



# THE SCENE AT SUMMIT

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

Multi-Platform Sunday Services begin at 10:00 a.m.

Theme: The Gift of Welcome

September 3

**"The Raven Steals the Light"**  
Fred Laskowski, Guest Speaker

Storyteller Fred Laskowski will share a Haida tale about one of Raven's exploits and a tale drawn from his personal experiences about being welcomed home.

Fred loves to tell stories from around the world, from folk tales to true tales. He especially likes to tell stories of magic, mystery and transforming power.

September 17

**"As Rivers to the Ocean"**  
KC Pandell, Minister

Today, we celebrate one of Unitarian Universalism's ritual traditions – the Water Communion – and learn about the history of what brings us to this sacred practice. Participants are encouraged to bring water to use – from travels, from places close to their hearts, even from their own sink! This is a full fellowship service. Nursery care will be available for infants and toddlers..



September 10

**"Come, Come Whoever You Are"**  
KC Pandell, Minister

After a summer away, we return to our spiritual home, and each other to begin a new church year together, with the added joy of beginning ministry with our new minister, KC Marie Pandell. All are welcome.



September 24

**"And Jesus Wept: An Introduction to Liberation Theology"**  
KC Pandell, Minister

A crucial aspect of the Unitarian Universalist faith is our hunger for justice, and the fight for equality. Liberation Theology allows marginalized communities to take back their spirituality, finding meaning in a world that has been built for others. The first in a series exploring various Liberation Theologies.

*The Mission Statement of Summit Unitarian Universalist Fellowship*

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



If you missed a service, or would like to see it again, you can watch it on our [SUUF MEDIA](#) YouTube Channel!



## KC's Korner

~ KC Pandell, Minister

Hello, hello, hello, Summitarians & Friends

What a joyous month it has been (tropical storms notwithstanding). I have had what is probably the world's gentlest introduction to a new ministry, and I am grateful for it. While I have been only half time for this first month, it has been no less full of welcomes and enthusiasm. Each of you whom I have spoken or worked with over these last few weeks has brought me more love and excitement than I could anticipate; an embarrassment of riches it is, which only heightens my longing to get to know those of you I have not yet.

I have ended one ministry this week, and am wrapping up another very short term one next weekend, and I can reliably say that I am being sent to SUUF with more well wishes for fruitful ministries together than I could possibly hope for. There are people whom you may never meet who are excited for the future of this fellowship, and I hope we all are, as well. Just a few things of note that have been going on over the last few weeks: We have plans to begin Covenant Groups again, we are exploring ways to invite more community together, we hope to see our children and youth more often, and the way we worship on Sundays will look different, as well.

I'm looking eagerly towards September, where I will be able to be in person with you a little more regularly – while the transition to San Diego is still a work in progress, beginning September 9, I will be in the office most Saturdays and Sundays for the foreseeable future – please refer to my [Calendly](#) for availability, and schedule time for tea (or coffee or water) and a chat there.

Our theme for the upcoming month happens to be “Welcoming,” which I feel is particularly appropriate. We have plans for a Welcoming Sunday on September 10 – this is a great time to welcome new friends to our community – it's not every year we begin new ministries together! September 17th will be our Water Communion celebration (one of my favorite Sundays!). We will have water on site for participants, however, please feel free to bring water of your own – from travels, important places, even your own backyard. I have some ideas for Zoom participants, as well. As always: All are welcome. Finally, September 24th will be the first in a series of once-monthly sermons about Liberation Theology, best defined as an approach to theology centered around the liberation of oppressed people (but it's more complex than that). Knowing Summit to be a fellowship with an activist's heart, I can't wait to explore these theologies alongside you.

Until then, I'm waiting to start meeting you all with bated breath!

With gratitude and a joyful heart,

KC

Minister



# Message from the President of the Board

Hello Fellow Members and Staff,

To paraphrase Bob Dylan: a good song is a poem that can get up and walk. On August 27<sup>th</sup> Summit had its first Music Sunday, in more than four years. It was planned, directed, lead, and accompanied by the exuberant and talented Barbara Scheidker. Karen Follingstad was there and spontaneously played one piece while Barbara lead the singing (after Barbara realized that she couldn't do both at the same time). It was a great feeling for those who were there, and I guess, for the people who listened through zoom – and sang along. We members of the choir, directed by Leif Corbeil, were plants in the congregation, and it seemed like everyone sang.

Through the efforts of many people, the music scene at Summit has maintained, even thru COVID. I see this continuing to grow with and for our new minister. Our choir is now singing twice per month and meets to practice every Wednesday from 6 to 7:30. It is great fun, a great group of people, and great to hear appreciation from fellow members and friends. Also, we have always been a congregation that welcomes anyone who would like to sing or play an instrument at a service.

To paraphrase ee cummings: they sang their didn't, they danced their did. Come, sing and dance with us.

With love to all,  
*Pierre*

The Summit Board of Directors meets in-person (in the Library) and virtually on the third Thursday of the month at 7 pm.

Summit is a community of volunteers—by volunteers, for volunteers, with the *support* of our amazing staff.

Where will your place(s) be in the Summit community this year?

*We welcome YOUR participation!*





## RELIGIOUS EXPLORATION NEWS

MARY CARTER-VAIL, DIRECTOR OF RELIGIOUS EXPLORATION

Welcome to the beginning of a new Religious Exploration curriculum year! September is when we start our year as we match the time when children transition to new grade levels at school. This year is extra exciting as we have our new minister, KC Marie Pandell, joining us and she is already getting to know our families. We will also be splitting into two or three age-centered groups for the first time since we went virtual in 2020. There is much to be excited about and it all begins with our theme for the month so welcome to September at Summit.

**The Gift of Welcome:** We are beginning our new year partnering with Soul Matters Sharing Circle once again. This year the themes and curriculum are going to explore the new draft of the second article that is in the process of being adopted by the UUA. (For more information visit: <https://www.uua.org/uuagovernance/committees/article-ii-study-commission>.) We start with *The Gift of Welcome*. One of the things that I love about Unitarian Universalism is that we aspire to welcome all. Does this mean that all will feel welcomed? Maybe not. I have heard it said that UU's welcome "all who welcome all". And that really is the goal. So, this month we will be centering the gift of welcoming and how we welcome and include all. When it comes to children, youth and families, what does that look like? Children can be wiggly and noisy and for some, that can feel out of place in a traditional protestant worship service. I ask, what is worship but the celebration of life and community? And the heart of any living community is the children of that community. As long as we have giggling, giggling, noises and babbles of the babes, we are a living and growing Fellowship. When you feel challenged by the sounds of life, lean into *the gift of welcome* and challenge yourself to the spiritual practice of welcoming all.

**Soul Work:** As we explore ways of welcoming all our families have been asking for more ways of

including people of all ages in the worship space. Children and adults can be wiggly and having something to hold, or create with, as a form of worship participation is a kind of spiritual practice. On the first Sunday of the month, our children will be preparing the items for the Soul Work space. Mary will be sharing more about how we will be using Soul Work at a Time for All Ages during the month. We hope that this is something that all ages can enjoy.

**FAITH FORMATION vs RELIGIOUS EXPLORATION:** You may have heard me use the term **Faith Formation**. This is becoming more commonly used term in UU spaces as the word "religious" has loaded meaning for many. As UU's, our faith is one of covenant with each other. So, the term Faith Formation is about learning to live in covenant with our values and each other. This is what we practice in religious exploration through story, games, activities, conversation and more. Our children, youth and adults are learning and forming their faith through the practice of doing, playing and discovering faith while being together in covenant each time we gather and with each experience we take home. I am playing with this language as we explore the second article themes this year as it feels more authentic to what we are creating now.

**Age-Centered Groups for Faith Formation:** For the past two years, since we have returned to an in person, hybrid, post pandemic gathering, our Religious Exploration program has operated as "One Room School House" format with children, youth and families all together for story and activities. Now it is time for us to return to age-centered groups as our children are ready to be more independent and Parents/Caregivers are excited to be more involved with the congregation. This allows for our children and youth to have more age-centered experiences in their groups and offers more opportunities for adults other than parents to get involved as mentors with our incredible kids.

## FAITH FORMATION VOLUNTEERS NEEDED

As our new year begins, we are once again creating a classroom style experience with volunteers who will be Faith Formation Leaders that guide our children and youth as they explore throughout the year. Each group needs two leaders on a Sunday to support them with a story and activities which Mary will prepare in advance. Currently, we need more volunteers so that folks will only need to help one Sunday a month. All our parents volunteer as well as many young adults who grew up at Summit. It is special when we have adults who are not parents of children in the program share their time with our kids. In the past, we have had up to 45 volunteers each month with ages ranging from 18 to 98! All that has changed since the pandemic, and we are currently rebuilding the program. Please consider being part of this important part of our congregational life. (Volunteers who work with children will need to be background checks and take a Mandated Reporter training.) Contact Mary at [summitdre@gmail.com](mailto:summitdre@gmail.com) to explore ways you can be part of Faith Formation at Summit.



*(Since all worship services are available to watch later on YouTube, volunteers no longer need to miss the service!)*

### Our September Theme is The Gift of Welcome.

We will be gathering in RE at 10 am on Sundays for Religious Exploration. Our children and youth will participate in the service until after the “Time for All Ages” story. We will then split into age-centered groups to engage in our activities in the Religious Exploration area and/or outside (depending on weather conditions). After the service, we will be joining our families in the Salon for sustenance & community social time. Nursery childcare will be available until 12 noon.

**September 3 – Getting Ready to Share the Gift of Welcome** – Our new minister joins us next Sunday for the first time! This week we will be getting ready to welcome her by creating some welcome

signs and decorations for the Salon. We will also be creating welcome packets for new children who visit and items for our new Soul Work table to be added to the Sanctuary next week. Join us as we get ready to share the *Gift of Welcome!*

**September 10 – Welcome Sunday!** – This is the first Sunday of our RE year and our first service with our new minister, KC Marie Pandell, in the pulpit. Our children will be joining the congregation for the first part of the service as we get to know KC. We will then head back to the RE area to work on a “wider welcome” as we play some games, create a covenant and prepare some welcome snacks to share in the Salon after the service.

**September 17 – Welcoming Our Many Sources of Nourishment – Water Communion: A Full Fellowship Sunday Service** – For the first time in several years we will be gathering for a water communion service. This service for all ages will include a ritual where we all bring water from home or a place of meaning to blend as a sacred community practice. All ages are together for this service. Nursery childcare will be available.

**September 24 – Welcoming the Work of Apology & Forgiveness** – “Sorry” can feel like the hardest words to say. This week we are going to explore, thru games and roll play, ways to take responsibility for “oops” and “ouch” moments by practicing the work of apology and forgiveness. This can be very powerful for all ages and is a practice that has lifelong impact.

*These are the plans at the beginning of the month, and they may be adapted as our community needs adapt so, please watch the weekly Children’s Religious Exploration Email. To receive this weekly email, send your email address to Mary at [summitdre@gmail.com](mailto:summitdre@gmail.com).*

With deepest love and brightest blessings,

*Mary*

Mary Carter-Vail  
she/they  
Director of Religious Exploration

# Sign Me Up!

## It Takes a Village!

Would you like to work with our youngest members once a month? Currently, our classes will have 3 to 5 children each to start, more as we grow. We are looking for **8 volunteers per team, 2 adults per class per Sunday**. Sign-ups will be available on Sunday!

**Pre-K through 1st Grade** and  
**2nd through 5th Grade:**

Age-appropriate stories and activities based on the monthly theme.

**Middle & High School (combined):**

Youth get to help decide what they want to do this year.

One possibility is Crossing Paths, a UU curriculum looking at world religions from a UU perspective.

*Remember, since all worship services are available on YouTube, you can watch them later that Sunday or anytime during the week.*

### Children's Religious Exploration Committee

#### Mission Statement:

Our Mission is to create a safe and welcoming spiritual home for children & youth through creative exploration of the Unitarian Universalist Principles and Sources.

### FAITH FORMATION CLASSES, WORKSHOPS, PLAY GROUPS FOR ADULTS OF ALL AGES!

We are gathering plans to start an **Adult Faith Formation** program at Summit! Groups specifically for Young Adults (18-35 years) and groups for all ages of adults. Small groups like this are a great way to get to know other members of the congregation! Watch for a survey to come out in the next week or so, and please fill it out to help us with planning.

Adult Faith Formation can take many forms—from book groups and discussion groups on a specific theme, to arts and crafts activities, to using curricula prepared by other UUs, or...?

Groups can be led by members of the Fellowship, not just the minister. What gifts can *you* share with our community?

We are also looking for people who are interested in helping work behind the scenes on this area of Fellowship life? KC, and I will be working on this, and we'd love you to join us!

Peace,  
Elinor Weed  
[meweew97@gmail.com](mailto:meweew97@gmail.com)



Please keep Paul Vail and Mary Carter-Vail and their family in your hearts and minds, and send them your healing thoughts and prayers.

Cards and emails are welcome.

Sending  
LOVE AND ♥♥♥  
♥♥♥ HUGS

## WELCOMING & MEMBERSHIP COMMITTEE HAPPENINGS

*The Welcoming and Membership Committee invites you to join us at Summit for ..*

**Getting to Know Us: An orientation for newcomers to Summit to learn more about our Fellowship and Unitarian Universalism!  
Sunday, Sept. 24, 11:30 am in the Summit Library**

Join us for a relaxed conversation about Unitarian Universalism, Summit Unitarian Universalist Fellowship (Summit UUF) and their histories. Our minister, KC Pandell, Summit leadership, and members of the Welcoming and Membership Committee will be in attendance.

This “Getting to know us” session will give newcomers and new members a better understanding of Unitarian Universalism and Summit UUF which we hope will provide an avenue for deeper involvement with the denomination and at Summit. This session is also an opportunity to get to know our new minister, long-time members and other newcomers to the Fellowship.

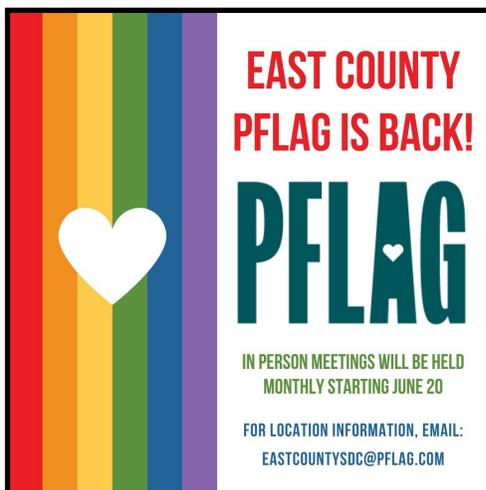
Drinks and croissant sandwiches will be served. Childcare will be available for families that wish to attend.

If you are interested in attending you can RSVP to Pam Williams at [2400highview@gmail.com](mailto:2400highview@gmail.com) or Jim Weed at [HDSurf@aol.com](mailto:HDSurf@aol.com)

## SOCIAL JUSTICE IN ACTION

Social Justice in Action meetings are held the 2nd Sunday of the month. If you would like to learn more, contact our Chair, [RynCorbeil@gmail.com](mailto:RynCorbeil@gmail.com). Everyone welcome!

**General meeting — September 10, 12:30 pm** <https://zoom.us/j/98852027774>



Sponsored by the Social Justice in Action Committee, PFLAG meetings continue on the third Tuesday of the month. All parents, friends, and allies of the LGBTQ+ community are welcome to attend.

For times and location please contact Ryn Corbeil or email [eastcountysdc@pflag.com](mailto:eastcountysdc@pflag.com).

# ADULT LIFE ENRICHMENT—AFFINITY GROUPS

## THE SUMMIT WOMEN'S GROUP

This multi-generational group is open to all interested Summit women and their friends. The group will meet via Zoom. If you would like to be added to the e-mail list to get the Zoom link, please contact Carolyn Woodbury at [cbwoodbury@gmail.com](mailto:cbwoodbury@gmail.com) if you have questions.

Contact Carolyn to find out the date of our next meeting.



## MEN'S DISCUSSION GROUP #2

Summit's Second Men's Fellowship and Support Group meets on the 1st & 3rd Wed, from 7-8:30 pm. We invite you to join us if you wish. We are an "open" meeting in the sense that any man who wants to can participate if he so wishes.

Our group is going to start meeting in person, in the Library. If you prefer, you may continue to join us online, too. You can use any Apple or PC/Android device (desktop computer, laptop, iPad or other tablet, smart phone) to access our meeting, but it must have a microphone and a camera.

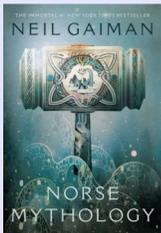
To get the link, please email Denny at [denny.braun@usfamily.net](mailto:denny.braun@usfamily.net).



## THE SUMMIT UU BOOK CLUB MULTI-PLATFORM OPTIONS!

On Tuesday, Sept. 5, at 7 pm, the Summit UU Book Club will be meeting both in person in the Library and via Zoom, hosted by Debbie Wingard.

We will be discussing **NORSE MYTHOLOGY**, by Neil Gaiman



Taking on Norse mythology, Gaiman digs into Odin and his dysfunctional family, telling tales in a way that only he can. It's fresh, it's fun and it loses none of the inherent fantastical glory.

In October, we will be discussing **HAMNET** by Maggie O'Farrell.



Everyone is welcome, even new members - either to participate or listen. If you have any questions, please ask Cheryl at [csmreck@outlook.com](mailto:csmreck@outlook.com)

— Cheryl Smrek

## WEDNESDAY MORNING CONVERSATIONS



We meet on Zoom and discuss what is in our hearts and on our minds. We are open to new folks joining. It's informal, bring a topic you'd like to discuss, or just come in to hang out. It's a good chance to hang out with other Summitarians that you might not get to see otherwise.

Wednesday mornings 9:00 a.m.-10:00 a.m. Pacific Daylight Time

Join Zoom Meeting  
<https://zoom.us/j/93838510596>

Meeting ID: 938 3851 0596  
One tap mobile  
+16694449171,,93838510596# US  
+16699006833,,93838510596# US (San Jose)

If you would like a reminder on Tuesday evening with the zoom link, let Pam know:  
[SuufVolunteer@yahoo.com](mailto:SuufVolunteer@yahoo.com)



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

**OFFICE HOURS**

Tues, Wed, Fri — 9:30 am to 2:30 pm

**MINISTER**

**KC Pandell**

SummitMinister@gmail.com

**DIRECTOR OF RELIGIOUS EXPLORATION**

**Mary Carter-Vail**

619-562-0833, ex 205

SummitDRE@gmail.com

**OFFICE ADMINISTRATOR**

**Nelwyn Del Frate**

619-562-0833, ex. 202

Summituuf@gmail.com

**PROPERTY STEWARD**

**Mark Weedman**

markatspectrum@hotmail.com

**WEEKLY ENEWS EDITOR**

**Pam Kerr:** SUUFVolunteer@yahoo.com

**SCENE AT SUMMIT NEWSLETTER EDITOR**

**Elinor Weed:** SUUFSceneNuus@gmail.com

**Board of Trustees**

Pierre Vaughn—*President*

Jenny Saar—*Vice President*

VACANT—*Secretary*

Brenda McGuinness—*Treasurer*

*Directors:*

Ryn Corbeil, Seraphina Galante,

Sally Jackson, Al Mork, Mark Wheeler,

## September

### About SUUF Publications

Please send submissions for the monthly SCENE AT SUMMIT NEWSLETTER via e-mail on or soon after the 25th, to [SUUFSceneNuus@gmail.com](mailto:SUUFSceneNuus@gmail.com).

Please send submissions for the eNEWS, the weekly announcements, to [SUUFVolunteer@yahoo.com](mailto:SUUFVolunteer@yahoo.com) by Tuesday noon.

Check the eNEWS and website for additional news throughout the month.

If you have any questions, call the office, 619-562-0833, or e-mail us at [Summituuf@gmail.com](mailto:Summituuf@gmail.com).