

DIALOGUE

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

“The Times They Are A’Changing”



Welcome Reverend Jo Green

It is our great joy to announce that we have officially called Reverend Jo Green as our settled Minister. On Sunday, May 10, 81% of our members voted and the result was an overwhelming YES (94.7%) to have Rev. Jo join us as we create a new normal for our fellowship.

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Racism in America: A NATION AT A THRESHOLD OF CHANGE.

Covid-19 - Congregational life in the midst of “physical distancing and virtual connections.”

Getting to Know Rev. Jo



Reverend Jo Green

An ordained minister as a title does not give justice to the life experience I have had through the years. Becoming a Unitarian Universalist minister later in life allowed me to utilize those skills I have acquired in 35 years of working and supporting myself in other occupations.

My call to ministry came in 2008, fairly recently after becoming a Unitarian Universalist in 2005. As life events would have it, my path was guided by universal happenings that propelled me along the course of ministry. I graduated from the Starr King School for the Ministry in Berkeley, CA in May of 2014. My ministerial internship led me to the Unitarian Universalist Church in Cherry Hill, NJ where I also completed another year of residency. I then ministered to the Unitarian Universalist Church of the Restoration in Philadelphia, PA. as their Consulting Minister for the 2016-2017 church year. I worked as a Chaplain and gained vital pastoral skills in Oakland and Berkeley during part of my seminary years and completed a Chaplain Residency Program at Geisinger Medical Center to further my pastoral skills.

My early beginnings in the Midwest were experiences of growing up in poverty. Born into Catholicism, I left the church at the age of 18 and for many years was not affiliated with organized religion. I retained my spirituality throughout these years, but was not successful in finding a denomination I could relate to until I discovered Unitarian Universalism. My experiences in spirituality were wide ranging and I fully embrace those who believe in various forms of faith, from Humanist leanings to Christianity to Buddhist Studies. Having experienced these various forms of faith, I can understand why some would believe in Christianity or Judaism or Buddhism or Paganism. In Unitarian Universalism, I discovered the many paths that have led people to this faith and how we all can interact with each other in a faith that benefits humanity and our planet.

I was raised in a small town in the St. Louis Metro Area and received my Bachelor of Arts degree in Art from Southern Illinois University. I continued my studies years later after becoming an art teacher and received my Masters of Science Degree in Counseling Education from the same university. My varied background and interests have provided me experience that I find invaluable as a minister: Counselor, Teacher, Actor, Singer, Artist, Mediator and Administrative positions. Having lived over half my life in California, I had caught the acting bug while living in Los Angeles and I see this theater experience as valuable in my preaching style and presence. I volunteered as a pro-bono mediator with the Los Angeles County Bar Association Dispute Resolution Service and loved the experience I received in helping to mediate disputes. I have lived in 5 different states in our country, having experienced cultures from the West Coast, Midwest and East Coast. There are not any favorites, as each section of our country provides a deeper look into America in its own way. Although I do admit, I cannot experience any more wonderful weather than California sunshine!



Welcome Rev. Jo

Board of Directors
Worship
Committee on Ministry
Dream Builders
Building & Grounds

Social Justice Action
Leadership
Membership
Communications
Choir

Religious Education
Pastoral Care
Nominations
Design Review
Capital Campaign

Finance
Stewardship
Personnel
Library
Hospitality



Sacred Circles
Book Clubs
Mens Groups
UUFSD Band

Buddhist Meditation Groups
Sunday Discussion Group
Women of the World
Camp deBenneville Pines

Mindfulness Mediation
Young Adults
Our Whole Lives (OWL)
JRUU & YRUU

Racism in America: A Nation At A Threshold of Change

The Legacy Of George Floyd



Say Their Names & Rayshard Brooks

Each one of these names was somebody's baby.

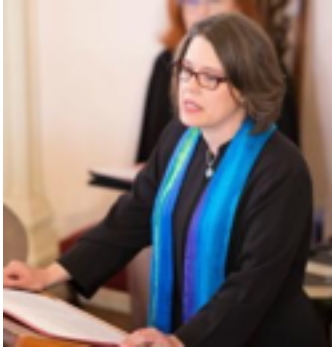
EMMETT TILL - ERIC GARNER - JOHN CRAWFORD III - MICHAEL BROWN - EZELL FORD - DANTE PARKER - MICHELLE CUSSEAU - LAQUAN MCDONALD - TANISHA ANDERSON - AKAI GURLEY - TAMIR RICE - RUMAIN BRISBON - JERAME REID - GEORGE MANN - MATTHEW AJIBADE - FRANK SMART - NATASHA MCKENNA - TONY ROBINSON - ANTHONY HILL - MYA HALL - PHILLIP WHITE - ERIC HARRIS - WALTER SCOTT - WILLIAM CHAPMAN II - ALEXIA CHRISTIAN - BRENDON GLENN - VICTOR MANUEL LAROSA - JONATHAN SANDERS - FREDDIE BLUE - JOSEPH MANN - SALVADO ELLSWOOD - SANDRA BLAND - ALBERT JOSEPH DAVIS - DARRIUS STEWART - BILLY RAY DAVIS - SAMUEL DUBOSE - MICHAEL SABBIE - BRIAN KEITH DAY - CHRISTIAN TAYLOR - TROY ROBINSON - ASSHAMS PHAROAH MANLEY - FELIX KUMI - KEITH HARRISON MCLEOD - JUNIOR PROSPER - LAMONTEZ JONES - PATERSON BROWN - DOMINIC HUTCHINSON - ANTHONY ASHFORD - ALONZO SMITH - TYREE CRAWFORD - INDIA KAGER - LA'VANTE BIGGS - MICHAEL LEE MARSHALL - JAMAR CLARK - RICHARD PERKINS - NATHANIEL HARRIS PICKETT - BENNI LEE TIGNOR - MIGUEL ESPINAL - MICHAEL NOEL - KEVIN MATTHEWS - BETTIE JONES - QUINTONIO LEGRIER - KEITH CHILDRESS JR. - JANET WILSON - RANDY NELSON - ANTRONIE SCOTT - WENDELL CELESTINE - DAVID JOSEPH - CALIN ROQUEMORE - DYZHAWN PERKINS - CHRISTOPHER DAVIS - MARCO LOUD - PETER GAINES - TORREY ROBINSON - DARIUS ROBINSON - KEVIN HICKS - MARY TRUXILLO - DEMARCUS SEMER - WILLIE TILLMAN - TERRILL THOMAS - SYLVILLE SMITH - ALTON STERLING - PHILANDO CASTILE - TERENCE CRUTCHER - PAUL O'NEAL - ALTERIA WOODS - JORDAN EDWARDS - AARON BAILEY - RONELL FOSTER - STEPHON CLARK - ANTWON ROSE II - BOTHAM JEAN - PAMELA TURNER - DOMINIQUE CLAYTON - ATATIANA JEFFERSON - CHRISTOPHER WHITFIELD - CHRISTOPHER MCCORVEY - ERIC REASON - KIONTE SPENCER - MICHAEL LORENZO DEAN - TRAYVON MARTIN - BREONNA TAYLOR - AHMAUD ARBERY - TONY MCDADE - GEORGE FLOYD

BabyNames.com stands in solidarity with the black community.

#blacklivesmatter

Racism in America: A Nation At A Threshold of Change

The Legacy Of George Floyd



From the Unitarian Universalist Association - Rev. Susan Frederick-Gray

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.

We invite UUs of all ages and backgrounds to share their hopes and dreams for the role that Unitarian Universalists can play in advancing racial justice in the United States. Many UUs are already working with groups and campaigns, and others are still figuring out how

they want to be involved.

What We Are Doing

- [Black Lives Matter and Building a Movement for Racial Justice](#)
Racial profiling, police brutality, and mass imprisonment of are examples of how African Americans and other people of color suffer at the hands of today's legal system. Join the movement to end these systems of racial injustice. See our [map](#) of UU congregations with Black Lives Matter banners and learn more about building a movement for racial justice.
- [Poor People's Campaign](#)
The Poor People's Campaign: A National Call for Moral Revival is uniting tens of thousands of people across the country to challenge the evils of systemic racism, poverty, the war economy, ecological devastation and the nation's distorted morality. We align with the following goals, strategies, and tactics that strengthen multi-faith and partner relationships and coalitions, deepen our own faith, and help build a transformative movement for justice.
- [Doctrine of Discovery](#)
We support the struggles of Native peoples for freedom. In 2012, the UUA took a stance against the past and current impacts of the Doctrine of Discovery, an historic international law that allowed Europeans to kill non-Christian peoples and steal their land.
- [Love Resists](#)
A joint UUA-UUSC campaign activating people of faith and conscience to resist harm inflicted by criminalization and create safe, welcoming, sustainable and just communities
- [Multicultural Leadership and Inclusion](#)
We support leaders intentionally building multiracial, multiethnic, multicultural Unitarian Universalist congregations and communities, centering the experiences of indigenous peoples and people of color.

Partnership

Effective justice ministry depends on partnership, since racial discrimination touches everyone. UU partners in racial justice work, beyond the Unitarian Universalist Association, include [UU State Action Networks](#), the [Unitarian Universalist Service Committee](#), the [UU College of Social Justice](#), [Diverse & Revolutionary UU Multicultural Ministries](#) (DRUUMM), [Black Lives of Unitarian Universalism](#) (BLUU), and [Allies for Racial Equity](#). UUs also form interfaith partnerships, such as with the [Interfaith Organizing Initiative](#), [Congregation-Based Community Organizations](#), the [Forward Together movement](#), the [NAACP](#), and the [Living Legacy Project](#).

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The Legacy Of George Floyd

Moving White People to Act for Racial Justice

The UUFSD Response

We as UU's are responding to an unusual confluence of 2 crises: sheltering due to the pandemic and 'unsheltering' to have our voices heard in the many protests against police brutality and racism in our society. This may be a tipping point in which we are more ready to acknowledge the long standing racism our country was built on and work towards dismantling it and restructuring our country in a framework of equity and justice.

Local demonstrations and vigils indicate interest and actions which target poor policing and demand transformation of the way safety is seen and funded in our communities. The choke hold was recently banned in San Diego after years of effort by racial justice coalitions to get this enacted. It is time to invest in the black community and other communities of color to address deficits that have existed throughout the history of this country.

In 2017, UUFSD began antiracism work in the form of sermons and a "Beloved Conversations" program of retreats and classes focusing on racism and white dominance in our society. A racial justice task force formed after the 1st Beloved Conversations series to continue the work via further education (eg films and book discussions) and reflection and internal work to gain greater understanding of the depth of racial injustice and our own white privilege.

In 2019, two members of the task force started a north county chapter of Showing Up for Racial Justice, SURJ, a national organization that develops effective white allies and builds partnerships with existing racial justice organizations. This is open to anyone in the north county community who is interested. For more information please go to: www.facebook.com/surjncsd

There have been varying degrees of interest in these pursuits. At times, some congregants have not seen this as having a role in one's religious life. Now, due to both the recent pause in our lives and the media portrayals of deaths of multiple black victims at the hands of police officers, we are called to pay attention. This is consistent with the first UU principle which is to affirm and promote the inherent worth and dignity of every person. We hope people will use the multiple avenues of books, videos and podcasts to learn. There are many interviews and writings by black Americans to help us on this path. There are also posts that indicate that many black people are tired of white people asking them for help in understanding what is going on. We want to do this together in our community even if only via zoom. We are called to tap into our compassion and the national energy to become more effective antiracists. We see crisis as opportunity. However, it is a very long commitment to work towards such a major transformation of our society. While people have many structures and commitments in their lives, everyone can have an impact of varying degrees.

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Monthly Call to Action – July

BLACK LIVES MATTER! The Justice in Policing Act of 2020 (H.R. 7120) proposes sweeping police reforms, including banning the use of chokeholds, developing a national standard for use of force and establishing a national police misconduct registry. Learn more about the legislation at https://judiciary.house.gov/uploadedfiles/fact_sheet_justice_in_policing_act_of_2020.pdf Affirm justice for all by contacting your US Representative and thanking them if they signed on as a co-sponsor of the Act. (US Representatives Mike Levin - 49th District and Scott Peters - 52nd District are co-sponsors of the Act). District 49 - Levin- (202)225-3906/(760)599-5000; District 52 - Peters - (202)225-0508/(858)455-5550. If you have a different US Representative, find out if they are a co-sponsor of the Act at <https://www.congress.gov/bill/116th-congress/house-bill/7120>. If they are not a sponsor of the Act, ask them to join as a co-sponsor.

Racial Justice Book Club

The Racial Justice Book Club will be discussing the non-fiction work by Ibram X. Kendi, *How to Be an Antiracist* (2019). Simply not being racist isn't enough. Racism is centered in bad policy, not bad people. Kendi employs history, science, and ethics to describe different forms of racism and how to build an equitable society.

Since we will be discussing the topics brought up by the book, we will divide this book into three sessions:

Sunday, June 28th	5:00-6:30pm	Chapters 1-6
Sunday, July 12th	5:00-6:30pm	Chapters 7-12
Sunday July 19th	5:00-6:30pm	Chapters 13-18.

Film Discussions

”When They See Us”:

1st half July 26th

2nd half August 2nd 5 PM

Showing Up For Racial Justice North County (SURJ)

See North County SURJ website for details (This organization is separate from UUFSD)

Meetings: 3rd Tuesdays of the month
 Planning Racial Justice 101 trainings online
 Selling Yard signs

Beloved Conversations

Classes will be offered online in the 2020-21 church year

Ditch the cult of “or” to make “and” our national conjunction by Sophie Chafee



“...Next, unity, in the face of crisis. It’s that unity that we tapped into to face crises of the past, be they world wars, the Great Depression or the gut punch of 9/11. It’s that quality of “and” that I heard when members of Congress sang “God Bless America” on Sept. 11, 2001....”

Before the COVID-19 outbreak, I’d been thinking that were I to get a tattoo, it would be of an ampersand, like this “&.” And if I had a wish for our nation, it would be that we would ditch the cult of “or” to make “and” our national conjunction.

Now, for obvious reasons, I’ll shelve getting an actual tattoo to focus on the need for our nation to get behind “and.” I’ll go so far as saying many lives and our nation’s future depend on adapting the spirit of “and.” And fast.



By the cult of “or,” I mean our feeling that “You’re either with me or against me.” Most obviously, “or” is the poster word for our national partisan divisiveness — red or blue, Bernie Sanders or Joe Biden, you get the picture. “Or” spills over locally as well. (At times, it seems that NextDoor should be called NextOr given all the divisiveness that oozes there.) Here in Encinitas, “or” has dominated our discussions about the Leightag Foundation parking lot for the homeless and the lawsuit over the Cardiff School rebuild.

What’s most dangerous in the way we make “or” our go-to reaction is the way we automatically refuse to believe what “the other side” says. Now in the heat of COVID-19, some people are still refusing to believe scientists and doctors (and the journalists who quote them), in part because “the other side” believed them first. In

Washington, it seems our so-called “leaders” are loath to work together lest the other side score more political points. That’s perilous for our individual health, the lives of at-risk populations and our ability to recover from the COVID-19 crisis once the threat passes.

What I like about “and” are the American values it represents.



First off, diversity and inclusion, the old idea of the great American melting pot. We are Republicans and Democrats and independents and Libertarians and Peace & Freedom Party members, and we belong to other smaller parties as well. We are black, white, brown, blue-haired and ruddy newborn. We and our ancestors come from a magnificent collage of nations and tribes. We are able and disabled, LGBTQ+ and straight. We are a mosaic of many identities, all bound by the grout of “and.”

Next, unity, in the face of crisis. It’s that unity that we tapped into to face crises of the past, be they world wars, the Great Depression or the gut punch of 9/11. It’s that quality of “and” that I heard when members of Congress sang “God Bless America” on Sept. 11, 2001. Other versions may be more on-key, but that rendition will always be my favorite.

And then, our responsibility to act with compassion and respect. As Americans, we have a responsibility to listen to each other. We have a responsibility to treat each other with respect, to try to understand each other because we

believe we each have value. We have a responsibility to make compassion our go-to reaction, rather than debasing our great country by being quick to judge, to shame, to blame. To “or.”

Lastly, “and” requires a new value — embracing nuance and complexity. We want the world to be black and white, this or that, us or them. Politically, we do not all fall into the polarity of our parties, which is partly why so many people don’t vote in elections. Our assessments of how to handle Covid-19 do not necessarily fall into two camps. Someone can, for instance, practice social distancing and wash their hands umpteen times a day but still wonder whether the radical measures we’re taking now are commensurate with the risk. We can have these in-between thoughts and still be “and”-loving Americans. And since this is a complex and evolving crisis, we must embrace nuance and complexity if we want to survive.

To be clear, I do not actually want Congress to use its precious time to declare “and” our national conjunction. I do want Congress, and the rest of us, to act as if it were.

For us, that means being kind: sharing your toilet paper and your food, letting that car ahead of you merge into traffic, and checking in on those in quarantine.

And maybe when this COVID-19 crisis is all over, I’ll get that tattoo. And maybe you will too.

Sophie Chafee

With Gratitude



From Monique Kunewalder With gratitude to UU’s Pastoral Care Committee and so many more...

Starting with Livia's very kind hand-written card on one of Roger Harmon's world travels, Kelly Kelsoe's visits + foods + chats, Rick Appleton's chauffeur-driven tesla rides to my physical therapy sessions, Patricia Cofre-Stone's offer to go shopping for me @ costco!!, Libby Scott's personal delivery of my "solana salons" concert album with programs of at home musical events since 20 years! and Lynne Talley's offer to teach me how to access zoom with her twins and both of us at the pianos.....



Thank You Betsy Gilpin for your devotion to our beloved deBenneville Pines

Recently Betsy Gilpin completed three three-year terms on the Board of our deBenneville Pines. She continues on their Stewardship effort. Twice during the lockdown, Betsy has gone up to our camp on Big Bear Mountain to volunteer by painting cabins and clearing brush. We are grateful for the many ways that Betsy has contributed so that our special home in the mountains can continue and thrive. UUFSD is still represented on the board by Chris Faller.



Thank You Kay Byrnes for coordinating our Social Justice Generosity Sunday Program

Kay has administered our Social Justice Action Generosity Sunday program for the past three years. Kay, we appreciate your professionalism, dedication and efficiency with which you administered this important program that adds so much to our Social Justice mission. We feel that the program has progressed effortlessly and very efficiently. Livia Walsh is our new Generosity Sunday temporary coordinator.

With Gratitude

To our Wonderful “Volunteers in Times of Pandemic”

During the lockdown we have had many members of the Buildings & Grounds Committee show up to perform site improvement tasks. Some have shown up by themselves and sometimes as many as a group of six. This is a wonderful way to enjoy our sacred campus by providing improvements with our hard work while still practice social distancing. The following volunteers have participated in Buildings & Grounds Committee activities during the lockdown: Ken Shultz, Erilynn, Darren & Kellen Heinrichsen; Robin Mitchel, Irv Himelblau, Michael Scott, Betsy Gilpin, Debbie Hecth, Jon Luft, Chris Faller, Kathryn Strurch, Charles Alvarez, Jim Hagen and, there also may be a few that are anonymous. **A special thanks go out to our Building and Grounds Chairperson Ed Mlakar who can always be found on campus and was instrumental in organizing these work parties.**



The Roots of our Phone Tree

With Gratitude From Kelly Kelsoe- How our Phone Tree Sprouted

Elaine Lewinnek was inspired by a creative minister friend who steered her church through a hurricane a few years back and this planted the seeds. Elaine planted and watered the seeds and it began to sprout and has quickly developed in to a mature tree with multiple trunks, branches, and fruits! The Pastoral Care Committee would like to express gratitude for her tireless efforts in rooting our tree. As no tree can survive without nurturing and anchoring roots, multiple UUFSDers (our trunks) sent their love and our multi-trunk tree is now bearing branches with fruit! The Pastoral Care Committee also sends gratitude to our trunks. The roots are growing deeper and the tree growing higher and stronger. A strong tree does not get destroyed in a storm. It sways but it stands. Our firm tree reflects our covenant “May love be the spirit of this congregation.....And to help one another in fellowship...” Through your kind words and deeds our tree will weather this storm.



Elaine sent the list of participants. She alphabetized it and look at that, we have almost every letter of the alphabet represented. **What an impressive list.**

Wenda Alvarez, Ann Appleton, Rick Appleton, Jill Ballard, Katherine Buffington, Kay Byrnes, Cheryl Close, Patricia Cofre-Stone, Rigdon Currie, Ernie Dun, Ilene Dunagan, Karen Eckhart, Nancy Evans, Tiffany Fox, Louise Garrett, Betsy Gilpin, Alisa Guralnick, Nancy Hebert, Alejandra Hoffman, Karen Joshi, Kelly Kelsoe, Angie Knappenberger, Elaine Lewinnek, Linda Luisi, Andi Macleod, Carol Mason, Eva Meier, Sara O'Hara, Pamela Parker, Robin Sales, Mary Lou Schultz, Lisa Shaffer, Trish Stanley, Tanya Strauss, Kerry Traylor, Christie Turner, Barbara Walker, Livia Walsh, Mike Wothen.

If you have not received a call and would like a call, please contact Kelly Kelsoe at kelsoekelly@gmail.com or Elaine Lewinnek at elwinnek@gmail.com.

Kindnesses in Time of a Pandemic



Livia Walsh and Irv Himelblau

Liv and I are very appreciative of all our friends from the fellowship who have offered to help with shopping during this crises period. A special thanks to Liz Young, Nancy Moothart and Andrea Bernard who have offered and made grocery runs for us.

We also want to thank our neighbors who offered free plantings of vegetables, herbs and flowers to everyone on our block.



Mary Anne and Paul Trause, Amanda and Jeremy Manger and their children Sydney and Jake

Even though UUFSD's biweekly social justice program providing personal hygiene items for individuals who are homeless has been disrupted by the coronavirus pandemic, 75 bags were prepared on Monday April 13. Paul and Mary Anne Trause, who are sheltering in place with their family, were joined by their daughter Amanda Manger, son-in-law Jeremy, and grandchildren Sydney 7, and Jake 10, to gather items such as soap, tooth brushes, toothpaste, combs, hair brushes, deodorant, shampoo, razor, sunscreen, pen, mini writing pad tissues, body lotion, hands wipes small towels. to fill small lunch bags to be distributed by CRC and Fill-a-Belly. The items are purchased from a fund for helping homeless individuals, which is partially funded by donations from members of Liv Walsh's meditation group.



When two parishioners from St. Leo discovered the hardships one family was facing, they didn't think twice. They drove to the store, bought groceries, and delivered them to the family. That incredibly grateful family in turn shared the

gift they had received with three other families in need. At that point, the two St. Leo parishioners realized how great the need for food had become and decided to start a food drive in conjunction with the St James Mission Circle. The UUFSD Social Justice Action became aware of the St Leo's program and reached out to our UUFSD community requesting that we participate in this special food drive. They requested donations of dried pinto beans, white rice, cooking oil, pasta, and breakfast cereal. Our members responded with an outpouring of generosity.

Kindnesses in Time of a Pandemic



Reusable Masks

Norma Showalter

In late March when it became apparent that I would be unable to do my regular activities outside the home, I decided to sew drawstring bags for Days for Girls, a great organization which creates washable menstrual kits so girls can stay in school and women can go to work in 144 countries. Very soon however, Days for Girls sent out a call for seamstresses to sew quality masks for healthcare and service workers via the D4G Masks4Millions campaign. Basically, each mask is made from 2 pieces of cotton fabric cut 6" x 9" with 2 pieces of elastic measuring 7". It takes about 20 minutes to complete a mask (Info: <https://www.daysforgirls.org/single-post/Masks4Millions>). So far I have distributed hundreds of masks since March 28. These have gone to friends and neighbors, Casa de Amparo, Department of Infectious Diseases at Kaiser SD and Labor and Delivery Department at Scripps Memorial Hospital (where they are also used for dads to be in the delivery room during childbirth). This has been a fun and purposeful way for me to spend my time at home.

Betsy Gilpin

Betsy has been sewing masks for our homeless brothers and sisters . We distributed her masks at Fill a Belly, the Community Resource Center of Encinitas and the Jewish Family Services Safe Parking in Encinitas.



UUFSD Helping Hands for Homeless Residents of the Encinitas Safe Parking Program and Other Jewish Family Services Safe Parking Sites

Every night, JFS operates a Safe Parking Program for unsheltered San Diegans living out of their vehicles, many of whom are experiencing homelessness for the first time. As these individuals and families work to lift themselves up out of a difficult situation, many are making a nightly choice between buying food or purchasing gas to get to work and school. Creating further barriers to stability are the isolation and lack of social support that so often accompany homelessness.

The Safe Parking Program provides a welcoming environment, meaningful resources and tools, and dignified support to help families stabilize and transition back into permanent housing. With holistic services focused on basic needs assistance, employment, family wellness, school success, financial education, credit repair, and housing, our goal is to create a pathway out of homelessness while being a support to people where they are now. The program operates seven nights per week at four secured lots in the city of San Diego, and our newest lot in Encinitas.

The UUFSD Social Justice Action Homeless Project has donated \$800 toward providing packaged dinners and/or food gift cards to residents of the Encinitas Safe Parking Program residents. We deliver dinners once a week to the Encinitas lot for 20 people. Members and friends are delivering lunch supplies and baked goods.

A special thanks to Kathy Faller, Nancy Hebert and others who put this action together If you would like to participate contact Kathy Faller or text 858-254-2008 for more information

Imagination And Creativity In Times Of An Epidemic

Irving Himelblau

I took on a personal challenge. My children are both great bread bakers and I decided to see if they inherited the bread and pizza making skill from me or from my former wife Linda, a Blue Ribbon bread baking champion at the Del Mar Fair. Using Linda's recipe for wheat bread, with a few minor deviations, such as having the wrong amount of yeast, salt, oil, water and honey, dropping an egg on the floor instead of in the mixture, and kneading the dough for what seemed to be forever, I persevered. But first I separated a third of the original mixture, saving it for my second baking adventure the next day.

On the first day of my baking experience Sunday, April 5, I came up with four loaves of whole wheat bread (having intended to make two, as the recipe called for). It turns out that my son made two loaves and my daughter baked three loaves that day. So in terms of quantity **I won**. However, I doubt I won in terms of quality and presentation, since theirs are perfect looking (mine were deformed) and perfect tasting whole wheat breads. But never-the-less, Livia and I cut into one of the loaves as soon as it cooled a bit, smothered our pieces with butter, and went into whole wheat bread heaven.

On the second day of baking, Monday April 6, using the left over mixture and adding one egg, I actually came up with two rather decent size (almost normal) loaves. However, I ran out of whole wheat flour, so this batch was White Wonder Bread plus. Livia and I cut into one of the loaves as soon as it cooled a bit, smothered our pieces with butter, and went into white bread heaven.

Next on my list is pizza dough.



Eman Elshaikh

We are taking pictures.



Imagination And Creativity In Times Of Covid-19

Brenda Post - Experimenting after 6 years in the waiting and 10 hours in the cooking Sous Vide Machine & a Never Used Pressure Cooker



Here are some pictures of the Sous Vide machine in a pot in our garage with our beef roast cooking for 10 hours! Never would have had the time to learn or do this before. John bought this for me about 6 years ago and it was in its box in the garage that long!

It was DELICIOUS!!! It was cooked perfectly, so tender, oh so tasty, and just plain wonderful. The au jus that came out of the bag was incredible. Because it was in a bath of water that remained at 135 degrees +/- one degree, it is impossible to overcook the roast. It stays at that temp for hours, thus breaking down the muscle and sinew in the meat. Now I am trying to figure out what to make with the leftovers!!!



So what's next? . I have a pressure cooker that I never used so I decided to try something in that. I am a little afraid of pressure cookers – think the lid is going to burst off and burn me with steam. But I

got over that after reading that doesn't happen with this newer line of machines. So since John loves beef chili that is what I made. The results could use a little improvement – it was very watery - so I will try again when feeling better and have the right ingredients!



Laura Colban - Limoncello, Planting a Veggie Garden , Painting, Baking and Long Walks

I hope everyone is having a fun time self-isolating. Wayne and I have been making limoncello, planting a veggie garden, painting our living room, baking bread, and taking lots of long walks, sometimes to the driveways of friends where we socialize while maintaining social distance. Our carbon footprint is smaller than ever!! In 7 weeks, we have entirely avoided inside spaces other than our own



Andi & Don MacLeod

In the early days of the shut down the sudden isolation was a shock. To ward that off, I decided to act. I had heard about “Chalk My Walk”, a national movement for children to draw and write cheerful messages outside to their neighbors while keeping a distance during the shutdown. It seemed the right kind of light-hearted medium to use for someone entering her second childhood. After cheering me on, Don joined in and we enjoyed getting chalky together. The aftermath was great: neighbors liked the chalk art and stopped to chat about it. We made several new friends, and felt connected to the community again.

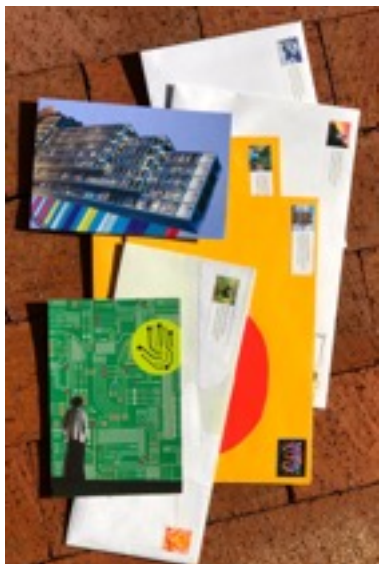
Imagination And Creativity In Times Of Covid-19

Artists Collaborate via Snail Mail while Sheltering in Place

by Greg Brown, at home, 14 April 2020

For many months a small group of artist friends and I had been gathering every Monday night to relax, drink a little wine, snack on cheese and crackers, and create an endless stream of quirky and beautiful collages from old magazines, newspapers, junk mail, and whatever worked. When the recent orders to shelter in place came, due to COVID-19, we didn't want to give up on collaging together, so, being creative folks, we set up a system.

We gathered everybody's mailing address, and made a list. Then every person began a postcard-sized collage which they put in an envelope and snail mailed to the next person on the list. When the next person received it she/he added something to the card and sent it on to the person on the list after them, and so on. Soon some people got inspired and started extra postcards going around. The circulating cards got richer and zanier and more gorgeous. We set up a texting group to chat about our process and cheer each other on. "I sent out two cards today and got 3 'knockouts' in the mail!" Now it's hard for me to keep up. I have plenty of other things to do, but I have paper cutouts and magazines scattered across my dining room table with a glue stick and scissors close at hand. Pretty soon I'm going to have to go out for more stamps. When the virus is finally vanquished we might have a mini art show – "Covid-19 Collages."



Rigdon Currie and Trish Johnson

Trish and I were truckin' along with our little lives when Covid-19 hit with a bang! This has made for "interesting times".

We have adapted quite well and are enjoying our more restricted lives: I have been getting caught up with editing my trip and family videos*; finding my inner-cook; walking Dudley, our dog; gardening; chatting with old pals; memoir-writing, book & guy groups & church services through Zoom; emails; exercise. Trish has participated in many of these plus her succulent gardening and cleaning out and organizing various spaces. She is enjoying fine-tuning already-composed stories for her memoir. I organized our neighborhood social network which, though unanticipated, is paying off now with wonderful support.

I have managed to create a productive food garden.. My south-facing vegetable/herb garden has done remarkably well over our "winter": chard, lettuce, radishes, onions, peppers, and a full herb garden in four 2'X4' raised planting beds. New tomato, pepper, snow pea, green bean plants are progressing well.

Trish loves our small pool in warm weather. I skinny dip in the Jacuzzi most mornings & take showers in our private outdoor shower. **(Editor's note: Rigdon would not provide a picture of his skinny dipping, so instead we have the gardening photo, fully clothed).**

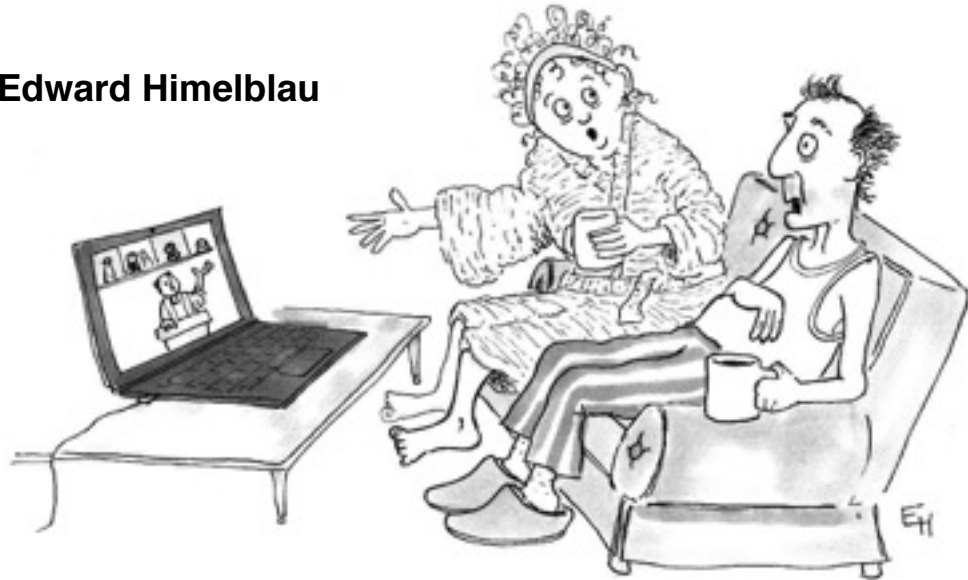


Rigdon and his sons Steve and David are working with a successful entrepreneur in the senior's market in hopes of launching a concierge business focused on those like us who want to remain in their own homes. Our experienced partner believes this will be the dominant trend for a "generation". We plan later to expand the business to successful families who want less hassle in their lives and who are often the children of our senior clients.

I am looking forward to my 90th birthday in July. Unfortunately we had to cancel the family house party we had planned at a beachside airbnb in La Jolla. We will try again after a vaccine is available, we hope, in 2021 and probably in the Caribbean.

Virtual Humor

Cartoon courtesy of Edward Himelblau



Wait!...has our web cam been ON for the entire service?!

The Unitarian Universalist Fellowship of San Dieguito Wants You to Stay Connected!

**We are offering regular weekly events online during the stay at home orders to
keep us connected**

Sundays at 10:00am - Worship Service via Zoom and YouTube

Sundays at 4:00pm - Young Adult Group Contact: alison@uufsd.org

Mondays, Wednesdays, and Fridays at 6:30pm - Storytime with Alison - Contact: alison@uufsd.org

Tuesdays and Saturdays at 7:00pm - R.E. High School Youth Group - Contact: alison@uufsd.org

Wednesdays at 9:30am - Mindfulness Meditation - Contact: mindfulnessmeditation@uufsd.org

Fridays at 10:30am - Buddhist Meditation - Contact fridaybuddhistmeditation@uufsd.org

Fridays at 7:00pm - Emerging Adults - Contact: alison@uufsd.org

Saturdays at 4:00pm - Middle School Coming of Age - Contact: alison@uufsd.org

First and Third Thursdays of each Month - Buddhist Sangha - Contact: buddhistsangha@uufsd.org