



# 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: Presence

**December 1**

**“Confessions of an Accidental Killer: Turning the Deepest of Regrets into a Powerful, Positive Difference”**

**Gregg Ward, Guest Speaker**

In a powerful, engaging and surprisingly humorous personal talk about life, love and regrets, Gregg Ward will share with us the powerful learning he had as a result of a tragic accident he experienced as a young man. This heartfelt and uplifting talk is the focus of an upcoming TEDx talk Gregg will be delivering in 2025.

**December 8**

**“Radical Rest”**

**Rev. KC Marie Pandell**

As we head into the oft tumultuous holiday season, how can we find the presence to care for ourselves, when it sometimes feels our attention and time are competing elsewhere? Join Rev. KC as we explore a spiritual practice of rest and renewal

**December 15**

**“The Present of Presence”**

**RE Holiday Service**

The Summit children worked with Reverend KC and our DRE Mary to craft this special holiday service. We will be present together as we share stories, holiday joy and a few surprises. And there will be a special dog story too.

**December 22**

**“It’s Seldom Just the Carpet...”**

**Rev. KC Marie Pandell**

Sometimes, we have hurts that have remained covered, or sheltered away, and they find themselves manifesting in ways we don't expect. How might we support ourselves and each other when we find the little things that activate us are symptomatic of something deeper?

**December 24 at 5pm**

**“Christmas Eve Service—Riches of the Mystery”**

**Rev. KC Marie Pandell**

Most of us know the traditional Christmas story, and while a good one, it doesn't always fit the listener. Join Rev. KC, DRE Mary, and Music Director Duncan for some carols, a UU telling of the Christmas story, and a time of candlelit reflection. All are welcome.



**December 29**

**“When Life Gets Messy”**

**Rev. Lone Broussard, Guest Speaker**

How to be calm and carry on when life gets messy!

*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 ~ Reverend KC Marie Pandell

Dear Summitarians and Friends:

Sometimes it blows me away how quickly time flies in this work. It's no secret this has been both a heavy month for many of us, and also an exciting one. We have the concerns for the state of our world, and also the joys of our communities, and the hope for brighter days. We just had a spectacular auction, filled with so much laughter and mirth, and the prospect of many events to share together over the coming year – those things are not to be balked at! At the end of it all, we have our joy, and our love together – such a blessing to share such gifts with this beloved community!

In the coming weeks, we will have our Annual RE Holiday Service, featuring selections by Summit's children, and a Unitarian Universalist retelling of an old favorite dog story, rewritten for a new audience by Director of Religious Education, Mary Carter-Vail (with a little help from yours truly), and featuring artwork from our very own Nick Orr. We can't wait to share it with you.

Please also join us for our annual candlelight Christmas Eve service, and feel free to invite family and friends!

As we look ahead to a hopefully gentle and love-filled holiday season, know I hold you all tenderly, and lovingly in my heart. I recognize this season can be tender and blue for some, and sparkling, glittering bright for others. All feelings this season are not only okay, but welcomed. I am here to hold them with you.

Please consider joining me in the New Year, as we begin reading Authentic Selves: Celebrating Trans & Nonbinary People and Their Families, by Peggy Gillespie. This is our 2024/25 UUA

Common Read – UUs across the country will be reading this book, and I would love to invite you all into a space of learning, love, and reflection. Sessions will be held the 3rd Sunday of the month at noon in the Library, beginning in January. Please plan on committing to all four sessions together. Hope to see you there.

Blessings,

*Rev. KC*

(714) 869-7645

[summitminister@gmail.com](mailto:summitminister@gmail.com)

[Calendly Schedule](#)

### MINISTER'S OFFICE HOURS

Reverend KC is delighted to receive your calls and emails. Her regular day off is Monday. She checks email on a limited basis on Friday, her study day. She is available for one-on-one meetings by appointment.

#### In Office Hours:

Tues: 10 am to Noon 2 pm to 5 pm

Thurs: 10 am to Noon 1pm to 5 pm

#### Zoom/Call/Etc (Zoom preferred):

Wed: 10 am to Noon 1 pm to-3 pm

Schedule an appointment: [Calendly Schedule](#)



# PRESIDENTIAL PONDERINGS

~ DEBBIE WINGARD, BOARD PRESIDENT ~

Dear Friends,

Wondering what your Board of Directors has been up to?  
We have been working on the goals we set for this fiscal year!

1. Recruit a Pledge Drive Chair
2. Review/Revise Governing Documents
3. Expand Exterior Outreach to Community
4. Expand Interior Outreach to Congregation
5. Reactivate Covenant of Right Relations
6. As time permits (now or in future years)
  - a. Increase Social Justice Activities
  - b. Renew our status as a “Welcoming Congregation”
  - c. Research “Green Sanctuary” requirements
  - d. Develop a Longterm Strategic Plan

Feel free to ask any of us about progress on the above or any other items you would like to know more about, or how you can help keep our Fellowship running smoothly!

Debbie Wingard, President  
 Carol Legard, Vice President  
 Brenda McGuinness, Treasurer  
 Dan Hand, Secretary

Directors: Ryn Corbeil, Al Mork, Sally Jackson, Jenny Saar, Suzanne McQuaide

Wishing everyone a relaxing and joyful December!

*Debbie*



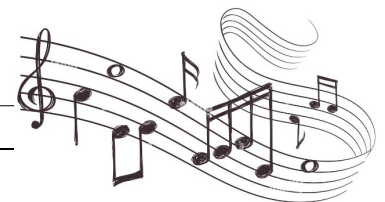
## SUMMIT'S MUSIC PROGRAM

**DUNCAN MATTHEW, MUSIC DIRECTOR**



The Summit Choir is singing on the 2nd and 4th Sundays of the month. We would love to have more singers - please join us! We sound pretty good, we would sound even better with you!

Rehearsals are in the sanctuary on Wednesday nights  
from 6:30-8:00 p.m





## LIFESPAN FAITH FORMATION NEWS

MARY CARTER-VAIL, DIRECTOR OF RELIGIOUS EXPLORATION

Once again, we enter the season of darkness in the Northern Hemisphere. This is a time for reflection as our bodies want to hibernate for the cold

months. Our culture asks us to speed up and get busy with parties, traditions and gifts. This month we have a new theme to challenge this commercial business by engaging in the spiritual practice of Presence.

**Presence:** Our theme for this month is the *Practice of Presence*. What does it feel like to be fully present in a place? As you are reading this, take a moment to pause and arrive fully in the moment. Where are you? What are the smells, sounds and feels you are experiencing. Is there a taste in your mouth? Can you hear anything? Check in with your senses and take a minute to become fully present in the moment. Breath in and out and be present now.

**The Spiritual Practice of Presence:** How is this a powerful spiritual practice? We are always here, in the moment, are we not? Ask yourself, are you fully present right now or are you thinking about the last thing you did or the next thing that needs to happen? Our culture has us looking for what's next rather than being fully in appreciation of the current moment. This is the mindset of consumption, and of consumerism. The antidote is to value the moment we are in, down to the micro-second. Being in the moment is a gift to give yourself and to teach others. May you be blessed with this practice this season and beyond.

**Soul Work:** Our Soul Work table will continue to be part of the cozy corner in the Sanctuary. This month, make a snowflake or practice presence with mindful doodling during the service. 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: VOLUNTEERS NEEDED!** 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](mailto:summitdre@gmail.com) to explore ways you can be part of Faith Formation at Summit.

**Our December Theme is the Practice of Presence:** 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.

**December 1 – Presence & Attention: Look for the Gifts Already Given, (Exploring Tools to Battle the Busyness of the Season)** – What do many folks think about this time of year? Presents! We are going to begin the month practicing presence as a powerful spiritual practice for the month of "busy". We will be making snowflakes and playing games to see what it feels like to be in the moment.

**December 8 – Presence & Gift Giving: Look for What You Love About Them, (Exploring Lessons in Gift Giving)** – As we focus on Presence, we will explore the joys of gift giving. After our story, there will be several gifts that our children can choose to make and give this season. We will also be finalizing any bits needed for the RE holiday Sunday next week.

**December 15 – The Present of Presence, Annual RE Holiday Service** – The Summit children worked with Reverend KC and our DRE Mary to craft this special holiday service. We will be present together

*(cont. on next page)*

as we share stories, holiday joy and a few surprises. And there will be a special dog story too.

**December 22 – Presence & Darkness: Look for the Gifts Hidden in the Darkness, (Exploring the Invitation of Winter Solstice)** This week we will build blanket forts and get cozy with hot cocoa as we celebrate the gifts of being fully present with the natural world. Mary will bring some evergreens so we can make festive bundles to bring the green inside during the darkest time of the year.

**December 24 – Christmas Eve Vespers Service -** Join us for this annual all ages service as the full community gathers to celebrate together through song and story.

**December 29 – Presence in Playing Together -** Annual New Years Game Day! Bring a game to share or join in with your friends for Apples to Apples or one of the many games in the Summit Game collection.

*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](mailto: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.

The Summit Office will be closed December 25-January 1.  
Happy Holidays to All!



**WhaleCoast Alaska - A More Authentic Travel Experience**

Two unique, exciting fundraising tours organized by four Alaska UU congregations are being offered again next summer by WhaleCoast Alaska. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays.

For 31 years, WhaleCoast Alaska tours have been the BEST way to visit Alaska. Register now for this amazing experience!

Details: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org)

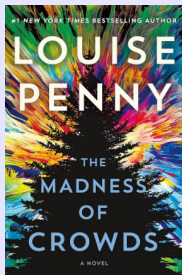
Questions: [info@whalecoastak.org](mailto:info@whalecoastak.org)

## ADULT LIFE ENRICHMENT

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

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

December 3 we will be discussing Native Son, by Richard Wright. .



Next month, on January 7, we will be discussing The Madness of Crowds, by Louise Penny.



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 Smreck



### GRIEF SUPPORT GROUP Rev. KC, Facilitator

Rev. KC leads a Grief Group for Summitarians and friends who are grieving the loss of a loved one. The group will meet on the 1st Sunday (on December 1) in the Sanctuary at Noon.



## Auction Corner News

**Thank you to everyone for making our Auction such a resounding success!!**

If you have not paid your auction balance, you should have received an invoice from Auctria (our auction software) in your email. If you would like to pay by credit card, please log in to your Auctria account and pay your outstanding balance by clicking the link in your invoice. If you want to pay with cash or check, you can deliver it to the office; once it is received, it will be logged in Auctria and you will receive an emailed receipt.

If you have physical items to pick up, you may pick them up during Nelwyn's office hours (Tuesday/Friday 9:00 a.m.-3:00 p.m., Wednesday 9:00 a.m.-1:00 p.m.). Please call or email first to make sure she will be there when you come. Nelwyn's email is [summituuf@gmail.com](mailto:summituuf@gmail.com)



## ☞ SOCIAL JUSTICE IN ACTION ☜

The Social Justice in Action Committee meets at noon in the Summit library on the second Sunday of each month. All members and friends interested in taking action on enhancing justice, freedom and the environment are invited to join us. If you would like to learn more, contact [summitsjia@gmail.com](mailto:summitsjia@gmail.com). Everyone welcome!

The next SJiA meeting will be Sunday, December 8, 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](mailto:eastcountysdc@pflag.com).



## ☞ WELCOMING & MEMBERSHIP COMMITTEE ☜

### Greetings Summit!

With the recent election behind us, a community like ours will be a major source of support for us during the coming times. We should also be aware that others in our area may be searching for a group like ours to help them get through this time as well. As chairperson of the Welcoming and Membership Committee, I receive online connection cards that are filled out by people who are curious about Summit. Many of them mention they are looking for a spiritual community that is welcoming and open-minded. They also mention they are looking for a spiritual group that's interested in issues with which we are involved, such as Social Justice in Action.

The next few years will be challenging for progressive thinkers. I know that our Fellowship will continue to be a strong voice for people and groups who may be marginalized during this time. I also



think that people who live in the area will continue to be looking for spiritual support both online and in person because of this. I know that we will welcome these new visitors as they look at us for a safe place to find the support they need.

If you are interested in getting involved, feel free to contact Jim Weed at [HDSurf@aol.com](mailto:HDSurf@aol.com) or look for him at Summit on most Sundays.

## AFFINITY GROUPS

### POETRY GROUP

Led by Margo Mariana

Please feel free to bring a short piece you have written to share with the group to get some feed-back support.

We meet in the Summit Library the first Monday of each month.

Please call Margo Mariana at (619) 312-0903 if you have questions and/or to register.



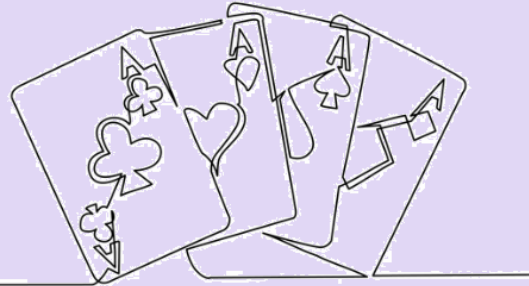
Next meeting is  
Monday, December  
2,  
10:00 a.m.—12pm

### Bridge Club

Come join Summit's friendly and casual Bridge Group

We play Bridge in the Salon on Tuesdays from 1:00 to 3:00 p.m.

Questions? please contact:  
Jamie Cleland; [jamie.cleland@gmail.com](mailto:jamie.cleland@gmail.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](mailto:denny.braun@usfamily.net).

### 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. This month the OPEN HOUSE meeting is Tuesday December 17 from 5:30 to 8pm 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





# Denominational News

YOU → Summit UU Fellowship → SD Cluster →

Pacific SW Service Area → Pacific Western Region → Unitarian Universalist Association



If you're experiencing a crisis and are seeking immediate support, please find [crisis resources \(scroll to the bottom of that page\)](#).

[Register for the trans/nonbinary+ gathering.](#)

[Register for the pastoral care group space.](#)



## UUA GENERAL ASSEMBLY

BALTIMORE • JUNE 19 - 22, 2025

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to have voting delegates.

From June 18 - 22, 2025, the 64th UUA General Assembly will be a multi-platform event with the main stage at the Baltimore Convention Center in Baltimore, Maryland.

### FAITHFUL CONVERSATIONS



is...

- ...an invitation to "go deep", exploring core UU concepts and values
- ...a set of resources for facing conflict and change: with trust in each other and in the power of community
- ...a set of embodied practices to build heart-centered, covenantal faith



In an effort to support congregations to continue to engage with the proposed Article II revision, UUA staff have collected and commissioned some resources from the field to supplement the [original Article II Study Commission resources](#). [Faithful Conversations](#) is a padlet with a diverse set of resources to support congregations in times of change, challenge and choice - with love at the center.



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

#### OFFICE HOURS

Tues & Fri — 9 am to 3 pm  
Wed.— 9am to 1pm

#### MINISTER

**Rev. KC Marie Pandell**

714-869-7645

SummitMinister@gmail.com

[Calendly Schedule](#)

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SummitDRE@gmail.com

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**Duncan Matthew**

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Duncan.matthew49@gmail.com

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#### Board of Trustees

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*Directors:*

Ryn Corbeil, Sally Jackson, Al Mork,

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## December, 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](mailto:summitUUF@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).