



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: Nurturing Gratitude

November 2

“The Road So Far: Gratitude for Who Came Before”

Rev. KC Marie Pandell

When we consider our ancestors, many people think about those family members who came before. But many folks, especially those who have had to build families around them, may or may not have a birth lineage to follow. Today, join Rev. KC as we explore all the ways ancestors shape us, from our nuclear families, to the families we choose, to those theological ones that pathed the way forward. And we also ask the question: what sort of ancestor do you hope to be?

November 9

“The Things We Carry: Gratitude for What We Have”

Rev. KC Marie Pandell

In the hustle and bustle of general life, it's easy to get bogged down with tasks, meetings, chores, appointments and all manner of day to day, so much so, that sometimes it feels impossible to even think about stopping to smell the roses, let alone actually doing so. Today, join Rev. KC on an exploration of gratitude for the present, the things of our here and now.

November 16

“Lost & Found: Gratitude for What We Didn't Receive”

Rev. KC Marie Pandell

So much of life is hoping & dreaming our futures, or the ones of our loved ones, praying them into existence. More often than not, though, there is heartbreak when those dreams don't become

reality. Join Rev. KC as we ponder the questions: How do we be grateful when our hearts break? How can we see ahead to the things that become ours in the face of loss and change? How do we experience gratitude for what is meant for us, even if it wasn't what we wanted?

November 23

"On Nurturing Gratitude"

Peter Bolland, Guest Speaker

Does gratitude come only after we get everything we want? Or is gratitude a decision we make here and now, regardless of circumstances? The way we answer these questions deeply shapes the quality of our lives. The Roman philosopher Seneca wrote that "Gratitude is not only the greatest of all the virtues, it is the parent of all the others." Let's explore ways of cultivating the consciousness of gratitude, even in these trying times.

November 30

“Transforming Public Perceptions of Homelessness”

Wilderness Rose, Guest Speaker

Wilderness Rose, Program Director at Lived Experiences Advisors, challenges false narratives of the homeless by putting real stories, real people, and real expertise at the forefront. They advise policymakers, partner with service providers, and speak in public forums to reframe homelessness as a systemic issue—not a personal failure. Rose will host a Panel discussion where they interview people with lived experience and how they use their stories to fight for justice in the legislative circles.

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:

I always appreciate the flexibility of the congregation, especially in a time that feels increasingly unpredictable. I mentioned previously that my intent was to read Octavia Butler's Parable series with the Minister's book group, and while that pair of books has such exemplary merit, and I do genuinely believe all people who value community and resilient change should read them (especially in faith communities), there was a moment in August where I saw the second of the books on my shelf, took a deep breath, and said "Oh, I'm just not ready." Which was an important moment for noticing that if I wasn't ready to read something I feel so strongly about, how on Earth could I ask the same of you all?

I already knew I wanted to engage Deepa Iyer's *Social Change Now*, which I'll circle back to, though I want to extend thanks once again to Mark Weedman for bringing Joanna Macy & Chris Johnstone's *Active Hope* – a powerful book that may help us creatively find hope in what feels like hopeless times (we studied it in seminary, and it's most definitely a time for revisiting it, which we will do in the Spring). But back to *Social Change Now*.

It's this year's UUA Common Read, and after watching Ayer's introduction video with Mary and a few folks who attended my book group this past Sunday, Mary & I, with some reflection from Debbie and conversation with that first group, have decided that the ecosystem framework Ayer teaches is so worthwhile, we wanted to start again next month. The author sets out to give the reader various roles within social change structures we may play, have played, or would like to, in order to support justice efforts. For my own part, I know Caregiver, Visionary, and Disrupter are roles that have a place in my ministry, and I would love to support our congregants in finding the roles that call to them. By the time you read this, I suspect I

will have sent out Ayer's UUA introduction video which will explain far better than I'm capable of in this space. The InSpirit Bookstore page for purchasing the book will also be linked. I highly recommend the spiral version, as it is a very reflection heavy piece (so don't try to fly through it - answer the questions you can as you go, but try to familiarize yourselves with the roles). You're welcome to get the Kindle version, though you may want to have a journal on hand.

I truly think this will be an engaging and exciting way for folks to find their way to more clear activism, whether you're, as Ayer says: ready, weary, or wise (or all three). Seasoned activist, or first time engaging, there is a place for you in justice work, and in Summit's own justice ecosystem. Mary & I look forward to exploring the possibilities with you on the third Sunday of the month, in November, December, and January. Same Bat Time, same Bat Channel: Noon, Summit Library. Until then:

All my love and blessings,

Rev. KC

(714) 869-7645

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](#)



PRESIDENTIAL PONDERINGS

~ DEBBIE WINGARD, BOARD PRESIDENT ~

Dear Friends,

We have such a warm and generous community! We appreciate all who have shared their **TREASURE** through the pledge drive, auction donations, and our new Adopt-A-Bill project (see details below). We also appreciate all who have shared their **TALENTS** through committees and other volunteer efforts. Volunteering is also a great way to get to know fellow members and friends more deeply. Hopefully the recent volunteer fair tables have helped you become familiar with our varied committees and where you might enjoy sharing your talents!

Additional Ways to Help!

In addition to committees, there are several tasks that would help Summit thrive. Please consider the following and let me or any board member know if you are interested or would like more information. If you can help with any task/subtask, that would be wonderful.

- ◆ Website
 - Revisions
 - Maintenance
- ◆ Photography
 - Take pix at events
 - Scan old photos
 - Maintain digital archive
- ◆ Climate Change/Environmental Justice
 - Organize events, such as converting to LED (which will also lower utility bills)
 - Apply for Green Sanctuary Status
- ◆ Crafts Faire (December?)
- ◆ Rummage Sale (Spring?)
- ◆ eBay Fundraiser
 - Request/collect items
 - Advertise items
 - Package/ship items
- ◆ Pledge Drive (Feb-March)
 - Organize
 - Stewards

Thank you all for being a part of our beloved community!

Debbie

Adopt-A-Bill

You may have noticed that we have started a new project: Adopt-A-Bill. Our pledge drive came up short this year, and does not cover all our expenses. This means we will need to use our savings to cover bills this year. We would like to keep our savings to cover unexpected emergencies and campus improvements. If you are able, we are asking for donations in addition to your regular contributions, so that we don't have to touch our savings.

There is a poster board in the Salon that has many of our monthly expenses on stickies. You can help cover an item for a current/past/future month, a quarter, or the whole year! Simply take a stickie and put on your check (which can be in an envelope if you prefer). You can then return it to the office or in the collection basket on Sunday with your normal donation.

When you take your stickie, you will discover a thank you image underneath. The wonderful cartoon characters were created by our very own Nick Orr!

**Please help us meet our goals and adopt a cute cuddly bill!
THANK YOU!!!**

Month - Bill #	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	TOTAL
Music supplies/license													\$300
Carpet cleaning													\$396
Landscaping													\$504
Adult RE supplies													\$660
Piano tuning													\$852
Child RE supplies													\$2,280
Childcare													\$3,000
Guest speakers													\$3,960
Pianists													\$3,960
Utilities*													\$6,000
Property insurance													\$7,596
Staff healthcare**													\$17,064



LIFESPAN FAITH FORMATION NEWS

MARY CARTER-VAIL, DIRECTOR OF RELIGIOUS EXPLORATION

Welcome to November and our new theme of Nurturing Gratitude. It may feel like a challenging time to experience gratitude with so much

feeling unsettled in our world. It can also feel hard to celebrate Thanksgiving as we remember the harm that was and continues to be done to our indigenous neighbors. I find that while this can be difficult, it is necessary for me to acknowledge and celebrate with gratitude the little things each day. This can be a spirit lift, even in the hardest and most complex of times. Gratitude is a powerful way to express and experience a bit of joy as we do hard things.

Nurturing Gratitude: For the month of November, we will be focusing on Nurturing Gratitude. We will start with gratitude for our ancestors as we learn about Dia de los Muertos with Mar Cardenas-Loutzinhiser. Then we will discover gratitude for the small things in our lives and explore how gratitude can give us hope in challenging times. On the final Sunday of the month, we will be leaning into the power of “Thank you”. How do you practice gratitude in your life? For me, recognizing and expressing gratitude each day is spiritual practice. This could be thanks to experiencing a big thing about my day or something small like getting a simple chore done or appreciation for the weather that day. My goal is at least 3 things in the morning and evening to frame my day. I hope that you will take this theme as an invitation to be intentional about gratitude each day. What are you thankful for?

RE Family & Volunteer Lunch - Conversation

Recap – We had a small and mighty turn out for our lunch and conversation on Oct 26. After enjoying a yummy soup, bread and goodies lunch, we talked about the program and what we want to see going forward. (While we were in conversation, Abby and Anya carved pumpkins with the children present.) One of the big things that we talked about was how to get more families in our program as this is something that many families are looking for. One suggestion is getting our website up to date to welcoming families & more younger folks to the program. These suggestions are being shared with our publicity/social media team. We also talked about family

volunteering one Sunday a month in RE and helping support projects like our community garden. Several of the people in attendance are offering help. I plan to check in with the rest of our families and volunteers to see where they want to participate. We also discussed the annual RE Family Holiday service on Dec. 14. Rev. KC will be joining us in RE during the service on Nov. 23 to work with our children & families to put together our service. The whole family is invited to be part of this fun and meaningful tradition. Join us for this RE session on Nov. 23 to be part of the holiday magic.

Free Little Library is OPEN! – Our little library is getting some local attention. We have added books several times during our first month open. We do need some more books so bring in any gently used titles to contribute. Bring book donations to RE so our children can put in the bookplates and enjoy filling the library. Thank you 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 to explore ways you can be part of Faith Formation at Summit.

Our November theme is Nurturing Gratitude:

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.

November 2 – Gratitude & Ancestors: How

Gratitude Helps Us Remember – This week, we are exploring how gratitude nurtures us by helping us to remember the gifts of our ancestors.

(continued on next page)

As we do this, we will have the chance to explore the ways other religious and cultural traditions also express gratitude for ancestors. We will be learning about Dia de los Muertos during the service and crafting some memory art as we express gratitude for our ancestors.

November 9 – Gratitude & The Ordinary: How Gratitude Helps Us Notice Small Things – There are so many small things in our daily lives to be grateful for. This week we will be looking closely, using magnifying glasses, at our garden & more to gain a deeper appreciation and gratitude for the little things that we may pass over each day.

November 16 - Gratitude & Happiness: How Gratitude Gives Us Hope – This week, we are exploring how gratitude nurtures us by helping us shift our perspective, moving us from sadness to happiness. As we do that, we will have the chance to explore our UU value of generosity, which calls us to “cultivate a spirit of gratitude and hope” As part of this wondering, we will be decorating donuts as we talk about what we have and what we do not have.

November 23 – Holiday Service Planning with Rev KC! – Each year our children & families plan a holiday service with Rev KC and Mary. This Sunday, Rev KC will be with us to help us to create a fun holiday service for the whole congregation. Bring your ideas for readings, songs & more as we

play together to prepare for the service on Dec. 14. Parents and volunteers are encouraged to be part of this planning process. Let’s create a magical holiday service together.

November 30 - Gratitude & The Power of Thank You: How There Are Many Ways to Say Thank You – How do we express gratitude to the people in our lives? This week, we are exploring how gratitude nurtures us by reminding us that there are many ways to express gratitude. As we do that, we will have the chance to lift up one of our inspiring UUs, Rev. Galen Guengerich, a minister who put gratitude at the center of his theology and invites us to view it as a spiritual practice. We will be making Thank You cards and talking about ways to express gratitude.

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 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 ☜

Saturday, November 8

Summit Auction

See details on page 7

Sunday, January 25 at 11am

SUUF Congregational Meeting

Sunday, November 23 at 12pm

“Getting to Know Us” event in the Library

See details on page 6

Thursday, January 29

Red Cross Blood Drive in the Salon



SUMMIT CHOIR is meeting Wednesdays at 6 pm in the sanctuary.

We welcome anyone who would like to sing- no experience required. We are currently operating as a DIY choir (we are running rehearsal on our own) and could use your voice!

❧ WELCOMING & MEMBERSHIP COMMITTEE ❧

Welcoming and Membership Happenings

This is a special invitation from the Welcoming and Membership Committee for a chance for you to “Get to Know Us” better. After the service on Sunday November 23rd, at 11:30am, we will be gathering in our Library. This will be an opportunity for you to learn more about Unitarian Universalism and Summit UU Fellowship, its history, and programs. Finally, you will have a chance to get to know people in our community better.

We will be serving a light lunch. The only commitment required from you is that you let us know you are coming so we will have enough food for everyone! Please email me back if you plan to attend. I’m Jim Weed, the chairperson of the committee and my email address is HDSurf@aol.com. I’ll also have a sign-up sheet when I’m at the visitors’ table on Sundays. We

look forward to seeing you there. Bring your questions.

If you are interested in finding a place to become more involved at Summit, stop by to talk with me at the visitors’ table. I’ll have sign-up sheets to become a member of the Welcoming and Membership Committee. It will be great to have some new faces helping with new ideas for welcoming our visitors and supporting our members.

I’ll also have sign-up sheets for helping at the visitors table on Sundays. There are enough people attending Summit now that a second person at the table would be helpful to greet everyone. And just a reminder, you don’t have to be a member of the Welcoming and Membership Committee to volunteer at the table.

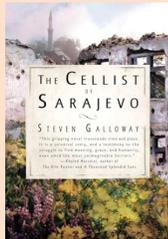
Jim

❧ ADULT LIFE ENRICHMENT ❧

THE SUMMIT UU BOOK CLUB MULTI-PLATFORM OPTIONS!

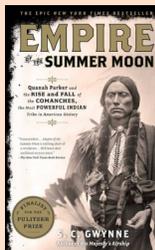
The Summit UU Book Club meets on the First Tuesday, at 7pm. The group meets both in person in the Library and via Zoom, hosted by Debbie Wingard.

This month, November 4, we will be discussing [Empire of the Summer Moon](#) by S.C. Gwynne.



On December 2, we will be discussing [The Cellist of Sarajevo](#) by Steven Galloway.

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



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
November 2 in the Sanctuary at
Noon.



SUMMIT UU FELLOWSHIP PRAYER CIRCLE Organized by Seraphina Galante

We meet in the Sanctuary on the 1st Thursday of the month from 1pm to 2:30pm. This month we will be meeting in the Library. All are welcome!

∞ 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. Everyone welcome!

The SJIA committee meets on the second Sunday of the month;
Our next meeting will be November 9 at 12 Noon
in the Library and on zoom at <https://zoom.us/j/98852027774>

As a Welcoming Congregation, all members, parents, friends, and allies of the LGBTQ+ community are welcome at Summit. We build and sustain relationships with local LGBTQ groups and organizations. For information please reach out to bkindbstrong@gmail.com



Auction Corner News

Magical Fairy Garden

The 2025 Summit Auction is on November 8th

Click [HERE](#) to be taken to our auction website, where you can purchase your tickets!

<https://auctria.events/summitauktion2025>

Summit Auction
2025



The
Magical Fairy Garden

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

Next meeting is Monday,
November 3
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 Williams at

2400highview@gmail.com



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 Stacey Sasaki for more information,
619-850-7553.
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 at 619-840-3612 or Marianne at 541-510-8263 for more info.



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, November 25 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 Weedman for details: markatpsectrum@hotmail.com or (619) 334-5300.

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.



Denominational News

YOU → Summit UU Fellowship → SD Cluster →

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

Love animals? Did you know there's a UU organization dedicated to honoring and protecting them? The **UU Animal Ministry (UUAM)** helps UUs live our values of compassion, justice, and respect for all beings. Stay connected through our [newsletter](#), [social media](#), or at UUAM.org to learn about events, programs, and advocacy. From our annual Celebration & Blessing of the Animals to forming local chapters, you'll find inspiring ways to act with love for animals. Join us in building a more compassionate world!



Want to bring more awareness of animal issues into our congregation? [Starting a UU Animal Ministry \(UUAM\) chapter](#) is a great way to do it. Each local chapter chooses the topics that matter most to them, from food justice to spiritual connection. UUAM provides resources, monthly leader gatherings, and even grant opportunities to help chapters grow. Interested in starting one here? Email info@uuam.org to learn more.

Save The Date for the Pacific Southwest Assembly, April 24-26, 2026, at the Rancho Palos Verdes, Unitarian Universalist (UU) campus. The Pacific UU Church is located South of Los Angeles and West of Long Beach and is central for those traveling in most directions. 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.

2026 Pacific Southwest Assembly

April 24 - 26, 2026

Pacific UU Church
Rancho Palos Verdes, CA



“Blue Sapphire Anniversary”

Help to celebrate the 65th anniversary of the merger of the Universalists and Unitarians in the US and the creation of Camp de Benneville Pines. Reflect upon 65 years (Blue Sapphire) of UU successes and struggles, the good and the ugly, while we keep our eyes wide open 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.

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

The **Gathering**

♥ Fortifying Ourselves for the Long Road Ahead ♥

UNITARIAN UNIVERSALIST ASSOCIATION

Second Monday of Every Month
8pm ET / 5pm PT

♥ SIDE WITH LOVE



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*

MINISTER

Rev. KC Marie Pandell
714-869-7645
SummitMinister@gmail.com
[Calendly Schedule](#)

DIRECTOR OF RELIGIOUS EXPLORATION

Mary Carter-Vail
619-562-0833, ex 3
SummitDRE@gmail.com

OFFICE ADMINISTRATOR

Nelwyn Del Frate
619-562-0833, ex. 1
SummitUUF@gmail.com

PROPERTY STEWARD

Mark Weedman
markatspectrum@hotmail.com

WEEKLY ENEWS EDITOR

Pam Kerr: SUUFVolunteer@yahoo.com

SCENE AT SUMMIT NEWSLETTER EDITOR

Nelwyn Del Frate: summitUUF@gmail.com

Board of Trustees

Debbie Wingard—*President*
Ryn Corbeil—*Vice President*
Dan Hand—*Secretary*
Brenda McGuinness—*Treasurer*
Miles Beauchamp—*Director*



November, 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

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.