



# 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: Embodying Resilience

## February 1 "Answering the Call" Rev. KC Marie Pandell

Resilience doesn't crop up out of nowhere; it takes a willingness to look at the reality before us, and say "Okay". Call it faith, call it fate, call it Divine Intervention: sometimes, the most powerful path to resilience is simply saying "Yes".



## February 8 "I've Got That Dog in Me" Rev. KC Marie Pandell

Resilience isn't about "surviving". Resilience is about thriving in spite of: when you've been beaten down, and choose to get back up again. But part of building resilience is the need to tell the story, free of shame or guilt. Today, we explore what it means to choose resilience, not as a passive student, but as an active change maker.

## February 15 Music Sunday Join Us for Music Sunday



## February 22 "Universalism & Bending Justice" Rev. KC Marie Pandell

Theologically, Universalists believe none of us are beyond redemption. Never preaching from a place of fear, but always guiding people towards hope & love, Universalist ministers have traditionally sought to help create Heaven in this life. Of course, this is not a simple task, though a worthy one, and a part of the heart of not only our spirituality as UUs, but as a part of our justice work. We may not get to see the Promised Land, but the work of preparing and striving for it is worth the uncertainty of the moment.



*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:

What a joy it is to be back among this wonderful community; I missed you all while I was away for studies (and luckily, or perhaps unluckily, depending on your personal preference, managed to miss being snowed in!). Once again, I thank you all for your patience and support while I pursue this degree; I'm often filled with more ideas than I can shake a stick at after completing a course.

February, in addition to being Black History Month, we take a look at resilience – a tall order, I know, when it sometimes feels easier to hide under the covers and hope for better days. Thankfully, though, resilience needn't be an exhausting practice. Sometimes, it comes at the most unexpected of times, in the most unexpected of ways, just when you need it the most. Sometimes, we must seek it out. Resilience is one of those things, like strength training, that we would do well to work at, if we want to increase our accessibility to it under pressure. But the good news is that it can be done alone, of course, but thrives best in community. Just look at the folks in Minneapolis, who have spent the five years since the murder of George Floyd building intentional community and strong mutual aid. Look at what they've grown, because they choose resilience, and they choose each other; we are seeing in real time what true resilience can look like, thanks to them. What a stunningly beautiful lesson.

Over the next few weeks, we'll explore what it means to choose resiliency, we'll learn a little about some of our Unitarian ancestors who answered the call, and see some of our Universalist roots in action as we chat about resiliency as spirituality, as well as a part of our justice work.

Finally, a brief reminder: Mary & I will be away from Summit from February 13-16, when

we will be on staff at Camp up in the mountains (Okay, you got me, I do hope it's snowy there). If you'd like to join us at Family Camp, please reach out to either of us – Camp holds a special place in our hearts, and we would love to help you know that same joy for yourselves!

As always:  
All my love and blessings,

*Rev. KC*

(714) 869-7645

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



## 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](#)



# LIFESPAN FAITH FORMATION NEWS

MARY CARTER-VAIL, DIRECTOR OF RELIGIOUS EXPLORATION

Last Sunday we planted the Summit garden bed with our winter garden. Cleaning up the garden, laying down compost and planting seeds felt like an

important act of resistance and resilience at this time. Our children were very excited about working in the garden. They loved digging holes and looking for worms and rollie-pollies as we prepared and planted. While this may seem like a small act at this time it is a way of embodying resilience as we look forward to growing food for the community.

**Embodying Resilience:** How do each of us embody resilience? For me, this means feeling into my physical body or using my body in a way that helps me to experience something. Resilience can feel challenging when we are experiencing something new. Currently, it feels like a lot of things are happening that we have not had personal experience with, so resilience is needed as we move forward. What that looks like to me is doing something that helps my community, like gardening, volunteering or sharing stories of healing. What are ways that you are embodying resilience? For the RE classes this month we be embodying through creativity, games, making food and gardening.

**Free Little Library is OPEN!** – Thank you to all who have brought books to contribute. Our little library is getting some local attention, and we are being added to the Little Free Library App. We do need some more books so bring in any gently used titles to contribute. Bring book donations to RE so our children can add in the bookplates and enjoy filling the library. Thanks again to all who have supported this fun project!

**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 February theme is Embodying Resilience:

We will be gathering in RE at 10 am on Sundays for our Religious Exploration activities. Our children and youth will participate in the service until after the “Invitation 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.

### February 1 – Finding Resilience through Nature –

The natural world is a beautiful place to practice resilience. Nature and natural spaces embody resilience each season and every day and offer us a model of responding with resilience. This Sunday we will be looking to the natural world as we learn about the spring celebration of Imbolc and, using seeds, we will make yummy snacks and art together.

### February 8 – Finding Resilience through Grit –

Being resilient in challenging times can take courage and grit. One way to prepare to be resilient, is to make a plan that will support you when embodying courage. We will be making a “Wheel of Coping” and playing some games that require resilience as we practice resilience together.

### February 15 - Finding Resilience Through

**Community** – This week we will be finding resilience as we make art to share with the community. Once a year we make Cards of Care to send out to the Summit community. We will begin by making art and art paper to make cards to share. Let me know if you would like to help with sending out cards to our community as this is a way for you to embody resilience as well.



*(continued on next page)*

**February 22 – Finding Resilience Through Humor –** *email, send your email address to Mary at [summitdre@gmail.com](mailto:summitdre@gmail.com).*  
Humor can be a great tool to help us when we need to embody resilience. This week we will be making silly sculptures and playing “Minute to Win It” style games as we get silly together.

With deepest love and brightest blessings,

*Mary*

Mary Carter-Vail  
she/they

Director of Religious Exploration

*These are the plans at the beginning of the month, and they may be adapted as our community needs change, so please watch the weekly Children’s Religious Exploration Email. To receive the weekly*

### 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.



## **SUMMIT’S MUSIC PROGRAM**

**JERRICA STONE, MUSIC DIRECTOR**



Hello friends,

It has been an exceptional month getting to join all of you at Summit!

In the midst of all the darkness that is surrounding us, y’all have been a shining light of warmth and kindness. Spending time in January’s theme of “Practicing Resistance” taught me a lot about who you are as Summitarians, and made me very glad to know you.

Rev. KC said to me “You picked quite a time to become a UU music director!” Ain’t that the truth?

All that being said, we had a great start to the year with Summit music! I’ve heard a lot about the “DIY” choir, and getting to spend Wednesdays with the choir is truly a treat!

In January, I was reminded of how often songs are overlooked as a form of resistance.

Dr. Martin Luther King Jr. observed during the civil rights movement that “the freedom songs are playing a strong and vital role in our struggle...They give the people new courage and a sense of unity...” In the Baltics, people used a “shield of songs” to fend off a violent regime in the 80s, and in Chile’s resistance to dictatorship in the 70s, “¡El Pueblo Unido Jamás Será Vencido!” (“The People United Will Never Be Defeated!”) became a rousing song heard at most protests.

Looking at February’s theme of “Embodying Resilience”, it’s easy for me to connect it to singing. Singing fosters resilience by acting as a powerful tool for emotional regulation, social connection, and physical well-being. Singing releases endorphins, dopamine and oxytocin, which reduces stress. Deep breathing calms the nervous system. Whether solo or in a choir, it aids in emotional coping.

As we move into February, my hope is that we continue to sing boldly and tenderly together. As we look at what it means to embody resilience, I invite you to listen closely to the music we share and to your own voice within it. Singing together is not just reflection, it is action and healing. It reminds us that we are not alone, clarifies who we are and what we stand for, and gives us the courage to carry one another forward. I’m grateful to be singing with you.

**If you’re wanting to join the choir, we rehearse Wednesdays 6-7:30p. No singing experience is needed, just a willingness to raise your voice with us!**

## WELCOMING & MEMBERSHIP COMMITTEE

### Welcoming and Membership Happenings

The Welcoming and Membership Committee is excited to be bringing back our custom permanent name tags that some Summit members wear. Summit members have been asking if we were going to be doing this for around a year.

Unfortunately, I learned that the engraving store that previously made the nametags has recently closed. I have the name of a business in La Mesa that can make them for around the same price as before. I need to discuss our needs with them before we can move forward with making them for interested members. Look for updates in the eNews about when we will start taking orders for them.

I continue to be grateful for Summit as a place of refuge from all that is going on in the world right now. It is great to have this sanctuary to go to after a chaotic week. I leave this place recharged and better be ready to tackle and handle whatever the upcoming week may bring. I want to thank Summit's members and friends for being who they are. I look forward to seeing you on Sunday.

Take Care,

*Jim*

Welcoming & Membership Committee Chair



## 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.

This month, on February 3, we will be discussing A Fever in the Heartland: The Ku Klux Klan's Plot to Take Over America, and the Women Who Stopped Them by Timothy Egan.



On March 3, we will be discussing The Vanishing Half by Brit Bennett.

Everyone is welcome, even new members - either to participate or listen. Please contact Cheryl S. with questions.



### 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 next meeting will be February 1st in the Sanctuary at Noon.



### SUMMIT UU FELLOWSHIP PRAYER CIRCLE

Organized by Seraphina

We meet in the Sanctuary on the 1<sup>st</sup> Thursday of the month from 1pm to 2:30pm.

All are welcome!

## ∞ SOCIAL JUSTICE IN ACTION ∞

The Social Justice in Action Committee meets regularly 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 SJIA committee meets on the second Sunday of the month;  
Our next meeting will be February 8 at 12 Noon**  
in the Library and on zoom at <https://zoom.us/j/98852027774>

Summit is dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them in East County. Contact Ryn for more information.

## ∞ COMMUNITY EVENTS ∞

**Saturday, February 14**

### **Valentine's Day Dance - High School Prom**

We are reviving an event we had many moons ago. A Valentine's Day Dance! It will be on February 14<sup>th</sup> from 6:00-9:00 p.m. in the Sanctuary.

Just think about it! You have the chance to relive that Prom you missed, dress to the 9's, and take your love (or prospective love) to the dance floor. NOTHING is more romantic than that. They will appreciate it so much, better than flowers and chocolate! There will be no admission fee, but donations for coming events are welcome.

Bring your favorite desserts to share. Looking for volunteers with rearranging and resetting the Sanctuary for the Sunday Service and Harp Recital/Potluck the next day.

Questions? contact Roland G.

**Sunday, February 15**

### **Potluck and Harp Concert**

Following Service February 15<sup>th</sup>, join us for a Pot-Luck in the Salon! Please drop off side dishes in the Salon before service, chips are only acceptable if you bring a lovely dip also. Lunch right after service - then at 12:30 will return to the Sanctuary for some beautiful harp music.

We are pleased and honored to have Deirdre Sullivan perform for us on her Celtic Harp! She is an accomplished performer on the harp and loves to arrange and perform instrumental music from Ireland, Scotland, France, Italy and Renaissance England. Her program will feature dance tunes - plus enchanting ballads and airs. You will not want to miss this!!!



**Saturday, March 14 at 7pm**

### **Concert—A Celtic Evening**

In the Sanctuary

*Doors open at 6:30pm*

## AFFINITY GROUPS

### POETRY WORKSHOP

Led by Margo Mariana

Come play with words! Discover the poet within.

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 M. if you have questions and/or to register.

**Next meeting is Monday,  
February 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:  
Pam W.



### WOW—WOMEN OF WISDOM EVENING WOMEN'S GROUP

Longing for a meeting that suits your needs? All are welcome - come share your wisdom and hang out with other amazing women!

Meet with us the 3rd Monday of every month, at 7:00 PM, at different houses.

Call or text Stacey S. for more information,

See you there!

### DAYTIME WOMEN'S GROUP

The Summit Daytime Women's Group meets the last Friday of the month from 1-2:30pm.

Contact Shari R. or Marianne Z. at  
[SUUFwomensdaygroup@yahoo.com](mailto:SUUFwomensdaygroup@yahoo.com)  
for more info.



### THE SUMMIT TUESDAY NIGHT MEN'S GROUP

We are 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, February 24 from 6:30 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 W. for more information.

### 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 B..





## Happy New Year from Camp de Benneville Pines!

The entire 2026 calendar of events is ready for you!

Registrations are open for UU Elementary/Family Winter Camp and Camp Transcend Family Camp.

Registrations open soon (mid - January) for UU Middle School and Family Winter Camp, UU Women's Spring Retreat, Yoga Camp, and Camp de Benneville Pines Reunion Camp 2026!

**Scholarships are available!** Have you or a family you know been affected by the fires in LA? Did you know that Camp de Benneville Pines has scholarship funds available to support those who lost their homes or jobs due to the fires? Camp is here to help!

Our goal is to make the possibility of Youth and Family camps available to all who feel the need to spend time at camp, regardless of one's financial circumstances. Reach out! Help us get campers to camp!

Feb 14-16	UU Elementary and Family Winter Camp
Mar 27-30	UU Middle School and Family Winter Camp
Jul 5-11	CIT Camp (for those training to be a counselor)
Jul 6-11	UU Elementary Summer Camp
Jul 12-18	UU Middle School Summer Camp
Jul 19-25	UU High School Summer Camp
Jul 26-Aug 1	UU Family Summer Camp

### SCHOLARSHIP REQUEST

**Registrations for the Summer Camps will be opening at 7 am, Saturday, March 7, 2026!**

**Our Contact Information**  
Camp de Benneville Pines  
PO Box 82  
Angelus Oaks, CA 92305-0082  
(909) 794-2928 Voice Messages Only  
<http://www.uucamp.org>



# Denominational News

YOU → Summit UU Fellowship → SD Cluster →

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

**Save The Date** for the Pacific Southwest Assembly, April 24-26, 2026, at the Rancho Palos Verdes, Pacific Unitarian Church campus.

In the spirit of the former district assembly, we invite UUs and affiliated people to join in our **Blue Sapphire** reflection--65 years of UU history, with a look ahead as we strive for Justice. In the pursuit of justice for all let's learn from history and blend our voices with our ever-current arc toward Justice. The assembly is a unique creation of workshops, music, and keynote speakers, and we invite you to provide event planners with your ideas and suggestions for workshops and activities.

2026 Pacific Southwest Assembly

April 24 - 26, 2026

Pacific UU Church  
Rancho Palos Verdes, CA



"Blue Sapphire Anniversary"

For more information and to provide your ideas, contact Dale Botts: [dale.botts2@gmail.com](mailto:dale.botts2@gmail.com), 714.686.2791 (he/him)



## SIDE WITH LOVE

This year's **30 Days of Love** invites us to slow down and return to the heart of how we do our organizing work faithfully. Our theme, Reimagining the World as It Could Be, calls us to root ourselves in spiritual discipline and creative possibility,

trusting that how we show up for the work will shape the world we are building.

Each week beginning January 19, we will reflect on and offer practices inspired by how our Side With Love team organizes our work and practice:

- **Imagining Thriving** – nourishing our freedom dreams and expanding what we believe is possible.
- **Grounding in Context** – understanding the histories, conditions, and truths that shape our communities and this moment.
- **Nurturing Community** – tending to relationships, belonging, and the sacred web that holds us.
- **Mobilizing for Action** – moving together with courage and strategy, allowing action itself to be a teacher.
- **Exploring Possibilities** – opening ourselves to emergence, creativity, and transformation as we make the future together.

Each Monday during 30 Days of Love, our weekly offering will be available at 9am Eastern and can be accessed from the [30 Days of Love 2026 landing page](#).

Over these five weeks we will move from imagination to action, returning again and again to the spiritual practices that keep us on a faithful path and resist the ways these times can corrupt the spirit. At a time when fear, violence, and extraction dominate our politics and our planet, we practice another way. We cultivate a love that is not fragile—it is fierce. It grounds our organizing, fuels our imagination, and sustains our communities.





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

#### OFFICE HOURS

Tuesday & Thursday — 9 am to 5 pm  
*Please call before coming in to make sure  
someone will be in the office*

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[Calendly Schedule](#)

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## February, 2025

#### 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.

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or e-mail us at [SummitUUF@gmail.com](mailto:SummitUUF@gmail.com).