



Pacific Unitarian Church

A Unitarian Universalist Community

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

The View



May 17, 2012

Deadline: Each Wednesday at noon

Hi,
...*THE VIEW* from PUC is full of info about events for mommies, daddies, siblings and YoUU!!! It's all here in *THE VIEW* from PUC....REEEEEEAAD AAALL ABOUUTT 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



Music Notes

From the Music Department:

- * Both the Adult Choir and the Children's Choir will be performing **this Sunday** for Coming of Age Service.
- * On **Saturday, May 19** the PUC Choir will be performing at a district-wide Choir Festival at Orange Coast UU Church in Costa Mesa. This all-Unitarian event will be filled with great music.
- * The PUC Children's Choir meets on Sundays immediately after the Service.
- * **Saturday, June 2** at 7:30 is set for Linda Alvarez's tribute to the music of Mahalia Jackson. This is a PUC fundraiser. Tickets are \$15 in advance and \$20 at the door. Keep Singing...

—Severin
Dr. Severin Behnen, Music Director
Music@pacificunitarian.org

Monthly Town Hall Meeting After Church on Sunday

A Town Hall meeting will take place after this Sunday's Service. We will discuss the issues that we will be called to vote upon in June.

"... whenever the people are well-informed, they can be trusted with their own government; that, whenever things get so far wrong as to attract their notice, they may be relied on to set them right." —Thomas Jefferson

Please plan on attending.

This Sunday

9:30 AM 3rd Sunday Forum:
Spirituality and UU

9:40 AM Choir Warmup - H

10:30 AM Service

Coming of Age Celebration

Meet the fUUtUre of our faith!
This special intergenerational Service celebrates a rite of passage for our 8th & 9th grade "Coming of Agers" with word & song. Join us!

11:45 AM Kids' Choir Rehearsal - CR1

11:45 AM Intro to UU/PUC - L

11:45 AM Monthly Town Hall Mtng - H

3 PM Dinner w/Slavich/Virrazzi - O [TS]

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

7 PM Great Books Discuttion Grp - V

7 PM Meditation Circle w/ Randy - CR1

Sunday's Flowers are in honor of all of our Coming of Age youth.

—Kim Crawford, for the PUC Board of Trustees

2012-13 Stewardship Commitments Are Rolling In A Big Thank You to All Who Have Turned in Your Commitments So Far.

Please be sure to make your 2013 Stewardship Commitment SOON! You can go to online to the PUC home page, click on "[Fuel The Flame](#)" and enter your contribution information for the 2012-2013 Stewardship Contribution Campaign.

A FAQs sheet and Contribution form has been mailed out to those who have not yet turned in their contribution information for 2012-2013. Completed forms can be turned into Craig Block in the PUC Office or complete your form online.

Help support all our wonderful staff and programs at PUC!

—Pam Harris, Stewardship Chair

Interested in Joining Our Pastoral Care Team?

Rev. John and Rev. Teri are looking for compassionate and caring individuals to join this important ministry. You will be trained to visit those in need of TLC and will receive follow-up support. On average this is a six-hour per month commitment. Please see Revs. John or Teri if interested. Training will be in June.

PSWD Choir Festival at Orange Coast UU Church

This Saturday Please join our PUC Choir at 3 PM this **Saturday, May 19**, at our UU Choir Festival. First LA, OCUUC, Fullerton, PUC and Long Beach choirs are all performing. Many choir members are carpooling from here, so please ask [Patricia Hart](#) [310-658-0274] if you would like a ride.

2012 MEMORIAL TILE DEDICATION - SUNDAY, MAY 27

Our annual dedication ceremony will take place in the Memorial Garden *immediately* after the Service on **Sunday, May 27**, at approximately 11:45 AM.

All are welcome to attend a brief Service in remembrance of those who passed away since last year's dedication and have tiles on the Memorial Wall. We will be honoring 5 of our longtime members: Ann Booth, Jane Dietrich, Marge Hill, Ed Hummel, and Barbara Michaels.

There is also a fund-raising BBQ after Church on Sun., the 27th, which will be setting up and ready to start about the time the dedication is finished.

There will be a few chairs for family and those who need them. We hope to see you there.

—Mariann Mueck, Memorial Committee Chair

May 27 Mature Singles Brunch is @ BRISTOL CAFE

837 Silver Spur Rd., RHE
12:15 pm, **Sunday, May 27**

Go up Silver Spur, past the library, to Bristol Farms Market on your right.

The Cafe is at the far right of the BF Market.

*but especially in honor of my
Mentee, Anika Slizewski who
turned 14 yesterday.
Congratulations Jake, Ezra, Tyler,
Erica, Jared, Henry, and Anika -
and Happy Birthday Anika! —
Kathy Rickey*

UUncle Sam Wants You (to Bring Flowers...)

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

July 15

August 5, 12, 19, 26

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

Arts of Two Sisters – Jane
Parmenter & Marvel Burke
animate PUC's Art Wall
through
Sunday, May 27.

UU Joke of the Week:

What do Count Dracula and Unitarians
have in common?
Origins in Transylvania and they both shy
away from the cross...



5/26, 11 AM Ann Booth Memorial Service A Celebration of Life for

longtime PUC member Ann Booth
will take place at PUC at 11 AM,
Saturday, May 26.

5/27, Tastiest FUUn(d) Raiser of the Year! Sunday on May 27 Scrumptious Memorial Day Weekend BBQ on the Patio after Church on **Sunday, May 27**

* \$7 suggested donation for a
veggie, meat, or cheese burger,
plus sides.

* Larger donations accepted with a
SMILE – it's all for PUC's General
Fund!

* Come for any reason you like, but
consider fortifying yourself for an
edifying afternoon of nutting in

Your Social Justice Team has an invitation for you:
Won't You Come Walk with Us to Fight World Hunger?

We will join the **Peninsula-Harbor Hunger Walk in San Pedro** on **Saturday, June 2**. You could walk or help to sponsor a walker. See a member of the Social Justice Team for more info. Or contact [Lee Ann Hart](mailto:LeeAnnHart@gmail.com): lahart5@gmail.com.

\$ PUC RUMMAGE SALE June 1 & 2 \$

9am- 1pm, FRIDAY, JUNE 1 and 8am -12 noon, SATURDAY, JUNE 2

** Bring Fabulous Cast-offs to the Voyagers Room Starting Sunday, May 13*

** Volunteers are needed to work on Thursday, Friday, and Saturday*

Items Wanted:

Jewelry - Beach Items - Stain-free Clothing - Tools - Purses - Sports Equipment - Toys - Lamps - Kitchen & Bath Items - Books - Plants & Pots - Small Furniture - Bikes - Decorative Items - Other Treasures

Do NOT Bring:

Paint Broken Stuff Old Computers TVs
Single Drinking Glasses &/or Glasses w/Logos

Needed: People who like wheeling, dealing and smiling

Set up: 9-12, Thursday morning and 6:30 -9:30 PM Thursday night

Sale: Friday and Saturday 8-10 volunteers per day

*1 Sign Maker—Paint a king-size sheet to Advertise the Rummage Sale and make 10 street signs.

*Four people to work two 2.5-hour shifts per day to sell doughnuts, coffee, chips, apples, sodas and hot dogs.

*Boxes, bags and newspaper

*Contact: **Laura MacMorran** – 310-540-0369 or 310- 944-8858

gordon.macmorran@verizon.net.

Use Your Diet to Reduce Your Risk of Stroke

May is stroke awareness month. The factors that put you at risk for ischemic stroke (the most common kind) are the same factors for heart disease. In fact, we often refer to a stroke as a “brain attack” much like a blockage to the heart is referred to as a “heart attack.”

Fortunately, the same lifestyle recommendations that can prevent and actually reverse heart disease and diabetes are the same recommendations that can reduce your risk of stroke. We’ve all heard that we should maintain a healthy weight and “eat right” but what exactly does that mean? What does the scientific data support?

[<read more>](#)

All Day Meditation Retreat Saturday, May 19, 9 AM–

5:30 PM @ PUC Long Beach Meditation provides an opportunity for a deep, intensive meditation experience at their All-Day Saturday, May 19, retreat @ PUC led by [Victor Byrd](#).

[Click here to register](#) or get information at: (562) 804-5570

Coastal California Permaculture Tool Box for Sustainable Living Weekend Workshop: May 26, 27 & 28 @ PUC If you're a gardener, this is the workshop for you.

carrying themselves or putting in PUC's new Permaculture Garden. Proudly brought to you by the **Cottage Party Animals ELF Group**

Upcoming Services
May's Monthly Theme:
Vision

5/20: Coming of Age Celebration

Meet the fUUtUre of our faith! This special intergenerational Service celebrates a rite of passage for our 8th & 9th grade "Coming of Agers" with word & song. Join us!

5/27: Faith in the Post Idea Age
Rev. John Morehouse

Recurring Events

Sundays

Sunday Morning Forums, 9:30 AM, L

1st Sunday: A UU Exploration of Our Monthly Theme

2nd Sunday: A Humanist Perspective

3rd Sunday: Spirituality and UU

4th Sunday: [9 AM] 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 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

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 Mtn. 1st Thurs. 7

You'll learn about: Land Planning; Irrigation; Soil fertility management – composting and vermiculture composting; Mulching - permaculture lasagna; Annual and Perennial herbs, vegetables, fruit and nut trees; and much more...AND help install PUC's Permaculture Garden at the same time! [Click here for the flyer.](#)

Sponsored by PUC's Green Sanctuary. Contact: transitionsouthbayla@gmail.com to RSVP or [CLICK HERE REGISTER ONLINE.](#)

Email doridemombynstippet@cox.net or phone Nancy Hofland: 310-320-6084 for more information.

Personal Safety Workshop for College-Bound Girls

May 29 @ PUC Join us **Tuesday, May 29** from 7:00-8:30 PM for a free, frank discussion of what you need to know to be prepared for and protected in your new life at college.

You'll learn about:

- * How to avoid being a target
- * Intuition
- * Survival signals
- * Boundary setting
- * Your physical strengths
- * Asking for help when needed

Open to girls and women of all ages. Taught by **Danielle Weinstock** of IMPACT Personal Safety. This event is free, but REGISTRATION IS REQUIRED @ dlwein4998@gmail.com
See the flyer: <http://pacificunitarian.org/pdfs/personalsafetyflyer.pdf>

ONLY A FEW SPOTS LEFT FOR PUC de Benneville Pines Retreat -- Signups Continue THIS Sunday on the Patio!!

The annual PUC All Church Retreat, at our beautiful [Camp de Benneville Pines](#) is coming up!. 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.

People of all ages, old and new to our Church, enjoy 48 hours of bliss in the mountains.....they come back refreshed and invigorated.

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

Around the District and Beyond...

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.

If you haven't registered for GA yet, don't forget that you can apply for PSWD scholarships until **May 15.**

Registration, Housing Reservations and much more information about the upcoming Justice General Assembly is available at www.uua.org/ga.

Environmental Services Mtg, 2nd 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



PUC Sunday Hike – Join us Sunday, May 20!

Ready for Another Sunday Hike?

Gather in the PUC Parking Lot- 12:15 PM start-time.

Join us for a moderately paced hike on hilly terrain, covering about 3 miles on dirt trails.

You will need: Lunch and water, wear sturdy shoes, a hat, and light layers of clothing.

All trailheads are within 20 minutes of Church. If you want to meet at the trailhead, call Janet for the meeting place, and so that we will expect you.

Janet Steinberg 310-922-7734 (cell)

The Week At a Glance

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

Thursday, May 17, 2012

7 PM Men's Ministry - V

7 PM Facilities Committee Mtg - L

Friday, May 18, 2012

10 AM Watercolor Wkshp - H

2 PM Social Justice Committee - L

7:30 PM Temple Emet Services - H

Saturday, May 19, 2012

PSWD Choir Festival - O [OCUUC: Costa Mesa]

8 AM Long Beach Meditation Rtrt - H
9 AM Temple Emet Torah Study Grp- L

9 AM PV Land Conservancy Nursery Work Party - O [You MUST RSVP to Nancy Hofland]



[CLICK HERE](#) to learn about the amazing a UU pioneer, abolitionist, & suffragist Caroline



Severance, known to early Angelinos as 'The Mother of Clubs.'

[CLICK HERE](#) for the latest South Bay Unitarian Fellowship newsletter

SOUTHLAND INTERFAITH NEWS

First SCIC Interfaith Café of the Summer!

THIS Sunday, May 20, 2 - 5 PM

Interfaith Cafés are small group discussions for members of the interfaith community, including youth (9th-12th graders) and faith leaders, about how faith both impacts our daily lives and allows us to relate to, and appreciate, those from other faith traditions. Each session consists of the same format, but with different participants. You are invited to attend one or all of the Cafés!
Host: St. Luke's Presbyterian Church, 26825 Rolling Hills Road, Rolling Hills Estates, 90274. Co-Host: SGI Buddhist Community.

Third Sunday Hospitality

Sunday Coffee Hour Coordinator: [Frances Morehouse](#)

Contact Frances if you would like to help!

Ushers: Vivien Hao & Carrie Pobre

Welcome Table: Joyce Block-Miller & Betty Saunders

Greeters: Bill Karg & Joani Thompson

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1 PM Block-Miller/Harris: The Red Shoes DVD with Dessert - L [TS]
1 PM Free Quilting Class w/ Kellie - CR1
6 PM Dinner w/ the Fridleys - O [TS]
6:30 PM Coming of Age Dinner & Celebration - H

Sunday, May 20, 2012

Coming of Age Celebration

9:30 AM Forum: Spirituality & UU -L
9:40 AM Choir Warmup - H
10:30 AM Sunday Services-H
11:45 AM Kids' Choir Rehearsal - CR1
11:45 AM Intro to UU/PUC - L
11:45 AM MayTown Hall Mtng - H

3 PM Dinner w/ the Slavich's/Virrazzi's - O [TS]
6:30 PM Books In Our Lives Covenant Group - L
7 PM Meditation w/ Randy Goff - V

Monday, May 21, 2012

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

Tuesday, May 22, 2012

8:30 AM Aerobics - H
7 PM Program Council - L

Wednesday, May 23, 2012

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

Thursday, May 24, 2012

8:30 AM Aerobics - H
10 AM Tai Chi [Beck] - H

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

