

DIALOGUE

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



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If your response is, "The parents should not have brought their children here illegally," know this: I pray to God that you never have to flee violence or poverty or persecution with your children. And, if the day comes that you must and your babies are forcibly removed from your arms, I will fight for you too.

Brené Brown

Rev Meghan's Corner

“A Sad Farewell”



Dear friends,

It has been such a wonderful way to end my career in parish ministry to have spent these last four years with the members and friends of the UU Fellowship of San Dieguito. It has been a deep honor to have been invited into your lives and to have shared your various journeys with you. I am so grateful for the outpouring of blessings and well-wishes from the community as we part ways. I want to share my gratitude and blessings for you all as well. I am so thankful for your collaboration and companionship as we have journeyed together. I have learned so much from working alongside the members and staff of the congregation. I wish for you continuing growth in your spiritual lives and continued deepening of the friendships and connections between and among members. Remember, as I taught in the Serving With Grace class, that the volunteer work you do for the Fellowship is not the same as the work you may do in any other organization.

The work of the fellowship is heart work. So drop into your heart and allow everything you do at the fellowship – from pulling weeds and painting the stairs to planning the budget and envisioning the strategic plan for the next years – to become your spiritual practice. Remember that relationships, and the values of compassion, forgiveness, acceptance, are the bottom line in a faith community. It is how we treat one another that matters more than anything else.

I also want to say how gratifying it has been to share the congregation's interest in and participation in the racial justice initiatives. I believe it is crucial for all white people to come to understand how being raised white in a white dominant society has warped our views of reality. It is that fact that is holding us separate from the global majority of people of color. Un-learning white supremacy – the belief that whiteness is “normal” – is some of the most important spiritual work we can do. Because racism permeates all aspects of American life it is foundational for Unitarian Universalists to see clearly through that lens as we struggle for social and environmental justice. May you continue to accept the invitations from the Racial Justice Task Force to read and discuss the books, attend the film nights, and take the next round of the Beloved Conversations class. My own mind and heart have expanded as I have immersed myself in this work.

May it be so for you as well.

You have given me so many gifts – I can't thank you enough. I will cherish my memories of being your minister.

All my very best to you all.

Love always,

Rev. Meghan

Welcome To Our Interim Minister Rev. Thomas Perchlik

From the Board of Directors:

At the end of April 2019, our Interim Search Committee consisting of Candace Sage, Tiffany Fox, Angie Knappenberger and Terry Goan selected **Reverend Thomas Perchlik** as our Interim Minister (and fortunately, he picked us as well!). A lot of work and meetings went into the Interim Search process and we want Candace, Tiffany, Angie and Terry to know that we are very appreciative of their willingness to volunteer for this important service.

The board is grateful for the patience everyone has exhibited, as we went through this process. We hope that you all feel it was worthwhile. We are very hopeful and optimistic that Reverend Perchlik has the experience, skills, character and genuine desire to help us with whatever arises in the



Reverend Thomas Perchlik grew up in Greely, Colorado, attended college and seminary in Boulder and Denver, and has served UU congregations in Texas, Indiana, Missouri and Washington State. Most of his family lives in the Seattle area, including his wife, daughters, granddaughters, sister, mother and brother. Another brother lives in Vermont.

Reverend Thomas' ministry centers on creating peace in the soul of the world. His spiritual practice is grounded in Buddhism, and his primary theology is a naturalistic form of mystical humanism. He also has a rich appreciation of Christian Universalism, liberal Judaism, Hinduism, Islam and some forms of neopagan thought and practice. His focus in public ministry is on building compassion and justice, especially by fighting racism and promoting civil rights and social inclusion.

For entertainment, Rev. Thomas goes on hikes, enjoys science fiction and plays his wooden flutes.

His ministry website is <https://revperchlik.wordpress.com>. We will welcome Reverend Thomas at the beginning of August, 2019, and have multiple opportunities to get to know him before he begins providing sermons on August 18th.

Our Values In Action



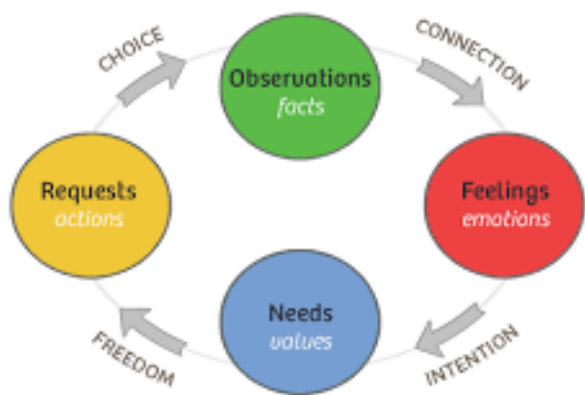
San Diego Food Bank - April - May - June

April: There were four UU's with us as we bagged 6500 pounds of apples for our peers in need.

May: We bagged 11000 pounds of apples for our peers-in-need in our May outing.

June: We bagged 7,000 pounds of fresh vegetables. Unfortunately, we did not have any UUFSD volunteers.

For information on how to volunteer contact Sara Ohara at sara@saraohara.com



Non-Violent Communication Class, Mondays, April 15 through May 6

This class was facilitated by Pat Kurtz of The Center for Nonviolent Communication. Approximately 40 people, UUFSD members and others from the community, attended this series on Nonviolent Communication (NVC). NVC is changing lives every day. NVC provides an easy to grasp, effective method to get to the root of violence and pain peacefully. By examining the unmet needs behind what we do and say, NVC helps reduce hostility, heal pain and strengthen professional and personal relationships. It is affecting cultural shifts as institutions, corporations, and governments integrate NVC consciousness into the organizational structures and their approach to leadership.



Racial Justice Film Night Friday, April 19

In our fellowship's continuing journey to understand white supremacy culture, the Racial Justice Task Force presented the movie, *The Hate U Give*, which is based on the book by Angie Thomas. There was a great discussion following the film. For future movies and other Racial Justice activities contact Robin Sales at rls728@hotmail.com.

Generosity Sundays

One Sunday a month the Fellowship donates the offerings to a Social Justice organization. Here are some of the organizations that have received our offerings.

Hands of Peace: \$1297; Survivors Empowered: \$1361; Casas de Luz: \$1511; Syrian Community Network: \$1416; Environmental Health Coalition: \$1089



Our Values in Action



Pink Flamingo Swap Till You Drop, Sat., April 27

The Pink Flamingo landed with some wine, some soft drinks, a large chocolate cake and several varieties of sandwiches. Not to mention the deviled eggs. Founders's Hall was full of things to swap; bicycles, clothes, jewelry, computer gear, decorative art pieces and more. Everyone took home something they really wanted. A young boy found a portable kayak with paddles and someone else found a paddle board. Plan to join the Pink Flamingo next time for delicious food and a merry time.



In Solidarity with the Chabad of Poway Community Sunday, April 28

On Saturday April 27th a young white man opened fire at the Chabad of Poway Jewish center tragically killing one person and injuring three more. The following day our members and friends gathered for our morning services to celebrate our annual Flower Communion. After we blessed the flowers and celebrated their meaning - the power of friendship and fellowship, the beauty of diversity - we ritually exchanged them as UU congregations do each spring. After the ritual we added another layer of blessing. Rev. Meghan invited people to hold the flower they had chosen in their hands and infuse it with even more love. These blessed flowers were later offered to the members of the Jewish center carrying with them our deepest sympathies, and our friendship and support. After each service people were also invited to write cards and notes of love. That afternoon several members and delivered the flowers and notes to the Chabad congregation.

Viva La Luz Concert, Friday, May 2



This was a concert fundraiser for Casas de Luz, a Social Justice Program at UUFSD. The concert featured soulful acoustic guitar and powerful songwriter Lee Coulter. Proceeds from the concert will be used for the Casas de Luz "Hope Without Borders" program which promotes home and community center builds in Tijuana, Mexico.

Our Values in Action

Fill A Belly, Tuesday, May 7

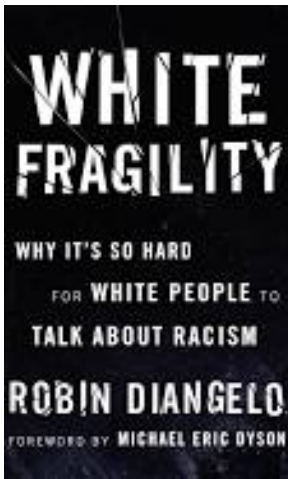
On Tuesday, May 7, from 6:30 to 8:00 pm, the Fellowship provided and served dinner to our homeless brothers and sisters, at Fill a Belly, Cottonwood Creek Park. In addition to the dinner we provided toiletries, shower tokens and hygienic items. This was a rewarding experience for everyone who participated. Thank you to Andi Macleod, Elizabeth Antis, Ken Kales, Andy & Nick Baltins, The Hanlon Family, Terry Goan & Hedy Kay & Chris Byrnes, The Lazarus family, Sylvia Smith, Betsy Gilpin, Mary & Mark Tuller, Julia Darling, Farshid Erickson, Ala Garza, Brenda Post, Duanne Kiddy, The Lewinnek family, Kathy Kaufman Rubio, Livia Walsh and Irv Himelblau.



Future Fill a Belly Dates

August 6 and November 5

Sign up sheets will be available 30 days prior to each



All Fellowship Book Read, Sunday, May 19th

White Fragility by Robin DiAngelo

This book read is part of the Racial Justice Task Force’s effort to invites you to join in breaking down the barriers that separate us as human beings. The UUA states, “Every person has value as a member of the human family. The suffering caused by racism must be ended if we want to create fair and loving communities. We work to end racial discrimination and injustice, starting within ourselves and moving out into the world around us. We support multiracial, multiethnic congregations and advocate for stopping racist policies like mass imprisonment and attacks on voting rights. Our multicultural ministries will continue until there is peace, liberty, and justice for all.”



Silent Auction, Sunday, June 9

Over 100 items were for sale, including fantastic dinners, classes, vacation rentals, and outings of all sorts. The auction brought in almost \$16,000. We will be testing out an online auction system that is being considered for next year.

We had no auction committee this year, so the Board of Directors stepped up and put on our first ever entirely silent auction on June 9th. Anyone interested in being on the “Auction Team,” please contact office@uufsd.org.

Our Values in Action



Congregational Meeting, Sunday, June 23

After we established that there was a quorum (70 voting members) the fellowship undertook the business of presenting nominations for the Board of Directors and a slate of nominees for our Settled Minister Search Committee.

Board of Directors: Alana Schuller, President; Dale Gottdank, Vice President and Kay Byrnes was elected to a three year term. Other Board members are: Jill Ballard, Ernie Dun, Richard Macdonald and Linda Giannelli Pratt.

Settled Minister Search Committee (MSC): The following nominees were presented and approved for our Settled Minister Search Committee Sara Appleton-Knapp, John Atcheson, Patricia Cofre-Stone, Alisa Guralnick, Nancy Hebert, Mark Tuller & Livia Walsh.

Dream Builders Story poles to go up in amphitheater in July. Approval from city of Solana Beach is expected by end of summer. for amphitheater, FH dividers and patio cover, and administration building upgrades. Next step is engaging architects to create construction drawings and bid- anticipated by late summer /early fall.

Leadership update: Sarah Miller is new Treasurer. Many thanks to Glen Bowden for 5 years of service. Chris Faller now chair of Dream Builders, many thanks to outgoing chair John Sherman. Dana Freihauf is chair of Personnel. Irv Himmelblau and Bob Quick are co-chairs of Design Review. Marta Giri, Tom Packard, and Wenda Alvarez, are our Nominating Committee. The transition team supporting our new interim minister is composed of Lisa Shafer, Brenda Post and Karen Reimus. A new RE Committee (chair not yet determined) was created with Katherine Buffington, Kristen Bradley, Tanya Strauss, Katie Berry, Elaine Lewinneck, Steve Bartram, and Tiffany Fox as members. **Financial Report & Annual Budget** was submitted by Jill Ballard. The membership approved our FY 2019-20 budget.

Help needed- Personnel Committee members, Stewardship Committee, & someone with IT skills to manage website and update our online transactions.



What's Happening at Camp de Benneville

Pines

- July 7-13 Elementary Camp
- July 7-13 Counselor-in-Training Camp
- July 14-20 Middle School Camp
- July 21-27 Sr High Camp
- July 28-Aug 3 Family Camp
- Aug 10-14 Camp Summer Break (Adults)
- Aug 10-14 Choir Camp
- Aug 16-22 Art Groove
- Aug 30-Sep 2 Young Adult Camp

Flower Committee Cartoon

Cartoon Courtesy of Edward Himelblau



Finally, I'd like to thank the Flower Committee for helping the Fellowship reach our monthly water-saving goal.

Leadership



Nominating Committee: Marta Giri, Tom Packard, and Wenda Alvarez

Open Leadership Positions,

The UUFSD Nominating Committee held two open sessions for members to learn about volunteerism that weaves connections and provides essential services. The focus areas were the Board of Directors and Officers, the Minister Search Committee and more.

Board of Directors: The Board has oversight responsibility and authority to conduct UUFSD’s ministry and operations and meets monthly. One new director will serve with: Alana Schuller (President), Jill Ballard, Ernie Dun, Dale Gottdank, Richard MacDonald and Linda Gianelli Pratt.

Minister Search Committee: The process of matching a minister with a congregation is the most important activity a UU community undertakes. Beginning in July, a seven-member Search Committee will collaboratively work to bring congregational perspective, passion and leadership to this process.

Members of the Search Committee:

Livia Walsh, John Atcheson, Patricia Cofre Stone, Mark Tuller, Nancy Herbert, Alisa Guralnick and Sarah Appleton-Knapp.

Memorial Wall Update



Memorial Wall Update - Sun and Chalice Panel

Cast your gaze west of the patio and you'll see that Jerry Thiebolt has been busy installing SUN and CHALICE, the fourth of five murals he has designed and is building for the Fellowship Memorial. From time to time we remind all members to arrange for memorial tiles for themselves, their spouses or partners, and children or perhaps join other members in honoring someone who has made significant contributions to our beloved community. Construction and completion of the fifth and final mural (TREE OF LIFE) awaits more money in our memorial fund, as well as more time in Jerry's busy schedule. Minimum donations of \$300 per tile help amortize initial construction cost and pay for engraving and maintenance. Go to uufsd.org/Giving/Memorial Walkway to find more information or contact Barbara Blomgren at 858-453-7414 or bwblomgren@san.rr.com.

Our Seven UU Principles and Our Social Justice Programs

Testimonials

“Participating in the lives of our homeless brothers and sisters, through our CRC “Toiletries Distributions” and Fill A Belly Dinners, has given me a renewed understanding of the profound suffering of those who do not share this country’s wealth and abundance. I have the honor of calling some “my friends.” I witness, with humility, the sense of pride and worth and hope that many display in the face of their current circumstances.”

Irving Himelblau

“I live each day with a sense of gratefulness for the natural world and I embrace the notion that we are borrowing the earth from our children. The EJTF is comprised of people who share my values and that is why it was such a joy to be co-chair with Debbie Hecht. Two of the EJTF successes were solar on the roof and moving UUFSD finances out of Wells Fargo Bank. There is much more to be done to reduce the UUFSD environmental impact and for all us to be better stewards of the earth.”

Linda Giannelli Pratt

“I work with the immigrant community because I believe it is the obligation of those that have safety and freedom and shelter and food to extend assistance and compassion to those that are not as fortunate. The work I have done directly with families, and especially children, fills me with gratitude and love.”

Liz Young

We Hold The 7 Principles As Strong Values

You may ask yourself, “Why Get Involved in Social Justice Work”? If we take our guiding principles as a roadmap to inclusiveness and equity in human relationships, we as UU’s can find a place to get involved.

Principle 1: The inherent worth and dignity of every person:

Every social justice exploration and action that UUFSD does is related to our first principle. This includes Racial and Environmental Justice, LGBTQ Rights, Immigration Justice and Rights, Mental Health Advocacy, Gun Violence prevention, and Indivisible Patriots. The CRC Food Bank, Homeless projects, Casas de Luz, and participation in the San Diego Food Bank, all provide services and support all those who suffer the racial and economic disparities in the Americas today.

Principle 2: Justice, equity and compassion in human relations:

We strive, through our racial justice focus, to oppose institutional racism, to explore our own biases, and to educate ourselves as to the damage inflicted on people of color impacted by the white supremacy culture. Forty members have participated in Beloved Conversations, an anti-oppression UUA program. Our Racial Justice book and film clubs add to furthering our racial justice education.

Principle 3: Acceptance of one another and encouragement to spiritual growth in our congregations:

“...and service be our prayer” is part of our weekly aspiration and covenant. We encourage our members to go out into the community to bring life to our values through direct action and volunteerism.

Our Seven UU Principles and Our Social Justice Programs

Testimonials

"We all like to think of ourselves as good people, nice people, and certainly not racists. The amount of baggage I had to acknowledge from growing up in a racist society, let alone the damage it caused others was sobering, but every new realization left me feeling spiritually lighter. In a less compassionate and committed group it might have been impossible. As it was, I lost a lot of emotional weight during those two months and gained deep friendships here in the bargain."

Andi MacLeod

"In trying to realize my full humanity, doing the work of racial justice and supporting Central American migrants has given me purpose and increased my compassion and gratitude. Since I retired two years ago, I have been able to put my energies into understanding how I, as a white ally, can begin to dismantle the white supremacist culture which keeps us separate from others. I have hope that others at UUFSD will join me in this important work."

Robin Sales

Principle 4: A free and responsible search for truth and meaning;

All of our social justice and action activities encourage members to find the areas of injustice that touches them most as human beings and to work towards ameliorating them.

Principle 5: The right of conscience and the use of the democratic process within our congregations and in society at large:

Our Indivisible Patriots group encourages members to participate actively in our democracy through education and advocacy. Postcard writing, League of Women Voters sponsored candidate forums, and other advocacy activities provide members avenues to live out their values in the political realm.

Principle 6: The goal of world community with peace, liberty, and justice for all:

Casas de Luz is one of our exemplary program that, for over 15 years, has involved hundreds of UUFSD members and others in the larger community to build homes and develop relationships with families and communities in Tijuana. Our Families in Need project supports asylum seeking families in the San Diego community. Both of these programs enhance our desire to make a difference in the world.

Principle 7: Respect for the interdependent web of all existence of which we are a part.

We aspire to "make the UUFSD campus a living laboratory in the education, practice, and promotion of sustainable design and living." We also hold educational workshops and participate in local, state and national environmental justice actions. Our Environmental Justice Task Force is a strong advocate both within UUFSD and linking to the community.



Brain Food

Our 2019 theme brought words, meals, movies and music to UUFSD. In addition to UUFSD members, we welcomed mental health professionals, individuals from the Depression and Bipolar Support Alliance and family members to Founders' Hall for special events.

May: Worship Service

Mental Health month's traditional service was held on May 6 and included moving music by Rich Franzwa, Jill Ballard and Susan Hahm, including a cover of the Rolling Stones' 'Paint it Black'. The Honor Ribbon Ritual recognized our experiences and John Post shared his personal journey.

NAMI San Diego was the Generosity Sunday offering beneficiary and provided information table materials.

May: Dinner and Movie Night

UUFSD friend David Helsten served as chef with amazing homemade lasagna. Judy Devlin helped create the atmosphere and whipped up a chocolate cake to top off the comfort food menu.

[Call Me Crazy: A Five Film](#) was the evening's feature. It's an excellent way to learn about family journeys. The film is a compilation of 5 stories surrounding mental illness with an all-star cast. Lucy has schizophrenia, Grace's mother is bi-polar, Alison's family is ruled by her sister's sickness, Eddie is severely depressed, and Maggie fights PTSD.

The A-list talent in front of and behind the camera includes directors: Laura Dern and Bryce Dallas Howard.

June: Dinner and Discussion about DBT

Dialectical Behavior Therapy (DBT) involves powerful strategies for change balanced with acceptance and compassion. It is recognized as an effective treatment for people with a wide range of difficulties, including, borderline personality disorder, emotion regulation, substance abuse, post-traumatic stress disorder, and eating disorders.

In June, UUFSD welcomed DBT presentations by Dr. Milton Z. Brown, Ph.D., founder of the DBT Center of San Diego, and Anne Clarkin, LCSW, a provider of group, family therapy and clinical supervision at the UCSD Adolescent Eating Disorders Program.

UUFSD member Kevin Burchby, a mental health professional, served as moderator. And the comfort food menu was Wenda Alvarez' vegetarian enchilada specialty.

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, See Page 16 (SocialJustice@uufsd.org)

Personal Growth & Interests

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

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

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

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

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. 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

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

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 Reemstsma: dirkreem@gmail.com

Join the UUFSD Willage

The UUFSD “Willage” is a group of parents, grandparents and friends that have united to provide support services for our members with families. The Willage is a place to find a babysitter, support other parents and find support for oneself.

Here are a few of the incoming Willage events:

August 24, 5:30 pm: Glow Party at UUFSD. A glow in the dark dance party to kick off the new school year.

September 15: Willage Swap in the core area between services.

October 12: The Willage will attend the Pride by the Beach in Oceanside.

November 5: The Willage will partner with the Social Justice Action Group to serve a Fill A Belly Dinner at Cottonwood Creek Park in Encinitas.

Looking Ahead

July 3-7: All Fellowship Campout at Horse Heaven, Lupine Campsite

Enjoy camaraderie, singing by the fire, relaxing, hiking trails for all levels. Space is limited. Reservations at: outdooradventures@UUFSD.org

Monday, July 8, 7 pm. UUFSD Book Club, Palmer Library

The book for this session is “Walden” by Henry David Thoreau. A reflection upon simple living in natural surroundings. Does Walden still speak to you? For information contact Cathy Leach Philips at bookclub@uufsd.org

Sunday, July 14, 11:15 am: Dialogue with Kay Bolden

Kay Bolden returns to UUFSD for our Sunday Service, at 10 am, entitled “Weaponizing My Own Privilege.” She will then lead a dialogue about her talk in Founders hall.

Thursday, July 18, 10 am, UUFSD Book Club, Palmer Library

The book for this session is “Commonwealth” by Ann Patchett. Spanning five decades, Patches explores how a chance encounter (and secret kiss) reverberates through the lives of the four parents and six children involved. For information contact Cathy Leach Philips at bookclub@uufsd.org

Sunday, July 21, 11:30am - 1:30 pm: Founders Hall Social Justice Action Group Visioning Workshop, light lunch provided.

Your voice matters as we plan our Social Justice agenda for the coming year. Please join us for this Social Justice Quarterly Planning Meeting.

Tuesday, August 6, 6:30-8 pm, Fill A Belly Dinner, Cottonwood Creek Park, Encinitas

Join members and friends at our quarterly dinner for the homeless at Cottonwood Creek Park. For more information, contact Irv Himelblau at ihimelblau@gmail.com

August 9 - 11: Lama Kathy Wesley Weekend Retreat

Lama Kathy Wesley returns to UUFSD to offer a retreat on “Cultivating an Awakened Mind in Life and Death.” For more information and schedules contact christieturner@gmail.com

August 20 - September 2: Young Adult Camp at de Benneville Pines

Come and join other young adults from the Pacific Southwest District for a fun filled weekend in the pines. This year’s theme is “Radical Resilience.” The Young Adult Camp is a great space providing creative and self reflecting workshops, social justice streams, identity caucusing and spiritual fulfillment. Register at: [UUncamp/YARegister](#).

Saturday, August 26, Singalong with Drew Massicot, 4-5:30 pm, Founders Hall

Pianist extraordinaire Drew Massicot will get us singing with his lush and rhythmic piano accompaniment. Light snacks and beverages will be served. This is an auction item at \$10.00.

November 5, 6:30-8 pm Fill a Belly Dinner The Willage will serve a Fill A Belly Dinner at Cottonwood Creek Park in Encinitas. Contact Tiffany Fox at: Tiffanymfox@gmail.com