THE SCENE AT SUMMIT

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

Multi-Platform Sunday Services begin at 10:00am ✳ October Theme: Healing

November 1
“Give Sorrow Words”
Rev. KC Marie Pandell
The thing about grief is that it is unavoidable. Everyone grieves something, multiple times in their lives: no one is immune. But that doesn't mean it should dictate our lives, quite the contrary: it can guide us, if only we know what to do with it.

November 8
“Gratitude Communion”
Rev. KC Marie Pandell
The autumn season has become synonymous with gratitude: the gratitude for good company and good life. Today, we celebrate the bounty of a loving community.



November 15
“Only Human”
Rev. KC Marie Pandell
Humans are beautiful, wonderful, and complicated. So, too, can how we relate to others also be. Sometimes, even our best efforts fall short, and we find ourselves at a crossroads. Join Rev. KC for an exploration of forgiveness: what is it, who deserves it, and how do we do it? This will be Jenny Saar's auction sermon.

November 22
"Stories of Change, That Change"
Aunt Li-Anne Rowswell Mufson
Traditional Stories and Community Stories are ways for us to see what is possible when change seems impossible. We will be investigating Stories of Change and gathering Hope and Inspiration.

November 29
"Beyond Belief: Living Our Values Through Liberation - A Reflection on Liberation Theology and Unitarian Universalism"
Rev. Dr. Andrea Travers
What can Unitarian Universalists learn from liberation theology? Emerging from Latin America and expanding through Black, Indigenous, feminist, and LGBTQ perspectives, liberation theology challenges us to consider the relationship between spirituality, human dignity, and social justice. This reflection explores the shared commitments and important differences between liberation theology and Unitarian Universalism, inviting us to consider how our deepest values become living expressions of love, solidarity, and transformation in an increasingly divided world.



The Mission Statement of Summit Unitarian Universalist Fellowship
In spiritual community, we commit ourselves to building a compassionate, just and sustainable world.

YouTube 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

Rev. KC Marie Pandell



Dear Summitarians and friends,

As we look towards the holiday season, we have so many wonderful things to look forward to.

In November alone: we have our auction in a few short weeks. Jerrica & the music ministry team are bringing us TONS of great musicians and music. We have a Gratitude Communion, and TWO guest speakers back-to-back. Our kids are already preparing for a fabulous intergenerational service, and at the time of this reading, we will have had a Child Dedication – our first since 2023. Summit is such an active and thriving place, that is made HOME by all of the love and effort you put into it.

I hope it is something that feels hopeful and helpful to you all. As I write this, I know many of us are so very over the political ads: our recycling bins, airwaves, tv channels, email inboxes and text chains are chock full of them. While I recognize the importance of voting, and champion our right to vote, sometimes our election cycles feel never ending; I know I share the anxieties around our current midterm season. When we come to places like faith communities, the "third spaces" you have heard me talk about, these are the places we find respite, help, comfort and joy. In times of uncertainty, they are places that help center and refocus us. I am so glad that Summit is that place for so many of us.

We're still using both Soul Matters and Woven Faith this year, and since we discussed Covenant quite recently, which is this month's WV, we'll be looking towards SM's "Healing" for most of the month: Healing of grief, gratitude for community, and forgiveness are the basic themes we'll delve into together, as well as the wonderful stories of Aunt Li-Anne and the wise words of Rev. Dr. Andrea Travers – I can't wait to find out what they bring us.

The holiday season is my favorite, and I'm grateful for this fourth season of the holidays with you all.

All my love,

Rev. KC



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: 10am to Noon, 2pm to 5pm
Thurs: 10am to Noon, 1pm to 5pm

Zoom/Call/Etc (Zoom preferred): Wed: 10am to Noon, 1pm to 3pm



Lifespan Faith Formation News

Mary Carter-Vail, Director of Religious Exploration

Gratitude and harvest are the energies that always fill my heart as I move into the month of November. Growing of on a farm in Maine, this was the time when we had pulled in the last of the harvest, bundled the cornstalks into standing sentries for wintering critters to shelter in and covering the sleeping soil in a thick layer of mulch to break down under the layers of leaves and snow. As the squirrels were tucking away their acorns, we were filling the mud cellar with our harvested potatoes and preserves. We prepared and were filled with gratitude for the gifts of our labor, the land and the community.

Our November Themes are Healing & Covenant – Healing is also a gift that we can share in community. The love and joy we gather up in good times together is the harvest that provides sustenance during times when we need healing. A celebratory high five in the spring builds a connection that makes a much-needed hug in the fall sustaining through a tough moment. And throughout it all we have the web of covenant gently holding us tenderly in good times and difficult ones. Why do I share this message at this time? It feels like a time of challenges - hopefully hugs and healing are approaching. Let us gather up joy and love in our silken net of covenant and support the healing of each other and our communities.

Join us for All Ages Faith Formation Religious Exploration at Summit: VOLUNTEERS *NEEDED!* Contact Mary at DRE@summituuf.org to explore ways you can be part of Faith Formation at Summit.

Healing & Covenant - 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 or have an all-ages group, to engage in our activities in the RE 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 1 – Healing Memories & Garden of Healing – We begin with healing by sharing memories of our loved ones and planting in our garden of healing. Many of us learned gardening from our elders so this is a lovely way to remember their love and share stories as we plant marigolds, carrots, beets, herbs and more.

November 8 – Gratitude Communion – Join us for our very first Gratitude Communion service. Rev KC and Mary C-V are creating a special unique ritual just for the Summit community as we express our love and gratitude for each other and Summit UU Fellowship. This will be a Full-Fellowship service so all ages will be together.

November 15 – Healing Through Inclusion – Have you ever been left out? On purpose for being different? Today we are going to explore radical inclusion and how we can include, welcome and invite in so no one is left out. All are welcome in. We are Croissants….

November 22 – Rev KC Visits RE – We will have a very special visitor this Sunday as Rev KC will come to help us plan our annual Children's Holiday service! This year we are also working with Jerrica, our Director of Music Ministries, on some special music that the children are excited about as well. Save the date: ***December 13*** and join us for the service.

November 29 – Healing Through Self-Care – We will end our month with a little bit of love for our selves as we practice what healthy self-care could be. There will be different stations to try out: simple yoga, smooth feely rocks, hydration station, etc. How do you practice self-care and healing?

These are the plans at the beginning of the month, and they may be adapted as our community needs to so, please watch the weekly Children's Religious Exploration Email. To receive the weekly email, send your email address to Mary at ***DRE@summituuf.org.***

With deepest love and brightest blessings,

Mary

(she/them)

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.

Free Little Library is Thriving - Our little library is getting some local attention, as we are on the Little Free Library App.

We have noticed that our neighbors are using the library to find new books and to donate them.

This was our initial vision for the Little Library so it's very exciting to see it being used this way. **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!

Soulful Second Saturdays

At Summit

There will be no Soulful Saturday in November as Mary will be at a professional conference for RE Directors.

Upcoming Meetings:

December 12 at 10am in the Salon – A Varity of Traditional Holiday Crafts

January 9 at 10am in the Salon – Soul Collage

Earth-Centered Spirituality Group

4th Sunday of the Month at 12 noon

November 22 – Creating Ritual - Plan Yule Celebration

December 20 (3rd Sunday) – Yule Celebration

Questions? Email Mary at DRE@summituuf.org

Presidential Ponderings

Debbie Wingard, Board President



Dear Friends,

Thanksgiving time always make me especially grateful to have found Summit. We have such a warm and generous community! We appreciate all who share their **TREASURE** through their annual pledge, Sunday plate, auction donations, and special projects such as Adopt-A-Bill and matching grants. We also appreciate all who share their **TALENTS** through committees and other volunteer efforts. Watch for the new "Thank You Corner" in the SCENE each month!

Volunteering is a great way to get to know fellow members and friends more deeply. Where might you enjoy sharing your talents?

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

Debbie

Thank You Corner!

The Board appreciates all who share their TALENTS with our Summit community.

This month we would like to particularly thank the following people:



Pam Kerr for years of dedication to the eNews and now to our Social Media outreach!

JoAnn Cleland-Swanson for years of support and leadership of the Caring Committee.

Shannyn Allen for leading our incredibly fun and successful Auction for the 4th year!

Summit's Music Program



Jerrica Stone, Director of Music Ministries



Healing is our theme this month, and I keep coming back to the many doors music opens toward it. Sometimes healing is the song you put on alone in the car after a long day, the one that finally lets you cry. Sometimes it's a lullaby from childhood or a hymn you can sing without thinking, because your body remembers it even when your mind is too tired to. Music can witness our pain without asking us to explain it, and that gentleness is its own kind of medicine.

Healing also happens in the making. Playing an instrument gives the hands something to do when the heart is heavy. Writing even a small melody can turn a shapeless feeling into something with a shape. I've seen people find steadiness in a single sustained note, and I've watched a room of voices settle into a chord and seem, for a moment, to breathe together. Listening, singing, composing, and sitting in the silence between phrases all belong to the same long practice of tending what hurts.

As we move through November, I'm grateful for the many forms music takes in our lives and in this community. Healing rarely arrives all at once. It tends to come in small pieces, one song at a time, and I'm thankful that music is there to meet us wherever we are.

Jerrica

SUMMIT SINGERS
SUMMIT UU FELLOWSHIP

Our Choir, the **Summit Singers**, rehearse on Wednesdays from 6 - 7:30pm. No experience necessary, all are welcome to join!

Please contact Jerrica (music@summituuf.org) with any questions or for more information.

Welcoming and Membership Happenings

For those who have been attending Summit for some time and are not yet members, perhaps now is a good time to join. Joining is an expression of commitment to the vision of Summit. In making a public commitment to join with us in practicing and promoting the values reflected in our Principles and Purposes, the effects of your gifts, talents and resources will be multiplied, for the realization of a compassionate, just and sustainable society. Members (of at least 30 days) are eligible to participate in and vote on critical matters that arise during annual and special meetings, and together elect Summit's Officers and the Board of Directors each spring. The requirements to become a member are simple.

Anyone aged 16 (sixteen) or older may be considered a member of Summit by doing the following:

- Acknowledging their sympathy with its missions and programs
- Actively participating in the life and work of the fellowship.
- Making a written pledge for each year in which they wish to maintain their membership. A pledge may be a zero-dollar amount or a pledge of time and effort.
- Signing the membership book is the last part of becoming a member. Reverend KC has this, so contact her to sign it when you're ready to become a member.

We are planning to have a welcoming ceremony for our new members during an upcoming service in a few months. We would love to have you take part in this celebration if you become a member of the Fellowship before then.

Jim Weed

Welcoming & Membership Committee Chair





Calling all Crafters!

What is your medium? Yarn, clay, paint, fabric, stone and wire, wood, or...?



If you would like to help organize this event and participate in it as a vendor, please let us know!
~ Elinor Weed (MeWeed97@gmail.com) & Mary Carter-Vail (DRE@SummitUUF.org)
Save the Date! → December 13

✳Social Justice in Action✳

WSWA Toy Drive Suggestions

Please donate what you can towards Western Service Workers Association's (WSWA) annual Holiday Toy Drive. WSWA's low-income members already struggle to pay for basic necessities, let alone extra holiday expenses.

Unwrapped donations can be brought to the bin at Summit in the greeting room during the Sundays of November 8,15,22 and 29, and December 6 and 13. A list of possible items is attached to the bin.

Many thanks!

Volunteers are needed to deliver the toys from Summit by Wednesday, December 16th. to WSWA at 3014 Imperial Ave., San Diego, CA 92192. Call Aline with any questions.

To volunteer at WSWA, call (619) 238-9763.

Social Justice in Action Committee Book Study



The Social Justice in Action Committee invites all of Summit to join us in reading One Day, Everyone Will Have Always Been Against This by Canadian author Omar El Akkad. It is a 2025 non-fiction book that won the 2025 National Book Award. Although its title refers to the Gaza genocide, El Akkad's book also includes wide-ranging critique of Western imperialism and hypocrisy. The book was received positively by most reviewers.

SJiA's goal is to increase our knowledge and understanding of the factors that have led to situations such as has occurred in Palestine and Israel, and how we, as Westerners, have influenced and subsequently responded to these horrific conditions. Why are we silent? When do we speak out? We are meeting every two weeks to discuss the book. Our next two meetings will be on **November 5 and 19 at 6pm in the Library.** We encourage you to pick up a copy of the book and read along with us.

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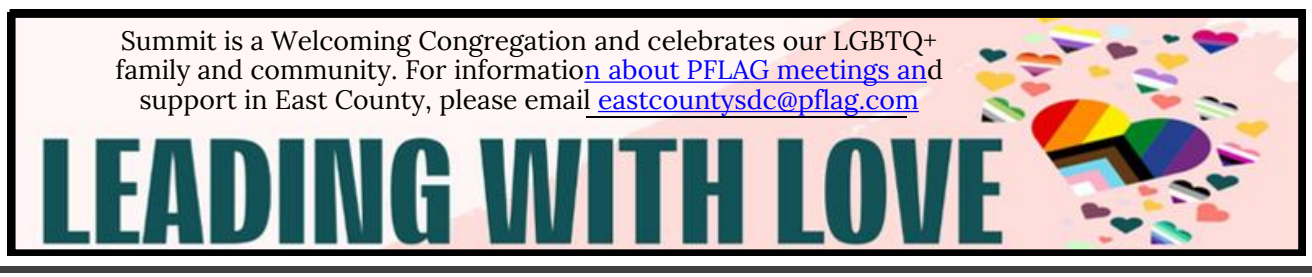
The SJIA committee meets on the second Sunday of the month; Our next meeting will be Nov. 8 at 12pm in the Library and on zoom at https://zoom.us/j/98852027774

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 SocialJustice@summitUUF.org. Everyone welcome!

~ Karin, Aline & Jenny

Co-chairs

Summit is a Welcoming Congregation and celebrates our LGBTQ+ family and community. For information about PFLAG meetings and support in East County, please email eastcountysdc@pflag.com



✳ Affinity Groups ✳

Earth-Centered Spirituality Group

This group meets on the Fourth Sunday of the month at noon in the Sanctuary.

For information, contact Mary Carter-Vail at DRE@summituuf.org

All are welcome!

Seasoned Seniors

A Group for those who are 79 and up!

We meet the 2nd and 4th Mondays, from 10:30am - 12:00 p.m.in the Summit Library.

For those that can't come in person, you may join by Zoom.

If you have questions about our group or want to join on-line with a link, contact Pam W.

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, November 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.

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.

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, November 2
10:00 a.m.—12pm

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.

Email Stacey S. for more information
Suufwow@gmail.com

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

Summit Prayer Circle

Organized by Seraphina

We meet in the Sanctuary on the 1st Thursday of the month from 1pm to 2:30pm.
All are welcome!

Grief Support Group

Rev. KC, Facilitator

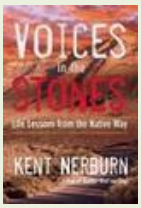
Rev. KC leads a Grief Group for Summitarians and friends who are grieving the loss of a loved one.

The Group meets on the first Sunday of the month at noon in the Sanctuary.

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 November 3, we will be discussing Voices in the Stones by Kent Nerburn.



Next month, on December 1, we will be reading The Christmas Spirit by Debbie Macomber.

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

Calling all Hippies and Lovers of Peace and Music!



Summit's auction, our biggest fundraiser, is coming with lots of food, fun and festivities!

Saturday, November 7th

Register and buy your tickets here:
https://LovePeaceMusic.auctria.events
(QR code below)

Make sure to save your credit card to help with checkout!

✳ Community Events ✳

Saturday, November 7
Summit Auction

Sunday, November 22 at 12pm
Earth-Centered Spirituality Group in the Sanctuary

Saturday, December 5
Gregory Page Concert

Sunday, December 13
Summit Craft Fair

Saturday, January 16
Synergypsy Quartet Concert

Tuesday, January 19
Red Cross Blood Drive in the Salon

Saturday, January 30
Spencer LaJoye Concert

Camp de Benneville Pines

"My Heart is in the Mountains"

Camp de Benneville Pines is a year-round gathering spot for a community of campers from all backgrounds and places. The Camp, which is available to all ages, creates a unique melting pot of ideas and personalities. Our Camp offers three to seven day retreats, each one built around a theme or designed to meet the specific needs of groups such as yours.

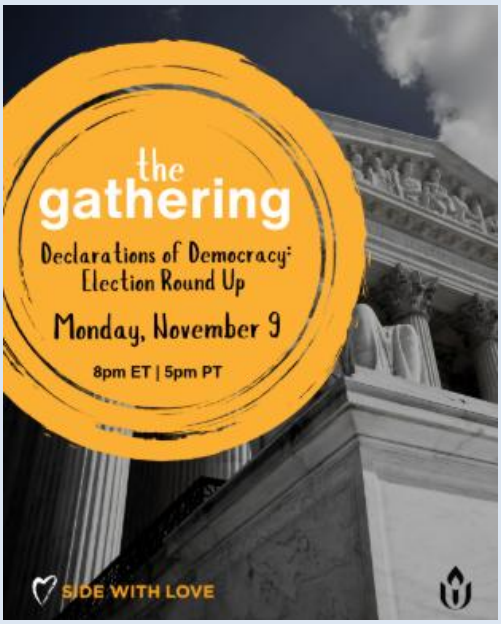
In November we have Volunteer Camp, Thanksgiving Celebration, and Music in the Mountains!

Our winter lineup includes great camps for UU Youth and Families for all ages--Elementary through Middle and High School! Separate camps with different age-appropriate programming and fun for the whole family!

The full calendar can be found here:
https://uucamp.org/calendar/
41750 Jenks Lake Road, West
Angelus Oaks, CA 92305-9789
Main Office Phone: (909) 794-2928
Main Office Fax: (909) 794-2418

Denominational News

YOU —> Summit UU Fellowship —> SD Cluster —>
Pacific SW Service Area —> Pacific Western Region —> Unitarian Universalist Association



The Gathering Post-Election Event

Join Side with Love's Nicole Pressley, UUA President Rev. Dr. Sofía Betancourt, musician Glen Thomas Rideout, and other guests online on November 9 to reflect on the recent elections together.

Register to Attend

New Season of the JUUst Breathe Podcast



JUUst Breathe is a podcast created by UUA staff that explores faith development across the lifespan in Unitarian Universalism and beyond.

In Season 6 of the podcast, we convene guests to share their stories of their own faith development viewed through the lens of the UUA's new Woven Faith Lifespan Religious Education Curriculum themes: Living the Questions, Equity, Generosity, Interdependence, and many more.



By Remembering, We Love

By Kim Mason

All Souls is a day to remember the dead, and by remembering, say: this life mattered.

By Remembering, We Love

SUMMIT UNITARIAN UNIVERSALIST FELLOWSHIP
8778 COTTONWOOD AVE.
SANTEE, CA 92071
(619) 562-0833

Office Hours
Tuesday & Thursday — 9am to 4pm
Please call before coming in to make sure someone will be in the office.

MINISTER
Rev. KC Marie Pandell
Rev@summituuf.org

DIRECTOR OF RELIGIOUS EXPLORATION
Mary Carter-Vail
DRE@summituuf.org

DIRECTOR OF MUSIC MINISTRIES
Jerrica Stone
music@summituuf.org

OFFICE ADMINISTRATOR
Nelwyn Del Frate
619-562-0833, ex. 1
admin@summituuf.org

PROPERTY STEWARD
Mark Weedman
property@summituuf.org

WEEKLY ENEWS EDITOR
Pam K.:
SUUFVolunteer@yahoo.com

SCENE NEWSLETTER EDITOR
Nelwyn Del Frate:
admin@summituuf.org

Board of Trustees
Debbie Wingard—President
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November, 2026

About SUUF Publications

Please send submissions for the monthly Scene at Summit Newsletter via e-mail on or soon after the 20th, to admin@summituuf.org

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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.

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If you have any questions, call the office at 619-562-0833, or e-mail us at admin@summituuf.org