the workers' organizations.)

**NOTE:** Moderate walking will be required of all participants and because of that, this tour is not recommended for people who have ambulatory difficulties.

## **WITHIN THE CONGREGATION**

### **Member & Friend News**

♥ Jim and Valerie much appreciate the outpouring of care and concern from their Summit friends but they request no visits or phone calls at this time. Cards are most welcome and appreciated. Thank you for your understanding and care.

## **SUUF Community Classifieds**

We've hung a bulletin board in the hallway next to the Greeting Room for members and friends to post their business cards, services, and/or notices of items wanted or for sale. Please be courteous with your postings and remember to take them down in a timely manner.

## **Who will next be caught Standing on the Side of Love?**

Who would you like to nominate? If you would like to recognize someone for their loving and faithful service in our Fellowship, please send an e-mail to member Donna Daum describing who and why you would like to have them publically acknowledged during Community News time during Service on the 2nd Sunday each month. If you don't have email, pick up a form in the office or Greeting Room. You can leave them in the office or snail-mail them to Donna.

## **Summit has two membership directories;**

...a paper edition and an edition on Summit's website ([www.suuf.org](http://www.suuf.org)). To make the directories identical, members and friends listed in the paper edition must register personally on the website. If your name is in the paper edition and you have not registered, please do so. If you are registered on the website and your address, phone number, or email address has changed, please update it. *It is important to keep the website directory up-to-date as Members and Friends often use the directory when contacting other Summitarians.* Instructions for registering and updating your information can be found by selecting Member Login on the website.

LaMar Rogers, Web Editor

## **SUMMIT'S POTPOURRI OF PROGRAMS**

### **Earth Centered Spirituality Group**

Join us on Friday, May 4th at 7:30 p.m. to celebrate the Full Moon in her beauty and glory. We will be meeting outside the sanctuary at Summit to bask in the light of the moon and embrace oneness with nature and the earth. Please wear white or light colors.

### **I'm Not Done Yet!**

The next "I'm Not Done Yet!" discussion group will be on May 22nd at 2:30 pm in the Salon. If you would like to be on the list for these meetings contact Neal Biggart.

**Book Club - Change in May Reading:** The Summit book club selection for May has been changed to *Major Pettigrew's Last Stand* by Helen Simonson. Our next meeting will be at 7:00 pm Tuesday, **May 8** in the Salon. Please feel free to join us. On June 5 we will discuss *All's Quiet on the Western Front* by Erich Remarque. If you have any questions, please contact Gwen Baldwin.

### **Choir Notes...**

Choir practice meets at 7:00 pm in the Sanctuary on Wednesday nights. If you have questions contact Jill Reis, Choir Director, at 619-244-6965, or [jillerinr@gmail.com](mailto:jillerinr@gmail.com).

### **Hiking Club**

Hey happy hikers! Our next planned hike is for Sunday May 20th. We are planning to explore Horsethief Canyon in the Pine Creek Wilderness. The hike is a little over 3 miles round trip, with an elevation gain/loss of 500 feet. Afoot and Afield San Diego County rates it as a moderate hike. There is



a lovely creek in which to cool off if the weather happens to be on the warm side, so dress accordingly. If you're interested in joining us please contact Kerstin Crowe. Hope to see you there!

### **Meditation - Wed., 8:30 AM -Salon; Sunday, 8:00 AM -Sanctuary**

Why meditate? "It's like coming home." We meditate to find, to recover, to come back to something of ourselves we only dimly and unknowingly had and have lost without knowing what it was or where or when we lost it.

Meditation is a practice, and needs to be practiced, like anything worth doing. We sit in chairs, in meditation and/or silent prayer for the concerns of our hearts or of others who have asked to be remembered. You needn't be experienced. We are lifted by the shared intention and spiritual energy of one another.

### **Parents & Friends of Lesbians and Gays**

We meet in the library at 7:00 pm on the second Monday of each month. PFLAG is an international organization ([www.pflag.org](http://www.pflag.org)) created by families and friends to gain understanding of and support for our gay loved ones.

Our mission is to promote the health and well-being of lesbian, gay, bisexual, and transgender persons, their families, and friends through support. Our role is to be good listeners, to share some of our experiences when appropriate, and to acquaint them with other resources. For more info contact Bob and Mary Dryden.

### **Piano Club**

If you like to play piano, and for others to listen as you do, please join us on May 17th, at 4:30 at a Club member's home. Contact Ed Davis or Roy McDonald for information and this month's location.

**Don't forget to check out Summit's Gift Shop - Now Open!** in the Salon. There is a variety of items for sale, with profits going to support Summit and all of our many efforts. Summit artists and crafters will be providing a steady supply of gift items and cards. Currently, there are several of Lois Santalo's books available for \$10 each. Payment is on the honor system -- just slip your check or money through the slot in the black mail box at the base of the 2 windows.

Diane Slagle is coordinating the "shop." Artists and crafters who are interested in contributing items, please e-mail Diane.

## **UPCOMING EVENTS**

### **Summit Women's Retreat 2012**

Registration for the 2012 Summit Women's Retreat begins after service May 6th. Registration closes on June 30th. **"The Woman I Am"** is this year's theme. The retreat team came up with this theme from all the theme choices last year's retreat goers suggested to us. We hope when you return from this retreat you identify with these words spoken by Oprah Winfrey: "I was once afraid of people saying, 'Who does she think she is?' Now I have the courage to stand and say, 'This is who I am!'"

This year's retreat will be at the same lodge we enjoyed last year at Camp Stevens.

Dates and Times: start time, 4:00 PM October 12th, ends on the 14th at 1:00 PM.

The cost is \$140.00. We look forward to creating a meaningful retreat for you!

Pilar P-W, Katy O, Debbie W, Jennifer G, Diane S.

### **Santee Street Fair - Update #3**

Location: next to Santee Trolley Square

Thank you to all planters. We should meet our goal of 600 plants! Some of our planters will be out of town during the fair – we appreciate your dedication and will take care of your plants until the fair. We also have enough donations of pipe cleaners.

- We will have a final work party on Friday, May 25th from 1 p.m.– 4 p.m.–note change of date, (originally scheduled for May 24th) - in the salon. Bring your plants and stackable boxes (like those at Costco). Bring supplies like the plant stand and canopy.

- Volunteers needed to staff the booth. Two persons per session in two hour shifts: 10:00 a.m.- noon; noon-2:00 p.m.; 2:00 p.m.-4:00 p.m.; 4:00 p.m.-6:00 p.m. The last shift should plan to help with break down and clean up.

- Hal and I will be out of town from May 18th to May 24th. I will give you an update before we leave. Thank you. Pat Summers

### **The 2011 Auction is still Giving!**

Summit's Annual Auction was a great success! If you missed the fun, it is not too late. There are 2011 Auction items still available. To learn more, go to [www.suuf.org](http://www.suuf.org), click on “Auction”, and download "2011Auction-StillAvailable." If you would like to participate in any of these events, please call the office, 619-562-0833 and ask to have your name added to the list. Linda will send you an invoice for the item(s) you request.

Here's a summary with catalog numbers and titles:

**#163** *Night Club Two-Step Dance Workshop* - \$15 per person, \$25 per couple, TBA; In this 2-hour workshop you will learn the easy three step partner dance. “The Waltz” of night club dancing.

**#325** *High Tea with Neal & Nancy* - \$35 per person, Memorial Day weekend; Come have tea and scones in the Biggart’s beautiful garden setting!

This offering comes from Dr. Shannyn Fowl, and has been reduced to \$5 per person. Dr. Shannyn practices Naturopathic Medicine which offers natural healthcare options in lieu of pharmaceuticals and surgery. Finding the cause, using the power of nature and prevention are a few of the tenets that give NDs a completely different way of looking at healthcare for the individual.

**#170** *Osteoporosis & Bone Health* - Sat., May 5 at 10:00 am in the Salon. Come learn how to protect your bones and the natural tools available.

### **Another Way to Stay Informed**

The newsletter you are reading is our monthly *Scene at Summit*.

If you wish to receive the weekly Summit Enews in your email, contact Pam Kerr at [Suuf\\_volunteer@sbcglobal.net](mailto:Suuf_volunteer@sbcglobal.net) and I will be happy to add you to the email list.

## **Summit's Office Information**

**Minister: Dr. Frank Willey:** 619-562-0833, ex. 203 / UUFrankPW@aol.com

Emergencies and appointments: 619-889-0312

Office Schedule: Tues. - 9:00 a.m. - 12: noon and 1:00 p.m. until 5:00 p.m.

Thurs. - 1:00 p.m. - 4:30 p.m.

**Children's Religious Exploration:** DRE, Mary Carter-Vail, 619-562-0833, ex. 205 /  
summitdre@gmail.com

**Facilities Steward:** Mark Weedman

**Office Admin.:** Linda Peck, 619-562-0833, ex. 202 / summitunitarian@sbcglobal.net

**President:** Pierre Vaughn, pv@pierrevaughn.com

Summit's  
email address:

***summitunitarian @sbcglobal.net***

And web site address:

***www.suuf.org***

***Go Green!***