



# Pacific Unitarian Church

A Unitarian Universalist Community

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

# The View



February 9, 2012

Deadline: Each Wednesday at noon

Hi,

...*THE VIEW FROM PUC* is far-reaching too...kinda like the vision of all the folks who raised the money for our beautiful Grand Piano those many years ago - Don't miss the **Black & White Party on Feb. 18!!!** 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](#)

Please send all VIEW submissions to [Newsletter@pacificunitarian.org](mailto:Newsletter@pacificunitarian.org)

## REnews

### **Love, Love, Love**

**Love** is our theme for February here at PUC, and of course it makes us think of that special day...**Valentine's Day**, a day that makes us think of the people we love.

At different times in our lives, different people are important. This is a good time to take a few moments to remember these people.....remember someone who helped you grow...or someone who taught you something...or someone who just held your hand when you felt sad. These people could be your parents, a neighbor, a cousin, a best friend, a teacher, or the lady who sells flowers in front of the grocery store. May this Valentine's Day help us remember to offer these people our love, in person or in thought...either way they will be in our hearts forever.

We are blessed when we always remember the special people who have given their love, their patience, their knowledge, and their help. Without them we would not be the people we are today. During this month of **Love** we can offer thanks for the many gifts we have received from all the special people in our lives, and may we all go in peace.

Hope you get many chocolate delights February 14!

—Renée Daley,

### This Sunday

9:30 AM: **2<sup>nd</sup> Sunday Forum:**  
**Humanist Perspective**

Gary Fletcher facilitates a humanist exploration of the issues of the day.

10:30 AM Service

**Occupy Your Heart**  
**Rev. John T. Morehouse,**

*Sunday's Flowers "Celebrate the fact that you can enjoy Valentine's Day even if you're single" — Patricia Hart*

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

Paintings by **Olga Slavich** grace PUC's Art Wall through **Sunday, March 4.**



### **PASTORAL CARE NEWS:**

The Celebration of Life for longtime PUC member **Barbara Michaels** takes place at 1 PM, Saturday, **Feb. 11 @ PUC.**



## Learn About Our Unitarian History!

Join Rev. John for three more Saturday sessions on Unitarian History. Learn about our first martyr burned at the stake for professing reason and tolerance. Learn about the only Unitarian King who ever lived. Did you know the author of Frankenstein was a Unitarian and a woman? That three of the first six U.S. Presidents were Unitarians? And where Herman Melville went to church? Journey with Rev. John this Saturday Feb. 11, then Feb. 25 and March 3, from 10.30-12 noon. Come to any and all sessions. Child care available by registering through the [PUC Office](#).

## PUCers React to Federal Ruling Overturning Prop. 8:

See what Brad Shreve and Rev. John had to say: [http://www.dailybreeze.com/news/ci\\_19913651](http://www.dailybreeze.com/news/ci_19913651)

## Women's Fed Meets to Talk About the Future

The Women's Fed will meet February 15, 11:00 AM @ Coco's Restaurant located Torrance at [Pacific Coast Hwy. & Madison](#).

**ONE MORE SUNDAY TO PURCHASE BLACK & WHITE TICKETS!!** Please purchase your Black & White Concert tickets on the Patio before or after the Service. We have so many talented performers scheduled to perform, including Manny Arellano, Severin Behnen, Alan DiCenzo, Hope Foye, Robert Monzingo, Robin Paterson, and John Reith. You don't wanna miss this!

To All Parents -- Elyse Doerflinger will be our child sitter for this elegant event so you can remember what it's like to go on an actual date. Drop the kids off at the Voyager Room before the show and enjoy! Also, children tickets are Free (if your children would rather come to listen to the music).

—Patricia Hart


## PUC AUCTION EXCITEMENT MOUNTS: WHAT WILL YOUU OFFER?


- " The donations from our members and friends are rolling in for our March 17 **Anniversary Silent and Live Auction**.
  - \* Once again the famous Dim Sum Lunch is offered, as well as a Champagne Brunch.
  - \* For that 10th or 11th grader in your family, there is coaching for the SAT Test.
  - \* There are theater tickets and a Reserved Parking Space for Sunday Church Services.
  - \* For younger family members there is Greeting Card and other crafts.
  - \* Finally, bid on Craig's Special Garden Service.
- To add your contribution to our auctions, contact **Barbara Paulson** or **Pam Harris**.

Former PUC member **Joyce Coutoumanos** is in the hospital for the 2nd time in 2 weeks. Her daughter reports that Joyce is lonely and BORED. Cards would be very much appreciated and should be sent to:

Joyce Coutoumanos  
Ojai Community Hospital  
Skilled Nursing Unit  
1306 Maricopa Hwy.  
Ojai, CA. 93023



 **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 are on sale Sundays 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**  
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!!

**3/31, 10:30 PM Human Rights Forum: Healthcare for All @ the UU Church of Long Beach** -- Save the date for the annual Human Rights Forum, sponsored by the UUSC Southern California Unit. There will be excellent sneakers

—Lori Geittmann

## HOW TO BUILD A PERMACULTURE FOOD GARDEN @ PUC Sunday, February 12, in the Hall with Dr. Bill Roley following the Service.

This is an opportunity for you to understand Permaculture gardening as well as an opportunity for you to give us your input on the kind of garden you would like to see built at PUC. Remember, back in November 2011, the Congregation voted Health Justice as our Social Justice initiative for 2012. This food garden is part of that initiative; produce would go to our non-profit partners.

—Dorian Tippet

## Upcoming Leadership Academy Classes

### February 13 @ 7pm

This workshop distinguishes between power and authority, and between leadership and management. The group explores the implicit and explicit expectations of a congregational leader.

### February 27 @ 7pm

Participants name and embrace that which sustains and grounds them and learn how this self-knowledge can help them lead from a place of creativity and imagination, rather than reactivity. The workshop offers models to help individuals and leadership teams support and reinforce the integrity of those entrusted with leadership positions in our congregations.

## Do You Plan to Live Forever?

No? Then plan to attend the *End of Life Concerns Workshop* on

**Sunday, February 26** from 12:15 to 1:15 PM in the Hall.

**Rev. John Morehouse and Rev. Teri Masters** will cover: *Advance Medical Directives* (including copies of a very good one for all)

*Palliative Care & Hospice - what they are and why you should know*  
*Communication of Wishes to Family and Ministers*

In addition there will be information from the Torrance-based non-profit H.E.L.P. ([Healthcare and Elder Law Programs Corporation](http://www.healthcareandelderlaw.com)). H.E.L.P. is known for its practical legal education and counseling work helping older adults and families obtain the care and estate planning results they desire.

Come for yourself, come for your family. But do come. The post-Service snack table will be augmented to appease your hunger. There is no cost for the program.

Don't miss this opportunity to get great information and be able to talk about some maybe not-so-comfortable subjects in a comfortable, supportive, and (dare we say it?) fun atmosphere.

Please sign up with Craig in the PUC Office by **Feb 23**.  
<http://www.pacificunitarian.org/events/lifeconcerns.html>

## Magical, Mythical Protein?

By Joel Fuhrman, MD, author of *Eat to Live*  
*Reprinted with permission*

My patients tell me that the question most frequently asked by their friends or family members is "How do you get enough protein, without

There will be excellent speakers and discussions on what we can do to make Healthcare for All a reality. More information will follow shortly at [www.uusca.org/unit.htm](http://www.uusca.org/unit.htm)

## Upcoming Services

### February's Monthly Theme: **LOVE**

#### 2/12: **Occupy Your Heart**

**Rev. John** will share with us how social change is closer than you think.

#### 2/19: **It Matters Most What We Love**

**Guest Speaker, Rev. Sean Parker Dennison**

"For many years, I resisted talking about love. It seemed like such a cliché to say that Unitarian Universalists believe in Love. But as my ministry continued, I became convinced that Love is and should be at the center of our faith tradition. Not some sappy, sentimental feeling, but a strong and demanding Love that calls us to be our best selves and commit ourselves to building a world of justice."

*Rev. Sean Parker Dennison is a graduate of Starr King School for the Ministry and was ordained in 2000. He began his ministry as an interim in Stockton, California, then served as settled minister of South Valley UU Society in Salt Lake City for 7 years. He has served the past 2 years as interim minister in San Luis Obispo, California.*

## Recurring Events

### **Sundays**

*Sunday Morning Forums, 9:30 AM, L*

(Forums are 1 week later in January)

*1<sup>st</sup> Sunday: A UU Exploration of Our Monthly Theme*

*2<sup>nd</sup> Sunday—Humanist Perspective*

*3<sup>rd</sup> Sunday—Spirituality and UU*

*4<sup>th</sup> Sunday—12 Months to a Compassionate Community: A reflection on The 12 Steps to a Compassionate Life*

*5<sup>th</sup> Sunday—Choices in a Jar—Delightful Dilemmas (4/29, 7/29, 9/30 & 12/30)*

*YRUU High School Group. 10:30 AM, L*



eating lots of animal products?"

The commercially-promoted myth that high animal protein consumption is necessary for good health is something we urgently need to dispel if we want to halt the heart disease and cancer epidemic. One aspect of the animal protein mythology is the notion that plant proteins are "incomplete" and need to be "complemented" for adequate protein. In fact, fruits, vegetables, grains, beans, nuts, and seeds are all rich sources of protein. [Click here to read the full article.](#)

## **PUC Sunday Hike on Feb. 19 - Come Along!!**

Calling PUC hikers for Sunday afternoon on trails over the ocean! **Sunday, February 19** -- We'll start at 12:15 from Trump's gazebo @ the Trump National Golf Course. This could be the beginning of PUC hikers trekking all over the Peninsula (and beyond).

The hike will be moderately paced. We will cover 3 - 4 miles on dirt trails with some hilly, uphill terrain \*\*\*. We will be out for up to 3 hours.

\*\*\*Please be sure that you can comfortably manage these expectations! Just in case, Denise will take up the "sweep" position to make sure no one is left behind!

Please Bring: Lunch and at least a quart of water for the trail; wear sturdy walking or hiking shoes, a hat, and light layers of clothing.

You can carpool from PUC at 11:45 am Sunday, or meet at the gazebo on the lawn at Trump's golf course. We will start the hike at 12:15 from Trump's gazebo.

Trump National Golf Course

3850 Ocean Trails Drive (off of Palos Verdes Drive South).

Rancho Palos Verdes

Please call me with any questions or just show up by 12:15.

—Janet Steinberg 310-922-7734 (cell)



**Say 'HELLO' to  
New Member  
Cheryl Maddern**



## **New Member Bio: David Namhie**

**David Namhie** calls himself "a seeker" who spent years studying Buddhism and practicing meditation and yoga. He came to PUC recently just to give his friend, Tom Rische, a ride. But what he found was a new faith home for himself. The Torrance native works at his brother's firm, Showtime Logistics, a transporter of exhibitors' wares in Redondo Beach.

Raised by atheist parents, David says he went to church with Baptist neighbors as a child, and then went on his own spiritual journey as an adult, living as simply as he could. He says he has now "rejoined society," and understands that God is a force of nature--neither benevolent nor malevolent but "an intelligence."

The Downtown L.A. resident attended North High, El Camino College, and Cal State Long Beach. Tom's wife, Gerry, was a favorite teacher at North High, and he remained in touch with the Risches

*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  
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**

*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  
GBLQ Movie, 2nd Fri., 7 PM, L*

### **Saturdays**

*French Conversation Grp, 2nd & 4th Sat.,  
10 AM, V. Call Frank Paulsen or Betty  
Chevron  
7 Principles/12 Steps Discussion Grp, 11  
AM, 2<sup>nd</sup> & 4<sup>th</sup> Sat., CR #1.*



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

Contact the PUC Office for Member Section login details.

## ***The Weekend at a Glance***

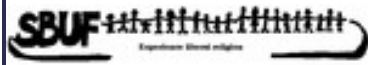
### **Friday, February 10, 2012**

10 AM Watercolor Wkshp - H  
7 PM GLTBO Movie Night - L

ever since. He stays fit by running four miles a day and enjoys the outdoors.

—Vivien Hao

## ***Around the District and Beyond...***



Please [CLICK HERE](#) for the February 2012 South Bay Unitarian Fellowship newsletter.

### **Saturday, February 11, 2012**

Dinners with UUs [On Hiatus] - O  
10 AM French Conversation Grp - V[2nd & 4th Saturdays]  
10:30 AM PUC Theology Academy: UU History w/ Rev. John - L  
11 AM 7 Principles & 12 Steps Grp - CR1  
1 PM Barbara Michaels Celebration of Life - H

### **Sunday, February 12, 2012**

9:30 AM Forum: Humanist Perspective -L  
10:30 AM Sunday Services-H  
11:45 AM Kids' Choir Rehearsal - CR1  
12 PM Coming of Age Affirmation Mtg - V  
12 PM Facilities Summit - L  
  
12 PM Permaculture Forum w/ Dr. Bill Roley - H  
7 PM Great Books Discussion Grp - L  
7 PM Meditation w/ Randy Goff - H [*Note New Earlier Time!*]

### ***Second Sunday Hospitality***

#### **Coffee Hour Host:**

PUC's Stewardship Committee

**Ushers:** Raychel Lydon & Alana Garrigues

**Welcome Table:** Chip Morgan

**Greeters:** Louise Allison & Jean Tordella

