



Pacific Unitarian Church

A Unitarian Universalist Community

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

# The View



April 12, 2012

Deadline: Each Wednesday at noon

Hi,  
...THE VIEW FROM PUC is always just about the same size. Find out about all the seeds being planted around here @ PUC & what they're growing into below....REEEEEEAAD AAALL ABOOUUTT 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

### An Invitation to Elders of All Ages!

In tribal cultures the elders play an important role. They are the keepers of the tribe's memories and the holders of wisdom. As such, the elders are honored and respected members of the tribe. Their maturity and experience allows for a larger perspective of life, and we can learn a lot from talking to our elders.

We have a special upcoming event here at PUC that will give all ages an opportunity to connect with each other, and tap into the wisdom and memories of our elders, whether they be one generation older than us, or 2, or perhaps even 3 generations older. Our **Coming of Age** program will hold it's **Gender Circle** evening on **Saturday, May 5**, at 7 PM. We invite women and men of **ALL** ages to join the 7 youth participating in this year's program. Come and share with each other our own wisdoms and life experiences. We will begin the evening together in a short social hour, and then the genders will separate into different areas to spend some quality time together. We all have stories to tell.

Please join us for this evening of sharing our real life experiences, it is a way to educate and inspire this wonderful, younger generation. Those who have participated in the past still talk of how moving the evening was. If you were at one before, please join us again with these new youth. If you have not been to one, please join us for the first time. Sign up sheets will be in the PUC Office. You can call or [email](#) or sign up in person, but do sign up! It will be transformative. Thank you.

—Renée Daley,  
Director. Religious Education

## This Sunday

**9:30 AM: 3<sup>rd</sup> Sunday Forum:**  
*Spirituality and UU*

10:30 AM Service  
**YoUUth Sunday**  
**Guest Speaker, Emrys Staton**

9:30 AM Forum: Spirituality & UU - L

9:40 AM Choir Warmup - H

10:30 AM Sunday Services-H

11:45 AM Monthly Town Hall Mtg-H

11:45 AM Kids' Choir Rehearsal - CR1

11:45 AM Intro to UU/PUC - L

3 PM [SB Chamber Music Society](#) - H  
[Musicus: Cécilia Tsan String Quintet]

6:30 PM Books In Our Lives  
Covenant Group - L

7 PM Great Books Discussion Grp - L

7 PM [Meditation Circle w/ Randy - H](#)

*Sunday's Flowers "are for all of you to enjoy while I'm away on a post-tax-deadline trip to Puerto Vallarta this weekend."*

—Margo Meikle

**!!!Incl. Sam Wants You**

## April 13 GLBTQ/Silent Movie & PotIUUck BBQ: *Wings*

PotIUUck BBQ @ 6:30 / Feature Starts @ 8 PM

Please join *Standing On the Side of Love*, in conjunction with the musical talents of PUC Music Director, **Dr. Severin Behnen**, **THIS Friday, April 13**, for an evening of fun, friends, flight, and GREAT music.

\* PotIUUck BBQ @ 6:30 PM

(Please bring something to grill and a side dish or dessert to share.)

\* Feature starts at 8 PM .

The first feature film to win an Academy Award for Best Picture, *Wings* (1927) tells the story of two men (Buddy Rogers and Richard Arlen) in love with the same woman (Clara Bow). Their rivalry grows into a wary friendship once they become fellow fighter pilots in World War I.

Some films deserve specific mention in the *Gay Hall of Fame* and this is one such occasion. Not that this Academy® Award winning feature is anything but a stirring depiction of the bloody reality of World War I. Yet it is also a film that holds one of earliest celluloid depictions of the *close bond* and read into that what you will, between two men.

Director William A. Wellman had the full cooperation of the U.S. War Department, which allowed him to film spectacular aerial dogfight scenes. Gary Cooper appears as a veteran pilot. That it remains one of the first films to feature an overt male-to-male kiss, goes without saying, having become one of the earliest surviving and consequently the most well known *manly encounter* of the silent era.

—*Maurice Chevalier*, for *Standing On the Side of Love*

## PUC Launches Our New Facebook Page!

[www.Facebook.com/pacificunitarianchurch](http://www.Facebook.com/pacificunitarianchurch)

Come visit & "like" our new public Facebook page and share it with your friends.

You'll find that our Facebook Page is similar to the PUC Website, with postings of upcoming events and Community news for the world to view.

Please send us photos or videos from PUC activities you would like

to share; OR information about an upcoming event that you would like posted on the page, to [Facebook@pacificunitarian.org](mailto:Facebook@pacificunitarian.org).

Please keep in mind this is how the curious Facebook community will view us and we hope to keep it simple, to the point, positive, and interactive!

Don't forget we also have our PUC Facebook GROUP, which is a private discussion forum for PUC Members & Friends to share information and ideas. [Ask us to join the PUC Facebook Group](#).

—*Sheri Lukas*, Membership Director

## Just in Time for Summer... A FREE QUILTING CLASS!

*Ice Cream Cones or Pinwheels*

6 Saturdays 1 – 4 PM \* April 14 – May 19

No experience necessary!

You can buy kits at class or buy your own materials.

**Could You Want You**

(to Bring Flowers...)

Is it Your Turn to Bring Flowers on Sunday Morning?!?! Plenty of dates are still available:

April 22

May 6, 13, 20

June 3, 17, 24

Please contact the [PUC Office](#) to reserve yours!

Watercolors by PUC's  
Watercolor Workshop  
invigorate PUC's Art Wall  
through  
Sunday, April 22.



**4/22, 12 noon: The Russians Are Coming...Back!** Reserve your tickets NOW for the fabulous St. Petersburg Men's Ensemble's 1st concert of their California Tour, Sunday, April 22 in PUC's Henriksen Hall.

Tickets are: \$20 in advance; \$30 at the door; \$5 for children. Contact **Linn Jackson** for more information/to reserve tickets.

**4/28, 10 AM: PUC Addictions & Recovery Ministry Presents: A Panel About the Role of Residential Treatment Centers in Recovery from Alcoholism and Drug Dependency**  
**When Alcohol and Drugs Have Closed Every Other Door... These Centers Will Welcome Home the Lost...**

Please join us for a discussion of *Public Sector Residential Treatment and Sober Living Facilities* and the role they play in our society's safety net. Points to be addressed:

- \* How services can be accessed
  - \* Why a sense of belonging is important
  - \* Why community service is taught to clients
  - \* Why and how this precious resource is imperiled
  - \* What you can do to help
- Admission is free ~ All are welcome

We meet in the PUC library and machine piece and quilt these beautiful lap quilts.

Please RSVP to Kellie Rountree, (310) 850-6429

[KRountree@socal.rr.com](mailto:KRountree@socal.rr.com)

### **Health Justice: Spotlight on Osteoporosis**

*As part of our Health Justice initiative, we're looking today at the science around osteoporosis. This issue is of great importance both to our congregation and our nation (the US has one of the worst osteoporosis rates in the world).*

About 10 million Americans already have osteoporosis, and 34 million are at risk. Contrary to popular belief however, low intake of calcium is not the primary cause of osteoporosis. While Americans have the highest calcium intake in the world, we also have one of the highest hip fracture rates in the world. The standard American diet causes much of the consumed calcium to be lost in the urine. Excess salt, caffeine, sugar, and animal products leach calcium out of bones and promote urinary calcium loss.

The Nurses' Health Study followed 72,337 women for over 18 years and found that dairy intake did not reduce the risk of osteoporosis-related hip fractures. In contrast, vegetables, beans, fruits, nuts, and seeds are rich sources of calcium and other important minerals, and do not promote the urinary excretion of calcium. A three cup serving of raw, chopped greens – like kale, bok choy, or collards – provides the same amount of calcium (or more) as one cup of whole milk. Only 32% of the calcium in the cup of cow's milk can be absorbed by the human body compared to about 50% for many green vegetables. [To read the whole article, click here.](#)

### **PUC de BENNEVILLE PINES RETREAT SIGN-UPS**

#### **CONTINUE THIS SUNDAY!!**

The annual PUC All Church Retreat, at our beautiful [Camp de Benneville Pines](#) is coming **June 8, 9, & 10**. We share this weekend with the UU Church of Anaheim, which is a great way to meet other UUs in our district as well as our own Church family. PUC has experienced this fUU weekend of rest, relaxation, and renewal since 1991! People of all ages, old and new to our Church, enjoy 48 hours of bliss in the mountains.....they come back refreshed and invigorated...and if they haven't done so yet, many come back and join the Church as their new friendships have been sealed!!

*Registration for this wonderful weekend of fUU continues **THIS SUNDAY** on the Patio. Contact **Andy Kissner** for more information.*

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

#### **Registration Open for 2012 Living Legacy Civil Rights Pilgrimage**

The next Living Legacy Civil Rights Pilgrimage is scheduled for **October 6-13, 2012**, and registration is now open. This unique bus trip is much more than a Civil Rights history tour through Alabama and Mississippi. We will be visiting historic sites and meeting veterans of the Civil Rights Movement, and but will also be spending time together and with guests exploring what racism, white privilege, and barriers to equality look like today in Southern towns we visit—and in our own hometowns.

Beyond experiencing first-hand the civil rights legacy, our goal is to

**4/29, 6 PM, Celebrate Beltane @ PUC.** The Iseum of Isis Paedusis will hold its Beltane 2012 ritual at PUC at 6 PM, **Sunday, April 29.**  
em hotep, em ma'at,  
—*The Iseum of Isis Paedusis*  
(310) 371-0274

#### **5/12, 8:30 AM - 5:30 PM: 2012 PV/SOUTH BAY SOLAR HOMES TOUR**

The Environmental Priorities Network is sponsoring its seventh annual Solar Homes Tour in the Palos Verdes/South Bay area on **Saturday, May 12, 2012.** Attending this tour or any home included in it will open up a new world of technologies to help you to participate in a sustainable energy economy. [Read More...](#)

#### ***Upcoming Services***

#### **April's Monthly Theme: *TENDING***

#### **4/15: YoUUth Sunday Guest Speaker Emrys Staton**

Humanitarian activist and UU seminarian *Emrys Staton* will discuss the recent history of immigration activism along the border between the United States

and Mexico, beginning with the Sanctuary Movement of the 1980s. Faith communities learned that ongoing human rights violations required them to take bold steps to protect those affected by harmful policies and practices. With the ongoing unjust treatment of immigrants, UUs can take the initiative to make our communities safer and more welcoming for all.

Emrys Staton is a lifelong UU who grew up in Arizona. He has spent the past several years as a volunteer engaged in humanitarian work along the border between the United States and Mexico. His work has included placing water in the desert for migrants crossing the border, providing medical care to people deported back to Mexico, and traveling to Washington, DC to advocate for better standards of migrants kept in Border Patrol custody. He is now finishing his final semester of seminary school at Claremont School of Theology



develop commitment, vision, and mechanisms within our group to work on issues of race, injustice, and inequality that still bedevil our congregations and our society. The Living Legacy Pilgrimage is hosted and organized by the Reverend Gordon Gibson and Judy Gibson; the Reverend Hope Johnson; the Reverend James Hobart; Janice Marie Johnson; Annette Marquis; and Donna Sequeira, and co-sponsored by the Southeast District of the Unitarian Universalist Association.

For more information/to register, please visit [www.uulivinglegacy.org](http://www.uulivinglegacy.org). Don't miss your chance to be on the bus! Register early – costs are discounted for those who register before **May 15**.

## District Assembly - "Beyond Borders" in Los Angeles

Please visit the [PSWD website to register](#) for this year's District Assembly: "Beyond Borders", **April 27-28** at [First UU Church, Los Angeles](#).

Registration is \$105.00 for both days and \$85.00 for Saturday. There are over 20 workshops to choose from and the Keynote Speaker is author, musician, artist, and NPR commentator Ruben Martinez. *Please let [Kathy Rickey](#) know if you would like to be a delegate.* [www.pswduua.org](http://www.pswduua.org).

## Justice GA is Coming to Phoenix June 20-24, 2012, Are YoUU? - Registration Is Underway!

There will be something for everyone at this GA, no matter where you may be in the spectrum of social justice work - whether you're just beginning and coming to learn, or whether you're a seasoned activist - there will be programming and opportunities for you to have meaningful involvement.

*Registration, Housing Reservations and much more information about the upcoming Justice General Assembly is available at [www.uua.org/ga](http://www.uua.org/ga).*

## SOUTHLAND INTERFAITH NEWS

### Meditation & Contemplation as Seeds of Peace

1-6:30 PM **Sunday, April 15** at Soka Gakkai International  
[525 Wilshire Boulevard, Santa Monica, CA 90403](#)

*What do Oprah, David Lynch and H.H. the Dalai Lama all have in common?* They--and millions of others around the globe--all meditate.

Some meditate to quiet the mind, some to commune with the Divine. In spite of the variety of methods employed, they all seem to be pointing in the same direction: TO GUIDE US TOWARD INNER AND OUTER PEACE.

Click here to [find more information](#).

### The Week At a Glance

[Get this month's PUC Calendar Here!](#)

#### Thursday, April 12, 2012

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

at Claremont School of Theology and is working part time for the Southern California UU Justice Team.

### 4/22: Tending the Garden: Earth Day

This Earth Day **Rev. John** will draw the connection between environmental justice and a theology of caring. In preparation for our new Permacultural Garden, we will celebrate the Earth and our connection to it.

### 4/29: Let Water Flow: Justice Sunday

Water is vital to living. Access to clean water is often denied to many even here in California. In this service **Rev. John** will highlight the joint work of our Unitarian Universalist Service Committee and our California Legislative Ministry to guarantee water for all. Join us for this important message.

### Recurring Events

#### Sundays

Sunday Morning Forums, 9:30 AM, L

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

*2<sup>nd</sup> Sunday: A Humanist Perspective*

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

*4<sup>th</sup> Sunday: [9 AM] 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

All-Church PotlUUCK BrUUnch, 1st Sun., P  
Singles-Family Brunch, 4th Sun., 12:30 PM, Offsite

Monthly Town Hall Mtg, 3rd Sun., H

Great Books Discussion Grp, 7 PM, 2nd Sun., L

Meditation Circle w/ Randy Goff, 7 PM, All but 1st Sun

#### Mondays

Tai Chi (Pekich), Mondays, 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](#)

Choir Practice: Wed., 7 PM, H

#### Thursdays

**Friday, April 13, 2012**

10 AM Watercolor Wkshp - H  
1 PM Friday Afternoon SGM - V  
6:30 PM GLTBQ Silent Movie & PotlUUCK BBQ - H, P

**Saturday, April 14, 2012**

8 AM R.E. Committee Retreat - V  
10 AM French Conversation Grp - CR2 [2nd & 4th Saturdays]  
11 AM 7 Principles & 12 Steps Grp - CR1  
1 PM Free Quilting Class w/ Kellie - L  
6:30 PM Howey: Le Mis. & Dessert - **POSTPONED!** [TS]  
7 PM Dinners with UU's - O [On Hiatus]

**Sunday, April 15, 2012**

9:30 AM Forum: Spirituality & UU - L  
9:40 AM Choir Warmup - H  
10:30 AM Sunday Services-H  
11:45 AM Monthly Town Hall Mtg - H  
11:45 AM Kids' Choir Rehearsal - CR1  
11:45 AM Intro to UU/PUC - L  
3 PM SB Chamber Music Society - H [Musicus: Cécilia Tsan String Quintet]  
6:30 PM Books In Our Lives Covenant Group - L  
7 PM Meditation w/ Randy - H  
7 PM Great Books Discussion Grp - L

**Monday, April 16, 2012**

9:30 AM Tai Chi [Pekich] - H  
11 AM Reading & Responding Women's Book Club- L

**Tuesday, April 17, 2012**

8:30 AM Aerobics - H  
2:30 PM Practicing UU Cvnt Grp - L  
7 PM Board Meeting - L

**Wednesday, April 18, 2012**

1 PM Staff Meeting - L  
6 PM LPA Meeting - O  
7 PM NEW UU Class w/ Rev. John -L  
7 PM Choir Practice - H

**Thursday, April 19, 2012**

8:30 AM Aerobics - H  
10 AM Tai Chi [Beck] - H  
11 AM Seniors Pow Wow to Share How - L  
7 PM Facilities Committee Mtg - L  
7 PM Men's Ministry - V

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**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**

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.

**Third Sunday Hospitality**

**Coffee Hour Host:** Frances Morehouse & [Your Name Here?](#)

**Ushers:** Vivien Hao & Carrie Pobre

**Welcome Table:** Joyce Block-Miller & Betty Saunders

**Greeters:** Bill Karg & Joani Thompson

**Pacific Unitarian Church**

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**Sunday Service @ 10:30 AM**

**Office Hours: Sun.: 9 am - 3 pm**

**Mon. - Thurs: 10 am - 4 pm**