

THE SCENE AT SUMMIT

Newsletter of Summit Unitarian Universalist Fellowship
8778 Cottonwood Ave., Santee, CA 92071

Vol. 24 No. 11

November 2014

Monthly

Summit's services and programs are held at the address above, phone number, 619-562-0833. Our website is www.summituuf.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 - 11:15 a.m.

November 2nd: *"Choosing Joy"* The Rev. Arvid Straube

Joy is our birthright, an attitude and a habit. This Sunday's reflection will invite us to explore these aspects of joy. Come join us for this inaugural appearance by one of our newest members and commissioned Community Minister, Arvid Straube!

November 9th: *"Hey, Soul Friend!"* The Rev. Frank Placone-Willey

Are you a soul friend? Do you have soul friends? What is a soul friend, anyway? Rev. Frank's reflection will highlight the ways in which our community of choice is dedicated to being and becoming a community of soul friends.

November 16th: *"The Dark Side"* Service Leader: Gwen Baldwin

We all have a dark side and at times find ourselves in the grips of emotions like jealousy, fear and revenge. Is this a side of us to be kept under wraps or does it need to see the light of day? Can the dark side help us realize personal growth or should it be stifled to maintain a peaceful coexistence with others? Come hear Joe Adan, Lisa Garvey and Rowan Morrison talk about their dealings with the dark side. The Close Enough Band will provide the music.

November 23rd: *"Countering Consumption"* The Rev. Frank Placone-Willey

We are naturally programmed to consume in order to survive. And, paradoxically, we are consuming ourselves and the life on this planet toward a precipice of destruction. Why is this happening? Who's responsible? When is enough enough? As we give thanks for all that we do have in this coming week, today's reflection will encourage us to seek and work for a change of heart and mind in ourselves and in our world that will help us move toward sustainability.

November 30th: *"Turn Off the Drama Generator"* The Rev. Frank Placone-Willey

Human beings are attracted to drama. We go to plays about people in conflict, feed our soap opera and television series addictions, and often can't help but stir up drama in ourselves and in our relationships with others. This is especially true during the holiday season when, behind the sparkly lights and family gatherings and occasions of gift giving, people often explode in rage, collapse into self-pity, actively cultivate resentments, and say mean and hurtful things about others (who aren't even in the room) and to each other. Drawing on the Four Agreements by Miguel Ruiz, Rev. Frank will invite us to consider some helpful perspectives and practices that can help us turn off our drama generators and increase our chances of experiencing a more peaceful December, and beyond.

*The Scene at Summit's **December 2014 edition**
deadline will be **Fri., November 21st.***

Summit's Office Information

Minister: Dr. Frank Willey: UUFrankPW@aol.com

Emergencies and appointments: 619-889-0312

Office Schedule: Tues. - 12:00 noon - 5:00 p.m.

Thurs. - 12:00 noon - 5:00 p.m.

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

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

President: Barbara Brooks

FROM THE MINISTER'S ROLLTOP:

“On Unitarian Universalist Identity”

People identify themselves as Unitarian Universalists for many reasons. Some have rejected the faith of their childhood. Others, in pursuit of healing and identity, have left religious communities where they were hurt or abused. Many come seeking better answers for life's ultimate questions. Most come looking for some kind of community where they can experience authenticity and a sense of belonging.

Unitarian Universalism has formed and re-formed throughout the ages. This is why it is often referred to as The Living Tradition in our services of worship. Historically rooted in the spiritual and moral teachings of Judaism and heretical Christianity, it has flowered into a community wherein one's ideas and beliefs, drawn from any religious or secular source, can be respected and tested. No system of belief is privileged, and every ideology or schema—religious, spiritual, psychological, social, political, or scientific—is considered in the light of empirical and pragmatic evaluation.

So if not a system of belief, what constitutes the unique character of Unitarian Universalism? Again and again throughout history, the same themes have emerged in the course of our religious evolution. Among them:

- Loving ourselves and others does not require that we think or believe alike.
- We are open to truth and wisdom wherever it may be found.
- We value and encourage people's capacity to realize goodness.
- We are critical and skeptical, and concerned with what works in the way of making ourselves and the world a better place.

- We are heretics; people who, in accord with our own conscience and reason, choose what we will believe, rather than accept what someone in a position of authority claims to be true.
- We are not satisfied with a world where injustices prevail and where human-caused and human-allowed forms of suffering and oppression continue.
- We understand that, beginning with ourselves, human consciousness must evolve, if the world as we know it is to survive and flourish.

How well do the themes of your own life correspond to such sensibilities? I'm curious. I'm interested. I look forward to talking with you about this more in the days ahead.

Namaste, Rev. Frank

FROM OUR SUMMIT LEADERSHIP

From Your President

I recently visited Alaska, including the Totem Bight State Historical Park in Ketchikan. At a time when native Alaskan Clans had no written language, totems were silent but powerful storytellers. A New York Times article dated October 9, 2014 featured the newly discovered “hand outlines, found on a cave wall in Indonesia, at least 39,900 years old. These are the oldest known stenciled outlines of human hands in the world.”

This article touched and moved my heart, especially with the photo of the eloquent hands, reaching through time, complementing the story. The desire to document our existence, share our experience, to leave a handprint, footprint or soul print is primal and universal.

How does our Summit Clan tell our stories? Unitarian Universalists are deeply committed storytellers. We share our visions, our personal and universal hopes often and devotedly. Our Summit campus is bright with artwork, paths with serene garden work, the peace pole and with our new mosaic at the front of the Salon. We are busy with committees, music, workshops, covenant groups, fellow poets, writers, our Services and much more. We have just completed a series of Friday evening gatherings to share the long and amazing story of Unitarian Universalism. These Friday evening gatherings will continue with a new topic. Please check the Summit calendar or website, or ask. And, we are looking forward to the lively, fun, important upcoming Renaissance Faire Auction, an event surely to be retold often.

Many of us are familiar with Summit's website, www.summituuf.org and Summit on Facebook. The San Diego UU Network, countywide SUUN, now has a website, at www.uusandiego.org, which includes a direct link to our Summit website. The SUUN website also facilitates cyber meeting other countywide UU congregations. If you are interested in learning how to access our Summit website, an absolutely veritable fount of information, please let me know. My 14 year old grandson has recently been teaching me about Instagram and #hashtags. We cherish our face to face personal contacts and at the same time are learning current avenues of worldwide instantaneous conversations.

Peace and joy, Barbara Brooks

Summit Board and Congregation President

“JOYS AND CONCERNS” IS THE SUBJECT OF A COMMUNITY EXPERIMENT. On each Sunday in November, there will be 3x5 index cards available on the Greeting Room Table for those who would like to write down 1-2 sentences about a celebration, a milestone, or a concern that Rev. Frank will read out to the congregation during the service. Please use respectful language. Be brief in your comments. And do not use this as a way to make announcements or political statements. This experiment has been commissioned by the Summit Sunday Services Committee.

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.summituuf.org.

RELIGIOUS EXPLORATION FOR ALL

Children’s Religious Exploration News

There are many opportunities for children and families to find community at Summit. As we grow, new ideas and needs are discovered and we work to meet the needs of our community. In October, two new groups were started: the Summit Youth Choir and Minecraft Club or Chalice Craft.

The Summit Youth Choir is now meeting every Sunday @ 11:30 am. The group consists of youth from our middle and high school groups and young adult community. Neal Biggart is working with these talented young singers to help them to find their voice. Many of them are choir and solo experienced singers. They are preparing pieces to share with the congregation and may be ready to sing for the RE Holiday Service.

Minecraft is an online game that can be played by many people in community on what is called a server. Many of our children are already playing this game. It is an open- ended building game that allows for creativity and community building. It has been a dream of mine to create a UU focused Minecraft server, or online game space, where our children and youth could meet and play together during the week. The “community“ would have a group covenant that they would create together and agree to use as a guide when playing. We are calling it “Chalice Craft.” In October, families interested in participating in this gaming adventure met to talk about the idea and created a covenant. Wes Collins is building the digital structure for our server and is working with our older youth to get the space ready for play. Once it is done, it will be a private place where Summit children and youth can meet in the digital world to play and create together. They are all very excited about this! The hope is that we will eventually be able to open it to children and youth in the cluster to have a place where they can all meet and play together building a digital UU community.

Here is the Covenant for Chalice Craft:

- Help each other
- Share space and ideas
- Choose an appropriate area to play in
- No griefing, hacking or cheating

- Respect all players and their creations
- Ask rather than take
- All Admins are approved by Mary or Wes
- Admins approve all new players

These are two of our newest activities. There are many others that continue and a few that are still in the works. If you want to participate or would like more information on what is happening, email Mary at SummitDRE@gmail.com.

Upcoming events include:

- ◇ Holiday Play – Dec 7th
- ◇ CRE Holiday Party – Dec 12th
- ◇ Our Whole Lives – for 4th to 6th grade OR for K-1st grade late fall depending on demand.
- ◇ Coming of Age – early spring
- ◇ Stone Soup Lunch for Camp Scholarships
- ◇ Rainbow Salad Bar Camp Scholarship Lunch
- ◇ Spring Egg Hat Making & Easter Egg Hunt
- ◇ Family Game Night and more

It is going to be a fun (and busy) year! All of the planned events are only possible with volunteer help and participation. Please let me know if you can help out in any way. It is going to be great!

Bright Blessings,
Mary Carter-Vail, Director of CRE

Adult Religious Exploration

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

Memoir Writing Group / Lois Santalo: Fri., Nov. 14th, 10:00 a.m. to noon, in the Summit Library. This is an ongoing workshop. Everyone is welcome.

Poetry Workshop: Saturday, Nov. 15th, at Summit at 10:00 am. Please call Margo if you interested in participating. All levels of writing experience are welcome.

Meditation- Sunday, 8:00 a.m. -Sanctuary; Wed., 8:30 a.m. -Salon:

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. We are lifted by the shared intention and spiritual energy of one another. *"Whenever you step out of the noise of thinking, that is meditation, and a different state of consciousness arises."*
~Eckhart Tolle

SUMMIT MINISTRIES

Caring Committee

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

Loving Hands Ministry

We will meet Sat., Nov. 1st at 10:00 a.m. in the Summit library. All are invited! If you like to knit, crochet, or quilt, please join us. 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 at for more information.

Justice Ministry Committee

Summit's Justice Ministry Committee will meet on Tues., Nov. 4th at 1:00 pm in the library. Formally known as the Legislative Ministry Committee, the work of this group will focus on social justice issues such as immigration, income equality and environmental justice. Rooted in our UU faith and "Standing on the Side of Love" the committee will soon give us more opportunities for us to "Pray with our Feet."

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

Summitarians acting globally:

Guest At Your Table- Guest at Your Table is an annual fundraising and education program that supports the UU Service Committee's worldwide human rights work. While the format of the program has changed (no more little boxes), Summit will still have ways for you to participate, starting in late November- stay tuned!

Summitarians acting locally:

November's SAC collection- Tying in with Veteran's Day, our SAC collection this month will benefit veterans' organizations- details to be announced.

Peanut Butter and Jelly Collection- many thanks for your abundant donations of peanut butter and jelly! Hundreds of dollars' worth of your donated food staples have been taken to Crisis House to provide many meals for families and individuals in need.

Everyday Social Action - The Social Action theme for the coming year is "Everyday Social Action." What do you do to make the world a better place? Summitarians will be sharing their Everyday Social Action practices during the upcoming year- we look forward to hearing your ideas and practices as well! Here's what one well known Summitarian has to say (aren't we lucky to have her looking after us here at Summit?):

Everything is a resource that shouldn't be wasted. Starting with my morning cup of coffee that was brewed yesterday. I met a woman who works for the National Park service. She said they call coffee "a cup of song birds" because the habitat that is cleared to grow coffee is song bird habitat. Good to the last drop! Not to mention the grounds go into my compost pile.

I've used very little fertilizer at my house. It's harmful to the lizards and other creatures that visit my space. I've composted all the vegetable scraps, plant materials, etc., with manure (there's recycling!), which also has been tilled into my garden soil. And all the rocks that are turned up either line the garden or become the cobble between the slabs of concrete that used to be the old patio. I've created another "patio" in the upper part of the yard with them. Railroad ties line it and some of the planting beds.

Food is something that feels sinful to waste. I've been trying some "creative cooking" with left overs. That can be hit and miss, but I'll keep working on it!

Do you have a bucket in your shower? I have a 5 gallon one in mine. It fills half way just letting the water run to get warm. I've noticed that it is full by the end of my shower from the splash and spray. I have a lot of plants and this helps.

Clothing rejects always go to the thrift store after I've thinned out my closet. Household items, too. Some old clothes, and definitely old tennies, I hang onto for yard work. One of my problems is hanging onto things to try to fix them or repurpose them. But, sometimes it pays off! At a yard sale I bought a snazzy and heavy glass light for a couple bucks that I was able to put a new cord on.

Aluminum cans and other metals are the only recyclables that I turn in for cash. Everything else goes into the blue container.

Waste not, want not! -Linda Peck

Ps. I hang a couple of those hated plastic grocery bags on a chair in the kitchen for unwanted mail and other plastic bags.

PFLAG- Did you know that Summit is a meeting site for PFLAG (formerly known as Parents, Families, and Friends of Lesbians and Gays)? Meetings are held in the Summit library on the second Monday of each month at 7:00 p.m., facilitated by Barbara Brooks and/or Bob and Mary Dryden.

Social Action Sunday- SAC meets in the Summit library on the third Sunday of the month after the service. We welcome you to join us on November 23 (a week later than our usual third Sunday) at 11:30 a.m. for the next Social Action Committee meeting. Questions? Contact Gwen Baldwin, SAC chair.

Amnesty International

Hi all! Our next meeting will be on Nov. 24th at 6:30 pm in the Summit Salon. We look forward to seeing you!

WITHIN THE CONGREGATION

Member & Friend News

Please keep the following people in heart and mind:

- ♥ Harriet Wright as she receives hospice care at her living facility. Her Summit Friends are welcome but please call ahead of time.
- ♥ Carol Rawlins as she recuperates at home from illness.
- ♥ Norm Dessel as he continues going through transitions in health and life circumstances.
- ♥ Roy McDonald as he recovers from his recent hospitalization.
- ♥ Gloria Gelineau as she continues to live life to the fullest.
- ♥ Richard Wilkie and Elaine Harper, as Richard continues to receive palliative care at home.
- ♥ Harriet Nissenbaum as she recovers from pneumonia.
- ♥ Chris Wetzel, as she continues to live her life as fully and joyfully as possible.
- ♥ Christian and Jana Spring and Family, as Christian undergoes further treatment.
- ♥ Margo Mariana as she recuperates from surgery for her broken hip. Margo is at a rehabilitation facility and would appreciate visitors. Please call her on her cell phone ahead of time.
- ♥ All in our community who are struggling to make ends meet, find work, and provide for their families in these difficult economic times.

Summit's Memorial Garden

It is the patio area under the Chinese Elm Tree between the office wing and the Salon. Families can have a paver stone in this garden dedicated to their departed Summit member, by purchasing the engraving for \$150. For this fee the first and last name and the month and year of birth and death would be put on the stone. The letters would be 1 1/2" high. Please contact me if you would like to have a paver stone carved for your loved one. Suzanne McQuaide

Calling All Artisans

The **Summit UUF Arts and Crafts Sale** will be held on Sunday, November 23rd in the Salon from 9:30 to 12:30. What a great time to get your holiday gifts! Contact Neal Biggart to get on the list. Reserve your table space with Neal: (FYI- Thanksgiving is the next Thursday after that.)

SUMMIT'S POTPOURRI OF PROGRAMS

Choir Notes

The Summit Singers rehearsals are on Wednesdays at 7:00 pm. If you like to sing, come join us!
Choir Director: Carly Newman

Happiness 101

So you want to learn how to be happier?

If so, don't miss **Happiness 101**, a free workshop presented by Summit Community Minister the Rev. Dr. Arvid Straube. Date/Time/Location: Saturday November 22nd, 9:00 a.m. to 3:00 p.m. (Brown bag or lunch nearby), in the Summit Sanctuary.

This workshop is a practical introduction to those attitudes and practices that produce happiness. Using both the wisdom of ancient spiritual practices and the discoveries of the new science of happiness, participants will learn and practice ways of thinking and acting that produce happiness. This will include the ordinary happiness that comes from feeling good more and feeling bad less, as well as the underlying sense of flourishing that is beyond outer conditions.

For more information on Dr. Straube and his work as a spiritual director, go to <http://www.spiritualfulfillment.org>.

Middle Eastern Study Group at Summit UUF, Sponsored by Freethinkers...

In this extended series of discussions, we will explore the historical and current issues confronting the Middle Eastern religious and cultural communities in our area, with the goal of being open to interactions with them all. The three major Middle Eastern groups here are the Muslims, the Kurds, and the Chaldeans.

The sessions (#2 of 3) will be held on the 3rd Friday of the month on November 21st, 6:30-8:00 in the Salon. They will consist of an historical overview leading to the current situations. In the Spring, we will invite speakers from the three communities, as well as our own community, to provide insight and lead discussions on the issues that arise.

We are actively searching for people who have contacts or knowledge in this area to join our discussion. We are arranging for childcare but please rsvp. Please contact Neal Biggart: nealbiggart@mac.com. Hope to see you there!

Membership Committee

The Membership Cmte will meet on Tuesday, Nov. 4th at 2:00 pm in the conference room in the office wing.

The Summit UU Book Club...

The Summit UU Book Club will be meeting on Tuesday, November 4th at 7:00 pm in the library to discuss Henning Mankell's "THE WHITE LIONESS." "A first-class thriller." - The New York Times Book Review

Piano Club

If you like to play piano, and for others to listen as you do, please join us. Contact Ed Davis, or Roy McDonald, for date information and this month's location.

UPCOMING EVENTS

Hear Ye! Hear Ye!

'tis the Season of Moneymaking!

Let the trumpeters blow their horns and the maidens dance. Hark all Wenches and Goodwives, Goodmen and Laborers!

So shall it is to come soon, thou wilt be summoned to attend the

"2014 Summit Renaissance Faire Auction"

The Date: Saturday's Moon, November 8th

The Hour: 4:30 – 9:00 night fall

Feasting to gorge the belly full, bidding and haggling,
Palm Reading for your good or bad fortune to be told.

All this and more we look toward ONE fortnight.

There shall be Royal Markets and Peasant's Taverns to take indulge. Muses with flutes, Sorcerers and Jesters, a bawdy and ravenous time!

Fare thee well 'til we meet anon!

CLUSTER-WIDE EVENT

"Happiness is..."

Date: December 9th, 2014

Time: 7:00 - 8:30 pm

Location: UU Fellowship of San Dieguito, Founder's Hall

1036 Solana Dr., Solana Beach, CA 92075

Registration Contact: 619-876-7456

Dr. Ansar Haroun, Professor of Psychiatry at UCSD, will present a lecture on the biological, social, psychological, and religious underpinnings of the concept of "happiness."

For the last 25 years, Dr. Haroun has been a psychiatrist in San Diego, practicing the conventional biomedical model of treating unhappiness / depression, but also studying alternative models, which incorporate the wisdom of the great Masters (Buddha, Jesus, Ghazali, and Farabi, etc).

He will synthesize the wisdom of the sages, and explain where the western biomedical model should or should not be applied.

Dessert and Coffee will be served!!

ADDITIONAL INFO

Our Website has all the Summit information: summituuf.org/

Summit has a Facebook page!
<https://www.facebook.com/SummitUUF>

The monthly newsletter from the Unitarian Universalist Association: [UU Bulletin](#).

Summit's ONLINE DIRECTORY Needs YOU!

Is your info already in the printed Summit directory? Great! It should be on our new website, too.

Register online & upload your photo:

1. Go to www.summituuf.org
2. Select MEMBER LOGIN
3. Click the red REGISTER link
4. Fill out the Registration form
5. When done, click the blue REGISTER button at bottom of form.

Your Profile Photo

You can add your photo to your profile in the Membership Directory after you have registered (once your registration has been activated). Here's how:

1. Select the photo you want to use and place it on your computer desktop.
2. Log in on www.summituuf.org and you will find yourself in the Member Area.
3. Select "Your Profile" to access the Member Profile page.
4. You'll see "Upload" under the shadow of an image. Click "Upload" to upload your photo from your desktop. **Note:** If you want to change your photo at a later date, just repeat this process with a different picture.

Need help? Email LaMar Rogers at lamarrogers@cox.net.

Another Way to Be Informed

The newsletter you are reading is our monthly Scene at Summit. If you wish to receive our weekly eNews in your email, contact Pam Kerr at Suuf_volunteer@sbcglobal.net and she will be happy to add you to the email list.

If you would like to contribute an article, or classified ad, or 'something of interest' to the eNews, please follow these simple steps:

To add your item to the eNews

- ⊕ Do Not Send attachments. Include your information in the body of the email.
- ⊕ Send your item by 8:00 a.m. Wednesday to be included in that week's eNews.
- ⊕ Only programs, initiatives and events that are sponsored by an established committee or group at Summit may be featured in the main body of the eNews.

- ⊕ Services and goods wanted or for sale and ads relating to member businesses may be featured in the "Classified and Bulletin Board" section at the end of the eNews, at the discretion of the eNews editors.

Send to:[**Suuf_volunteer@sbcglobal.net**](mailto:Suuf_volunteer@sbcglobal.net)

Your consideration is Greatly Appreciated, Thanks! ~Pamela Kerr