



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.

July 7

“Water & Honey—Quieting the Busy Mind”

Peter Bolland

20th century Vedanta teacher Nisargadatta Maharaj offers a helpful image, that the mind is of two natures--one like water, easily disturbed, and the other like honey, slow to rile and tending toward stillness. Let's explore this image, and many others from this master teacher as we search for new ways to navigate the age-old problem: how to be at peace in a world forever triggering our agitation.

July 14

“Preserving Our Democracy”

Rev. Ned Wright

Democracy in the United States has been undergoing a period of testing, including hyper-partisanship, claims of political weaponizing of the justice system, questioning the integrity of our electoral processes, and rampant spread of disinformation and conspiracy theories. Theoretically in the United States, urgent matters of war and peace, mass incarceration, climate change, immigration, economic policy—a host of pressing issues—are decided by a government “of the people, by the people and for the people.” Ned will reflect on the state of democracy in American in this important election year, and consider ways in which all stakeholders in our democracy might more effectively affirm and promote “the right of conscience and use of the democratic process in our congregation and in society at large.”

July 21

“Climate Change & How it Affects Our Health”

Shannyn Allen, ND

Let's gather together to talk about how climate change is affecting our health globally. Dr. Shannyn Allen will paint a picture of what is going on in our world today, empower you with knowledge and inspire you to make routines that are healthy for you and us globally.

Environmental medicine is incredibly complex, from identifying toxicity from climate change and the toxins involved, to the incredible way our living organisms try to adapt. Let's broaden our awareness of how rising heat, weather events and wildfires impact you and your loved ones, and our community. After this flood of knowledge, you will have some framework to make good decisions for your own health and for those around you. Let's work toward a world where we strengthen our health, reduce disease risk and preserve the health of our planet for ourselves and future generations.

July 28

“Tuning Out to Tune In”

Rev. Kathleen Owens

In this divisive, fearful and hurting world, how can we live a life of peace, hope and healing? How can this faith tradition help us navigate ways to thrive as we pay attention to all that surrounds us? This service offers some possibilities.

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!

A MESSAGE FROM OUR SUMMER PASTORAL CARE MINISTER



Dear Summitarians —

Hello! My name is Rev. Everett Howe (he/him), and those of you who were members or friends between 2020 and 2022 will remember me as Summit's half-time minister during those years. I am grateful to be able to serve Summit again in a new way this summer, as your pastoral care minister while Pastor KC is away.

I will be working as an hourly employee as needed. Pastor KC and I agreed that rather than having specific "office hours," I will instead be available for pastoral calls throughout the week and weekend, with the understanding that I may not be able to respond immediately. My goal is that if you contact me in the morning or early afternoon I will call or write back by the evening, and that if you contact me in the evening or night I will respond by the following morning. The only exception is the week of June 29 through July 6, when I will be working as camp chaplain at de Benneville Pines and will have limited availability (and limited cell service). If you contact me during that week, I will do my best, but I might not be able to respond until after I return.

To reach me, you can email me at rev.everett.howe@gmail.com, or call or text my pastoral care number: 619-648-9287. If your call gets sent to voicemail, please leave a message!

Please don't hesitate to get in touch with me if you find yourself facing a situation or feeling something that a pastoral conversation might help you deal with, or better understand, or just come to accept.

I am looking forward to connecting with you!

For those who don't know me, or who would

like an update on what I've been doing, here's a little background information. I'm a 59-year-old white man, married and with two grown children, who has lived in San Diego since 1996. My first career was as a research mathematician, and even though I am no longer employed in that field, I still spend about 20 hours per week doing mathematical research as an independent scholar. I graduated from Starr King School for the Ministry in 2019 and was ordained by the First UU Church of San Diego in May 2020; currently I am an affiliated community minister at First UU. I started my work at Summit in July 2020 and helped lead the fellowship through the first two years of the COVID pandemic.

This summer I will be continuing my part-time work for the UUA as the [WorshipWeb](#) assistant, working as camp chaplain for elementary camp as I mentioned above, providing summer pastoral coverage for the UU Fellowship of San Dieguito as well as for Summit, and preaching at several congregations in Southern California, including Summit on August 4.

Yours in faith,

Rev. Everett

June 29—July 6

For the week that Rev. Everett is at camp, Rev. Chloe Briedé will be on call via phone for pastoral care. She can be reached at (757) 234-1303.

PRESIDENTIAL PONDERINGS

~ DEBBIE WINGARD, BOARD PRESIDENT ~

Dear Friends,

While the past year has been difficult, it has also been a time of growth and renewal. We lost several dear members of Summit, including Pierre Vaughn, Paul Vail, Neil Biggart, Wendel Rawlings, and Rachel LeWine. Each contributed to life at Summit and will be truly missed.

This year we welcomed our new minister, KC Pandell, who has brought enthusiasm, creativity and a compassionate presence to our community. She has jumped into this new role wholeheartedly and already feels a part of the fabric of Summit. We continue to have wonderful staff, including our DRE Mary Carter Vail, our administrator Nelwyn Del Frate, and our property steward Mark Weedman. This summer during KC's vacation and study leave, I am pleased to welcome back Rev. Everett Howe as our pastoral care minister.

This year we have also seen growth in membership and new leaders emerge to fill needs within our community. Thanks to Carol Legard for stepping in to fill Pierre's role as President of the Board of Directors. (I also want to thank her for staying as Vice President this coming year!) Thanks to Chris Rask and Gabriel Wilensky who joined the Sunday tech team. Thanks to Dan and Melody Bartholomew for stepping into a leadership role for the Interfaith Shelter. There are many others, both ongoing and new that I hope to thank over the coming year.

I am looking forward to an exciting year of

growth at Summit, including a revitalization of our music program. I have made a gift in honor of Pierre to fund a Music Director for three years. This person will lead our small but mighty (and hopefully growing) choir, as well as recruit guest musicians and cantors to enhance our Sunday services. Music was always an important part of Pierre's life and I know he would love this effort.

With love and appreciation for all the support I have received this year,

Debbie Wingard





LIFESPAN FAITH FORMATION NEWS

MARY CARTER-VAIL, DIRECTOR OF RELIGIOUS EXPLORATION

It's summer in our Religious Exploration program so we are getting ready for Summer FUUN Time! Over the past year we have been exploring themes and values based on the newly adopted Article 2 that is now part of the UUA's bylaws. While this included lots of activities, stories and play, it is time to relax into more play during the warm summer weeks. Join us for fun and friendship on Sunday mornings.

Summer FUUN Time: As summer plans were being crafted, I asked our children what they wanted to do this Summer. We created a list of ideas and have 11 weeks of summer adventures planned. We have plans for a Building Day, Clay Day (with Sara Duvall), Fairy & Pinecone Garden making, Mini Role Playing Games, Bubble & Water Play, Cooking with Mary and more. This will be fun for all ages so let Mary know if you want to help on a day or two.

Soul Work: Our Soul Work table will continue to be part of the cozy corner this Summer. We are working on new ideas to add to the table this fall. If you have an idea to share, let Mary know so we can expand some of the activities on the table. Meanwhile, there is always something available to work with during the service. Take something to your seat as you listen to the service. The Soul Work Table and Cozy Corner are for all ages so please enjoy!

Join us for All Ages Faith Formation at Summit: We are growing our Religious Exploration program and expanding to an all-ages Faith Formation program. Join us and consider being part of this important part of our congregational life. (Volunteers who work with children will need to be background checked and take Mandated Reporter training.) Contact Mary at summitdre@gmail.com to explore ways you can be part of Faith Formation at Summit.

Our July & August Theme is Summer FUUN. We will be gathering in RE at 10 am on Sundays for Religious Exploration activities. 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.

July 7 – Sundae Sunday Ice Cream Social & Farewell Party – We are going to be making Ice Cream with Mary and setting up an Ice Cream Social for the whole congregation to enjoy following the service. This will also be a celebration for the Lindham Family who is moving to Portland, OR.

July 14 – Clay Day with Sara D – Our children love to create with clay. Sara will be bringing materials for a day of hand building clay creations.

July 21 – Fairy & Pinecone Gardens – One of our beloved summer activities is making mini houses and gardens for the "fairies" or small creatures that are all around us. Bring a dish to build a garden in to take home or make a mini pinecone garden with some pinecones from Camp DeBennville Pines.

July 28 – Bubble & Water Play Day - Come prepared to get wet as we create a "splash zone" in the parking lot. We will have our giant bubble wands ready to go along with other cooling activities as we play and splash together.

August Activities Preview - In August we will have a fun science day with silly experiments and stomp rockets, Mini D&D games, Candy Making with Mary & more!

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 the weekly email, send your email address to Mary at summitdre@gmail.com.

With deepest love and brightest blessings,

Mary

Mary Carter-Vail
she/they
Director of Religious Exploration

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.

❧ COMMUNITY EVENTS ❧

Join us for the Sundae Sunday Ice Cream Social on July 7 following the service. Our Religious Exploration class will be setting up and even making some ice cream to



share as we gather together following the service for a sweet treat to share. This will also be a special Sunday as we celebrate the Lindham Family as they prepare to move to Portland. Come share in the love as we share a cold treat together.

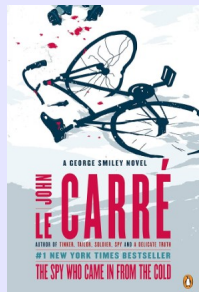
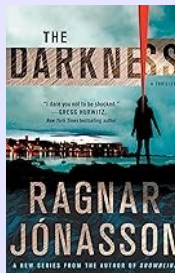
Help is needed with clean up and donations of toppings to share. Contact Mary at summitdre@gmail.com to help with this fun event.

❧ ADULT LIFE ENRICHMENT ❧

THE SUMMIT UU BOOK CLUB MULTI-PLATFORM OPTIONS!

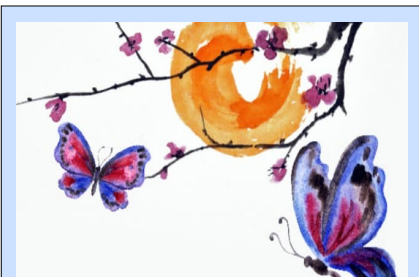
The Summit UU Book Club meets on the First Tuesday, at 7 pm. The group meets both in person in the Library and via Zoom, hosted by Debbie Wingard.

July 2 we will be discussing
The Darkness: A Thriller: Hidden Iceland Series,
Book 1,
by Rangar Jonasson



Next month, on August 6, we will be discussing **The Spy Who Came in From the Cold,** by John LeCarre

Everyone is welcome, even new members - either to participate or listen. If you have any questions, please ask Cheryl at esmreck@outlook.com
- Cheryl Smrek



GRIEF SUPPORT GROUP Pastor KC, Facilitator

KC's Grief Group is on hiatus for the summer. It will return September 8th!



Auction Corner News

Save the Date Nov 16th

**Want to Know this Year's Auction Theme?
Agree to one of the Following Positions and the Secret Will be Revealed to
You!**

Auction Committee seeks Business Donation Coordinator

Seeking an energetic and naturally lucky person to join the enthusiastic auction team to coordinate business donations for our annual fundraiser. Your horoscope need not be charismatic but your confidence is needed for mailing businesses and motivating summit members to approach businesses over July/August. You will be provided with ample support and resources to get your job done. Businesses are often eager to donate; your contribution to our community will be inspiring and we guarantee a few roars along the way. Please contact co-chairs, Shannyn Allen (former Wonder Woman) or Debbie Wingard (former RBG).

Auction Committee seeks Chair Apprentice

Co-chairs, Shannyn Allen and Debbie Wingard seek an enthusiastic individual to assist in coordinating the details for this year's annual auction fundraiser. You will be learning skills in preparation to assist in future auctions. Benefits of co-chairing an auction include picking future themes, witnessing firsthand the generosity and skills of members, and contributing to the financial stability of our beloved community.

We guarantee a good time, good food and good luck in this year's rewarding auction season.

For email inquiries, please use summituuauction@gmail.com

DRE Position Announcement



The Unitarian Universalist Fellowship of San Dieguito in Solana Beach is currently searching for a 20/week Director of Religious Education at a salary range of \$30-\$35/hour with prorated benefits to begin around August 1st. If you know of someone interested in this position please have them contact our office administrator at Office@UUFSD.org or call for further information at 858-755-9225.

WELCOMING & MEMBERSHIP COMMITTEE

New Pronoun Stickers for Nametags

This is to let the Fellowship know that the Welcoming and Membership Committee has some new pronoun stickers for your name tag if you already don't have one. They are nice and colorful, so make sure you get yours.

Pronouns, like personal names, are connected to a person's identity. Just as we can show respect by calling others by their correct name(s), we can show respect by using the correct pronouns. Using the wrong pronoun can make a person uncomfortable and possibly invalidated or alienated.

Many of us were taught as children that we are supposed to assume other people's pronouns, usually based on additional assumptions about that person's gender. However, the practice of assuming another person's pronouns, as well as assuming another person's gender, does not honor that person's identity and experience.

As we seek to be a welcoming congregation, especially to transgender and gender-nonconforming people, a recent topic is gender pronouns. A person's name or physical appearance do not necessarily indicate their gender so we should not make gender assumptions based on these.

So, let's continue to be a welcoming Fellowship and make sure you stop by the visitors table to get yours as part of this process!

Jim Weed, Chair, Membership & Welcoming Committee
HDSurf@aol.com.

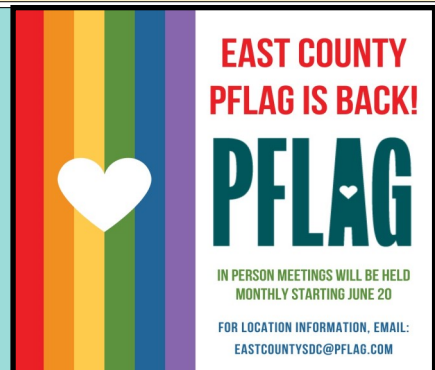
SOCIAL JUSTICE IN ACTION

Bring your hearts and minds to our monthly SJiAC Meeting. Join us the second Sunday of the month at 12pm in the library. A hybrid format utilizing Zoom will be available. If you would like to learn more, contact summitsjia@gmail.com. Everyone welcome!

The next SJiA meeting will be Sunday, July 14, at 12 Noon
in the Library and on zoom at <https://zoom.us/j/98852027774>

Sponsored by the Social Justice in Action Committee, PFLAG meetings continue on the third Wednesday 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.





San Diego Pride Parade: Saturday, July, 20th: Parade Begins at 10 AM

SD Pride Parade Official Website: <https://sdpride.org/parade-2024/>

"The annual San Diego Pride Parade is the largest single-day civic event in the region and is among the largest Prides in the United States, attracting over 250,000 people." - SD Pride Parade Website

Join SJIAC, Summitarians, friends, and other Unitarians from the San Diego County UU Cluster in walking the San Diego Pride Parade Route. The parade begins at the Hillcrest Pride Flag at University Ave. and Normal St., proceeds west on University Ave., turns south on 6th Ave., turns left onto Balboa Dr. and ends at Quince Drive. The parade officially kicks off at 10 AM, but you will need to arrive earlier to be a participant in the UU entry. The gathering time and location will be announced after July 4th and will be advertised in the Summit eNews. Note: Parking will be difficult. Plan on carpooling or utilizing public transportation.



This year, the UU Cluster will decorate a truck filled with haystacks and benches to allow some of our members and friends to sit while being part of the Unitarian Universalist Pride Parade contingent. Summit members and friends have been known to participate in Parasol Drill teams and wear wacky costumes in the past! Come dressed in your most colorful glam, bring your walking shoes, wear your hats, bring drinks for hydration, sunscreen to shield your skin, and come equipped with your smiles and hearts!

First UU Church of San Diego hosts this event and submits an application for the UU Cluster to attend. Be on the lookout for information from SJIAC members on how to get involved. This year, we hope to do some "advertising" of Summit with "swag" along the Parade route. This is a great resource to get Summit's name out in San Diego County/East County! Creative ideas are welcome!

Contact Sandy Bernstein from SJIAC with questions or input (sbernstein@sdsu.edu).



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, or if you have questions, please contact Carolyn Woodbury at cbwoodbury@gmail.com

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



WEDNESDAY MORNING CONVERSATIONS



We meet on Zoom and talk about 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 time to be with other Summitarians that you might not get to see otherwise. Spread the word.

Wednesday mornings 9:00-10:00 a.m.

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

Meeting ID: 938 3851 0596

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

THE SUMMIT TUESDAY NIGHT MEN'S GROUP

Is now hosting open house meetings on the last Tuesday of each month. Any and all men in the Summit community are invited. The next OPEN HOUSE meeting is Tuesday July 30 in the library at Summit.

We are a supportive circle of men who share and listen to each other. We invite you to visit with us.

Interested men may contact Mark Weedman for details, (619) 334-5300 or markatpspectrum@hotmail.com.

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.





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

OFFICE HOURS

Tues, Wed, Fri — 9 am to 2 pm

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KC Pandell

714-869-7645

SummitMinister@gmail.com

[Calendly Schedule](#)

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July, 2024

About SUUF Publications

Please send submissions for the monthly SCENE AT SUMMIT NEWSLETTER via e-mail on or soon after the 20th, to summitUUF@gmail.com

Please send submissions for the eNews, the weekly announcements, to 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.