

THE SCENE AT SUMMIT

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

Vol. 26 No. 11

November 2016

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 - 5:00 pm

Services begin at 10:00 a.m. - 11:15 a.m.

The November Worship Theme: *Acceptance of one another and encouragement to spiritual growth in our congregations;*

November 6th: *"Live Fully 'til the End"* Rev. Frank Placone-Willey

Death is commonly experienced and regarded by as our final enemy. Among the greatest challenges we face is that of celebrating life despite the fact that we will all, one day, die. On this Sunday following Dia De Los Muertos, the Christian Feasts of All Saints and All Souls, and the Pagan heritage at the root of them all, we will celebrate life, and death as a part of life.

November 13th: *"What It Means?"* Ken Davis, Ph.D.

"Discovering what matters to me" will be the focus of our reflection and worship this Sunday. Identifying, acknowledging, and changing what matters to us can bring us closer to personal wholeness. We welcome Dr. Ken Davis back to our pulpit this Sunday.

November 20th: *"Living Simply"* Rev. Frank Placone-Willey

In this busy, crowded, fast paced world, "simplicity" is pleasant to consider. It is easy to praise. It can make for a good daydreaming experience. But is simplicity really possible? And at what price? On this Sunday before Thanksgiving, we will give thanks for what we have, for what we are, and for the grateful people we can become.

November 27th: *"This is Only a Test"* Rev. Frank Placone-Willey

What's the point of it all? If, as some Buddhist's believe, we chose to be here, going through the experiences and challenges of our particular lives, what lessons did we set ourselves up for? What could I have possibly been thinking?

Summit's Office Information

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

Emergencies and appointments: 619-562-0833

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: Laurel Bernstein, laurelbernstein@yahoo.com

Property Steward: Mark Weedman, markatspectrum@hotmail.com

The Scene at Summit's November 2016 edition

deadline will be *Mon., Nov. 28th.*

FROM THE MINISTER'S ROLLTOP:

“Reflections on *Spirituality*”

Transcendence lies in the direction of an all-embracing consciousness.

“Spirituality” comes from the Latin word, *spiritus* (spirit), which can be translated as “breath, life, soul,” and has traditionally referred to that force or principle which animates all living things.

Consciousness is a synonym for *spirit*. I often use them interchangeably, as it seems to me that some sort of consciousness is what we mean when we speak of the spirit—whether it be in reference to the “human spirit” in particular, or the “spirit of life” or “spirit of love,” in general.

In recent history, the focus of spirituality has been on qualitative experiences, like the values and meanings that shape our lives. Today it often includes processes and practices that lead to personal growth, integrity, and transformations that are not reliant upon religious institutions or dogmas.

And, as it often is in our Unitarian Universalist context, spirituality can be deeply related to 1) a variety of liberal social, political, and philosophical movements, 2) recovery from substance abuse and addiction, and 3) avenues of growth and healing that involve personal transformation, social liberation, and, ultimately, some degree of self-transcendence.

There are many different understandings and appropriations of the concept of “spirituality” in evidence today. A truly “spiritual” person, it seems to me, will be concerned with trans-traditional processes and practices aimed at liberating themselves and others from the negative constraints and destructive dynamics that continue to afflict the world. For example, a spirituality that is effectively grounded in love will be, at the very least, concerned with:

- Freeing ourselves and others from fear and/or the will to domination.
- Disrupting the perennial cycles of violence that pervade the personal and social dimensions of life, and
- Otherwise bringing an end to all human-caused and human-allowed suffering.

I often say that spirituality is fundamentally concerned with the engagement, expression, elevation and evolution of human consciousness. Spiritual practices that are worth anything, will be directed to these ends, and their value will be proven in the results of such activities.

So what kind of spirituality is represented in my thoughts, actions, and the consequences

of my actions? What spiritual practices might I be using, in order to liberate my own consciousness from reactions that judge, condemn, exclude or oppress myself and/or others? How is my spirituality inviting and challenging others to change themselves and the world for the better?

I'll be interested to know how you understand the concept of "spirituality," as well as the kind of spirituality you practice—whether you do so consciously, or as is still so often the case, unconsciously.

Namaste and Love always, Frank

FROM OUR SUMMIT LEADERSHIP

AUCTION NOTICE!

Some of the tickets to the 2016 Auction on the evening of Nov. 5th have the wrong time.

Auction time starts at 5:00 p.m.

President's Report

Ch-ch-changes...

Summit is growing. You may have noticed that often most of the seats in the sanctuary are filled on a Sunday morning. This is a good thing, right? It's a sign of a healthy congregation, and a worship service that attracts people.

However, there is something called the "80% Rule" for churches- boiled down, it says: once you have reached 80% full – you're full. While it is possible to fill the seats beyond 80% capacity for special events, this can't be sustained on a regular basis. People like their space, or they can't find the empty seats, or they are reluctant to climb over five people to get to the empty seat in the middle, or they can't find enough seats for their family to sit together. This is particularly true of visitors- they don't want to climb over five strangers, or to sit between two strangers, or to split up their family group. So if a church is over 80% full, visitors often don't stay (or don't return), and the congregation doesn't grow.

So why do we care about growth? We like things the way they are, and we can all squeeze in, so why do we need to grow? We don't necessarily aim to grow for growth's sake. But organic growth (growth that happens on its own because people are attracted to us) is a very good thing. For one thing, Summit benefits immensely from "new blood"- new faces, new ideas, new volunteers and new committee members! But our wider community also benefits from Summit. Summit's original mission was to be a beacon of liberal thought in East County, and that beacon

is still held high. We provide a safe and welcoming space for people who are not comfortable, or possibly are not welcome, in many of East County's houses of worship, or who are looking for an alternative. We have a message that is (sadly) quite unique - that all people have worth and dignity, and that it's not what you believe but how you act that matters. We are a welcoming congregation to LGBTQ people, and are working toward becoming an even more accessible and inclusive community. We work toward justice, and aspire to compassion.

So as we look at finding ways to expand our space, take a deep breath. We aren't changing. Summit is not a building, it is our people and our actions. We are Summit, and East County needs us. So take a minute to think about what Summit means to you. And then think about how much Summit could mean to people who may be looking for just such a magical place. People who may desperately need a community like ours. Let's make them welcome, and make room!

~ Laurel

RELIGIOUS EXPLORATION FOR ALL

Adult Religious Exploration

Memoir Writing Group: Next meeting – Nov. 11th, (second Friday), 10:00 am – noon. All are welcome. Joanna Jones, jnajones@yahoo.com

Poetry Workshop: Saturday, Nov. 19th, at 10:00am at a member's home. Please call Margo Mariana at 619-465-7909 if you interested in participating. All levels of writing experience are welcome.

Summit Sangha

The Sangha meets every Sunday from 2:00-3:30 p.m. in the Sanctuary. We begin with 20 minutes of silent or gently guided meditation, listen to a 30 minute dharma talk and conclude with a discussion which can include questions about practice. Summit Sangha is a community of practice, learning, and support open to all who find a Buddhist path meaningful, and to all who would like to learn more. Namaste

Children's Religious Exploration News

October has just flown by and we are heading into the season of dark nights and holiday celebrations of light. There are more adventures ahead for us all as we celebrate our abundance with gratitude and share love and compassion in community.

Mary's Ankle

It has been more than 6 months since my ankle surgery and I continue to be in pain. Upon examination, the orthopedic specialist has recommended an additional surgery to repair the same tendon. Apparently there was more damage than was visible during the first surgery or scar tissue is present that is causing continued pain. Either way, I will be having surgery on Halloween to repair the ankle so that healing can continue. So that I may rest and recover, I will not be in CRE for the first two Sunday's of November. I am so very grateful for the volunteers, Liz Groff, Elinor Weed and Brenda McGuinness, who will be helping out while I am at home.

Watch for the return of the knee scooter mid month!

Challenges and Opportunities for Growth in CRE

Last month the Children's Religious Exploration Committee made the decision to combine the Pk-1st grade and 2nd -3rd grade classrooms due to low enrollment. They are all in the Moral Tales program with materials available to accommodate Spirit Play activities for our younger children when present. (This group just replanted the Summit garden beds with winter crops.) Please continue to invite families with younger children to our program so that we can fill up this group and return to two classes soon.

Book Drive & Donations

The Harry & UU classes ran a successful book drive last month! They collected enough donations to send about 15 full boxes of books to Los Colinas Women's Detention Center AND 15 full boxes to the Friends of Santee Library! For November and December, this group will be learning about poverty and immigrant families as a justice issue. They will be partnering with our Social Action Committee to "adopt" a family for the holidays.

Bright Blessings,
Mary Carter-Vail
Director of Religious Exploration

Summit's Children's Religious Exploration Mission Statement

"To create a safe and welcoming spiritual home for our children and youth through creative exploration of Unitarian Universalist principles and sources."

SUMMIT MINISTRIES

What is the Caring Committee?

We are a group of volunteers who organize and participate in a network of Summit members who support those in the Fellowship who find themselves in need. We would like to remind everyone that Juana Page is the "ride coordinator" for our committee. If you need assistance with transportation to Summit or medical appointments, call her, preferably a few days ahead of time.

Loving Hands Ministry

The Loving Hands fiber arts group will meet on Saturday, Nov. 5th at 10:00 a.m. in the Summit library. Please join us if you knit or crochet, or think you might want to learn. For questions or more info, please contact Laurel Bernstein.

Amnesty International...

Due to low attendance and lack of interest, our local amnesty international chapter is on indefinite hiatus. (Last month was our last planned meeting). We are considering several different alternatives, and we will keep you up to date on progress. For more information, talk to or email Renée Altson, Renee.a@gmail.com

Social Action Committee

For the next three months SAC will be focusing on Compassion for African Villages. If you'd

like to help out with this project or are interested in working on the SAC team feel free to come to our next meeting on Nov. 13th at 11:30am in the Summit Library.

We are pleased to announce the collection on Oct. 23rd brought in \$795 for Care for African Villages!! Thank you to all for standing on the side of love! Jerilyn Harris

Cards for Zimbabwe Villagers

We are collecting Holiday cards and letters which will be hand carried by Alix and Mark to Summit's adopted village, Rundogo, Zimbabwe.

Unsigned cards are available for your use in the Greeting Room at Summit. Please feel free to take a few cards, sign them, include a message if you like, and return them to the "Signed Cards" basket.

Or, if you have unused cards at home, sign a few for the villagers and place them in the "Signed Cards" basket. If you would like a reply, please put your return address on the envelope.

We need all cards returned by December 18th.

WITHIN THE CONGREGATION

Member & Friend News

Please keep the following people in heart and mind:

- ♥ For Kyle, Lynne and John Slaughter; may they find the respite and healing they need right now.
- ♥ Harriet Nissenbaum, for continued support, love, encouragement, and adequate help.
- ♥ Chris Wetzel, and her son Peter, as she remains fairly restricted to home.
- ♥ Val Sims as she continues to live her life to the fullest.
- ♥ Margo Mariana has a new hip and a wonderful new home.
- ♥ Michele Mattingly, for support as she searches for a new place to live.
- ♥ Bob and Mary Dryden, as Mary recovers from illness and hospitalization.
- ♥ Erin Collins, as she endures separation from her family until her move.
- ♥ Gloria Gelineau, who has just undergone another surgery and who is living life to the fullest.
- ♥ All in our community who are struggling with grief and loss and all manner of separations from loved ones.
- ♥ All in our community who are worried about how to make ends meet, how to find fulfilling work, and how to provide for their families in these difficult economic times.
- ♥ And, love always.

Wondering where to celebrate Thanksgiving this year?

Please consider joining many Summitarians in Salon for our annual potluck Thanksgiving Celebration! This will be taking place on November 24th, 2016:

- ❖ **Round-up time: 1:30 p.m.**
- ❖ **Feasting time: 2:00 p.m.**
- ❖ **Contact: Rachel Le Wine**

OR

Sign-up sheet in the office where you will find the sign-up on the bulletin board.

In Fellowship...

Summit's Bridge Group meets on the third Tuesday of every month from 10:00 a.m. to 2:00 p.m. in a member's home or at the salon. On the other Tuesdays, we practice in the salon from 1:00 p.m. to 3:00 p.m.

We are a friendly non-competitive group of players with varied skills. We welcome all interested bridge players. For more information contact Pat Summers or Pat Bryning.

Greetings Summitarians!

The date for the next Summit Arts and Crafts sale has been set for Dec. 4th, beginning at 9:00 in the Salon, then after service until 1:30. In the past we've had ceramics in various styles, plants, jewelry, holiday ornaments, as well as home baked goods. If you are interested in participating as an Artisan, please contact Neal Biggart.

Member to Member

Hi Everyone!

Summit is a busy, interconnected place these days. We all love to share our books, etc., with one another and it seems like the easiest place to leave things for other Summitarians is the Fellowship office. Which is great but things get in the way of the office volunteers at the desk and we wind up with things just setting around. Well, our Property Steward, Mark Weedman has come up with a great solution. We have a tall bookshelf across from Rev. Frank's office door that will be labeled "**Member to Member.**" So, when you want to drop something off for another member that's the place to put it. It is your responsibility to contact your recipient to let them know where the item is located. Also, the shelves below that one are another lost-and-found.

Summit's Memorial Garden

It's 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 McQuaid

Notes from the Music Committee

Summit's Music Committee is here to enhance and coordinate all things musical at Summit (Sunday services, concerts, special events, etc.). We will meet next on Tues., November 8th (the second Tuesday of the month) at 4:00 p.m. in the conference room in the Summit Office. We welcome new members and visitors, as well as your input and suggestions. For more information, please contact Laurel Bernstein.

Choir Rehearsals are on Wednesday evenings at 7:00 pm. If you like to sing, come join us!
Choir Director: Carly Newman carlynewman1021@gmail.com.

Freethinkers...

At the November 21st meeting we will be presenting part 2 of a screening of a first-run documentary film which examines some novel societal ideas and possibilities in a variety of different contemporary international cultures.

Linus Senhen or Neal Biggart

Book Club

Hi Folks, I want to highly recommend Sherman Alexie's Young Adult novel *"The Absolutely True Diary of a Part Time Indian,"* which we'll be discussing on Tuesday, November 1st at 7:00 pm in the Summit Library.

Monthly PFLAG Meeting at Summit

Our next meeting will be on November 14th, from 7:00-8:30 PM. I highly encourage all of you who are interested in bringing about a safer and more respectful society for the LGBTQ+ community to attend this meeting so we can share ideas, beyond just continuing the monthly meetings, about how we can work together and more effectively achieve this goal by reaching more families who might be in need of the healing and life-saving services that PFLAG offers.

Questions? You may text me.

Mar Cardenas - PFLAG Facilitator

UPCOMING EVENTS

AUCTION NOTICE!

Some of the tickets to the 2016 Auction on the evening of Nov. 5th have the wrong time. **Auction time starts at 5:00 p.m.**

It's Coming!

The laughter . . . the BEADS!!!

Mardi Gras Weekend:

The Summit Auction 2016

> **VOICE AUCTION > SAT, NOV 5th from 5:00 – 9:00 >**

And . . .

> **SILENT AUCTION > SUN, NOV. 6th from 11:30 am – 1:00PM >**

How can you support SUMMIT?

Come to the Auction!
Brings friends to the auction
Buy Raffle Tickets
Donate to the Boutique
Be an Underwriter

The Summit Auction is the most important fundraiser of the year, it truly helps keep the lights on and the garden looking beautiful.

Tickets on sale! \$10 per person for Sat. night live auction.

No charge for Sunday silent auction.

Raffle will take place on Saturday night (but winner does not have to be present to win)

BOUTIQUE! BOUTIQUE! BOUTIQUE!

Do you have a *NECKLACE YOU NEVER WEAR??*

How about an old set of *WINE GLASSES* or *TEA POT??*

If you took a peak in your attic, WHAT MIGHT YOU FIND?

**We will be accepting items for the auction boutique as late as Thurs., Nov 3rd!
Just drop your treasures off in the Summit Library of Office.**

Thank you!!

MaryEllen Danforth, Your Boutique Coordinator

Please no clothing or shoes

ADDITIONAL INFO

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 Don Jania-Smith at donjaniasmith@me.com.

About the eNews:

The newsletter you are currently reading is our monthly *Scene at Summit*. If you wish to receive our weekly source for Summit information, the eNews, in your email, contact Pamela Kerr at Suuf_volunteer@sbcglobal.net.

If you want to contribute an article, or classified ad, or 'something of interest' to the eNews:

- ☑ Include your information in the body of the email. Do Not Send attachments.
- ☑ Send your item by early Wednesday morning.
- ☑ 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, jobs wanted, or services offered, or, for sale, and ads relating to member businesses may be featured in the "Classified Ads" and "Bulletin Board" sections of the eNews, at the discretion of the eNews editors.
- ☑ Respond to the contact person noted in an article, do not just "reply."

Now you can find the eNews on our website <http://summituuf.org/>; log in as a member, you'll see "ENEWS" at the top of the banner to the right, click that and it will take you to another page that will give you a link to the current eNews.

Thanks! ~ Pamela Kerr

Calendaring Events!

When scheduling a new event at Summit, please contact Linda about the availability of rooms and to get your event on the master calendar. Please also consider possible conflicts with offsite Auction events. A calendar of Auction events is posted in the office by the main calendar, is posted on the web, and copies are available by the reception desk.

While Linda is ultimately the one who decides which on-campus events can be scheduled and at what time, the responsibility for setting and coordinating Summit-related on-campus events with off-campus events (e.g. Auction dinners) and avoiding unwanted conflicts in booking, lies with the organizers of these events, and not with Linda Peck or any other members of the Summit Staff.

Let There Be (Less? More?) Light

At Summit we are aware of everyone's need to be comfortable so we all can enjoy the Sunday service together. But we do have a wide range of sensitivities within the congregation. Several of us are extremely sensitive to florescent lights, while many of us don't see well and need more light to read the hymnals. What we've started doing is turning down the lights in the center of the Sanctuary. The lighting is brightest on the east (Library) side of the room and the back tiled area. Please take note of this as you choose your seats on Sunday, so we can all be comfortable.
~ Linda

Flowers for Sunday Services

The flowers at our Sunday services always add a soft spirit to the room. If you would like to provide flowers for any service you can sign-up by calling the office at 619-562-0833. This is a lovely way to commemorate a personal special occasion or honor a loved one. ~ Thank you!

"Shake, Rattle, *then* you can Roll!"

This is Summit's slogan to remind everyone about making sure all doors are locked before you leave the campus. The doors must be pushed and pulled to verify they are actually locked in place. Please be mindful of this.