

THE SCENE AT SUMMIT

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

Vol. 28 No. 1

January 2018

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

Summit's Mission Statement

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

January 7: *"Gods' No Return Policy"* Rev. Frank Placone-Willey

The default settings for human beings are now obsolete, and we are faced with figuring how, on our own and with each other's help, to reprogram them. Do we want to continue living and contributing to the development of our Earth and our Universe? Here's wishing you a metaphysical New Year!

January 14: *"A New Center for Dis-Ease Control"* Rev. Frank Placone-Willey

The hunger and struggle for power today is immense and destructive. Problems related to overpopulation, poverty, biological modification, and environmental change are only compounding this world-wide epidemic. How can we together begin to diagnose and effectively treat these dis-eases?

January 21: *"Sex in the Spiritual Community"* Rev. Frank Placone-Willey

Throughout history our thinking about sex and sexuality has been moralistic, repressive and poorly informed--ultimately alienating us from ourselves and others in very significant ways. In alignment with the humanistic influences of our Living Tradition, we UU's have understood that nothing human (including our sexuality) is unworthy of our curiosity, care-full attention, and ethical experimentation. Come reflect on how our sexuality is an integral and important part of our humanity, throughout our Whole Lives.

January 28: *"The Apocalypse We all Want"* Rev. Frank Placone-Willey

In times of great distress, many of us can find ourselves overwhelmed by feelings and forecasts of doom. Such experiences appear to be on the rise, but is there something of a silver lining behind the apocalyptic cloud? We find in the sources of wisdom, knowledge and inspiration available to us--especially in the sayings of Jesus--that times like ours can bring new revelations and press us into creative, courageous action.

—ATTENTION— *The Scene at Summit's*
February 2018 edition deadline will be *Mon., January 29th.*

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

FROM THE MINISTER'S ROLL TOP

"Have a Metaphysical New Year!"

"Science is totally beholden to philosophy.

There are philosophical assumptions in science and there's no way to get around that."

~ Sam Harris

In the quest for the holy grail of a fulfilled life, we UU's have access to observations, experiments, and other kinds of clues human beings have found and cataloged along the way.

We are looking for reasonable solutions to life's most pressing problems...and inevitably these are problems related to the formation and expression of human consciousness. Beneath all the ways in which we perceive and interpret life, there are sets of assumptions, often unconscious--some of which get us into BIG trouble.

So in this New Year, I invite you to think critically about your most basic assumptions about life and its meaning, and about how these assumptions shape and reinforce your reactions and responses to life and all of the opportunities and challenges with which it presents us. Then in response to your findings I challenge you to change your mind--or as the Rabbi Jesus put it at the very beginning of his ministry "Repent!."

How? Through spiritual practices of testing, reflecting upon, and contemplating the assumptions upon which your and my ways of thinking and acting are based--often unconsciously. The study of metaphysics--contrary to some popular belief, often veiled in rationalistic claims--is NOT about irrational assertions about the existence of flying spaghetti monsters or invisible, mystical dimensions. It is the study of first principles... the phenomena that ground our being, and shape and direct what we are, and what we may yet become.

In our world, there is the work of love and justice to do. Conditions on the ground of our everyday lives are challenging us to keep changing at a metaphysical level, so we can do this work ever more generously and effectively.

Will we take up the challenge? Will we ask hard questions and accept difficult conclusions? Will we give ourselves to the sometimes fierce and fearful processes of refinement necessary to strengthen ourselves and our society for such work?

I celebrate being in this life with you as my soul companions, and look forward to sharing a wonderful, metaphysical New Year with all who walk this road of life with me.

Love always, Rev. Frank

FROM OUR SUMMIT LEADERSHIP

President's Report

Dear Ones,

I was recently privileged to attend a Board Development Day for boards and ministers in the San Diego cluster, which was organized by the Pacific Western Region (PWR) of the UUA. The PWR covers most of the western half of the US, and contains 188 UU congregations. Four of us (Rev. Frank, Carol Legard, Leslie Edmonds and I) represented Summit, and Chalice and Palomar were similarly represented by several board members and by their ministers. Rev. Jonipher Kwong and Rev. Sarah Gibb Millspaugh, UUA PWR staff, led us expertly through a full day of thought-provoking discussion.

We covered a great many ideas, but one in particular made a strong impression on me. We learned that for a congregation to fulfill our mission, we must ask challenging questions that focus on *shared* goals (examples given were “What are we called to do together to live out our mission?”, “What do you need to live a life of love and courage?” and “What gifts do you bring to help us live out our mission?”) rather than questions focusing on *individual* happiness (for example, “What do you like?”, “What do you want?” or “What makes you uncomfortable?”). Often there is a discrepancy or gap between mission (what could be) and reality (what is). Shifting the focus from “I” to “we” allows us to move toward fulfilling our shared mission.

“In spiritual community, we commit ourselves to building a compassionate, just and sustainable world” - this is Summit’s stated mission. During the “Come Again” service on December 17th, Rev. Frank ended his sermon with the following words: “We are being challenged, we are being given an opportunity, to become people of good will, to step up, who will voluntarily, courageously, collect our energies to become, together, a rushing stream of truth speaking and right living, that alone can rebuild the devastated places, and restore a spirit of neighborliness and mutual regard...”

What a beautiful way to envision us living our shared mission- how shall we collect our energies?

~ Laurel

Congregational Meeting, Jan. 21st!

Save the date! A congregational meeting will be held after the service on Sunday, January 21st. Details will be forthcoming.

Summit Safety Tip for January 2018:

Hi Summitarians,

Beginning this month, I will highlight an idea supporting safety on the SUUF property. For January 2018, I am describing some best practices for our existing key lock box system.

Committee chairs and recognized event leaders are given the codes to the lock boxes which hold the keys to unlock the doors of our meeting areas. The codes are distributed by our office administrator, Linda Peck. The codes are changed from time to time for security purposes. The person unlocking a door is responsible for relocking a door at the end of the meeting.

Because keys have been misplaced a few times over the years, it is strongly recommended that anyone opening a lock box return that key to the lock box as soon as the door is unlocked. Please do not leave any Summit room key unsecured even for a short while. Please use the lock box code again when ready to relock the door at the end of your meeting. A key left out of the lock box even for a 1 hour meeting is a key unsecured. This best practice of returning keys to lock boxes immediately after unlocking and relocking a door prevents a key from being picked up or misplaced.

If you are having trouble with a lock box or believe it is not working properly, please contact Linda or myself as soon as possible. Thank you for your cooperation in keeping our campus as safe as possible.

Mark Weedman, SUUF Property Steward

A SUUF Emergency Preparedness Advisory Team...

has formed to assess Summit's strengths and vulnerabilities in the event of an emergency or disaster. The Team will be researching opportunities for providing safety training to our congregation. One such opportunity is currently available to us via the Internet at no charge **until January 10th, 2018**.

As members of the Board and/or Committee Chairs I have registered you for this 50-minute training, which can be viewed at your convenience on your own computer. *Until then this is free.*

You should have received an email from CongregationU regarding this registration. It has your password and directions to the website. I found the information very valuable. Please support Summit by participating.

Linda Peck, Office Admin.

Mark Weedman, Property Steward

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, January 15th 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, January 20th, 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

A new year begins and for me it is a time of reflection and stillness. I find that this is something that young children do naturally when they have unstructured time. When I was a child, there was snow blanketing the ground and the natural world was hushed in a winter blanket. This was a natural time for me to be quiet and to explore inner thoughts. Today, I need to be intentional or it will not happen. Why is this important and what does an intentional practice of stillness look like? Here are my thoughts:

The Power of Being Still

When I think back to my childhood in Maine some of my most memorable times were when I had the opportunity to be quiet. Today, our children are busy as they go to school, participate in clubs and sports and other activities. When they are home, they are engrossed in some form of media or digital community. It seems that time for stillness is rare.

As a child, I remember times when I had the opportunity to be still. It was during these times that I would read, create or discover a new way to be in community with myself. Our farm had a hay loft and I remember taking a book or paper and colored pencils up to the sweet smelling bales of hay. My sister and I would make "rooms" in the hay by moving the bales into maze like shapes. This would be a great place to snuggle down with my thoughts and a barn cat's purring presence. In the winter, there were "snow days" where we would sit by the woodstove and sip hot cider as snow fell. The roads were blocked and we were forced to do nothing. That is so rare now.

Stillness as Spiritual Practice

Now, I make time each day for stillness and reflection. It is something that I have to schedule or it will not happen. There are times when I skip it because of the needs of others and what I have discovered is that by reconnecting with myself through intentional down time, allows me to serve more. Here are some of my practices:

Connecting to Nature – As a child, connection to nature was a powerful spiritual act that I engaged in daily as part of my life. I have come to realize that intentional connection with the earth and the natural world is a powerful way for me to deepen my connection to self.

For me, being still in a natural place is powerful. I do this each day in some way. It could be as simple as looking at the beautiful scenery that I drive by, taking a walk around my house with my dogs or watching that last few moments of the sunset. The intention to make the daily connection and to dedicate the time to being still is powerful for me. I share this practice with my family by commenting on the awesomeness of the land we are blessed to live near or watching the wild turkeys together in the morning. I hope to give them this awareness and blessing as a way to connect daily with the natural world.

Breathing Deeply – Each breath is a gift. This is something that we do until we no longer live. Drawing my focus to each breath is a way that I can become still in the most chaotic situation. It is a tool that I use as a way to manage my PTSD and it has become a way to connect with my inner higher power. We have a history of anxiety in our family and I have noticed it among youth and adult communities. I teach my loved ones that three deep breaths can be just enough to figure out a next step. For me, I start each morning with intentional breaths to connect with my body and my inner wisdom. This is a powerful tool for me and something that I can do to have that moment of stillness in any place.

Choose to Let it Go – For me, this is the hardest practice. There is always so much that needs doing and perfection is an elusive goal. What I have discovered is that there is power in letting some things go. I find that I can get wound up tight as a spring when I try to get it all done as part of some self defined perfection. This is not good for me or my family as eventually something has to give. In this situation, “I Choose” to let go. Perfection is a choice as is stillness and joy. By choosing and prioritizing where my energy goes, I can create patches of stillness. For me, it is a choice.

This month check in with yourself, your partner, your children, your family and friends about ways to connect with yourself and create an intentional practice of stillness and reflection. Though there is no snow on the ground in this area, January can be a time of rest and reflection. I encourage you to choose to create those spaces for yourself and your family.

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 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...

The Loving Hands group will meet on Saturday, January 6 (the first Saturday of the month) at 10:00 a.m. in the Summit library. Please join us if you knit or crochet, or think you might want to learn. We make comfort shawls for Summitarians, hats for people who are homeless, and more! For questions or more info, please contact Laurel Bernstein.

Justice Ministry News

Schedule change for January. The Climate Change program January 20th will be rescheduled to a later date due to its conflict with the Women's March that day. Be sure to prepare yourself for another Women's March January 20th.

Contact Jack Shu with any questions

WITHIN THE CONGREGATION

Member & Friend News

Please keep the following people in heart and mind:

- ♥ There will be a Celebration of Life for Roy McDonald on Saturday, Jan. 6th at First UU Church of SD. Please remember Virginia, their children and family during this time of loss.
- ♥ Lynne and Kyle Slaughter as they adjust to life without husband and father, John.
- ♥ Renee Alston as she undergoes treatments.
- ♥ Bob McLoughlin in his time of grief.
- ♥ Marian Krauss for an easy move.
- ♥ Harriet Nissenbaum, for continued strength and courage.
- ♥ Gloria Gelineau as she seeks to live life to the fullest.
- ♥ Val Sims, for continuing strength and enlightenment.
- ♥ For Edd and Sal Guishard as they make their move back to Arizona.
- ♥ 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.

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., January 3rd (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.

Summit Book Club...

The Summit UU Book Club will be meeting on Tuesday, January 2 at 7:00 pm in the Summit library to discuss John Grisham's "The Confession."

"An innocent man is about to be executed. Only a guilty man can save him."

"Grisham is a master at pacing....The book starts fast and finishes faster." - Los Angeles Times

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

Monthly PFLAG Meeting at Summit

Our next meeting will be on January 8th, 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 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.

Flower Pots Wanted

We are seeking donations of small flower pots for a Summit activity. They should be about 3 to 4 inches in diameter. Please contact Pam Williams at pamwilliams917@msn.com or Pat Summers at plsummers1942@gmail.com for your donation. Thank you!

UPCOMING EVENTS

REGIONAL ASSEMBLY PUBLICITY

Pacific Western Region will gather April 27-29 in Portland, Oregon for the 2018 Regional Assembly.

Speakers will include civil rights activist, the Rev. Dr. William Barber; Washington Congresswoman Pramila Jayapal, advocate for women's, immigrant, civil, and human rights; and the Rev. Susan Frederick-Gray, newly elected UUA president.

Programming includes workshops, worship, district meetings, and an optional social justice activity.

A day-long Professional Day designed for religious professionals is planned for Friday, April 27, before the start of Regional Assembly.

Discount lodging is available at the Portland DoubleTree by Hilton Hotel, site of the Regional Assembly. Childcare and youth programming will be available.

Registration will open by January 4, 2018.

Watch the PWR website (www.uua.org/pwr) for full details to be posted.

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
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 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:

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.