

DIALOGUE

A QUARTERLY MAGAZINE

Inspired by our UU principles, we are a vibrant, intentionally diverse congregation that models and promotes both locally and globally: love, spiritual growth, service, right relations and sustainable living.

JULY 2016
Getting To Know Our
Religious Education Staff &
Youth Coordinators & Volunteers



HAPPENINGS APRIL-JUNE 2016

**Deepening Our Meditation, April 8, May 13,
and June 10**



Machig Labdron, a highly realized woman teacher said that all meditation instructions could be said in four words: “**relax, relax, alert alert.**” Christie Turner has offered three one day retreats to increase both our ability to relax in meditation and to develop clarity. The proceeds were used to sponsor the creation of a sand mandala in Founders Hall on July 13-15 by the Gaden Shartse monks of India. Their work is dedicated to the support of the Tibetan refugee community under the auspices of His Holiness the Dalai Lama.

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San Diego Food Bank - April, May, June 2016



April 2016: Eleven members were among 26 people who bagged 5000 lbs. of carrots at the San Diego Food Bank - in just 2 hours!

May 2016: UUFSD members and others bagged 4,689 pounds of fresh corn-on-the-cob for those in-need.

June 2016: UUFSD members and others bagged over 9,000 pounds of oranges and potatoes! These were delivered to those-in-need the very next day.

LOVE, LOVE, LOVE when parents bring their kids. If they learn at this age that it's important to help others, they'll remember forever...

Climate Action in the San Diego Region, April 10, 2016

Forty people attended this Environmental Justice Task Force Educational Forum. Speakers included Dr. Nilmini Silva-Send, Assistant Director of the University of San Diego Energy Initiative Center and Ms Cody Hooven, City of San Diego Sustainability Manager and coordinator of San Diego's Climate Action Plan.



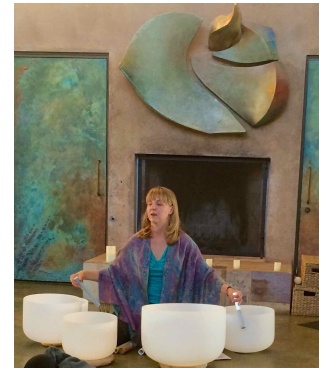
Dr. Silva-Send spoke about strategies to achieve AB32 (California Global Warming Solutions Act of 2006) targets for transitioning to a sustainable low-carbon future. She explained the Climate Change Education Partnership (CCEP) program which seeks to establish a coordinated national network of regionally- or thematically-based partnerships.



Ms Hooven detailed the common-sense plan the City is undertaking to ensure a clean sustainable San Diego. These include: creating green jobs; improving public health, by removing pollutants from our air; improve water quality; reducing dependence on imported energy and water; and educate the public on energy and water usage.

Spirituality Through Music, Imagery, and Sound April 16

What a magical evening!! Participants journeyed into the depths of the mind for self-exploration, rejuvenation, and spiritual reconnection through a unique and powerful musical experience. Participants learned how to use music and imagery to guide the mind in order to bring about clarity and transformation; use music and sound vibration to reconnect with spirituality; and experience how crystal singing bowl vibrations can be used for deep states of relaxation, pain relief, and meditation. Presented by Ellen Whealton, MA, MT-BC. Ellen is a music therapist, trained in transpersonal counseling..





Passover Seder, April 23

Forty five members and friends helped celebrate Passover 2016. A special thanks to Bev Conner, Pamela Parker, Michael Scott and Rev. Meghan. and the Joy Committee for organizing the Seder. Pamela Parker, Michael Scott and Rev. Meghan. Founders Hall was beautifully set up for the service. Potluck with lots of great food, including the traditional Matzo ball soup both chicken and veggie.

Bridging Ceremony May 22, 2016



Five brilliant YRUU Seniors are on their way to adulthood. Here are a few words from Alison Crotty as "they leave this friendly place."

Theo: He is hilarious, intelligent and thoughtful. He is going to be attending the Spartan College of Aeronautics and Engineering in Tulsa Ok.

David: First youth ever to be a Worship Associate for the fellowship. Going to Harvey Mudd

Sam: State Debate champion, very involved in school drama productions, is going to Cal State Fullerton

Bruce: Emotionally intelligent and going to attend Washington State University

Claire: Will be attending Goucher college and helped get the first gender neutral bathrooms at Canyon Crest Academy.

2016 Bridging Seniors:

Claire Steitz, Theo Douwes, Bruce Mulmat, Sam Blakestone and David Linn

YRUU Service: May 22, 2016

"What Are You Passionate About"

The congregation was privileged to hear from fifteen of our YRUU during this YRUU Service. Their theme for the service was "What are you Passionate About." It was an inspirational service and the participants demonstrated once again the spiritual growth that they are experiencing in the YRUU program. Our presenters were. Sienna Elvis, Lily Franzwa, Colin Watts, Audrey Hebert, Andreas Colban, Daria Miller, Ethan Boutelle, Veronica Ness,

Madeline Masser Frye, Kayleigh Homier, Elise Boutelle, Keaton Elvins, Barbara Hermann, Eva Douwes and Carolyn Appleton-Knapp.



Horse Haven May 27 - May 29

The Memorial day campout was a hit. Mother nature blessed us with wonderfully mild weather and no rain. Some of the highlights include the famous climbing tree, mountain biking, and some good meadow hikes. A couple of adults turned a moonlight hike with the teenagers into a spooky game. There were skits, songs, jokes, Jeff's mandolin and a delicious potluck on Saturday night. I hope to see everyone for the 4th of July campout!



UUFSD Supports Gun Violence Prevention, June 2, 2016



In solidarity with several "End Gun Violence" organizations, four members of the UUFSD, Judy and John Sherman, Steve Bartram and Irv Himelblau, joined more than one hundred San Diegans at Waterfront Park on June 2, 2016, for the "Wear Orange Campaign." The demonstration and march was organized by MOMS Demand Action and was part of a national "Wear Orange Campaign."

Women's International Center & License to Freedom

Sunday June 5 2016

The Women's International Center presented a workshop with Dilkhaz Ahmed founder of License to Freedom who shared moving stories about her life-changing and life-saving work with minority Yazidi women who have escaped Isis in Iraq.



Preview of Coming Attractions



Sand Mandala by Tibetan Monks, July 13 through July 15 Founders Hall

Tibetan Gaden Shartse monks will begin creating a sand mandala on Wednesday, July 13, 2016. This is another ceremony to celebrate the embodiment of perfect compassion. See the **complete schedule of events below**. On Sunday, March 17 the monks will attend our Sunday service at 10am. After the service the mandala will be dissolved and carried to the ocean. **All at the service are welcome to participate. We encourage visitations from members and the public from**

July 13-17 from 10 a.m. to 5 p.m.

Schedule of Creation of the Chenresig Sand Mandala

Wednesday, July 13: (2 events) Founders Hall

10 a.m. opening ceremony for the sand mandala

10:30 a.m. - 5 p.m. public invited to view the mandala

Thursday, July 14: (3 events) Founders Hall

9 a.m. - 5 p.m. public invited to view mandala with monks at work

Noon: Interfaith Council and public invited for luncheon with panel discussion on religious tolerance and forgiveness with Q&A

7 p.m.- Chenrezig Empowerment - (\$25 Donation)

Friday, July 15: (3 events) Founders Hall

9 a.m. - 5 p.m. - public invited to view the mandala

10:30 a.m. - Tonglen Meditation: Giving and Taking for UU Friday Meditation Group (\$10 donation)

Noon: Lunch for monks

7 p.m. - Teaching - Inner Peace for Uncertain Times (\$10 donation)

July 16, Saturday Tibetan Family Day 10 a.m. Founders Hall

Suggested Donation \$15/person or \$25/family

(1) Children's Story and Meditation

(2) Butter Sculpture Demonstration

(3) Tibetan Calligraphy/kids making their own sand mandalas with sand tools and colored sand

10 a.m - 5 p.m. public invited to view the mandala with Tibetan sweet tea served

12:30 p.m. box lunches - eating and mingling with the monks

July 17, Sunday Dissolution Ceremony for the Sand Mandala

11:15: after Sunday Service

(1) Mingle with the monks with tea and cookies

(2) Procession to scatter the sand at the ocean.

Camp de Benniville Reservations: registrar@uucamp.org



**Elementary Camp - OC
Sun Jul 10 – Sat Jul 16, 2016
Jr. High Camp
Sun Jul 17 – Sat Jul 23, 2016
Family Camp Sun Jul 31 – Sat Aug 6,
2016**



2016 Social Action Backpack Project



Our goal is to provide 100 backpacks filled with supplies for children and teenagers in need at the Community Resource Center in Encinitas, local San Dieguito Schools and Stand-Up for Kids, a homeless teen program in Oceanside, and Colonia Carretas in Tijuana Mexico. A \$20 donation will provide supplies for a backpack; \$25 donation will provide one backpack; \$45 donation will provide one filled backpack.

Types of Supplies Needed: for kids: pens, pencils, note pads, crayons, markers, rulers, calculators, paper clips, scissors, etc; for homeless male and female teens: toothbrushes, toothpaste, socks, combs, brushes, make-up, shampoo, soap or body wash, and deodorants. Gift cards appreciated. For more information contact: Livia Walsh at livwalsh1@gmail.com or Liz Young at thefouryoungs@sbcglobal.net

UUFSD BOOK CLUBS Book Clubs meet in Palmer Library

2nd Monday group: 7pm 3rd Thursday group: 10:30am
Contact Cathy Leach Phillips at bookclub@uufsd.org
or call/text 650 224-1974

Monday, July 11: The Boys in the Boat by Daniel James Brown [non-fiction]
Thursday, July 21: Skinner's Drift by Lisa Fugard [novel]
Monday, August 8: Tender is the Night by F. Scott Fitzgerald [classic]
Thursday, August 18: Naturalist by Edward O. Wilson [memoir]
Monday, September 12: Soul of an Octopus by Sy Montgomery [non-fiction]
Thursday, September 15:TBD



Our Kitchen Committee has NEW LEADERSHIP! Thank you Deb Ploeser for taking the lead as Kitchen Manager. Deb is well known for her refreshing iced coffee drinks and casually elegant Sunday Gathering Hour platters and we are excited she accepted this leadership position!

Deb is responsible for maintaining our eco-friendly kitchen supplied and well stocked to serve our members and visitors on Sundays. She is already busy cleaning & organizing as we plan for a busy year ahead.

Curious about volunteering in the kitchen? Please drop in for a kitchen volunteer appreciation brunch and orientation on July 10th after service. For details or to sign up for orientation contact Adrienne@uufsd.org.

Getting to Know Some of Our RE Volunteers

Sheryl Goto (*has been teaching RE for 16 years*) I was raised as a Catholic and later attended a non-denominational church for about 15 years where I met my husband Jim. I liked seeking out the truth rather than following a dogma. The seven principles fit with my way of seeing the world. I think I first visited the Fellowship in 1999 with Angie Knappenberger and Ed Mlakar. Their son Alan and my son Jeff were in the same class at school. I wanted Jeff to have some exposure to religion. He attended the Coming of Age program.



When I joined the Fellowship, I understood everyone volunteered for something. I had gone back to school with the goal of becoming an elementary school teacher. I worked part-time in Children's

Services at the Carlsbad City Library. As a mom, I had been volunteering in the classroom, Scouts, various youth sports, PTA, etc. Volunteering in RE seemed ideal. Since I didn't feel like I knew that much about Unitarian Universalism, I volunteered to be a classroom assistant to help the real RE teacher in the preschool class. When one of the regular teachers was unable to continue her commitment to teach RE, I started teaching. I've been one of the regular PreK/K volunteer teachers since then.

The kids and their parents/guardians keep me energized and enthusiastic about teaching RE, as well as DRE Alison and long-time fellow RE teacher Liora. Preschoolers and kindergarteners are so much fun. It's a great age. I feel privileged to teach PreK/K RE. I still work at the library doing a preschool story time and helping children and their caregivers with their library questions. I'm still married to Jim. Jeff is now 29. I have moments when I really enjoy being a wife and a mom (and then there were those other times that we lived through and learned what we could from it all). I enjoyed watching Jeff learn and grow. Working with kids, teaching RE reminds me to be open, curious, and have a sense of humor about life. With kids there is always movement, change, hope. No matter how bad or good life is, it never stays the same.

Sheryl Goto

Liora Kian Gutierrez (*has been teaching RE for 16 years*)



My husband, our son and I joined UUFSD in 1997. I even remember the newcomers' tea we attended at Betsy Gilbin's home. We felt so welcomed! My involvement began as a volunteer helping with the annual auction, being a greeter for new members, putting together an electronic version of the membership directory and, helping with a new tri-fold

brochure of our Fellowship. I truly enjoyed working with other members on events like the welcome for our former minister Kathy Hurst and other activities. Once I realized that I truly enjoyed working with our children, I was enticed to join the RE Committee.

This has been the most incredible experience through the years. I started out working with 4th/5th graders but soon realized that I most enjoyed our Pre-K/Kindergarten children. I have been co-teaching this grade level with Sheryl Goto for more than 16 years. We both had sons who went through the RE program. Since I spend my professional life as an Assistant Dean of Student Affairs at UC San Diego with college students, I thought that working with little ones would be a great switch. Our Fellowship has grown quite a bit since my family and I first joined. What has remained consistent is that I am helping our little ones learn what it means to be a Unitarian, a community member, a friend, a helper and if they remember anything I teach them by the time their parents come to pick them up...I am happy!

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It is so heartwarming when our Fellowship children grow up and they visit the fellowship (as high school students, college students or college graduates) and let you know they remember what you taught them way back when. It warms my heart when our current little ones ask me if I will be back every week and when they bring little pictures they have made at home –

just for me! No thanks are needed but even a smile or a small hug makes my week! The children are wonderful but the icing on the cake is working with Sheryl Goto and Alison (our director of RE).

Lora Kian Gutierrez

Vicki Wolfrum (*has been teaching “Our Whole Lives” for 15 years*) (picture unavailable) My youngest children went to the Montessori school and I had heard great things about UUism and wanted to provide my children with a spiritual home. The first service we attended, when they were about 4 and 7, made a big impression. It was the YRUU service and for the children’s sharing they read the book “Everybody Poops”. That sold me on the Fellowship. We also had a woman minister, and that was inviting. I wanted to be a RE teacher, but as a midwife on call, I could never know when I might not be able to meet the obligation, so I decided to offer my unique talents as a midwife, mother and mentor. The first way I became involved was by doing “coming of age” mother-daughter classes that introduced pre-teens to the wonderful world of periods. I tried to make it enjoyable and dynamic. A favorite game was “Who wants to be a millionaire?” with questions on female super-heroes, goddesses and menstruation. (We also had a tampon bowling contest, which they loved)!

About 15 years ago I began teaching middle school OWL (Our Whole Lives) which offers sex education from a broad spiritual perspective while giving teens and their parents very up to date and correct information without judgment or coercion.

I especially liked having parents take the class separately but at the same time which increases the likelihood of conversation and communication on this very important topic. I also love working with parents of teens though they do intimidate me a little. We have such an educated and articulate group of parents at the Fellowship! Doctors, lawyers, therapists, scientists, surgeons and teachers ask deep and complex questions, they share generously with each other and they help me update the curriculum (in the book format it is always about five years behind) on hot topics like sexting, gender identity, bullying, internet sexual predators and transgender bathrooms, currently in the news. A small part of the class is discussion of sexuality, but there are major discussions about discovering your identity, healthy relationships and making healthy decisions about drugs and alcohol.

Being an Owl teacher has benefited me in so many ways. It has introduced me to so many wonderful families and I appreciate the chance to be more deeply connected with my tribe, my village. This class is very intimate and requires that we develop trust and mutual support. I am honored that these great parents give me their trust. The discussions are lively, occasionally contentious and always wonderfully enlightening. This class epitomizes UU sharing and caring. I love how open and liberal these parents are, as it validates me as a parent as well! And I love this opportunity to give back to the Fellowship that supports my spiritual journey.

Our Youth Participating in Fellowship Life



Karen Faller I attended UUFSD from Kindergarten until I went to college. My highlight from being in YRUU was probably the friends I made. Alison became the DRE when I was in middle school and at that time I think RE at UUFSD improved dramatically. Over the last ten years she has given the program a lot more depth and has created a great community among the youth. After high school I went to college at Miami University of Ohio. Upon graduating from Miami I moved back to San Diego and now I work as an interior designer downtown. I have maintained a handful of relationships from UU throughout the years, one of whom is actually one of my roommates right now. I returned to UUFSD because of Alison. She convinced me to teach YRUU for the Fall of 2015 which turned into Spring and now will continue into next year.

However, while I may have come back per Alison's request, I have stayed because I love the kids. They are so bright and insightful. I love hearing their perspectives and being amazed by the depth of what they grasp as high school students. I have spent a lot of time working as a camp counselor with different age groups and I have never met kids as socially aware, and sharp as the kids at UUFSD. They force me to bring in stimulating topics for discussion and keep me on my toes constantly.

Personally UUism has taught me to be very open minded and look at situations from all different perspectives. I love the diverse community that UUFSD attracts and am grateful to have grown up at UUFSD and met the people that I did. Now I am just looking to pay it forward.

Katie Kelso My experience here at UUFSD actually started years before my family and I began identifying as UUs. My brother and I both went to Sandy Hill preschool, so I have been coming to this campus for more than twenty years now. When I was in the 3rd grade, my mom began bringing us to attend RE classes. We came on and off for several years until I was in 9th grade and participated in the Coming of Age program. From then on we began coming to Sunday services regularly. The Coming of Age program was particularly impactful at that time in my life because in March of my freshman year of high school, a close childhood friend of mine passed away suddenly. She was only 15 and I was 14 at the time. Her Christian faith had taught her that when it was her time to pass, God would be there to take care of her and she would be at peace. I feel strongly that studying different religions and their ideas of death during the Coming of Age program helped me to



accept my friend's passing, and understand her acceptance of her fate.

After graduating high school and circling out of YRUU, I was absent from the UU community for several years while I was attending Mira Costa College. I remained in touch with some of my friends from YRUU and would often see them when they came home on breaks from college, but school, work,

and volunteering occupied most of my time. In the fall of 2014 I transferred to UCSD to complete a degree in Marine Biology. I will be graduating with a Bachelor's of Science later this year. Academics at UCSD are intense, but I very much enjoy what I study.

At the end of the summer in 2014, Alison reached out to me about teaching YRUU. I was thrilled by the idea and honored that she thought of me. YRUU had such a big impact on my teenage years and I know that my

David Linn I get up every morning and look at my values. No, literally, I have the seven principles taped to my room door! But how did I get to this crazy point?



When my Christian mother and Jewish father decided to get married, the priest would not marry them. That's how they found Unitarian Universalism, a faith tradition that accepted them in a warm embrace. When my father died, my family found solace in Alison, our youth groups, the minister, and the wonderful fellowship. We realized that the UU was not only a place of worship but a home.

As I increased my participation in RE, I was given the opportunity to speak to the entire congregation after COA to announce my newfound beliefs. This was extremely exciting to me because I had a sense of the tremendous power of public speaking. Each and every word I said had the potential to affect a hundred people. After the service, Rev. David lauded me on my speech and offered me a position as a youth representative on the Worship Committee (an all-adult committee that had never seen a youth member). I eventually took him up on his offer because I wanted the opportunity to have a

involvement with the congregation shaped the beliefs and values I hold today. I wanted to help the next generation at UUFSD have the same meaningful experience that I did. Of course I said yes and accepted the teaching position, and I enjoy every week that I am here. Our UU kids are amazingly bright and insightful, and they inspire me to continue coming up with what I hope are engaging and challenging lessons.

say in important Fellowship decisions and put into action our fifth principle in magnifying the voice of our UU youth.

I think my participation reminded the other members that each person, including children, should be considered an equal member of the Fellowship when making decisions. After those two years on the Worship Committee, I decided I wanted to get involved with worship itself. Although UUFSD had never before had a youth Worship Associate, I believed that it was important for youth to be more involved in worship and to speak regularly at services, so I asked if I could be trained. I thought that high school theater and speech and debate would provide me with the necessary public speaking skills. Rev. David liked the idea and helped me become a Worship Associate before he left.

Being a Worship Associate has been a great thing for me. I think more philosophically and this introspection has helped me discover who I am and what I stand for. Worship involves creating a space in which we handle deep emotions and deep thoughts. This has allowed me to develop compassion. UU principles will continue to be a part of who I am, through my values, spirituality, and commitment to helping others, and I thank the fellowship from the bottom of my heart for helping me find myself.

Siena Elvins I started attending UUFSD when I was 11 years old, completed Coming Of Age at 12 and the Our Whole Lives program at 13. I am 16 years old now and am a junior in high school. Being part of YRUU and JRUU here at UUFSD have been some of the most significant parts of my adolescent life, and I have enjoyed being part of both of these programs very much because of all of the friendships and connections that I've made with kids who hold similar UU values, and the discussions/activities concerning religion and social justice that we've taken part in as a group of teens.



I became Alison's assistant and the youth representative to the Social Action Committee last

fall with so much enthusiasm because of how much I care for the Fellowship and for Unitarian Universalism as a whole. I viewed both of these positions as opportunities to become more involved with issues that I care about as well as to build my leadership skills while being part of the larger effort to keep one of the places that I love most up and running.

I'm positive that Unitarian Universalism is going to remain a constant throughout my life, whether it becomes a part of my future career path or not. Just in the past seven months, being Alison's assistant and participating in the Social Action Committee have taught me a great many of leadership skills and how to deal with different types of responsibility, which will follow me when I eventually go on to college and elsewhere.

Mental Health, Meets Beloved Community by Wenda Alvarez

“Beloved Community is honored and lived into when:

- we make covenant together and live that covenant faithfully and joyfully.
- we participate with each other through experiences of loss, longing, pain, joy and wonder;
- we share the truth about our lives and know that our truth is heard and understood;
- we receive each person as a gift from Spirit and make a place for them;
- we give expression to our feelings and gratefully receive others' expression of theirs;
- we assume wholeness even in the midst of brokenness; . . .”

Rev. Deborah Holder, Minister of Beloved Community Formation, UUA Pacific Western Region

I've always thought “beloved community” was a sticky UU cliché. No more. In preparing for the May 15 Mental Health worship service, I found Rev. Deborah Holder's thoughts, which perfectly capture our *stigma free* journey.

In one month's time, we helped open hearts and minds to the often-taboo subject of mental illness. Along the way, reflection, deep personal sharing and tears helped us realize we are not alone.

Reflections on Mental Health month activities.

The honor ribbon ceremony was deeply moving for me. As someone who has suffered with my own mental illness and supported family members in their suffering, it touched my heart to give voice to those struggles. The only way to diminish the stigma is to

recognize, love and honor those with mental illnesses. We celebrate and invite diversity, individuality and uniqueness in our UU faith. Those beautiful principles were on grand display during the May 15 services. Whether the suffering is with cancer, diabetes, heart disease, addiction or mental illness, no one should have to add shame to the list of burdens. I'm eternally grateful to Wenda Alvarez and to Rev. Meghan for allowing us to celebrate these deeply intimate experiences out loud. – Tanya Strauss

The National Alliance on Mental Illness (NAMI) “In Our Own Voice” talks showed the levels of recovery some patients achieve. – Ann Heuton

We have all been touched by mental illness in one way or another. And on May 15, the ribbons brought UUFSD congregants closer as we acknowledged that reality together.

- Ashley Phillips

I appreciate UUFSD's bringing attention to mental health. Talking about it lessens the stigma and encourages action to provide better mental health services.

– Steve Rosen

I'm a fixer. But as a parent of a child with mental illness, I've finally come to realize that here, now, is something I cannot fix. On my good days, I am able to just be present, loving and accepting. I can validate my loved one's feelings, which is hugely powerful. There is hope.

- Anonymous

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I joined in the NAMI walk with UUFSD. My conversations that day were a poignant and painful reminder of how many of us have or had a mentally ill family member who we quietly struggle to support and help navigate in the community around them. Now with the Orlando massacre, we know many other

families are struggling with the ramifications of unidentified and/or untreated mental illness. It takes a village . . . – Linda Kavanaugh

Special thanks to Charles Alvarez, Steve Bartram, Jennifer Bearden, Glenn Bortnick, Anne Clarkin, Laura Colban, Alison Crotty, Katy Kelsoe, Kelly Kelsoe, Chris Ogan, Jill Reis, Jeff Severinghaus and Christie Turner for their generous contributions to advocacy, worship and educational activities.

Thank you UUFSD for listening, raising awareness and increasing advocacy.

KEEP INFORMED - UUFSD ACTIVITIES

Weekly activities

Freethinkers - We Agnostics Recovery: Mondays, 6 pm Library (weagnostics@uufsd.org)
SMART Family & Friends: Mondays, 7 pm, Founders Hall (SMARTRecovery@uufsd.org)
SMART Recovery: Tuesdays, 6:30 pm, Founders Hall (SMARTRecovery@uufsd.org)
Mindful Meditation: Wednesdays, 9:30 am, Library (MindfulMeditation@uufsd.org)
Buddhist Meditation: Thursdays, 6 pm, Library (ThursdayBuddhistMeditation@uufsd.org)
Choir Rehearsals: Thursdays, 7 pm, Founders Hall (choir@uufsd.org)
Buddhist Meditation: Fridays, 10:30 am, Library (FridayBuddhistMeditation@uufsd.org)
Sunday Morning Discussion Gp: Sundays, 9 am, Core Area SundayDiscussion@uufsd.org

Bi-weekly activities

Mens Group (A): 1st & 3rd Tuesdays, 7 pm, Library (by invitation only) (MensGroups@uufsd.org)
Mens Group (B): 2nd & 4th Tuesdays, 7 pm, Library (by invitation only) MensGroups@uufsd.org)
Mens Group (C): 2nd & 4th Wednesdays, 7 pm, Library (by invitation only) MensGroups@uufsd.org)
Women of the World: 2nd & 4th Wednesdays, Noon (locations vary) (womensgroup@uufsd.org)
Buddhist Sangha: 1st & 3rd Thursdays, 7:30 pm, Library (BuddhistSangha@uufsd.org)
Fitness & Fellowship Senior Class: 2nd & 4th Wednesday of each month 10:15 am, FH

Monthly activities

Building & Grounds Work Party: 1st Saturday, 9:00 am, Core Area (BuildingandGrounds@uufsd.org)
Young Adults: 1st Sunday, 12:15 pm, Core Area (YoungAdults@uufsd.org)
Senior Discussions: 1st Sunday, 11 am, Founders Hall Patio (SeniorDiscussions@uufsd.org)
Book Club: 2nd Monday, 7 pm, Palmer Library (BookClub@uufsd.org)
Senior Book Club: 3rd Thursday of each month, 10:30 am, Palmer Library (BookClub@uufsd.org)
Sacred Circles: Dates vary, locations vary (Sacredcircles@uufsd.org) (You had a space between sacred and circles)
Daytimer Mens Group: 3rd Friday, 11:30 am (Off Campus) Ben Platnik 858-794-5324 or cell 619-987-5324