

# ***THE SCENE AT SUMMIT***

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

**Vol. 27 No. 11  
Monthly**

**November 2017**

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**

## **Summit's Mission Statement**

*In spiritual community, we commit ourselves to building a compassionate, just and sustainable world.*

## **Sunday Service begins at 10:00 a.m. to 11:15 a.m.**

**November 5:** *"What do we do when life gets Stormy? A Personal Guide to Spiritual Life Preservers."* ~ **Rev. Lone Broussard**

We live in times of instant news and constant calamities. Our hearts hurt because we have compassion. Yet there is often very little we can personally do to help the suffering. Add to that the uncertainly and inevitable changes in our own lives and it can feel as if we are in a tiny boat being tossed on a stormy ocean. How do we stay resilient and open to the joy and beauty that is also part of life?

**November 12:** *"The Soul of an Artist and the Saving Grace of Art"* ~ **Rev. Lone Broussard**

Art and religion are deeply intertwined and rooted in the soul's search for meaning. As long as humans have existed art has expressed our beliefs. Ralph Waldo Emerson wrote: *"Never lose an opportunity of seeing anything that is beautiful; for beauty is God's handwriting - a wayside sacrament."* What does this mean in an age of Instagram, Facebook and Selfies?

**November 19:** *"Where is home for you?"* ~ **Rev. Lone Broussard**

Once we knew where home was. Once we did not move as much as we routinely do now, once we did not have the opportunity to explore and travel. Home is more than a place, it is a sense of belonging, of safety. It is a place where faces may light up as we enter and also a place where, despite all we have done, they still take you in. What is the meaning of home for you?

**November 26:** *"Gratitude Beyond Thanksgiving"*  
~ **Summitarians Janni Pedersen, Tyler Mitchell, Meredith Leygraff**

## **—ATTENTION—**

*The Scene at Summit's* **December 2017 edition**  
**deadline will be**  
***Mon., November 27th.***

## **Summit's Office Information**

**Rev. Frank Placone-Wiley, Ph.D.** will be on Sabbatical July 1st through November 30th, 2017

For Ministerial Assistance contact **Toni Rogers, Sabbatical Administrator**  
tonir@cox.net or 619-857-2215

**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](mailto:markatspectrum@hotmail.com)

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

### **The Fragile Art of Hospitality (Rev. William Schulz).....**

“What exactly is the mission of our faith? This religion of ours is just a little bit complicated. We each have the freedom to determine our own beliefs. We affirm and promote the ability and responsibility of each of us to seek the truth and find meaning for ourselves. As we honor different paths, it's easy to get off track and not think we have a shared mission.

But we do. The mission of this faith is to be welcoming and nurturing of spirits, to foster respect and compassion for all people and a reverence for the web of all existence. Our mission is hospitality.

As Rev. William Schulz puts it, it is the mission of our faith to teach the fragile art of hospitality. Yet it's so easy to fall into the habit of sitting in our usual spot, to forget to seek out those we don't know well, to skip an effort to begin again. It's so natural to want to have our own needs met and forget about the needs of others. We need to practice hospitality so that we can teach it.

Hospitality is not a last minute decision. It takes preparation, commitment, agreement and action by all the members of a community.”

Welcoming isn't just something done at the Visitor Table; it's something everyone does all over the campus. Look for someone you don't know. Introduce yourself. Don't sit alone. Engage in conversation after the service. Practice the 3/10 Rule (talk to three people you don't know during the first 10 minutes after the service).

*Take care,  
Toni Rogers*

## **FROM OUR SUMMIT LEADERSHIP**

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

Can you believe it's November already? The months have flown by, and fall is upon us (although just a few days ago it definitely still felt like summer). We've made it through four months of Rev. Frank's sabbatical, and will be welcoming him with open arms in a month's time.

I now confess that I was a tiny bit apprehensive about how things would go, how things would be, while Rev. Frank was away, but I need not have been. Toni Rogers is our Sabbatical Administrator Extraordinaire, after all, and she gives fully of her mind, her time, and her heart. I would like to wholeheartedly and

sincerely thank Toni for the calm, thoughtful and conscientious way she handles this role. She and I speak often, and consult one another when anything out of the ordinary arises.

Congregational leadership and staff have also stepped up during this time, to keep things humming along as usual. I am more aware than ever of how extremely lucky we are to have Linda, Mark and Mary as our dedicated staff. They truly have Summit's best interests in mind- as they do their work, they are tending our campus and our fellowship as a whole, while also looking out for each one of us. For example, the recent decision to designate a room at Summit as a "cool zone" during sweltering days arose out of a staff meeting, and the staff's concern that some members would have no way to escape the heat. What a wonderful example of Summitarians acting with compassion. I have seen countless examples of that during these past few months as members of the community made sure others are being taken care of in Frank's absence (as we know, he does such a wonderful job of caring for us all).

What a wonderful community to be a part of!

~ Laurel

### **You are Cordially Invited to Share Your Vision**

We need your input! All Summit members and friends are invited to a **Visioning Brunch** on Saturday morning, **Dec. 2nd from 9:30 to noon** in the Salon. Come share your plans, dreams, and wishes for Summit. Rev. Andrea Travers, Summit Treasurer, will guide our visioning. Our collective thoughts will help us develop plans for the annual generosity campaign. Please RSVP to the co-chairs so we can plan for food. Thanks for sharing!

#### **Generosity Committee Co-chairs**

Katie Boskoff  
Pam Williams

#### ***From Our Property Steward 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

## **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 resume on Monday, January 8th, 2018, at 3:30pm in the salon. Normally we meet on the first Monday of the month, but that is not so good since we might be a bit hung-over or something. The first meeting will be an open discussion, a chance to talk about things, and to plan for future meetings. One of the nice things about INDY is that it is not rigid in any way. We can do whatever we want. So please come and join in, let your voice be heard, and go home feeling good if not better. I'll see you then, Neal

### **Freethinkers...**

...will meet on the 3rd Monday of the month, November 20th 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, November 18th, at 10:00am at a member's home. Please contact Margo Mariana if you interested in participating. All levels of writing experience are welcome.

### **Accessing the Gifts of Your Intuition -Led by Margo Mariana Fridays, 10:00 am to noon, November 10th & 17th in Summit Salon**

We all have the ability to be intuitive. It is a natural part of our brain (right brain) functioning. However, too often we allow our left brain, the logical, analytical part of our mind to override or dismiss the other part of its self. We actually have many ways of knowing. How often do we "feel or sense" something about a person or situation or find ourselves saying somebody or some place has a certain "energy" about it? Too often we tend to ignore that experience, label it as just "imagination," and then later discover there was validity to that knowing.

In this two session workshop we will explore ways to access our intuition and gain skills to use these tools and deeper ways of knowing to get guidance for ourselves and possibly for others when it is needed and asked for.

Please contact Margo Mariana if you are interested in participating and/or have any questions about the workshop.

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

As we welcome in November and the start of the "Holiday" season, we will be focusing on gratitude and caring for others over the next two months as part of our CRE program. I would like to challenge each of us to explore gratitude on a deeper level as, dare I say, spiritual practice. I extend this challenge to all of our Fellowship and offer a few ways to deepen our gratitude experience.

### **Getting out of Grudgeville**

At our September ingathering service, Rev. Arvid Straube shared the story of Grudgeville. In this tale, a traveler encounters a remote village where each villager carried each and every transgression on their backs, literally. This traveler challenged this community to "let go" of these hurts, by saying five magic words: "I'm sorry" and "I forgive you." This is a powerful story of letting go.

I have my own story of getting out of Grudgeville. In 2000 I was in a head-on collision with a car that ran through an intersection on a 65 mph freeway. This resulted in a trip, via Life Flight, to the Trauma Center, spinal surgery and a life of chronic pain, from that moment forward. I could not understand how someone, a stranger, could make a decision that would hurt me and my family in such a devastating way. After many years of anger and resentment, I came to the place where I was finally ready to release the hurt. You see, I had discovered that my anger and pain was not in any way impacting the person who had caused the accident, it was only hurting me and my family and friends. I said the magic words – "I forgive you," and "I'm sorry", moving from a place of resentment into gratitude.

"Gratitude" is a powerful word to use for the experience that I had. I took a long hard look at what had happened to me as a result of that accident and realized that my life had, from that moment on, taken a new path. The change in my body and the resulting PTSD resulted in deeper relationships with friends and family as I worked on healing. After recovering from the surgery, I was blessed by becoming pregnant with my youngest child. Paul and I did not think it was possible, so this was a gift from my dysfunctional body. The pregnancy forced me to get out of my self-imposed "pity party" as I shifted into "mom mode". The birth of my son brought this wonderful human into our lives. With him came new connections and relationship with other families, teachers and communities, as he grew up. As I look back on all of these experiences with grace and gratitude, I realize that that one pivotal experience, the accident that transformed my body, also transformed my life, for good. I am so very grateful.

### **Gratitude as Spiritual Practice**

Again, I challenge each of us to release the burdens of Grudgeville with the five magic words. Step into gratitude as we enter into November. Here are some ways that I do this work as personal spiritual practice:

*Release* – Use the five magic words to let go of the grudges. I did this by writing a letter of forgiveness and gratitude to the person who I was in the accident with. Tossing rocks into a pool of water is another way that I let go. Pounding clay or pillows works, too. As I needed to, I released the "grudge sludge".

*Reflect* – As a daily practice, I reflect in some way, on what I am grateful for. I use a journal, meditation and even talk to myself in the mirror. "Good morning body, I am so grateful for your strengths and blessings!" As challenging as my

accident was, I am now grateful for the experience.

*Renew* – When I focus in on gratitude, I discover incredible blessings that I may not have recognized had I not been intentional. This brings feelings of peace and renewal to each day and allows me to appreciate each moment, each gift and each teaching on a deep level. I find that when I reflect gratitude, I feel renewed. It also opens me up to discovery and new opportunities that I may have missed otherwise.

May you live in gratitude and explore it in a way that brings you peace and strength.

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**

***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, Nov. 4th (first Saturday of the month) at 10:00 a.m. That is the day of the auction. 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**

**RJ<sup>M</sup> Restorative Justice Mediation Program**

**Exciting News!!!**

RJMP just received a GRANT AWARD to facilitate Restorative Justice programming in San Diego County Jails & Detention Centers.

The Restorative Justice Reentry Prep Program (RJ-RPP) is a 20-week, cognitive based, experiential program for offenders incarcerated in San Diego who are preparing for re-entry into our communities. The rudiments of the RJ-Re-entry Prep Program are based on the restorative justice principles and practices of: accountability, recognizing harms, developing empathy and remorse, understanding victim impact, and personal healing. Offenders participate in a Victim Offender Dialogue circle with surrogate victims of similar crimes, which is a major step in the restorative healing process of both offenders and victims. It is based on curriculum written specifically to meet the needs of this population and tested in the same jails and detention facilities over a 3-year period. It includes a research component to evaluate changes in empathy - a factor which correlates positively with pro-social behavior. Starting dates are in January. Groups are co-facilitated weekly (2 hours each).

## **APPLICATION PROCESS**

Includes a pre-screen interview, background clearance, attendance at the institution's orientation, completion of the 24-hour training, and a volunteer commitment to facilitate in a San Diego facility for one year.

If you are interested contact Andrea Travers, RJ-RPP Program Coordinator

## **TRAININGS**

Friday and Saturday, November 10-11, from 8:30 a.m. to 5:00 p.m.

Saturday, December 2, from 8:30 a.m. to 5:00 p.m..

## **WHERE**

Diocese of San Diego Pastoral Center - 3888 Paducah Drive, San Diego, CA 92117

## **COST**

Training is provided by the San Diego Sheriff's contract award to RJMP.

Restorative Justice Mediation Program - [www.sdrjmp.org](http://www.sdrjmp.org) -

9747 Business Park Ave. #215, San Diego, CA - (619) 280-1993

**Contact Jack Shu with any questions**

## **WITHIN THE CONGREGATION**

### **Member & Friend News**

Please keep the following people in heart and mind:

- ♥ Lynn Slaughter as she grieves the loss of her husband, John.
- ♥ Kyle Slaughter as he grieves the loss of his father.
- ♥ Renee Alston as she undergoes treatments.
- ♥ Bob McLaughlin for continued support.
- ♥ Marian Krauss for continued support.
- ♥ Charles Jacobson for continued support.
- ♥ Harriet Nissenbaum, for continued support.
- ♥ Chris Wetzel 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.

### **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.

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

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

Summit's Music Committee meets on the first Wednesday of each month. Our next meeting is scheduled for Wednesday, November 1st 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).

## **Music Circle**

**The Music Committee** would like to invite all Summit Musicians to come and join our **Music Circle**. We are now meeting weekly on Tuesdays at 2:00pm at Summit in the sanctuary. Meetings for November will be 7th, 14th, 21st, 28th.

We are currently working on a Trio by Bach and also starting to look into some Christmas music. Please bring your instrument and /or your voice and enjoy playing for and/or listening to others. Also, if you have some music to share, please bring it along. For more information please contact Kerstin Crowe.

## **Drumming Circle**

Please join us on Friday, November 10th from 7:00 p.m.-8:30 p.m. in the Salon. Everyone is welcome and no skill is needed! Bring your own drum (I have an extra one I can let someone use - I'll also bring some rattles and a tambourine) or any musical instruments you would like... or just enjoy the heartbeat of the drumming. We will drum with a lot of heart, joy and FUN! If you have any questions, please contact Lynn Manyfires.

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

On Tuesday, November 7th, we will meet at 7:00 pm in the Summit Library to discuss Pulitzer Prize winning author David McCullough's biography, "*The Wright Brothers*".

Published in 2015, it's been hailed by The New York Times, The Washington Post, and NPR as one of the best books of the year.

"...a story that resonates with anyone who believes deeply in the power of technology to change lives." - Sundar Pichai, Google

## **Monthly PFLAG Meeting at Summit**

Our next meeting will be on November 13th, 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? 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. Please remember to let your recipients know there



is something in the office for them. And Recipients, please remember to pick those items up.

## **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.

## **UPCOMING EVENTS**

### **Summit Thanksgiving Dinner November 23rd, 2:00 p.m. in the Salon**

**Please join us for our annual Thanksgiving dinner.**

Please join us for our annual Thanksgiving dinner. After Sunday services there will be a sign-up sheet outside the Salon. Bring your favorite main dish, side dish, or dessert to share with your fellow Summitarians. We already have some folks signed up for some scrumptious dishes. If you have any holiday tablecloths or centerpieces you'd be willing to share for the day, I'm sure it would make the day even more special. Please contact Lynn Manyfires with any questions.

### **Summit's Annual Artisan and Craft Sale**

The annual Summit Artisan and Craft Sale will be held on Sunday, December 3rd from 9:00am to 1:30pm. Please contact Neal Biggart if you are interested in having a table. The tables come in 1/2 or full size, and you will need to provide your own cloth. The artisans make 80 % of the proceeds and the rest will go to the Landscape Committee. Please let me know if you are interested.

Thanks all, Neal

### **Save the Date for the Summit Holiday Sing-along**

All Summitarian members and friends, young and old, are invited to join in the fun at our Holiday Sing-along on **Saturday, December 9th at 7:00 p.m.** at the Spring's Mt. Helix home. Pianist extraordinaire **Drew Massicot** will be at the keyboard and will lead us in all your sacred and secular seasonal songs. Drinks will be provided; please bring a plate of cookies or holiday fare to share. Parking is limited so carpooling is strongly encouraged. Co-sponsored by Music and Hospitality Committees. Questions? Contact Katie Boskoff .

## **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.