

DIALOGUE

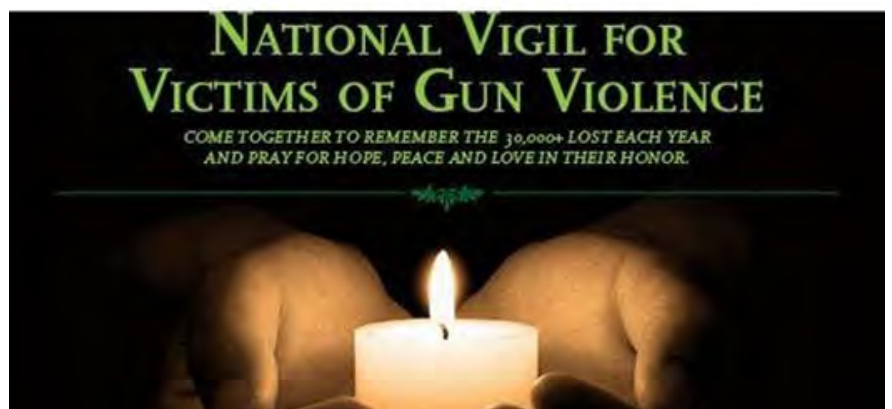
Published by the Unitarian Universalist Fellowship of San Diego in order to promote love, growth, and right relations both locally and globally.



Our Wonderful UUFSD Band

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Rev Meghan's Corner



Love Knows No Borders Faith Leaders' Demonstration

“The riot gear, weapons, razor wire and the border wall extending into far into the Pacific Ocean were in such stark contrast to the friendship, support, respect and love of the faith leaders walking together in solidarity; ...”

Dear friends,

In this season when Christians are celebrating and retelling the story of the birth of the Christ child it seems ironic that our nation (claimed by many Christians as a “Christian nation”) is taking such a hard line against the thousands of poor, hungry, traumatized people fleeing violence and seeking safety within our borders.

I was happy to have had the opportunity to sublimate my anger and grief into positive action on December 10th by joining the Love Knows No Borders demonstration organized by the American Friends Service Committee (Quakers). It was a powerful

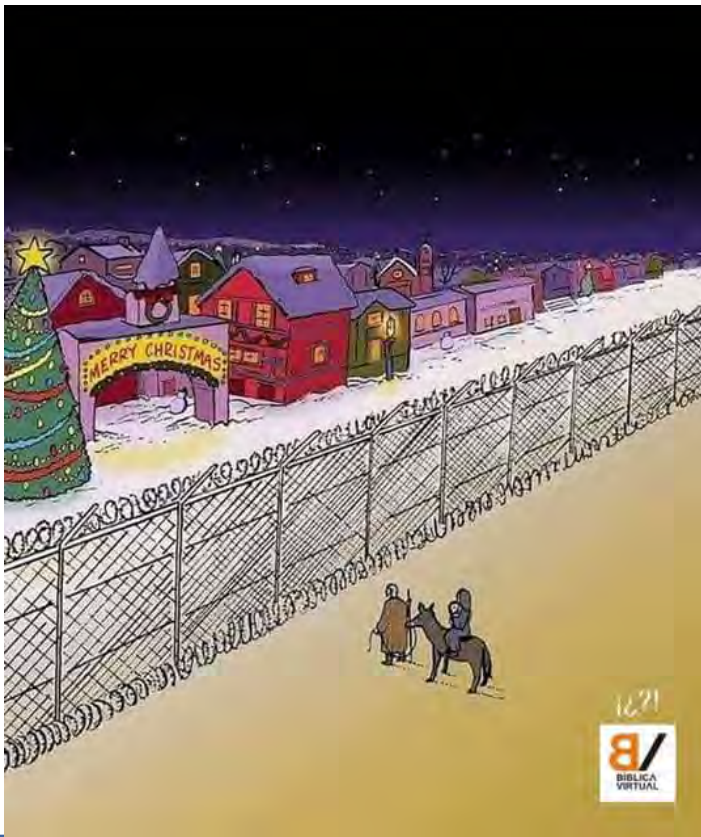
experience marching in silence along the beach to the border wall with 400 people of all faiths from around the country. When we reached the wall the group of around 30 clergy who were willing to risk arrest stepped forward across the concertina wire marked boundary and were met by border patrol agents in riot gear. They prayed, kneeling in the sand just a couple feet away from men covered in weapons and armor. The rest of us sang and chanted in English and in Spanish in support and encouragement and waved to the people watching from the other side of the wall.

The riot gear, weapons, razor wire and the border wall extending into far into the Pacific Ocean were in such stark contrast to the friendship, support, respect and love of the faith leaders walking together in solidarity; the sound of all of us singing together; and the pelicans flying low over the waves, the seal who kept popping their little head up just off shore, the rhythmic crashing of the waves and the gentle winter sunlight filtering through the clouds. These all point to the unity of the human family and the way we are all interconnected living here together on this beautiful planet. The border patrol agents carefully hidden behind policy and armor, the migrants carrying nothing but their children and terrifying memories, and the demonstrators singing and shouting our prayers for peace, for love, for compassion, for justice in all the languages of faith – we are all One People.

Now if we could each wake up to the astonishing and humbling truth of that, even for a moment, it would change everything.

Love,

Rev. Meghan



Happenings: Our Values In Action



Women's Home Build, October 6 & 7

The Casa De Luz Women's Build was accomplished by a remarkable group of women, being strong and powerful and totally "badass." They built a house, from the ground up, for a family of a widowed mother and her two daughters. This was the second "Women Only" build that Casas de Luz has done and it felt so empowering.

Eleven UUFSD members participated: Rev. Meghan, Diane Masser Frye, Kathy and Karen Faller, Ann Clarkin, Julia Darling, Sara and Leah Appleton-Knapp, Robin Sales, and Karen and Kelly Reimus. Contact Kathy Faller at: casasdeluz@uufsd.org for information on future builds.

UU Booth at Pride at the Beach, Oceanside, Sat, October 13



Members from UUFSD, Chalice UU and Palomar UU staffed a booth at the Pride on the Beach. Pictured here from UUFSD are Liz Young, and Irv Himelblau. Kay Bolden, Candice Sage, Robin Sales, Julia Darling, also staffed the booth during the day.

Liz Young commented: "Towards the end of the event someone walked by our booth and stated, "The UU's are here, I knew you would be here." "I loved hearing this comment and I love showing our support as we Stand on the Side of Love with our LGBTQ community." Contact Liz Young at lgbtq@uufsd.org for ongoing events.



Beloved Conversations - Book Read, Sundays, October 14 & 28 and November 11

"So You Want to Talk About Race" by Ijeoma Oluo is the book our fellowship community is invited to read and discuss, as part of our Beloved Conversations initiative to further our efforts towards racial understanding and justice. The book read was facilitated by Rev Meghan, Robin Sales, Anne Clarkin and Julia Darling. Contact belovedconversations@uufsd.org for more information.

Our Values in Action



Meet the Candidate, Sunday, October 14

The Indivisible UUFSD Patriots hosted a Meet The Candidate Event, featuring 49th Congressional District Candidate, Mike Levin. Both candidates for the 49th District seat were invited to participate. Mr. Levin accepted the invitation. Nearly 70 people attended the brief, but very informative 30-minute Q & A session in Fellowship Hall. Mr. Levin answered questions covering a broad variety of topics ranging from the "Me Too" movement to his views on how to heal our politically divided nation.



Generosity Sunday, October 21

Each month the Fellowship donates the proceeds from the collection to a non profit social justice organization. Our October beneficiary was the Interfaith Community Services (ICS). ICS provides comprehensive social support services for low-income or homeless families, individuals, children and youth, seniors, veterans, and persons with disabilities in North San Diego County. Contact Kay Byrnes at generositysunday@uufsd if you have a favorite 501 (c) 3 social justice organization that can benefit from our Generosity Sunday.



Racial Justice Sunday, November 4

A Conversation with Reverend Shane Harris Sponsored by the UUFSD Racial Justice Task Force

Rev. Shane Harris, a human rights and political activist and an ordained minister addressed the fellowship. Reverend Harris encouraged members of the fellowship to continue in the fight for social justice, racial justice and economic justice. Rev Harris stayed for a Social Justice Forum which produced some very informative discussion with a significant question and answer session.



San Diego Food Bank Oct, Nov & Dec

October We assembled 758 boxes of food that fed our San Diegans in-need – in just 2 hours!

November: Three UUFSD members joined in boxing 720 boxes of food for our senior neighbors in-need.

December: We had 3 UU's join us this month (2 cancelled because of the storm). We bagged 6,900 pounds of fruit to be given to our senior neighbors in-need.

Our Values in Action



Art Fair, Sunday, Sunday, November 11

Members and friends did some of their “Holiday” shopping at our annual UUFSD Art Fair. Everyone enjoyed the work of our talented UUFSD artists and craftspersons: paintings, prints, drawings, cards, photography, ornaments, accessories, wood crafts, quilts and a variety of jewelry types. Over twenty five artists participated and donated 35 percent of their sales to the UUFSD general fund.

Day of Mindfulness, Saturday, Nov 17



Twenty four people attended this Day of Mindfulness in the Vipassana meditation tradition. This technique that was taught by the Buddha and involves paying mindful attention to present moment experiences in a way that leads to clarity, relaxation, and coming into harmony with our experiences. Practices included sitting and walking meditation throughout the Day and a Dharma talk on the Buddha’s teachings was presented in a non-sectarian way.



Annual Food Drive, Oct & Nov 2018

A truck from the CRC arrived at Betsy Gilpin’s house and picked up the 92 bags of food/toiletries donated by the Fellowship members and friends. A huge thank you to Betsy Gilpin for organizing this year’s drive.



Giving Tree, December 2018

The Social Justice Immigration Task Force thanks you so much for donating funds to support our three Guatemalan families who are seeking asylum, and living in Encinitas. The money is being used to supplement food and other basic needs, as well as to provide transportation to ICE appointments, and to support them in seeking legal help. The Giving Tree is a way to provide holiday gifts for the 8 children and 6 adults. Members and friends selected an ornament with a gift suggestion off the tree and proceeded to provide a lasting holiday memory for our refugee families. Special thanks to Marta Giri, Liz Young, and Robin Sales for organizing this special collection.

Our Values in Action

Fill a Belly Dinner & Friendship, Tuesday, November 27



UUFSD members and friends came together to provide a meal and conversation with our homeless brothers and sisters. We have made a commitment to Fill A Belly, to provide these services once a quarter. In addition to providing nourishment, we distributed blankets, winter clothing, toiletries and hygienic items. A crew of 9 dedicated knitters produced 44 hats and 41 scarves. Several of our talented volunteers had to quit knitting because of problems with their elbows and wrists! The hats and scarves were gratefully received.

Music Sunday Dedicated to Black Lives Matter, Sunday, December 9

A wonderful morning of music was appreciated by members and visitors of UUFSD. Celebration Black Lives Matter, our choir and band preformed the spiritual “Over My Head;” “Freedom Highway” by Roebuck”Pops” Staples; “Ella’s Song” by Bernice Johnson Reagon; “Blackbird” by Paul McCartney; “White Man’s World” by Jason Isbell; “Call It What It Is” by Ben Harper; “Justice Choir” by Peter Meyer and “I Will Sing’ by Rosephayne Powell. The congregation joined in on two hymns, “On My My Way” and “I Wish I Knew How.” Rev. Meghan read the homily “Black Mothers’ Sons”



GVP Vigil Sunday, Dec 9

We were privileged to be in the presence of the next generation that will continue the advocacy for Gun Violence Prevention. **Team Enough** was represented admirably by youth from our high schools and colleges. Caroline Zdanowsk, a sophomore at

Canyon Crest Academy, Sophie Stockton, a junior at the Grauer School, Stephen Abrams, a sophomore at Del Norter High School, Selah Short, a sophomore at the Grauer School, and the keynote speaker, Eden Allegretti, a 2nd year Political Science Major at UCSD and the Executive Director of UCSD Brady Campaign. Sheila Short performed her original song “This Can’t Continue.” Approximately 100 people attended this year’s vigil, including Encinitas political representatives Joe Mosca and Tony Krantz, Congressman Mike Levin (49th) and Jason Bercovitch, representing Scott Peters, (52nd). Our special thanks go out to Steve Bartram, our GVP coordinator who made this happen.

Our Values in Action



CRC Holiday Baskets Tuesday, December 11

Twenty five UUFSD members and friends prepared food and clothing for the CRC Holiday Baskets 2018 at the Del Mar Fairgrounds. The Community Resource Center's Holiday Baskets is San Diego's largest distribution program, providing a dignified and free shopping experience" for families and individuals in need. Unfortunately we were not able to get everyone in a group picture. A special thanks to Norma Showalter for coordinating the CRC Basket program again this year.



Holiday Celebrations, November & December 2018

Thanksgiving, Christmas, Kwanza, Hanukkha! Food, Crafts, Music and Fellowship! We celebrated fantastic Holiday parties and dinners with members and friends. After both the Thanksgiving and Christmas dinners, we augmented the abundant left overs and shared the meal with three families from Guatemala, in our "Families in Need" SJA program, as they seek asylum from atrocities they suffered.

Christmas Services, December 25, 2018



Over 250 members, friends and family gathered at our two Christmas Eve services. It was a celebration of loving kindness and gratitude. The services brought us together as a community and reinforced our resolve to seek peace, equality and justice for all mankind.

Leadership Development

by Lisa Shaffer, Co-Chairperson



Developing a sense of belonging ...

Being part of a community, and contributing to its success is a very satisfying feeling. We want everyone at UUFSD to have the knowledge and the opportunity to engage in the UUFSD community and deepen their spiritual practice through service. To this end, for a few hours on a Saturday, the UUFSD Board, Leadership Development Council, and 23 members shared stories, expanded their understanding of how the Fellowship works, and considered how they can engage more deeply in our community.

The workshop began with each person sharing their favorite UUFSD memory. From painting tiles that went on the ceiling of Founder's Hall when it was being built, to a first visit during the animal blessing service, to being married in the amphitheater, it was clear that this place and these people have played an important role in the lives of so many. The leadership group provided an overview of the history and operation of the Fellowship, including budget, committees, staff, and Board. Then in breakout groups, members compared what brings them joy in their lives with how they spend their time, to see how well balanced their lives are. Not surprisingly, more of the retired folks felt like they were spending their time in those pursuits that bring joy.

Getting to Know You

Try it, you'll like it.

by Livia Walsh & Irv Himelblau

A recurring theme that comes up at our UUFSD orientations for visitors is that people come to the fellowship to gain, or regain, a sense of community. We have participated in both the Greeters' and the Ushers' programs at services and we find that this is one way to welcome and interact with new visitors, retuning visitors and members. These exchanges often turn into more expanded conversations during our coffee social hour. It is really a great pleasure to get to know people a little better. We often comment on how much we miss greeting and ushering when we don't do it for a while.

Greeting and ushering do not require a great deal of time. There are two shifts (when we have two services) and you have to be available approximately 20 minutes before services begin.

For ushering contact Alana Schuller at: ushers@uufsd.org

For Greeting contact Betsy Gilpin at: [betsygil\[in01@gmail.com](mailto:betsygil[in01@gmail.com)



What Gives Meaning To My Life?



John Atcheson

“...But it’s one thing to reject God, quite another to decide what a life of meaning and purpose is – where one finds joy, satisfaction, fulfillment. Like many adolescents I first sought it in shallow pursuits, trying to substitute fun or pleasure for a true and enduring happiness...”

For most of us, we’re told that we are part of God’s plan, or part of a Divine plan, or some other explanation that answers those most terrifying questions: Why am I here? What is my purpose? What happens when I die? Why, for that matter, have I been ushered into this life where death is inevitable?

The lucky among us accept the answers we’ve been given, or rearrange them a bit, or maybe, don’t even think about such things.

The rest of us get plunged into an existential crisis of one kind or another, in which we seek to find meaning and purpose in a world that – all too often -- seems devoid of either.

At thirteen, feeling the inevitable tension between religion and hormones, I decided I would read the Bible from cover to cover. I went into the process feeling quite religious, but by Leviticus I was an atheist. I did finish the task – right up to the writings of John of Potmos, in Revelations, but each succeeding chapter merely confirmed my rejection of whatever God folks were trying to sell.

But it’s one thing to reject God, quite another to decide what a life of meaning and purpose is – where one finds joy, satisfaction, fulfillment. Like many adolescents I first sought it in shallow pursuits, trying to substitute fun or pleasure for a true and enduring happiness.

Somewhere around sixteen, I discovered nature, science, and the awe and wonder of the world we live

in -- the exquisite beauty that the blind watchmaker was capable of creating by sheer accident. From massive snow-covered mountains to intricate strands of DNA, there was an order, a source of beauty and a divinity that transcended anything I’d found between the leather bindings of that bible.

Ah, but pleasure, beauty, order, and awe offer a measure of spirituality to life, but they don’t necessarily confer meaning. In my search, I began reading philosophers – often while skipping out of high school. I started with Plato, and ploughed forward in time through Kant, Hegel and Kierkegaard, but while I found their searches alternatively fascinating and impenetrable, they didn’t offer answers.

My search finally culminated with the French existentialists, in particular, Albert Camus. They said the only meaning in life is the meaning we create. As Camus’ said of Sisyphus – who was condemned by the gods to roll a rock up a hill and see it tumble down over and over again throughout eternity, “One must believe that Sisyphus is happy.”

And so I took my happiness as my own responsibility, and I’ve filled it with loved ones, friends, children, family, and a commitment to strive to leave the world better than I found it. And now, as I approach old age, I wake each morning awash in a universe of beauty and mystery, yes, but I also look over at my wife, look back on a life of friendships and fatherhood, and purpose and know why I am here, even if only for a brief moment in time.

Personal Growth & Interests

Parent Support Group, Nov 20 & Dec 18 (See 2019 schedule, page 16).

The challenges of parenting often leave us feeling confused and alone. By finding other parents who are facing, or have faced similar issues, many parents feel better able to navigate these challenges through a place for support, resources, to vent and to share frustrations and successes. Glenn and Barbara Bortnick, lead this support group. Glenn is a clinical and school psychologist. Barbara has a social work background. RSVP: to Glenn Bortnick at gbortnick@roadrunner.com

Sacred Circles, Dates times and locations vary

There are four Sacred Circles at the Fellowship. Sacred Circles foster a safe and trusting small group community that delves deeper into the principles of Unitarian Universalism and shares challenges and opportunities for manifesting them in our daily life. The monthly Sacred Circle meetings begin in October and continue through May. We have facilitators who have generously offered their time and homes. Contact: Linda Pratt at sacredcircles@uufsd.org

Sunday Morning Discussion Group

This group meets on Sunday from 8:45 to 9:45 AM in the Patio area or Library. The group is open to anyone. Discussions range from current events, religious, philosophical, political musings and more. For additional information Contact: Larry Jones at SundayMorningDiscussionGroup@uufsd.org



UUFSD Book Clubs

There are two Book Clubs at UUFSD. One meets the second Monday of each month at 7:00 p.m. in Palmer Library. A second daytime book club meets on Thursdays at 10:00 am. Check the weekly newsletters for information on which books will be discussed at each session. Anyone who reads the selected book is welcome. Contact: Cathy Leach-Phillips at BookClub@uufsd.org

Women of the World Group

The WOW (Women of the World) discussion group meets on the 2nd & 4th Wednesdays of the month (12:00 – 1:30 PM). A member of the group hosts each meeting. That host chooses the subject for discussion. The group usually has lunch together at the host's home, a restaurant or UUFSD Library and occasionally takes a "field trip" together. New members are welcome. Contact: WomensGroup@uufsd.org

Mens Groups

There are two mens groups at UUFSD. The focus of these groups is to build friendship, connection, support, self-awareness, and communications skills through authentic sharing. Because of the confidential nature of these groups, they are by invitation only and limited to members and pledging friends. Anyone interested in learning more about these groups should contact the groups' coordinator, Richard Macdonald, at MensGroup@uufsd.org

Daytimers Men's Group

The Day-timers Men's Group meets the third Friday of every month to share lunch and conversation. Your choice of topic! Join our friendly atmosphere and camaraderie. Meet at Roundtable Pizza, 1321 Encinitas Blvd., Encinitas. All you can eat pizza and salad bar. For further info contact John Drewe at sddrewe@gmail.com or 760-930-9881.

Personal Growth & Interests

Mindfulness Meditation

Back by Popular Demand for 2019

Livia Walsh will resume the Wednesday morning Mindfulness Meditation. The group is for new meditators as well as for those who have established practices. There will be sitting and walking meditation practices as well as meditations with a particular focus including Loving Kindness and Compassion. Livia is ordained in the Mahayana traditions of Zen Buddhism and has also been a student of the Vajrayana traditions of Tibet.

This group will meet off campus, on Wednesdays, 9:30 to 11 am, beginning January 2nd. All donations (dana) will be contributed to the UUFSD Social Justice Action Homeless Project. Contact Livia Walsh at livwalsh1@gmail.com for more information

Buddhist Meditation Groups

UUFSD sponsors two Buddhist meditation groups . The Thursday group meets in the Palmer Library from 5:30-6:45 pm. The Friday morning group meets in the Palmer Library from 10:30 am to 11:45 am, with an optional meditation period from 10 to 10:30 am. Once a month, the Friday group hosts extended meditation practice until 3 pm. For information on the Thursday Group, contact: ThursdayBuddhistMeditation@uufsd.org For information on the FridayGroup, contact: FridayBuddhistMeditation@uufsd.org

Insight Meditation

New for 2019

The focus of this group is traditional Buddhist topics such as the Four Noble Truths, the Eightfold Path, and the Hindrances. Meetings will be held in Founders Hall from 7:00 to 8:30 PM on Wednesdays starting on January 2nd . The format is 30 minute sitting Vipasina meditation (not guided), 30 minute Dharma talk (recorded) and 30 minute discussion. For information contact Dirk Reemtsma: dirkreem@gmail.com

Vipassana Buddhist Sangha & Day of Mindful Meditation

This Sangha meets on the first and third Thursdays of every month from 7:30-9:00 p.m. in the UUFSD Library. Each session will provide guided meditation instructions and discussion, a talk on Buddha's teachings, a question and answer time .

The Day of Mindful Meditation includes guided sitting and walking meditation. It is presented in a non-sectarian way. There is an interactive talk and questions and comments are welcome Contact Bob Isaacson at: buddhistsangha@uufsd.org



Social Justice

Environmental Justice Task Force

Socially Responsible Investing, (SRI)



The **Environmental Justice Task Force** organized three lectures on Socially Responsible Investing with Shane Yonston from Impact Investors. **Socially Responsible Investing** is the process of investing money in corporations, infrastructure and community development that are not causing social or environmental harm. The designation is based on scrutinizing business practices: the treatment of employees, customers, communities and the environment and by being respectful of social justice and ethical issues. It is an investment approach that integrates environmental, social and governance values (ESG) into financial analysis and decision-making.

Socially responsible investments can be made in individual companies or through a socially conscious mutual funds or an index fund. More information? Debbie Hecht hecht.deb@gmail.com



UUFSD is an all Solar Campus!

The Solar System was totally paid for by our Fellowship, which represents an all-win situation for members and the investors. This was truly an all-Fellowship accomplishment! There are 44 solar panels on the roof of Founders Hall that supply all of our electrical needs. This project went through the Finance Committee, the Buildings and Grounds committee, EJTF and the Board. Mark Tuller and Debbie Hecht worked diligently through contracts and inspections with the contractors. The contractors, Americas Choice Contractor, were endlessly patient with our questions. We replaced the roof with a 20-year roof on Founders Hall and installed 44 solar panels, conduit and a control panel. You can view the output panel, which is on

Kitchen Building wall, that faces the office. Several members loaned money to the Fellowship to pay for the re-roofing and the solar installation. After 10 years, the financing will be paid off and we will own the solar system. The solar company we used, Americas Choice Contractor (858) 430-8303 will donate \$750 if you use them for a solar system for your home. We urge you to get bids from at least 2 other companies. Ask Tracey in the office about this program.



Before



After



Louise Garrett, Our Kitchen Guru

Kitchen Guidelines and the Kitchen Remodel

The EJTF challenged the fellowship to significantly reduce waste when using the kitchen facilities. We wrote Kitchen Guidelines with a dedicated group of environmentalists and kitchen volunteers: Louise Garrett, Barbara Walker, Alejandra Chan, Reverend Meghan and Debbie Ploeser, Debbie Hecht and Linda Pratt. We agreed to limit the use of disposable goods to napkins. To further that goal of reducing waste and to make it easier on volunteers, the kitchen was remodeled to include 2 dishwashers. There has been a major shift to use washable dishes, bowls, glasses, mugs and cloth towels rather than paper plates, plastic cups and paper towels. The kitchen re-design was worked on by Jon Luft, Debbie Hecht, Mark and Mary Tuller, Alisa Guralnick and kitchen volunteers headed by Louis Garrett and Debbie Ploeser. Stu Anderson and Jon Luft worked with Chris Kolb, the contractor, to rebuild the kitchen.

UUFSD Moves from Wells Fargo to Union Bank

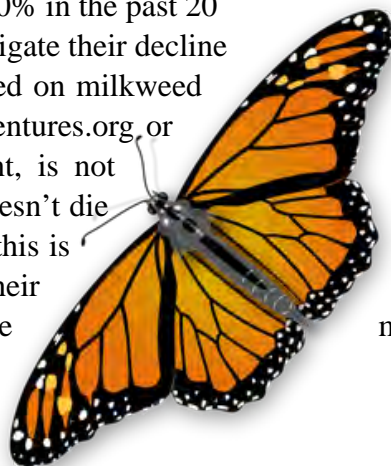
It became glaringly obvious that the practices at Wells Fargo, our financial institution for more than ten years, did not align with the principles of Unitarian Universalism. These included predatory lending, foreclosure on thousands of homes and family farms, support of the XL Pipeline and other fossil fuel exploitation, and financing recreational assault rifle manufacturers. The EJTF reached out to the Finance Committee with these concerns, and after careful consideration, a plan was put into place to seek an alternative bank and take steps to make the move. This was not an easy task. Thank you to Linda Pratt, Steve Rosen, Chris Butler, and Glen Bowden, for their patience and diligence in making this transition happen.



PLANTING FOR MONARCH BUTTERFLIES

Why Plant: Monarch populations have fallen 90% in the past 20 milkweed habitat. Conservations efforts can mitigate their decline

What to Plant: Monarchs caterpillars only feed on milkweed native to S. California, listed at monarchjointventures.org, or milkweed, commonly called the butterfly plant, is not but come back in spring. Tropical milkweed doesn't die migrate. There is a controversy about whether this is Milkweed plants look a little ratty when all their with an assortment of nectar plants for the mature not weeds, even the natives that die back.



years, largely due to the loss of and add delight to our gardens. plants. There are several varieties the Xerces Society website. Tropical native. The natives die back in the winter, back, so Monarchs are less likely to good or bad for the Monarch population. leaves are consumed. Remember to plant monarchs. Caution gardeners that these are

Coastal Concert Series 2019

UU Fellowship of San Dieguito Coastal Benefit Concerts 2019



1/13/2019

Seachange Brass
"From Bach to Bebop"
 Supporting instrumental music in our schools.



2/17/2019

Peter Sprague Trio
 Supporting the San Elijo Lagoon Conservancy.



3/24/2019

"Celtic Celebration"
 Featuring Irish music, song and storytelling by Máirtín de Cógáin Project. Supporting UUFSD's Social Justice Project.



4/28/2019

"Pictures at an Exhibition"
 Four hand piano performance, in tandem with artwork created and choreographed to music. Supporting arts programs in the schools.

**Unitarian
 Universalist
 Fellowship of
 San Dieguito**

1036 Solana Dr,
 Solana Beach, CA

**Sundays
 @ 6pm**



Ticket information and ticket purchase:

<http://uufsd.org/concerts> OR
[facebook.com/UUFSD-Coastal-Concerts](https://www.facebook.com/UUFSD-Coastal-Concerts)
 760-919-5194 | coastalconcerts@uufsd.org

Community Life

The Many Ongoing Activities at UUFSD

Weekly Activities

Mindfulness Meditation: Wednesdays, 9:30-11:00 am, off campus. livwalsh1@gmail.com
 Freethinkers We Agnostics Recovery: Mondays, 6 pm, Palmer Library (weagnostics@uufsd.org)
 Insight Meditation: Wednesdays, 7:00 - 8:30 pm, Founders Hall (nina.tomkiewicz@gmail.com)
 Buddhist Meditation: Thursdays, 5:30 pm, Palmer Library (ThursdayBuddhistMeditation@uufsd.org)
 Choir Rehearsals: Thursdays, 7 pm, Founders Hall (choir@uufsd.org) Does not meet in the summer.
 Buddhist Meditation: Fridays, 10:30 am, Palmer Library (FridayBuddhistMeditation@uufsd.org)
 Sunday Morning Discussion: Sundays, 9 am Core Area (SundayDiscussion@uufsd.org)

Bi-Weekly Activities

Women of the World: 2nd & 4th Wednesdays, Noon, locations vary (womensgroup@uufsd.org)
 Buddhist Sangha: 1st and 3rd Thursdays, 7:30 pm, Palmer Library (BuddhistSangha@uufsd.org)
 Mens Group: 2nd & 4th Tuesdays, 7 pm, Palmer Library. Richard Macdonald : ridumac@yahoo.com
 Mens Group: 2nd & 4th Wed, 7 pm, Palmer Library: Richard Macdonald : ridumac@yahoo.com

Monthly Activities

Building & Grounds Work Party: 1st Saturday, 9:00 am, Core Area (Building&Grounds@uufsd.org)
 Young Adults: 1st Sunday: 12:15 am, Core Area, (YoungAdults@uufsd.org)
 Senior Discussion Group: 1st Sunday, 10 am, Founders Hall (SeniorDiscussion@uufsd.org)
 Book Club: 2nd Monday, 7 pm, Palmer Library (BookClub@uufsd.org)
 Book Club: 3rd Thursday, 10 am, Palmer Library (BookClub@uufsd.org)
 UUFSD Board Meeting: 3rd Tuesday, 1:30 pm, Minister's Office (board@uufsd.org)
 Sacred Circles: Dates Vary, Times vary, Locations vary, (SacredCircles@uufsd.org)

Quarterly Meetings

Social Justice Quarterly Meeting: dates vary, (SocialJustice@uufsd.org)



Looking Ahead to 2019

Women's March - Saturday, January 19, 2019: Mark your calendar now for the third annual Women's March. Time/Location: TBA. Event information for the San Diego Women's March can be found at its Facebook page: <https://www.facebook.com/womensmarchsandiego/> and website: www.womensmarchsd.org/

Beloved Conversations - Friday night January 25 & Saturday, January 26 from 9am to 5pm.: After these two sessions, the workshop will continue on eight consecutive Tuesdays: January 29-March 26. Sign ups at: belovedconversations@uufsd.org

Non-Violent Communication Class: Beginning Monday, April 1 and meeting for four consecutive Monday evenings. Times and locations TBA. To register contact:

Camp de Benneville:

UU Elementary/Family Winter Camp: February 16-18

UUFSD Family Retreat Camp: April 5-7

UU Men's Fellowship Spring Renewal: April 12-14

UU Womens Spring Retreat: May 3-5

UUFSD Spring Auction: Join us on June 8th for our annual Spring Auction. More than a fundraiser this event is a **Fun-raiser**. There are so many enjoyable events to be auctioned off.

Dining 4 Dollars And So Much More: Host a dinner? A dance or yoga class? Making art? Offering a service? Please choose a favorite dinner or fun activity and contact Christie Turner at dining4dollars@uufsd.org to schedule a date.

Coastal Concert Series - Sundays at 6 pm, Founders Hall (see page 14)

January 13: "Seachange Brass - From Beach to Bebop." Supporting instrumental music in our schools.

February 17: "Peter Sprague Trio." Supporting the San Elijo Lagoon Conservatory.

March 24: "Celtic Celebration." Featuring Irish music, song dancing and storytelling with the "Máirtín de Cógáin Project." Supporting UUFSD Social Justice Homeless and Families In Need projects.

April 28: "Pictures at an Exhibition." Four hand piano performance in tandem with artwork created and choreographed to music. Supporting arts programs in the schools.

For more information/ticket purchase: [www.facebook.com/UUFSD-Coastal Concerts](http://www.facebook.com/UUFSD-Coastal%20Concerts). Questions: 760-919-5194

Parent Support Group: Glenn and Barbara Bortnick, lead this support group. Glenn is a clinical and school psychologist. Barbara has a social work background. RSVP:to Glenn Bortnik at gbortnick@roadrunner.com

"Fill A Belly" Dinners for the Homeless

Location: Cottonwood Creek Park, Encinitas, Dates to be determined.

Location:

Insight Meditation Meetings will be held in Founders Hall from 7:00 - 8:30 PM on Wednesdays starting January 2nd. Format; 30 minute sitting Vipasina meditation (not guided), 30 minute Dharma talk (recorded) and 30 minute discussion.