



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: Beginnings

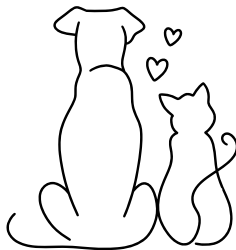
October 4

“A Grinchful Blessing”

Rev. KC Marie Pandell

While it may be a bit early to think about How the Grinch Stole Christmas, there's definitely a thread between the companionship of a pet, and the growth of our hearts (three sizes, if we're lucky!) Inspired by the unconditional, and perhaps a little baffling love of a beloved pet, how can we love like a dog even when we're feeling our Grinch-iest?

Please join us for our annual Animal Blessing. Well behaved pets welcome, leashed, carted, crated, backpacked or otherwise easily controlled, and invited for a brief blessing.



October 11

“The Fellowship of the Chalice”

Rev. KC Marie Pandell

Unitarianism can thank a significant portion of its growth to the Fellowship Movement of the 1950's, and there remain hallmarks of the movement in today's Unitarian Universalism. But what was the movement, how was it foundational to what we call modern UUism, and how might it guide us as we embrace and live into our values-based tradition?

October 18

“I Want to See You Be Brave”

Rev. KC Marie Pandell

This year, leadership is working towards the recreation of a Right Relations team, and sometimes, one must begin at the beginning. What is a right relations team, what do they do, and how do we utilize the gifts of such a time in our covenanting and growth together?



October 25

“Prayer As Service”

Lay-Led

Three members of the Summit's Prayer Circle will speak on their concept of prayer.



The Mission Statement of Summit Unitarian Universalist Fellowship

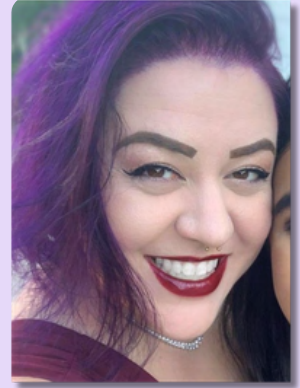
In spiritual community, we commit ourselves to building a compassionate, just and sustainable world.



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

REV. KC MARIE PANDELL



Hello hello hello, beloveds!

What a banger of a beginning to the church year! A lovely Water Communion, a fantastic picnic, and what I hear was a stellar Social Justice led service full of heart and community. And that's just September to start!

We're already looking ahead to a full and fun fall, with all sorts of great things! Animal blessing is up next, followed by the Earth-Centered Spirituality group planning a Samhain ritual (that's "SOW-in", before you ask, which is the sort of accepted pronunciation, though sources vary – An Old Irish word translating to "Summer's End," it's an opportunity for honoring our dead, marking the coming autumn months, and is a pretty standard sabbath in Earth centered, witchy, and Pagan spaces), with the Auction not far off from that, Bread Communion, and then before we know it: It's our Winter Intergenerational Service, and the winter Holiday season!

Sometimes I feel like I blink, and suddenly time has jumped.

I think our return time together is my favorite season in the life of the church, one where we're all buoyed to be back together again, and what a delight it is. I'm always grateful for everyone's love and care, all of the attention that goes into this place that truly makes Summit the loving home it is. For the month of October, our themes are "Courage" from Soul Matters, and "Living the Questions" from Woven Faith (the pilot themes for the UUA's new faith formation materials). We'll be doing a little digging in October, examining the bravery it takes to love when it's tough, the courage to roll up our sleeves and do the good work together, and the willingness to be in conflict, and lean into the complicated moments of relationship. It might feel a little heady this month, but you know I always do my darndest to make even the most lecture-y sermons strike a spiritual chord, and this month is no different.

Worth noting that I will be taking a week of vacation at the end of October, where, if I'm lucky, I'll get the hair dye scared off me at a haunted maze, but might also just spend a lot of time snuggling my pups and doing more spooky 3D diamond art prints than one person probably needs to, and will certainly miss you while I am away.

As I always do, I'm looking forward to the month ahead with all of you.

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

Schedule an appointment: [Calendly Schedule](#)



LIFESPAN FAITH FORMATION NEWS

MARY CARTER-VAIL,
DIRECTOR OF RELIGIOUS EXPLORATION

Welcome to Spooky season. This month in Religious Exploration, our theme is Courage. This feels appropriate for the month of Halloween as this is a time when we play with monsters, superheroes and pretend through costumes and spooky activities. This is an invitation to play for all ages. Let us be courageous together.

Courage – Each week we will be exploring an aspect of courage: hard truths, personal beliefs and facing our fears are the lessons for October. In what ways do you explore courage? For example; When we do social justice work we are courageous in that we are acting on our beliefs, acknowledging hard truths and facing our fears. This is an invitation to discover how each of us is courageous in everyday actions as we live our values.

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!

Our October Theme is Courage

We will be gathering in the Sanctuary at 10 am on Sundays for Religious Exploration. 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 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.

October 4 – Animal Blessing Sunday – This Sunday is our annual Animal Blessing service. Folks can bring in their pet or an image of their pet for a blessing service. (Watch the E-news for guidance on bringing in a pet.) Children can choose to stay in the service with their family or to come back to RE to make animal treats to share with our four-legged friends after the service.

October 11 – Being Courageous About Hard Truths

– Today we begin to explore courage by exploring hard truths. On the eve of Indigenous Peoples Day, we will learn about our neighbors, the Kumeyaay people, with a comic book from the tribal community. We will think about the hard truths vs the myths we tell about our history. Children will make a "Hard Truths" badge of courage and make painted truth rocks.

October 18 – Being Courageous About What We Believe

– It can be challenging to be courageous about what we believe, especially when our peers are pressuring us to be like the crowd. This week we will make courage badges, a courage compass and play courage games.

October 25 – Being Courageous About Facing Our Fears

– It is Spooky season is a great time to talk about facing our fears. We will be creating our own monsters and spooky stories together and playing Halloween themed games. Costumes are welcome.

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 Carter-Vail
she/they

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.



Volunteers Needed!

Join us for All Ages Faith Formation Religious Exploration at Summit - consider being part of this important part of our congregational life.

Want to just volunteer with the kiddos every now and then on a Sunday? Your help is welcome!

Contact Mary at DRE@summituuf.org to explore ways you can be part of Faith Formation and/or Children's RE at Summit.

Soulful Second Saturdays

at Summit

October 10th from 10am to 1pm

For our October Saturday we will be creating pocket altars using felt and fabric scraps. These foldable cloth pockets can hold images of ancestors, tarot cards, affirmations, poems or any flat items that you want to take with you as a spiritual practice.

We are asking for a \$10 donation to cover the cost of materials. Once registered, expect an email a few days before as a reminder to come play!

Register here:

<https://forms.gle/4Pr6r2SbvCKUm55s5>

EARTH-CENTERED SPIRITUALITY GROUP



Thank you to all who joined us for our September gathering. We celebrated the harvest and gratitude for the seeds we planted earlier in the year.

Our next gathering will be for Samhain or Halloween on **October 25th at 12 noon in the Sanctuary**. We will be having a ritual to honor our ancestors and to remember the witches, women and men, who died in the past. Bring an image or token to represent your connection to past ancestors, related or not, for the altar. We will light candles in remembrance as we enter into this sacred time of the year. Please let Mary know if you have any ideas for the ritual or want to be part of leading it. Witchy dress is welcome and optional.

Save the date and join us. Questions? Email Mary Carter-Vail at dre@summituuf.org

PRESIDENTIAL PONDERINGS

DEBBIE WINGARD, BOARD PRESIDENT



Dear Friends,

Pierre and I joined Summit in 2004. We have made many friends over the years, and often marveled that we had more close friends at Summit than people we knew only by name in our

former religious community.

Early on, I began walking once a week with Suzanne McQuaide and Toni Rogers. This casual exercise group quickly became a close friendship and then a covenant group. Over the years our group has expanded to include at least 12 others. We share our joys and sorrows. We enjoy each other's company over meals with our partners. Many of us have traveled together. Some have moved out-of-state but stay in touch and visit when in town. Some have moved away from Summit, geographically, but still come celebrate life events and participate in events like the auction and shared meals. Others, including Pat Bryning and her husband Mark, my husband Pierre, Lisa's husband Jeff, and Suzanne's husband John, have passed away. We have been there for each other during these difficult times. We have been there to celebrate the joys as well.

I hope each of you finds your niche at Summit. Reach out to one another. Make friends. Support one another. This is what beloved community is all about, and I feel so blessed to have found Summit.

Love to each of you,

Debbie

Summit Board President



SUMMIT'S MUSIC PROGRAM



JERRICA STONE,
DIRECTOR OF
MUSIC MINISTRIES



Finding Courage in Song

October's theme is courage, which feels especially timely right now. The world can feel pretty heavy, and some days it takes a little extra effort to remember that we have the capacity to keep going, to stand back up when we've been knocked down, and to help one another do the same. This month, the choir is singing two pieces that speak to that kind of courage: the courage to rise again, and the courage to reach out a hand to the people around us and remind them that they don't have to face difficult things alone.

That's a big part of what music ministry means to me. Music is one of the ways I know how to give back. We sing because we love it, certainly, but we also sing because music can create a little room to breathe when the world feels overwhelming. It can remind us that we are not alone, that our voices matter, and that there is something powerful about making beauty together. Maybe we can't fix everything that feels broken right now, but we can show up, sing together, and give each other a little courage to keep going. And sometimes, that feels like a pretty good place to start.

Jerrica



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

One of the things that makes the Fellowship such a welcoming and inviting place to attend is its members and friends who are at the service week in and week out. A consistent comment I get from visitors is how friendly and welcoming the people here are. Another recent comment I got was that they liked attending the Fellowship because it felt like an intentional community of people who wanted to be here. The more that I thought about this, the more it made sense to me.

After attending 1st Unitarian Universalist Church in San Diego starting in elementary school, I made a deliberate choice to start attending Summit with Elinor after a tragic life event we had. Until this event, I thought I'd be attending 1st Church as long as I lived in San Diego. We found the support we needed in this community that helped us during this time. Many of the members and regular friends at Summit have similar stories of what brought them here. And it's these stories that make Summit the special place it is.

As our attendance continues to increase on Sundays, the need for people to volunteer increases as well to help ensure the smooth running of the Fellowship on Sundays. One thing that I love about Summit is its willingness for members and friends to step up and help when needed. One area that continues to need help is the Sunday Café - would you like to help set up once a month? Or maybe you would enjoy greeting members and visitors on Sunday morning once a month. If this is something that interests you, feel free to stop by the visitors' table on a Sunday and let me know.

I hope everyone can find a way to become involved in the life of Summit. It's a great way to get to know its members and friends better and develop a deeper connection.

I'm looking forward to seeing what exciting things will be happening at Summit during this new church year. I know that with our community at Summit, it will be another great year.

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

JOIN THE NEW COVENANT GROUP!

We have openings in a new covenant group that is meeting the 3rd Thursday of the month at 10:00-11:30am in the Summit library.

If interested, please contact Loralisa Rocca, who is coordinating covenant group signups at 619-307-1684 (call or text) or Lgainsborough@yahoo.com

* SOCIAL JUSTICE IN ACTION *

It's SOCKTOBER at Crisis House!

For this month let's fill the donation bin with new, never-worn, socks for women, men, and children. Perhaps you can pick up a pair or two when you're shopping, or add them to an online order. All types, colors, and sizes would be so welcomed. Place in the donation bin in our greeting room.



Crisis House supports local families and individuals affected by domestic violence, homelessness, and other challenges.

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 **October 8 & 22 at 6pm in the Library**. We encourage you to pick up a copy of the book and read along with us.

The SJIA committee meets on the second Sunday of the month; Our next meeting will be October 11 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

LEADING WITH LOVE



* 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, October 27 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, October 5
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.

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

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.

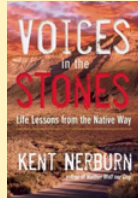
THE SUMMIT UU BOOK CLUB

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 October 6, we will be discussing The Wilder Widows by Katherine Hastings.



Next month, on November 3, we will be reading Voices in the Stones by Kent Nerburn.

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!

How you can help:

- Save the Date to join in the FUN:
Saturday, November 7th
- Personal Donations (by Oct 4th): In high demand are small gatherings (6-8 people) like DINNERS or parties. Host with another person or couple! Game nights, craft events, and services are big hits, as are baskets of wine, beer, books or other thematic collectibles. Forms are available at Summit, or use this link: [Personal Form](#)
- Business Donations (by Oct 4th): Ask your favorite business if they would donate to the Auction. Your favorite business could become our favorite business! This is great for Summit and great advertising for them. Pick up business donation forms and cover letters at Summit to share, or use this link: [Business Form](#)
- Talk to Shannyn or Debbie (co-chairs) about other ways you can help. Many hands make lighter work for everyone! Our numbers are in the directory, or you can email summitUUauction@gmail.com

* COMMUNITY EVENTS *

Saturday, October 10 at 10am

Soulful Second Saturday—Pocket Altars

See details on page 4

Saturday, October 17 at 10:30am

Celebration of Life for John McQuaide

Sunday, October 18 at 1pm

Deirdre Sullivan Lute Concert

Saturday, November 7

Summit Auction

Sunday, December 13

Summit Craft Fair

Saturday, January 30 at 7pm

Spencer LaJoye Concert

FROM THE MUSIC COMMITTEE:

Deirdre Sullivan will play a Lute Concert for us, Sunday October 18th, from 1:00-2:30pm, in our Sanctuary.

Her lute repertoire is similar to her Celtic Harp one. Tunes will feature ballads and dance tunes from England, Ireland, and Scotland. The Celtic Lute has a sound similar to a Classical Guitar and is well suited to contrapuntal instrumental music.

The lute was very popular in Europe from the early 1500s up until the late 1700s. It fell out of favour for much of the 1800s until musicians in late Victorian England started studying and playing it again. The lute experienced an immense revival in Germany starting in the early 20th century.



Doors open
at 12:30pm

\$20
suggested
donation,
cash or
check only at
door.

Denominational News

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



Pastoral Message from UUA President on 25th Anniversary of September 11th

UUA President Rev. Dr. Sofia Betancourt sends love and deep care to all whose lives were changed by the events of September 11th and its aftermath, and grieves the hate and violence enacted on BIPOC and Muslim beloveds in the United States and around the globe.

[Sept. 11 Anniversary Statement](#)

From UU World Magazine:

'What We Are Willing to Risk': UU Minister Arrested at Anti-ICE Protest in Vermont Says Public Pressure Will Continue

By Ethan Loewi

Rev. Karen G. Johnston reflects on her arrest and what comes next for the movement.



[Read the Article](#)



The UU Origins of Civil Disobedience

On the 180th anniversary of Henry David Thoreau's arrest, we explore the theological roots of civil disobedience found in Unitarian Universalist history.

[Civil Disobedience](#)



Summit Unitarian Universalist Fellowship
8778 Cottonwood Ave.
Santee, CA 92071
(619) 562-0833

Office Hours

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



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Rev@summituuf.org

[Calendly Schedule](#)

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OCTOBER, 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



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 at 619-562-0833,
or e-mail us at admin@summituuf.org