

# ***THE SCENE AT SUMMIT***

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

**Vol. 27 No. 10**

**October 2017**

**Month**

Summit's services and programs are held at the address above, phone number, 619-562-0833. Our website is [www.summituuf.org](http://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.**

**October 1:** *Let Our Little Light Shine, Shine, Shine* ~ **Rev. Tom Owen-Towle**

The Rev. Dr. Tom Owen-Towle returns to the pulpit of Summit UU Fellowship to preach on the core of our Unitarian Universalist gospel. Who are we and how can we ignite our spiritual blaze in the larger world? This would be a fine Sunday to invite friends or associates with UU leanings to attend our congregation!

**October 8:** *Living by Our True Names* ~ **Rev. John Millspaugh**

Each one of us has many names: the names given to us by our friends, and family, our opponents, our co-workers, our achievements, by our weaknesses, and by our fears. By the stranger. By the mountains. By our descendants. Which names do you claim with pride, and which do you refute or ignore? To which names would you devote yourself? By what names would you be called? And what are the names of this congregation? What could they be? This service draws on wisdom of psychologist Erik Erikson, Buddhist leader Thich Nhat Hahn, and Jewish poet Zeldon Schneersohn Mishkovsky, all of whom invite us into the spiritual practice of living by our true names.

**October 15:** *How Can We Welcome the Sacred?* ~ **Rev. John Millspaugh**

Regardless of our spiritual beliefs, or lack thereof, all of us have encountered the depth of existence that reminds us that life is full of hope and dynamic possibility. Do deeply meaningful moments arise randomly, or is there something we can do to invite them into our lives? Come hear an unexpected perspective on "the Sacred" and what it has to do with pottery and poetry, love and lower back pain.

**October 22:** *Earth, Eating, and Justice* ~ **Rev. John Millspaugh**

Think you've heard about food and spirituality? Think again! Our guest speaker, a UU expert on food and spirituality, will make the case for three counter-intuitive ways of thinking about food and faith. First, you are not what you eat. Second, rather than putting our faith into action, it's better to take our faith out of our actions. Third, rather than following anyone's food rules--including these--we should eat whatever makes us happy. Believe it or not, this unorthodox approach to eating is justice-based, different for every individual and family, and can become an increasingly effortless spiritual practice, three times a day.

**October 29:** *"What Is UU Music?"* ~ **Dan Ratelle, a retired long-time UU Choir Director**

A look at what we sing and hear in UU worship.

**—ATTENTION—**

*The Scene at Summit's November 2017 edition  
deadline will be **Mon., October 30th.***

## **SABBATICAL ADMINISTRATOR'S SCOOP:**

As we came together during our Ingathering Service, we were reminded of the power of Forgiveness and Atonement.

### **A few notes on Forgiveness and Atonement**

- The word "atonement" can be broken down into at-one-ment which highlights that ultimately we are talking about a relationship between victim and victimizer. Healing requires coming together.
- The first step in forgiveness is to identify something in the other person that is human.
- Huston Smith is quoted as saying, "So the power of the act of forgiveness is the recognition of the flaw in all of us."
- One of the meanings of the word "forgiveness," is to "give for," which implies a gift. We have to find the flaw in ourselves to activate empathy and compassion and to be able to offer the gift of overlooking the transgression.
- The call to exercise compassion is central to all of the world's great religions.

*Take care,  
Toni Rogers*

## **FROM OUR SUMMIT LEADERSHIP**

### ***President's Report***

After speaking to a group of new and prospective Summit members, I started thinking about my own history as a UU.

I was raised nominally Presbyterian, and I was sent to Sunday school for several years as a child, though my parents rarely attended church. At the start of tenth grade I moved from NJ to VA. One of my new friends invited me to her UU church where she was very involved in the youth group. I had no idea what UU meant, but I went along. The building was VERY different from any church, cathedral or synagogue I had ever seen, with (as I recall) several roundish buildings connected by walkways. I don't remember the details of that first service, but it was different from any I had attended. I do recall that, at one of the early services I attended, the theme of the service was something to do with men or masculinity; halfway through the service I suddenly noticed that the sort of cylindrical sculpture on the piano, surrounded by a tuft of ferns, was a little more (ahem) masculine than I had noticed on first glance! I'm sure I turned red as a beet. Definitely memorable.

My parents visited this UU congregation with me and I think my father found his people. After being unaffiliated and mostly uninterested in religious services since refusing to be confirmed in the church as a youth, he and my mother both began attending UU services and all three of us joined when I was 15. Dad became quite active in that church and my mother attended as well. When they retired to Florida in the late 1970s, their criteria for communities in which to live were: a university with an entomology department, a mild climate, and a UU congregation! My parents eventually joined the UU congregation in Gainesville FL, where my father served as Board President and after that, at age 87, joined the Long Range Planning Committee, which I thought was hilarious at the time. He was a UU through and through. Interestingly, we found out soon after Dad died (just short of his 99<sup>th</sup> birthday) that the house he grew up in the 1920s in western MA had previously been owned by a

minister, who changed denominations midway through his career and became a Universalist! No longer welcome in the church with which he had been affiliated, he eventually preached Unitarian sermons in the “ell,” or addition to the house, that eventually became my father’s bedroom some decades later!

I’ve now been a UU for over 40 years. After Sandy and I were married and moved to San Diego, we attended the UU Fellowship of San Dieguito for several years. When our son Daniel was about three years old, we began attending First Church where he was enrolled in CRE, but even after most of a year we did not feel a part of the community. We heard about Summit, which had just gotten their first minister, the Rev. Ned Wight. I visited alone in late 1994 or early 1995 and was so warmly welcomed that all three of us returned a week or two later. We joined in 1995, the year Ben was born, and here we are, 22 years later. Over the years I’ve done all kinds of things at Summit- from giving a sermon to fixing a toilet. Summit has provided me with an environment for social action and for personal growth. This place is our home, and the more involved I am, the more I appreciate how much it means to me, and how important it is to have such a community.

~ Laurel

### ***From Our Property Steward***

**Thanks to everyone for your patience and understanding while Summit was getting a new roof.  
It took almost the entire month but it is complete!**

### ***Cool thoughts for warm hearts...***

Although we may not be able to get the temperature perfect for everyone on Sunday mornings, here is what I continue to suggest for the sanctuary AC/heating units:

- The thermostats for all three units in the sanctuary are set to 74 degrees. Although some like it warmer and some like it cooler, 74 degrees seems to be the best compromise.
- If you notice the AC or heat is not running, it's worth checking to see that the timer is on. The units won't run without the timer turned on. (Or the unit is working properly and the auto setting allows the unit to shut off because the temperature in the room matches the thermostat setting.)
- Whether we are cooling on a warm day or heating on a cold day, please keep the thermostat in the "AUTO" setting rather than the "ON" setting. The sensors will gauge when the room temperature matches the thermostat setting and then shut off. This saves energy and allows us to not get too warm or too cold.
- Because the unit above the choir area tends to be louder than the other units, we usually don't run this unit during service. It is ok to run it prior to the start of service.
- If you happen to be the last person out of the sanctuary (or other area on the property) you can help us conserve energy by turning off the timer of any AC unit which might still be running.
- Service associates, service leaders, ushers or greeters are welcome to check this detail on a Sunday if the air is not running. Please ask me if you'd like more info.

Yours in fellowship, Mark Weedman

### **SUUF Has Neighbors!**

For Rev. Frank’s farewell party, St. Paul’s Syriac Orthodox Church on Cottonwood (with the golden domes) gave us permission to use their parking lot in case we needed more spaces. Well, it is

Summit's turn to be gracious neighbors to them. Our campus won't be in use on Oct. 7th and 8th when St. Paul's will be having their building dedication (Oct. 7) and the installation of their priest (Oct. 8). Their gatherings will begin about 3:00 p.m. and go to 9:00-ish so if you are in the neighborhood don't be alarmed that our parking lot has a lot of cars at odd times!

Thanks for your support, Linda Peck

## RELIGIOUS EXPLORATION FOR ALL

### **Adult Religious Exploration**

**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

**INDY (I'm Not Done Yet!)**...

...will meet on October 2nd. We will discuss possible areas of study, but mostly do some "Brain Training", so bring your decks of cards, etc. We had a great time at the last brain meeting with the games etc. So come on down, as they say, and have some fun. Time is 3:30 in the Salon. See you there. Neal

**Freethinkers...**

...will meet on the 3rd Monday of the month, October 16th at 3:30 pm in the Salon. Linus is keeping us both very well informed and entertained about the current political events. Come enjoy the discussions.

**Poetry Workshop:** Saturday, October 21st, at 10:00am in at a member's home. Please contact Margo Mariana if you interested in participating. All levels of writing experience are welcome.

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

The Religious Exploration Fall Programs have begun! This year we have four classes or "Circles" and the Nursery. Each month we will be focusing on a different area of engagement to explore our faith through questioning, spiritual connection, creativity, and action. For my newsletter articles, I will share what we have done for the past theme and what is coming up next.

#### **Welcoming – Sep to Oct, 2017**

Our first theme has been "Welcoming." This has been a beautiful way for us to connect and welcome each other and to explore living our first principle, being kind to all. All the Circles have been together for the most of this unit. Here are some of our experiences:

- *Questioning* – How do we want to be in community together? We created a group covenant and explored what it feels like to be welcomed. How can we be welcoming to someone we don't know? We have created painted rocks to leave in public places for others to find as a random act of kindness.
- *Connecting Spiritually* – We started this section with a story of welcoming someone different and new during our first Children's Chapel. Each week we light a chalice and welcome each other through check in and by connecting the morning's activities to being welcoming to all. Our

children also participated in the ingathering service where we learned the story of Grudgeville and used rocks to let go of past hurts allowing us to be more open to receiving new friendships and experiences.

- *Making* – We have been using a big button-maker to create name buttons, with each participant designing their personal one. They are also making buttons for their teachers. We have been painting rocks to share as a random act of kindness with people that we don't know.
- *Taking Action* – After making rocks and buttons, participants can then gift buttons to their teachers and hide the rocks to be found by others in our neighborhood. We also looked for rocks in our own Summit gardens and found some! Finally, we played games to deepen our connection to each other.

This has been a fun way to start the year!

### **Stewardship – Oct. to Nov., 2017**

Our next section is going to have each age group in separate and parallel experiences. They'll explore how they care for our ocean and for Summit as we focus on what stewardship means. This will be in preparation for the "*Under the Sea*" Auction and an opportunity for them to explore their ownership of our faith community.

- ♥ *Pk to 1<sup>st</sup> Grade* – Our *Spirit Play* class will be learning how to move around and be together in their space. They will take a tour of Summit and explore ocean discoveries through stories and activities. They will have the opportunity to create ocean creatures from recycled materials and to contribute to a community art piece.
- ♥ *2<sup>nd</sup> to 5<sup>th</sup> grade* – Our Elementary Circle will be exploring how they can contribute to the Fellowship and to care for our oceans by creating *Under the Sea* decorations from recycled materials. These will be used to create an ocean feel for the auction.
- ♥ *Middle School Youth* – The younger youth will be taking the lead to create a community work of art to support our fellowship and to bring awareness of ocean conservation to Summit. They will also help make decorations and learn about stewardship of the ocean.
- ♥ *High School Youth* – Our youth group will be focused on creating a very special holiday play for the Fellowship. This year they have a really creative idea and we will leave you in suspense until the service in December. The play will be part of the annual CRE Holiday service and is a very special form of creative stewardship.

We are currently looking for members of the Summit community who are interested in being part of this exciting new year in Children's Religious Exploration. There are just a few slots left for teaching assistants. Interested? Contact Mary at SummitDRE@gmail.com.

With love and joy,  
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**

## **From the Caring Committee**

We will have an information table each Sunday during the month of October for anyone interested in helping fellow members and friends of Summit with occasional transportation, meals, and home visits in times of need.

Stop by the information table to update your volunteer forms, to sign up as a new volunteer, or to find out more about the Caring Committee.

### ***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, 619-490-9476, 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...**

... group will NOT meet on Saturday, October 7th and we tentatively plan to meet again on Saturday, Nov. 4th (first Saturday of the month) at 10:00 a.m. That is the day of the auction, so we may need to be flexible! Please join us if you knit or crochet, or think you might want to learn. We make comfort shawls for Summitarians, hats for homeless people, and more! For questions or more information, please contact Laurel Bernstein.

## **Justice Ministry News**

There will be a regional Justice Ministry training at SUMMIT on OCTOBER 21st, from 9:00 a.m. to after noon, presented by UU Justice Ministry of California. ALL are welcome to attend. Please contact Jack Shu with any questions.

Many critical executive and legislative actions needs your input this week. Contact your representative in congress and advocate for them to:

- NOT SUPPORT OR FUND THE TRUMP WALL.
- TO CONTINUE WITH THE "DACA" PROGRAM.
- Federal legislation on health care.

Those who live in the...

-53rd Congressional District? Call Rep. Davis's offices in Washington (202) 225-2040 and San Diego (619) 280-5353

-52nd Congressional District? Call Rep. Scott Peters (52nd) Washington (202) 225-0508 and San Diego (858) 455-5550.

-51st Congressional District? Call Rep. Juan Vargas (51st) Washington (202) 225-8045 and Chula Vista (619) 422-5963

You can use the following script when calling your representative:

"My name is \_\_\_\_\_, I am a constituent in the \_\_\_\_\_ Congressional District and would like Rep. \_\_\_\_\_ not support any legislation which would fund the border wall, to make sure we continue to allow undocumented children to live and work in this country without fear of deportation, and to be a sponsor of HR 676 Medicare For All. Thank you"

If you prefer not speaking to a person call after 5:00pm and leave the same message. Please call as often as you are able.

The following bills are or will be going before the governor. Call his office and/or email him:

To send an email fill out the form on: <https://govapps.gov.ca.gov/gov39mail/index.php>

Contact - Office of Governor Edmund G. Brown, Jr.

Govapps.gov.ca.gov

Contact prior to contacting Governor Jerry Brown, please review our FAQ section - there you'll find answers to common questions asked of the governor.

The governor's office number is (916) 445-2841 or (213) 897-0322. Ask that he sign the above legislation.

The governor's office number is (916) 445-2841 or (213) 897-0322. Ask that he sign the above legislation.

Script: "My name is \_\_\_\_\_, I would request the Governor please sign SB 54 the Values Act and AB 805 the SANDAG bill."

Contact Jack Shu with any questions, [jkshu52@gmail.com](mailto:jkshu52@gmail.com)

## WITHIN THE CONGREGATION

### **Member & Friend News**

Please keep the following people in heart and mind:

- ♥ Renee Alston as she begins treatments.
- ♥ Bob McLaughlin as he grieves the death of his son.
- ♥ Marian Krauss as she grieves the death of her daughter.
- ♥ Charles Jacobson as he transitions into an Assisted Living facility.
- ♥ 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 Wetzal as she seeks to live life to the fullest.
- ♥ Gloria Gelineau as she seeks to live life to the fullest.
- ♥ Val Sims as she seeks to live 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 challenging economic times.
- ♥ And, love always.

### **The Cafe Corner**

If you enjoy sharing the camaraderie and food of the Sunday Cafe, please consider making a commitment with your covenant group or other group or committee to host the Sunday Cafe once every three months. Or sign up as an individual on the sign up sheets during the Cafe.

If you want to share your talents or feedback with the Sunday Cafe contact Juana Page

**See you at the Cafe! ~Juana**

### **Notes from the Music Committee**

Summit's Music Committee now meets on the first Wednesday of each month. Our next meeting is scheduled for Wednesday, October 4th at 4:00 p.m. in the Summit office conference room. All are welcome. For more information, please contact Laurel Bernstein.

Regular choir rehearsals are on Wednesdays, from 7:00-8:30 pm in the sanctuary. Please join us! To find out more, please contact Carly Newman, our Choir Director, (carlynewman1021@gmail.com).

### **Drumming Circle**

It will be the 2nd Friday of the month (Oct. 13th) from 7:00pm-9:00pm in the Salon. Everyone is welcome. Any questions, people can contact Lynn Manyfires

### **Summit Book Club...**

On Tuesday, October 3rd, we will meet at 7:00 pm in the Summit Library to discuss Cormac McCarthy's *"ALL THE PRETTY HORSES."*

"A modern-day Western full of horses and gunplay and romance, it transcends the bounds of its genre with rambunctious, high-spirited, bottomless inventiveness. *ALL THE PRETTY HORSES* is a true American original." - Newsweek

### **Monthly PFLAG Meeting at Summit**

Our next meeting will be on October 9th, 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 contact Mar Cardenas - PFLAG Facilitator

### **Member to Member**

Hi Everyone!

The Member to Member shelves are working but only partly. We have a lot of things waiting to be picked up. It is starting to look like a book case at Good Will! Please remember to let your recipients know there is something in the office for them. And Recipients, please remember to pick those items up! If it continues like this we may have to "shelve" this idea.

### **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 McQuaide



## UPCOMING EVENTS

### **Camp de Benneville Pines Memory Project Sunday, October 8th, 1:00 p.m.-2:30 p.m., Bard Hall.**

Join us at First UU Church as we summon the spirit of Camp de Benneville Pines with the world debut of the Camp Memory Project. Part worship service, part story slam, part call-for-support, our First Church program will include readings and stories by Rev. Carolyn Owen-Towle, Ardath Schaibly, youth, and special guests. Following this, we'll have light refreshments and a Q&A on Camp's new strategic plan.

Contact Nancy Fisk for more information, [nfisk@guhsd.net](mailto:nfisk@guhsd.net).

### **"Auction Forms! Auction Forms!**

What you donate is what gets auctioned-off, Summit benefits in big ways! We accept anything, from Clown Classes to lifts to the airport, you can host a party or game night. We love it ALL!

### **The Summit Auction is the first weekend in November, the 4th & 5th.**

It's always a fun time with great food, a hilarious auctioneer, and amazing offerings to bid on!

You can fill out your form through the Summit website [here](#)

Or, you can fill out a form found in the Summit office.

## 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,

#### **Register online & upload your photo:**

1. Go to [www.summituuf.org](http://www.summituuf.org)
2. Select MEMBER LOGIN
2. 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](http://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](mailto:donjaniasmith@me.com).

### **About the eNews:**

Everything you ever wanted to know about the eNews (but were afraid to ask)...

- ⊕ Include your information in the body of the email. Really.

**Do Not Send attachments. Please.**

- ⊕ Send your item by 1:00 p.m. Tuesday afternoon (or before).

I cobble this together while I'm volunteering at the desk.

- ⊕ 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. And can only run a few weeks.

- ⊕ Respond to the contact person noted in an article, do not just "reply".

Another way to read the eNews is to go to our website and log in, you'll see "ENEWS" at the top right side of the banner, click on that and it will take you to another page that will give you a link to the current eNews.

Send everything; articles, kudos, questions, suggestions regarding the eNews here:

[Suuf\\_Volunteer@sbcglobal.net](mailto:Suuf_Volunteer@sbcglobal.net)

**Thanks!** ~ Pam 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

**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.