

* Please send all VIEW submissions to Newsletter@pacificunitarian.org

* Please send requests for a Sunday announcement to: Gary Hart [garyhart@gmail.com](mailto:garylhart@gmail.com)

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Pacific Unitarian Church

A Unitarian Universalist Community

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

The View



October 25, 2012

Deadline: Each Wednesday at noon

Hi {FIRST_NAME|PUCer},

...and *THE VIEW* from PUC expanding like my waistline! So much to print that I'm going to have to put out an EXTRA!! soon. But here's what you NEED TO KNOW...and much more -- all the PUC news that barely fits in print...REEEEAAADD AALLL ABOUUUT IT!



Music Notes

From the Music Department:



I'd like to thank **Teri Masters** for her very cool, yet steamy, performance a couple of weeks ago in *All That Jazz*. Rumor has it that a portion of the concert is

somewhere on Facebook. Rev. Teri will sing with us again this coming Sunday afternoon, **October 4 at 4 PM**, at [Angela Henderson's Ordination](#). Also, thanks to Linda Alvarez and the PUC Choir for providing the music for Linda's inspiring tribute to Mahalia Jackson. We are trying to schedule Linda to sing here at PUC more often.

The children did a great job singing with Adult choir at last Sunday's *Blessing of the Animals* Service. I meet with the Youth Choir most Sundays from 11:45 AM until 12:15 PM. It's a great way for kids to learn about Unitarian principals through music.

This **FRIDAY, Oct. 26**, Reggie Neal and I will celebrate an early Halloween with a live musical accompaniment to the great silent film classic *The Phantom of the Opera*. The *potUUck BBQ* begins at 6:30 PM with the movie starting at 7:45. Be there and be scared!

Personally, I have been working on my second commissioned piece for a traditional Korean instrument called the komungo. The first was scored for komungo, viola, and percussion. This one is scored

October's Monthly Theme: **Faith**

This Sunday

9:00 AM 4th Sunday Forum:

UUA Statements of Conscience:
Congregational Study Issues--[The Christian Doctrine of Discovery](#)
and Immigration Justice

10:30 AM Service

Faith Expanding

Rev. John Morehouse

Honoring both our GLBT compatriots from around the world and the struggle they feel, **Rev. John** will speak about the work being done and still needing to be done.

And then return at 4 PM for [The Ordination of Angela Henderson to the Unitarian Universalist Ministry](#). This Service will be attended by UU and area clergy from across our region. This once-in-a-generation event is not to be missed. A reception will follow.

The Week At a Glance

for komungo and chamber orchestra.

Keep Singing, Severin

—Severin

Dr. Severin Behnen, Music Director

Music@pacificunitarian.org

Religious Education Matters

October brings fUUn for All Ages in Our Religious Education Ministry!

- Our annual Fall Festival will take place on **October 28**. **EVERYONE is invited to wear Halloween costumes to Church for our Costume Parade as the children and youth leave the Service** for the Fall Festival. Come ready for games, activities, and surprises celebrating Dia de los Muertos, the harvest season, and Halloween.
- Kindergarten through 8th graders (Hobbits, Sojourners, and Voyagers) continue their exploration of Christianity including the varied Christian faiths, the teachings of Jesus, and the celebration of Las Posadas with our Activity Guides **Vivien Hao, Bruce Lewis and Tracy Lewis** on November 4 and 11.

—Rev. Tamara

4th SUNDAY ADULT R.E. PROGRAMMING

*9 AM: 12 Months to a Compassionate Community – A reflection on the reading of the book by Karen Armstrong, *12 Steps to a Compassionate Life*

*12:15 – 1:30 PM: Leadership Academy—*Leadership and the Individual Module*

[* CLICK HERE for your Month-at-a-Glance reference *](#)

—Kathy Rickey, Adult Religious Education

The Phantom of the Opera: Silent Movie & Potluck BBQ @ PUC - Friday, Oct. 26.....BOO!

Next **Friday, Oct. 26**, Our own multi-talented Dr. Severin Behnen and "Professor" Reggie Neal will celebrate an early Halloween with live musical accompaniment to the great silent film classic *The Phantom of the Opera*. The film stars [Lon Chaney](#) as the deformed Phantom who haunts the [Paris Opera House](#), causing murder and mayhem in an attempt to force the management to make the woman he loves a star.

The *potlUUCK BBQ* begins at 6:30 PM on the Patio with yours truly on the grills (Bring something to grill for yourself, & a side dish or beverages to share) - I'll have the marks to prove it!

The film starts at 7:45. *Be there and be scared!* BOOO!!

Thursday, October 25, 2012

8 PM Environmental Coffee Clatch - Catalina Coffee Co. Redondo Bch

Friday, October 26, 2012

10 AM Watercolor Wkshp - H
6:30 PM Silent Movie [*Phantom of the Opera*] & PotlUUCK BBQ - P, H

Saturday, October 27, 2012

10 AM French Conversation Grp - V

Sunday, October 28, 2012

9 AM Forum: Reflection on '12 Steps to a Compassionate Life' - L
10:30 AM Sunday Service-H
11:45 AM Youth Choir Rhrl- CR3
12:15 PM PUC Leadership Academy - CR1
12:30 PM Singles-Family Brunch - O
4 PM Angela Henderson Ordination Ceremony - H
7 PM Meditation w/ *Gilana* (Randy) - H

Monday, October 29, 2012

9:30 AM Tai Chi [Pekich] - H
7 PM Men's Ministry -V

Tuesday, October 30, 2012

8:30 AM Aerobics - H

Wednesday, October 31, 2012

Halloween
1 PM Staff Meeting - L
6 PM Temple Emet Adult RE -L
7 PM Choir Practice - H

Thursday, November 1, 2012

8:30 AM Aerobics - H
10 AM Tai Chi [Beck] - H
7:30 PM Env. Priorities Network - CR1

Save the Dates!

11/10, Our Next PUC Buddy Mixer

WANT TO MEET MORE PUCers? Please come to our next Buddy Mixer on **Saturday, November 10** – a fun and informal way to get to know others at PUC, Especially for our visitors, new members, and Buddy volunteers, this one will be a potluck dinner at Judy Shaffer's at 6:30 PM. Sorry – this one is for adults only. So, mark your calendar, keep your eyes peeled for more details, and RSVP with [Buddy Coordinator, Denise Shiozawa](#).

Want to learn more about the Buddy Program (mixers and matches)? Please visit our [web page](#).

—Craig Block

Angela Henderson's Ordination @ PUC -- THIS Sunday, Oct. 28 - You're ALL Invited!!!

A very important event will take place on **October 28** -- the Ordination of our former Intern Minister, *Angela Henderson*.

Last June the Congregation voted to ordain Angela to our ministry. Angela was our intern two years ago and is currently serving in Northern California. This Service will be attended by UU and area clergy from across our area. This once-in-a-generation event is not to be missed. A reception will follow.

—Betty Paieda, vbpaieda@aol.com

Fight Breast Cancer with G-BOMBS

October is Breast Cancer Awareness Month; this October, what women need to be aware of is that they are not powerless against [breast cancer](#). Mammograms for 'early detection' are not the only defense and do not even offer significant benefits. The scientific evidence shows that women do have the power to protect themselves against breast cancer with powerful preventive lifestyle measures. Staying slim and active, focusing on healthful natural foods, and avoiding the disease-causing foods of the Standard American diet are strategies women can use to win the war on breast cancer. Most importantly, we must unleash the immune system's special forces: [G-BOMBS!](#)

G-BOMBS (Greens, Beans, Onions, Mushrooms, Berries and Seeds) are the foods with the most powerful immune-boosting and anti-cancer effects. These foods help to prevent the cancerous transformation of normal cells, and keep the body armed and ready to attack any pre-cancerous or cancerous cells that may arise. Instead of Breast Cancer Awareness Month, make it Breast Cancer *Prevention* Month! [Eat your G-BOMBS every day! Click here for more information.](#)

—Diane Basset

Around the District and Beyond...

ValUUes in Action...Fair Trade Your Halloween!

More than zombies and goblins, the really scary thing about Halloween is all the mainstream chocolate that comes from plantations where child labor has been documented. Take that kind of scary out of this spooky holiday and offer your trick-or-treaters **FAIR TRADE CHOCOLATES** this year. You can find them at Whole Foods or Sprouts, or you can purchase from [EQUAL EXCHANGE](#), an online UUSC collaborator.

In Ancient times, this was considered to be the time of year when the veil between the worlds was thin and our ancestors would return to this world to visit. Sunday's flowers honor all those who came before and may be with us now. I wish us all a Blessed Samhain, Bendito Dia de Los Muertos and Happy Halloween!"

—Kathy Rickey

The Flower Calendar needs YOUU!

The following Sundays are still open...

December 2, 16, 30

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

*Paintings by **Sue Cutler** titivate PUC's Art Wall through **October 28.***

Gilana (Randy) Goff Invites YoUU Into PUC's Meditation Circle

Each Sunday Night @ 7 PM in the Hall

Our meditation is a Tibetan in nature and in three parts:

1. Chanting the [Aum through the chakras](#),
 2. Guided meditation
 3. [Tonglen](#) - right up UU's alley!
- If you like Tibetan Buddhism you'll be right at home with us. (Ask Patricia...she's be practicing for over a year now.)

—Gilana Goff

Upcoming Services:
November's Monthly Theme:
FAITH

11/4: *In Search of Our Better*

Pacific Western Region Presents webinars

Our Pacific Western Region of the UUA is offering many interesting webinars on a variety of topics. [CLICK HERE](#) for more information.

They cost just \$15 each!

SOUTHLAND INTERFAITH NEWS



Rev. John Set to Emcee SCIC Festival of Music Benefit Concert on Nov. 4

Our own *Rev. John* will be master of ceremonies for the *South Coast Interfaith Council Festival of Music Benefit Concert* at 3-5 PM on **Sunday Nov. 4** at Trinity Luthern Church, [759 Linden Ave, Long Beach](#). Performances will include Yoruba drummers, Sikkh chanting, Choirs, Taiko drumming, and Sufi dancers. Free will offering - All are welcome!
Please [CLICK HERE](#) for info.

2 More Habitat for Humanity Dates Coming Up

We have two more dates on the calendar to join with Habitat for Humanity. More information is forthcoming, but save these dates on your calendar, and, more importantly, let me know ASAP if you'd like to volunteer - Space is limited!

* **Thurs, 11/15** in conjunction with Unity Build Day - 1 space is available

* **Sat, 11/17** in conjunction with Unity Build Day - 3 spaces are available

Saturday build days are rare, and are great opportunities for teens (16+) to get involved! Best to you all,

—Tracy Blender

Recurring Events

[Download the Latest AdUUIt Programs Flyer HERE](#)

Sundays

Sunday Adult Religious Education Offerings

1st Sunday

9:15 PM: Faith Like a River: Themes From Our UU History
12:15 PM: Theological Academy—The Buddhist Path to Recovery
12:15 PM—Standing on the Side of Love Documentary Series
(1st Sunday of every odd-numbered month)

2nd Sunday

9:15 AM: In Nature's Honor: Myths, Rituals, & Holidays Celebrating the Earth
12:15 PM: The Transition Companion: Making your Community More Resilient in Uncertain Times

3rd Sunday

9:15 AM: UUA Statements of Conscience: Congregational Study Issues--The Doctrine of Discovery and Immigration Justice
12:15 PM: Introduction to Unitarian Universalism

4th Sunday

Selves

Rev. John Morehouse

Rev. John begins an exploration of worth by exploring the how the pursuit of integrity is vital to a better spiritual life for each of us individually and for our country.

11/11: *Becoming Whole: A Healing Service*

Rev. John Morehouse &

Rev. Tamara Casanova Suzuki

Join **Revs. John & Tamara** for an interactive service of healing and renewal.

11/18: *Invited to the Feast*

Rev. John Morehouse

Rev. John will explore the power of gratitude to realizing the worth in ourselves and others. We will also be launching our annual UUSC *Guest at Your Table* Program.

Special Thanks To Last Sunday's Kitchen Helpers:

Clear sky. Outlook sunny due to the following outstanding volunteers... Top Chefs Andy Kissner & Francis Morehouse; Aided by sous chefs Sarah Noddings & Meredith Whitney (new to Kitchen); and Gilana Goff, Noel Portland, Doris Peñalosa, Deb Ripley, Madeline Morehouse & Maurice Chevalier (return engagement chefs) & the ever-present Michael Mariani... Sign up now! (on Kitchen door) Or just show up 9 at AM. Many hands make light work!

Mega Top Chef:

[Frances Morehouse](#)

If you would like to make a 1 & 1/2 hour commitment to help with Food Prep **OR** Patio Setup on a Sunday from 9 AM Sunday morning until

9 AM: 12 Months to a Compassionate Community – A reflection on the reading of the book by Karen Armstrong, 12 Steps to a Compassionate Life

12:15 – 1:30 PM: Leadership Academy—*Leadership and the Individual Module*

5th Sunday (9/30/12 & 12/30/12, 3/31/13, 6/30/13)

9:15 AM: Choices in a Jar – Delightful Dilemmas

YRUU High School Group, 10:30 AM, L
Half a Century Marrieds Group, 5th Sun., 12 noon, Fu Yuan Low Restaurant -
Next Date: Sunday, December 30
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
Books in Our Lives Covenant Group, 1st & 3rd Sun., 7 PM, L
Meditation Circle w/ Randy Goff, 7 PM, All but 1st Sun

Mondays

Tai Chi (Pekich), Mondays, 9:30 AM, H

Women's Reading & Responding Grp, 3rd Mon., 11 AM

Men's Ministry, 7 PM, V

Environmental Covenant Group, 1st Mon., 7:15 PM, L

Tuesdays

Aerobics: 8:30 AM, H

Wednesdays

Choir Practice: Wed., 7 PM, H

Thursdays

Aerobics: 8:30 AM, H

Women's Circle, 4th Thursdays, 10 AM, *Note new day*

Tai Chi (Beck), Each Thurs., 10 AM, H

Seniors Pow Wow to Share How, 3rd Thurs., 11 AM, L

Environmental Priorities Mtg, 1st Thurs., 7:30 PM, L

Green Sanctuary/Transition Coffee Clatch. 2nd & 4th Thurs., 8-9 PM, Catalina Coffee Co.

Fridays

Watercolor Workshop, 10 AM - noon, H

GBLTQ Movie, 2nd Fri., 7 PM, L

Saturdays

French Conversation Grp, 2nd & 4th Sat., 10 AM, V. Call Frank Paulsen or Betty Chevron

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Service begins @ 10:30, [Email Frances](#)

OR Ring her: 310 291 3399.

It's fun. Rewarding. And pain-free.

Look forward to working with you!!

Fourth Sunday Hospitality

Ushers:

Dee Masters & OPEN POSITION

Welcome Table:

Virginia McCulloch/Ramos & Marian Jones

Greeters:

Jean McDaniel & Shuja Oberoi

PUC's Board of Trustees

Gary Hart, President

Clay Bosler, Secretary

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Sunday Service @ 10:30 AM



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