

# THE SCENE AT SUMMIT

Newsletter of Summit Unitarian Universalist Fellowship

8778 Cottonwood Ave., Santee, CA 92071

Vol. 27 No. 12

December 2017

Monthly

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.**

**December 3:** *"Running in the Right Direction"* Rev. Frank Placone-Willey

This Sunday Rev. Frank returns refreshed and revived from his Sabbatical. Drawing on the quotation from the Poet Rumi engraved on the compass given to him before his departure ("Your heart knows the way. Run in that Direction!"), he will share some of his learnings over the past 5 months and be interested to hear how the congregation has fared while he was away. There will be a Circle Discussion after the Service, from 11:45-12:15.

**December 10:** *CLUUE – a Holiday Mystery*

*Who stole the holiday food?* This year our Children's Religious Exploration Holiday Play is *CLUUE – a Holiday Mystery*, and was written by our own Elanor Spring! Come join Colonel Mustard, Miss Scarlet and the rest as they try to solve the mystery! We will follow the clues to discover deeper meanings together.

**December 17:** *"Come Again?"* Rev. Frank Placone-Willey

The Advent Season is traditionally a time for waiting and watching for the dawning of new possibilities and pathways to a better life and a better world. Rev. Frank will invite us to reflect upon our own "second (and third, and fourth, etc., etc.) comings," and the opportunities we are repeatedly afforded for participating in the creative processes of our universe.

**December 24:** *"Darkness and Light: A Communal Reflection"* Rev. Frank Placone-Willey

On this morning before Christmas Day, Rev. Frank will host an informal gathering for guests and interested Summit Members in which together we will reflect upon the meaning of this Season of Lights for us and our particular life circumstances. Come as you are, in your jeans or jammies, for an hour of community contemplation and fellowship in the Christmas Spirit.

**December 24, Christmas Eve, 5:00 p.m.** *"A Dickens of a Christmas"* Rev. Frank Placone-Willey

In the character of Ebenezer Scrooge created by Unitarian Charles Dickens we find the wide range of attitudes and behaviors available to us. For example, we can be fearful and focused on scarcity, or we can

be loving and generous. Is conversion from the former to the latter even possible? This Christmas Eve come all ye faithful to celebrate in song and pageantry the resounding “yes” in response to such questions, long proclaimed by the spirits of past, present and future.

**December 31:** “*This Widening Gyre*”

Rev. Frank Placone-Willey

Stability does not last. The “centers” of life we took for granted are not holding. Increasingly, hurtfulness and hatefulness are encroaching on our lives, and those of us who have rested so easily in the temporary bosom of white, middle-class life in these United States are being weaned to face a New Year that, without a fierce commitment to justice and loving action, threatens only to fall more deeply into the wells of suffering and oppression.

## —ATTENTION—

*The Scene at Summit’s January 2018 edition  
deadline will be **Mon., December 18th.***

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

## FROM THE MINISTER’S ROLL TOP

### “*My Pilgrim Prayer*”

In the course of many explorations and encounters during my recent Sabbatical, I also focused my attention on reading and contemplating Love, with some special attention to Love and its relationship to Justice and Power. The following prayer, which I penned while in Israel, was a product of this pursuit:

*Love, you are the sacred seed within each of us,  
Come to life, and lead us in the ways of wisdom and understanding.*

*You are the ultimate goal of every desire,  
You are the creative ground of all consciousness.*

*Love, may the vision of you rule every conscience,  
May our energy and attention delight in your service,  
May you empower us to realize a better world together.  
You are the moral ground of our universe.*

*Love, you alone can prevent us from living against ourselves and others.  
You alone can sustain the generosity and the courage necessary to realize the well-being of all.  
You alone can free us from the fear of death, the evils of hatred, and delusions of domination.  
You are the stable ground of every action.  
Love, you are the provider.  
You are the protector.  
You are the procreator of any life worth living.  
You are the proving ground for community.  
Love, all justice comes from you.  
All power is humbled and made beautiful through your intention.  
All life finds its glory in your actions.  
You are the ground of our being.  
Ashe, Aho, Amama Ua Noa, Namaste, Shalom, Amen, Salaam, Blessed Be.*

I have returned to San Diego, more convinced than ever, that Love is real. It is possible. It is the key to human survival and flourishing.

I look forward to creating a more loving world with you all in the days, months and years to come.

*Namaste, Rev. Frank*

## **FROM OUR SUMMIT LEADERSHIP**

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

Dear Ones,

Can you believe it's December already?! Or at least by the time you read this it will be. And you know what that means-

***Welcome Back, Rev. Frank!!!***

I confess that I was tempted to make that my entire President's report, but thought better of that idea. So...

As I write this the Thanksgiving weekend has just ended. Our small family was not together this year- three of us are here and two in Seattle, but we stay in very close touch. We don't always do a traditional Thanksgiving and sometimes develop new rituals of our own.

This year I noticed an increasing number of my friends observing Thanksgiving in nontraditional ways, and often their alternative celebrations demonstrate a depth of connection that surpasses that of many traditional family gatherings. The concept of "family" (a group of friends who are close like family) or "family of choice" seems to be growing, particularly among people who are raising young children and are not located near their own parents or in-laws. Friends pitch in to help each other and often are as comfortable with each other's babies as they are with their own. I am awed by the closeness of these relationships. Some examples among my friends:

A woman who was unexpectedly alone for Thanksgiving was invited by a friend to join her own small family for “Friendsgiving”. A couple with a young baby held a Thanksgiving brunch for their friends and their babies so they all could have a relaxing time playing and eating together; the same couple and baby also spent time visiting with distant grandparents via videochat. And of course, many Summitarians came together to spend Thanksgiving here at Summit- with traditional foods and good company. Perhaps new “families” arose out of that gathering! As they say, we don’t get to choose our family, but we can choose our friends. Even if we are lucky enough to have a family we get along with and can rely on, having a chosen community with whom we share connection, affection, and time is a wonderful thing. May you celebrate the upcoming holidays in ways that bring you joy.

~Laurel

## 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, December 18th 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, December 16th, at 10:00am in at a member’s home. Please call Margo Mariana if you interested in participating. All levels of writing experience are welcome.

### **Children’s Religious Exploration News**

December can be a very busy month for many of us. How would it feel to change focus for the month to one of a generous heart? What would that look like? What would it feel like? Could it be considered a spiritual practice? I am exploring this idea personally and in our Spiritual Justice Makers Circles this month.

### **What is a “Generous Heart”?**

It can be hard to reflect on generosity when the media is inundating us with the messages of “BUY!” and “GET!” This is especially true of children. The commercials and social media ads begin in September and

continue to ramp up until you feel “less than” if you are not giving or getting the latest and greatest. This consumer capitalism is disguised as generosity and we are so inundated by the message that it is easy to get caught up in the need to purchase. We see this reflected in our children who are particularly susceptible to this form of persuasion as they make their ever growing lists of wants.

My challenge is to flip my thinking on this by thinking about what it means to be truly generous. One definition of being generous is liberal in giving. Being generous is also characterized by a noble or kindly spirit. To me, a liberal, giving, kind spirit is my definition of being generous. Rather than using stuff as a way to express kindness, I use my thoughts, time, resources and actions. How do you define being generous?

### **Generosity as Spiritual Practice**

Each person expresses generosity in their own way. Here are some ways that I do this work as personal spiritual practice:

*Self Care as Generosity* – I start with caring for my body. Before my accident, I took my body for granted. As someone who now lives with pain on a daily basis, I have learned to take the time to care for my body each day. It has become a daily, spiritual practice for me to scan my body and connect with it each morning and night. I ask “How can I support my body?” and “How can I support my emotional health?” Tools that I use include eating foods that nurture, my essential oils, being in nature daily and movement. Society can teach that self care is selfish. The reality for me is that when I take care of my physical and emotional health as a priority, I am available to share a generous heart with my family and the world.

*Sharing My Resources as Generosity* – Each of us has precious resources to offer. These are our natural gifts and talents. Each of us has a unique set of blessings that we share with the world. I look at these as our personal resources. For me, I share my resources by volunteering to support communities that I value. As we share our time and talent with others, we are living in generosity.

*Generosity of Abundance* – To me, one of the greatest blessings of financial abundance is the ability to support communities and organizations that do work that I value. At times, I have been blessed with financial resources and I share them with love. There are also periods when the financial blessings are not abundant for my family and I cannot give as much as I would like in the form of money. I continue to give abundantly using my resources of time, talent and care. Abundance takes many forms and I have learned that I always have a form of abundance to offer as an expression of generosity.

This month check in with yourself, your partner, your children, your family and friends about what generosity is for you. Come up with your own definition and keep it in mind when the holiday shopping and consumerism push are dampening your joy. Explore how you express generosity and do it consciously as you share your gifts with the world. May exploring generosity offer you deeper connection with yourself, family, friends and community during this holiday season.

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, Dec. 2nd (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**

Our next meeting is **Monday, December 4th at 6:30 p.m.** in the Summit library and lasts for an hour to an hour and half. Visitors are welcome, as well as those who want to suggest an action which advocates for justice in areas such as economics, health care, environment, immigration, LGBT and civil rights.

Summit's Justice Ministry Committee typically meets the first Monday of every month at 6:30 p.m. in the Library. Our next meeting is December 4th and lasts for an hour to an hour and half. Visitors are welcome as well as those who want to suggest an action which advocates for justice in areas such as economics, health care, environment, immigration, LGBT and civil rights.

It's time get your yellow "Standing on the Side of Love" shirts ready. **December 10th is Human Rights Day.** The Partnership for the Advancement of New Americans (PANA) [https://www.facebook.com/pg/panasandiego/about/?ref=page\\_internal](https://www.facebook.com/pg/panasandiego/about/?ref=page_internal) is holding a rally in front of the County Administration Building to "call on our public elected representatives-and on each other-to take responsible action to welcome and protect the rights of our newcomer and immigrant families."

**Sunday, December 10 3:30 - 5:00 p.m.**  
**Waterfront Park, Downtown San Diego**  
**1600 Pacific Highway, San Diego 92101**

For more information on the event, go to:

<https://www.facebook.com/events/325766677893890/>

For those interested, we will carpool from Summit, leaving 2:15 p.m. We hope to meet up with other UU's at the fountain in front of the Administration building. Look for our "Standing on the Side of Love" banner.

Next month on Saturday January 20th, 9:00 a.m., the Justice Ministry Committee will be hosting a presentation on Climate Justice with SD 350.org. This two hour program will cover updated information about this crisis and what we can do about it.

**Mark your calendars and invite a friend to attend.  
Contact Jack Shu with any questions, jkshu52@gmail.com**

## **WITHIN THE CONGREGATION**

### **Member & Friend News**

Please keep the following people in heart and mind:

- ♥ We are saddened to tell you Roy McDonald passed away on Sunday, Dec. 3rd. Please remember Virginia, their children and family during this time of loss.
- ♥ There will be a Celebration of Life service for John Slaughter on December 9th at 11:00 a.m. in the Summit Sanctuary.
- ♥ 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.
- ♥ Thanks to Edd and Sal Guishard for donating a lovely flower vase in a stand for services.
- ♥ 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, new homes 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 by Phone/Text/Email.

See you at the Cafe! ~Juana

### **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 on Wed., December 6th (the first Wednesday 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 about music at Summit. For more information, please contact Laurel Bernstein.

## **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 Wednesdays at 2:00 p.m.** in the Summit sanctuary or RE depending on availability. 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.

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

The Summit UU Book Club will be meeting on Tuesday, December 5 at 7:00 pm in the Summit library to discuss "Couldn't Keep It To Myself," edited by bestselling author, Wally Lamb, and written by The Women of York Correctional Institution: Testimonies From Our Imprisoned Sisters.

"For several years Lamb has taught writing to a group of women prisoners at York Correctional Institution in Connecticut. In this unforgettable collection, the women of York describe in their own words how they were imprisoned by abuse, rejection, and their own self-destructive impulses long before they entered the criminal justice system. Yet these are powerful stories of hope and healing, told by writers who have left victimhood behind."

As always, all are welcome to join us in discussion!

## **Monthly PFLAG Meeting at Summit**

Our next meeting will be on December 11th, 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

## **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! 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.



## UPCOMING EVENTS

### **The Annual Summit Artisan and Craft Sale**

**Sunday, December 3rd from 9:00 a.m. to 1:30 p.m.**

Please contact Neal Biggart if you are interested in having a table. The tables come in ½ or full size, and you will need to provide your own cloth. A percentage of the proceeds will go to the Landscape Committee, and the rest is yours. Please let me know if you are interested.

Thanks all, Neal

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

All Summitterian 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? Call 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.

### **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

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.