



Pacific Unitarian Church

A Unitarian Universalist Community

Committed to the Free and Responsible Search for Truth, Meaning, and Service

The View



January 12, 2012

Deadline: Each Wednesday at noon

Hi Member,

...But *THE VIEW FROM PUC* strives to communicate a clear vision to you all of what happens here at the Church -- and speaking of vision, don't miss the Jan. 22 Congregational Meeting where we'll vote on whether or not to move forward on our Strategic Planning Team's proposal. That and much more in this week's missive...RREEAADD AAALL ABOOOOUUTT IT!

If you're having trouble reading the View in your email, [click here to download the PDF version](#)

This Sunday

9:30 AM: (2nd) Sunday Forum:
A Humanist Perspective
(Forums are 1 week behind in January)

10:30 AM Service
Martin Luther King, Jr: An Inconvenient Hero...
January Guest Minister,
[Rev. Tom Owen-Towle](#)

11:30 AM: Coffee Hour

January's Monthly Town Hall Meeting has been moved to Sunday, January 22, 2012 after the Service, and will be a Congregational Meeting to discuss and vote upon (Yes or No) The following Strategic Planning Resolution:

"PUC should adopt a strategy of managed growth. The Strategic Planning Committee, under the direction of the Board of Trustees, is charged with addressing the issues identified in the Strategic Planning Report's Decision Tree relevant to this choice and with

developing a managed growth plan for approval by the Congregation."

Absentee ballots for this vote will be available in the PUC Office next Sunday, **January 15.**

Save the Date!! Saturday, March 17, 2012

PUC's Anniversary Party and Annual Silent (and not so silent) Talent & Service Auction



This lucrative (almost \$11,000 last year) fundraiser for our Church also provides ongoing social and service activities throughout the year. And the party is wonderfully fun!

We need offerings of parties, dinners, lunches, brunches (in your home or in a restaurant), excursions, lessons, services, gift certificates, or whatever you can think of.

AND we need volunteers at all stages -- before, during, & after the event on **March 17**. Contact Barbara Paulsen, [Pam Harris](#), or [Craig in the PUC Office](#) for your ideas, suggestions, more info, your offerings, and especially, your help!!

—Barbara Paulsen

January 13 GLBTQ Movie: *The Birdcage*

Lies and deception -- it's all in the family when Robin Williams, a gay cabaret owner, must convince his future in-laws that he's as

Sunday's flowers are offered by

cabaret owner, must convince his future in laws that he's as upstanding and uptight as they are. Costarring Gene Hackman, Nathan Lane, Dianne Wiest, Christine Baranski, Calista Flockhart, and Daniel Futterman, *The Birdcage* is an uproarious comedy that will send your spirits soaring. Please join us on Friday, **January 13** at 7 PM in the PUC Library for our next GLBTQ Movie.

The January 18 Womens Fed meeting will be held at:

COCO'S RESTAURANT
[28300 South Western Avenue](#)
[Rancho Palos Verdes \(San Pedro\)](#)

310-832-8391

Please try to attend this meeting as there are important issues to be discussed.

—Virginia McCullough-Ramos

Attention All Members...SAVE THE DATE: **DOING THEOLOGY TOGETHER!** @ PUC Saturday, January 28

As Unitarian Universalists we are all card-carrying theologians. It's time to take this joyous duty seriously! Join our *January Guest Minister Tom Owen-Towle* for an overview of our contemporary theological landscape, after which we will sample several themes such as sabbath; God; suffering; love; joy; self-care; and death, in dyads and as a group.

Copies of Owen-Towle's book *Theology Ablaze* (which explores 29 such topics) will be available for purchase.

Saturday, **January 28, 2012** from 9 AM -3 PM in the Hall. *Stay tuned to the View for more details.*

Meet Rev. Tom Owen-Towle, Our January Guest Minister



The Rev. Dr. Tom Owen-Towle has just completed 44 years of settled ministry and is now giving sermons and conducting workshops across the land on the themes of his two dozen books, the latest being *Theology Ablaze* which was the theme of the **January 8** Service and is the core of his day-long workshop on Saturday **January 28**.

Tom and his life-partner, Carolyn Sheets Owen-Towle, are Ministers Emeriti of First UU Church of San Diego and the active parents of 4 children and 6 grandchildren. Tom is a guitar player, Little League coach, and budding magician. His books will be available each Sunday for purchase. Tom is a close colleague and friend of our pastor, **Rev. John Morehouse**, and is honored to fill the pulpit of PUC for the four Sundays of January.

You're Invited to 2012 UUA Justice General

Assembly [CLICK HERE for an invitation to Phoenix](#) for the **2012 Justice General Assembly, June 20-24**. There will be something for everyone at this Justice GA!

Reserve Your Space Now for THIS Saturday Night's DVD Screening about Diabetes and Nutrition

*Sunday's flowers are offered by **Lenore Snodey** "in appreciation for and in honor of the Ushers and Substitute Ushers who perform so faithfully and well the Usher duties that make members, friends, and searchers feel welcome and at home! And thank you to all the helping hands who freely offer their services every Sunday!!!"*

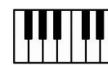
*The Flower Calendar is open for the rest of the year! Come on by or contact the [PUC Office](#) to pick **YOUR Sunday(s)**.*

Photos by **Gary Hart** titivate PUC's Art Wall through **Sunday, February 12**.



1/28, 9 AM DOING THEOLOGY TOGETHER!

All PUC Members & Friends are encouraged to explore the contemporary theological landscape together with Rev. Tom Owen-Towle. ([See article](#))



2/18, 7:30 PM Annual Black & White Concert, featuring some of PUC's many talented musicians and our Yamaha Concert Grand Piano, will be held **Saturday, February 18!** Tickets go on sale Sunday on the Patio. The suggested donation is \$20 for adults. Children are free.

3/17, 5 PM PUC's Anniversary Party and Annual Silent (and not so silent) Talent & Service Auction ([Article above](#))

Upcoming Services

January's Monthly Theme: THEOLOGY

1/15: *Martin Luther King, Jr: An Inconvenient Hero...*

January Guest Minister, Rev. Tom Owen-Towle 43 years after

Reserve your space quickly if you're planning to come Saturday night to the DVD screening about how you can prevent and reverse diabetes using the proper nutrition. Hear Dr. Neal Barnard dispel myths about which foods will and won't raise your blood sugar, and the role that fat plays in worsening diabetes. If you have diabetes or any of its risk factors, you don't want to miss this event. Delicious refreshments from recipes in Dr. Barnard's book will also be provided.

Aside from the life-limiting physical aspects of this serious (and preventable) disease, diabetics are three times more likely than non-diabetics to report severe financial stress. According to the American Diabetes Association, people newly diagnosed with diabetes spend \$4,174 a year more on medical costs than those who don't have diabetes. That figure goes up another \$158 every year after that. And type 2 diabetes in children is a raging epidemic too and has created a shorter life expectancy than that of their parents before them. So the impact of this is very widespread, and we believe that people need to know the very important and simple information of how to protect themselves using simple nutrition. This is not information that is readily offered by the medical community because the pharmaceutical industry is more focused on selling medication and that industry has a tremendous influence on the behavior and knowledge base of physicians. The PUC Health Justice initiative wants you to have this information.

Join us for the event this Saturday at 7:00 PM (\$10 donation suggested), and call the office today to reserve your space – call 310-378-9449. For more information please go to the PUC website or [click here](#).

The following is an excellent article explaining more about diabetes and nutrition, reprinted with permission by physician, author and nutrition expert Dr. Joel Fuhrman.

Death Toll From Diabetes Worse Than AIDS

By Dr. Joel Fuhrman, reprinted with permission. www.drfuhrman.com

Diabetes is a serious disease, marked by higher than normal levels of glucose (sugar) in the blood. It has been cited as the most challenging health problem in the 21st century. Diabetes affected about 246¹ million people worldwide in 2007, and the number of people with this disease has been increasing steadily due in part to an increased number of overweight people. **Type II diabetes**, or **adult onset diabetes** is a nutritionally-related disease, one that is both preventable and reversible through nutritional methods and regular exercise. According to the *American Diabetes Association*, "The world faces a devastating diabetes epidemic, with the annual death toll already exceeding the three million killed by AIDS and is set to rise," the World Health Organization warned.

Diabetes takes a severe toll on the person's health. More than 70 percent of adults with Type II diabetes die of heart attacks and strokes, and these deaths occur at a younger age compared to people without diabetes. Premature death and the devastating complications of this disease simply do not have to happen. Those with diabetes are told to watch their diet, exercise and use drugs to better control the glucose levels in their bloodstream. My message is that the nutritional advice received from the American Diabetes Association (ADA), dieticians and physicians is inadequate and permits countless of unnecessary premature deaths and much needless suffering. I declare, "Don't live with your diabetes, don't simply control your diabetes — get rid of it." ([Click here to read the rest of the article](#)).

the assassination of King, we are still coming to grips with the challenging, make that inconvenient, truths of his exemplary witness for justice.

1/22: *Lucky to Be Here In the First Place*

January Guest Minister, Rev. Tom Owen-Towle will explore what he considers to be the primary virtue in the UU lexicon, without which the other values of our religion don't even get started.

1/29: *To Forgive Or Not to Forgive*

January Guest Minister, Rev. Tom Owen-Towle "I have grown to the conviction that forgiveness is not an 'ought' but an 'opportunity' in the living of our personal and public lives. Let me explain what I mean."

Recurring Events

Sundays

Sunday Morning Forums, 9:30 AM, L

(Forums are 1 week later in January)

1st Sunday: A UU Exploration of

Our Monthly Theme

2nd Sunday—Humanist Perspective

3rd Sunday—Spirituality and UU

4th Sunday—12 Months to a

Compassionate Community: A

reflection on The 12 Steps to a

Compassionate Life

5th Sunday—Choices in a Jar—

Delightful Dilemmas (4/29, 7/29,

9/30 & 12/30)

YRUU High School Group. 10:30 AM, L

All-Church Potluck Brunch, 1st

Sun., P

Singles-Family Brunch, 4th Sun.,

12:30 PM, Offsite

Monthly Town Hall Mtg, 3rd Sun.,

H

Great Books Discussion Group, 2nd

Sun., L

Mondays

Tai Chi (Pekich), Each Monday,

9:30 AM H

Household Hazardous Waste Collection Events in the Community

Here is your opportunity to get rid of old paint, antifreeze, household cleaners, tires, and electronics. You can drop off these off at the S.A.F.E. Center located at [1400 N Gaffey St., San Pedro, CA 90731](#) (Hours: Saturday and Sunday, 9 AM to 3 PM, Phone: 800.988.6942), which is a permanent drop off location, or choose one of the locations below.

For other events, or more information on what is considered household hazardous waste or what can or can't be recycled, please visit <http://www.recycletorrance.org/>

LA County HHW Schedule

January 28, 9 AM - 3 PM
City of Hermosa Beach HHW Roundup
Clark Stadium - [1035 Valley Drive](#)

February 11, 9 AM - 3 PM
City of Gardena HHW Roundup
HITCO Carbon Composites - [1600 West 135th Street](#)

February 25, 9 AM - 3 PM
City of Hawthorne Used Tire Collection Event
Betty Ainsworth Sport Center - [3851 West El Segundo Boulevard](#)

April 28, 9 AM - 3 PM
City of Hawthorne HHW Roundup
Betty Ainsworth Sport Center - [3851 West El Segundo Boulevard](#)

...Or Recycle Here @ PUC

Don't forget that you can bring your **used up ink & toner cartridges** for recycling (and cash for PUC); your **used batteries**, **light bulbs**, and **small electronic devices** for safe disposal and recycling; and **old eyeglasses** for re-use in Latin America; to PUC's recycling center – located just outside the kitchen door at any time.. Please bring your **expired prescription & non-prescription meds** to the PUC Office for safe disposal. Another project of PUC's [Green Sanctuary](#).

Have We Become Complacent About the Climate Change Crisis? Here's your chance to get updated:

The Climate Crisis Forum will take place at PUC from 10 AM to 1 PM on Saturday, **January 21, 2012**. From 10 - 11 AM, people can visit tables with information about local environmental groups and enjoy the light refreshments and drinks.

At 11 AM, Nick Karno will speak about the increasing urgency of taking action on global climate change. Mr. Karno is an LA Deputy City Attorney working in the Environmental Justice Unit. Admission is free, but you are urged to offer a \$5 donation if you can. For more information contact [Lillian Light](#) at 310-545-1384.

Around the District and Beyond...

*Women's Circle, 4th Monday, 10 AM, L
Environmental Covenant Group,
1st Mon., 7:15 PM, L*

Tuesdays

*Addictions & Recovery Ministry
Mtg, 2nd Tues., 7 PM, L*

Wednesdays

*Women's Fed, 3rd Wed., 11 AM,
offsite
Occupy Torrance, Wed. 3-5 PM, O
[21323 Hawthorne Blvd. Torrance](#)
[Note earlier time]
Choir Practice: Wed., 7 PM, H*

Thursdays

*Tai Chi (Beck), Each Thurs., 10 AM, H
Seniors Pow Wow to Share How,
3rd Thurs., 11 AM, L
Environmental Priorities Mtg, 1st*

*Thurs., 7 PM, L
Men's Ministry, 7 PM, V
Green Sanctuary/Transition Coffee
Clatch. 2nd & 4th Thurs., 8-9 PM,
Catalina Coffee Co.*

Fridays

*Watercolor Workshop, 10 AM -
noon, H
Friday Afternoon SGM, 2nd & 4th
Fri., 1-3 PM, V
GBLTQ Movie, 2nd Fri., 7 PM, L*

Saturdays

*Dinners with UUs, 2nd Sat. of
even-numbered months, 7 PM,
offsite
French Conversation Grp, 2nd &
4th Sat., 10 AM, V. Call Frank
Paulsen or Betty Chevron*

The Week At a Glance

Thursday, January 12, 2012

*8:30 AM Aerobics - H
10:00 AM Tai Chi [Beck] - H
7:00 PM Finance Committee - L
7:00 PM Men's Ministry - V
8:00 PM Environmental Coffee
Clatch - Catalina Coffee Co.
Redondo Bch*

Help UULMCA Light a Candle for 10 More Years of Justice

We have celebrated 10 years of justice ministry including UU witness for marriage equality, the human right to water, health care reform, and [training justice leaders of all ages](#).

At the cusp of a new year, we are in a *movement moment*. UU justice ministries are called to step up in 2012 and beyond.

- Climate change is putting California as we know it at risk.
- Immigrant parents are being torn from their children.
- LGBTQ youth are bullied at school and called sinners at church.
- The character of our democracy is threatened for the 99%.

Much is at stake. We are at a pivotal moment of challenge and opportunity.

Can we count on your help to light the flame of justice?

[Please donate to UULM today.](#)

Thank so much!

May 2012 be a blessing, a year that marks a turning toward health and peace.

—Lindi

Rev. Lindi Ramsden

Senior Minister & Executive Director

SOUTHLAND INTERFAITH NEWS

20th Annual Community Wide Dr. Martin Luther King, Jr. Interfaith Celebration

3 -5 PM SUNDAY, JANUARY 15

Gospel Memorial Church of God in Christ

[1480 Atlantic Avenue](#)

[Long Beach, CA 90813](#)

- * Multi-Cultural Gathering
- * Multi-Religious Celebration
- * Music
- * Reception

For Questions, Please Call: 562-983-1665 www.SCInterfaith.org



Member to Member Recommendation from Clint Patterson:

Bookkeeper and office support person available immediately. Esta Bernstein has devoted her life to helping animals and people. She is now available to help individuals and small businesses with their bookkeeping and other office management challenges. [Click here for more.](#)

[Read more details](#) or [submit your posting request](#).

Contact the PUC Office for Member Section login details.

Friday, January 13, 2012

10:00 AM Watercolor Wkshp - H
1:00 PM Friday Afternoon SGM - V
7:00 PM GLTBQ Movie Night - L

Saturday, January 14, 2012

10:00 AM Temple Emet Saturday Services - H
10:00 AM French Conversation Grp - V [2nd & 4th Saturdays]
7:00 PM DVD Screening: "A New Approach to Nutrition for Diabetes"-H

Sunday, January 15, 2012

9:30 AM Forum: Humanist Perspective - L
9:40 AM Choir Warmup - H
10:30 AM Sunday Services-H
11:45 AM Monthly Town Hall Meeting - H [Postponed to January 22]
11:45 AM Intro to UU/PUC - L
11:45 AM Kids' Choir Rehearsal - CR1
12:00 PM Coming of Age Affirmation Mtg - V
2:00 PM PV Democratic Club - H
6:30 PM Books In Our Lives Covenant Group - L
8:00 PM Meditation w/ Randy Goff - H

Monday, January 16, 2012

Martin Luther King, Jr. Day - Office Closed
9:30 AM Tai Chi [Pekich] - H
2 PM Smart Recovery Mtg - On Hiatus (Contact Office for Info)
3 PM Endowment Quarterly Mtg - L

Tuesday, January 17, 2012

8:30 AM Aerobics - H
10 AM Meditation w/ Randy Goff - L
2:30 PM Practicing UU Covenant Grp - L
7 PM Board Meeting - L

Wednesday, January 18, 2012

11 AM Women's Fed Mtg - O
1 PM Staff Meeting - L
6 PM LPA Meeting - O
7 PM Choir Practice - H

Third Sunday Hospitality

Coffee Hour Host:

Frances Morehouse

Ushers:

Vivien Hao & Carrie Pobre

Welcome Table:

Joyce Block-Miller

Greeters:

Bill Karg & Joani Thompson

Thursday, January 19, 2012

8:30 AM Aerobics - H

10 AM Tai Chi [Beck] - H

11 AM Seniors Pow Wow to Share
How - L

3 PM Endowment Committee
Quarterly Mtg - L

7 PM Men's Ministry - V

7 PM Facilities Committee Mtg - L

