

* Please send all VIEW submissions to Newsletter@pacificunitarian.org
* Please send requests for a Sunday announcement to: Gary Hart 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



January 3, 2013

Deadline: Each Wednesday at noon

Hi,

...and *THE VIEW* from PUC is FACING GRACE all over the place!!! Start the New Year off right and join us this Sunday! You'll find all the PUC news that fits in print here in *THE VIEW*...REEEEAAADD AALLL ABOUUUT IT!



Music Notes

From the Music Department: Seoul Music!



I am excited to be back at PUC and looking forward to a great and inspiring 2013! I had a wonderful Christmas in Seoul, South Korea, making final edits on my piece for a concert of my music presented at the Goguk National

Theater on December 26. The perfect Christmas gift! The Goguk is a complex of performance spaces that is the home of the Philharmonic

among other groups. Our performance took place in venue that holds a couple of hundred people. I had two rather long pieces on the hour and twenty minute program. Both featured a six-string plucked traditional Korean instrument called the Komungo. The first was a trio for Komungo, traditional Korean percussion instruments, and Viola. The second was a concerto for the Komungo and chamber orchestra numbering 15 players.

In 2007-8, when I was studying at UCLA I took lessons on this instrument. Although I worked at it for two years, I never achieved

Upcoming Services:

January's Monthly Theme:
LIVING FULLY

This Sunday

9:15 AM

1st Sunday Forum:

Faith Like a River:

Themes From Our UU History

10:30 AM Service

Facing Grace:

A UU Theology

Rev. John shares what informs his ministry and life. The Choir is back. Rev John is teaching a short course on Judaism after lunch. Join us!

12:15 PM:

Theological Academy—Judaism and the Hebrew Bible (2 classes:

1/6/13 and 3/3/13)

great facility. But it gave me a deep appreciation for the sound and enough background in the technique to perhaps one day compose for the instrument. Then in 2011 I had the opportunity to compose music for a show in Korea with the One Grain of Sand Puppet Theater. I requested that a Komungo be part of the ensemble. That is how I met Komungoist Iksoo Heo. After our performance he asked me to write a piece for him. After I completed the trio he requested a piece for chamber orchestra and Komungo.

It was a truly thrilling and humbling experience to observe all these fine musicians working so hard to perfect something I had had a hand in creating. I feel totaling indebted not only to these musicians specifically but also to the Universe that seems to have opened up a floodgate and rained down grace upon me. My hope for the New Year is to be shown the way to give back some of the riches I have received.

Our little Youth Choir is getting bigger. We meet Sundays from 11:45 until 12:15. It's a fun way for kids to learn about Unitarian principals through music.

SAVE THE DATE: PUC'S annual **Black & White Party** is fast-approaching: 7:30 PM on **Saturday, February 9** – Some of PUC's finest musicians will tickle the ivories, and your fancy; and black & white-themed desserts that y'all bring will tantalize your taste buds. Tickets go on sale on the Patio soon!!!!

The PUC Choir is excited about two projects scheduled for the spring of next year. We will be inviting people from the community to join us in a performance of Gabriel Faure's *Requiem* on **Sunday, May 5** after Church. Perhaps YOU want to get involved... Then on **May 17** we will host the regional PSWD UU Choir Festival.

Keep Singing,

—Severin

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

Religious Education Matters

Welcome back to the Family Religious Education Ministry for 2013. We have a great winter/spring with lots of fun and learning planned for our children and youth!!

Our Secret Pal Program begins on **January 20** (with sign-ups on **January 6 and 13**.) This is a wonderful intergenerational opportunity to forge new friendships among our adults and our children and youth through the exchange of weekly letters and a lunch together at the end. We hope for a LARGE number of pairs participating this year, so please stop by the Family Religious Education table in the next two weeks to learn more and to sign-up!! Join in the fun!!

1/6 Today is the first day of our three week unit on Hinduism for our Hobbit (Kindergarten-2nd grade,) Sojourner (3rd -5th grade,) and Voyager (middle school) groups. We have great teaching teams as Journey Guides for each group, and we welcome John Einhorn, Randy Goff and Tracy Lewis as special Activity Guides for this unit. Our Pixie group will be having fun learning about themselves and others, while our YRUU teen group will be starting to hone in on their focus topic for the year, unemployment, while having fun hanging out together. SIGN UPS for the Secret Pal Program begin today!

1/13 Second week of our Unit on Hinduism and the last chance to sign up for the Secret Pal Program today.

1/20 Final week of our Unit on Hinduism The Secret Pal program

The Week At a Glance

Thursday, January 3, 2013

7:30 PM Env. Priorities Network - L

Friday, January 4, 2013

10 AM Watercolor Wkshp - H
6:30 PM Temple Emet Shabbat Srvc-H

Sunday, January 6, 2013

9:15 AM Forum - Faith like a River:
Themes from our UU History - L
10:30 AM Sunday Services-H
11:45 AM Youth Choir Rehearsal - CR2
12:15 PM Theological Academy:
Judaism & the Hebrew Bible - Led by
Rev. John **(NEW)**
12:15 PM Standing On the Side of Love'
Documentary Series - L
7 PM Books In Our Lives Covenant
Group - L
7 PM Meditation w/ Gilana (Randy) - H

Monday, January 07, 2013

9:30 AM Tai Chi [Pekich] - H
5 PM Kundalini Yoga Class - H **(NEW)**
7 PM Men's Ministry -V

Tuesday, January 08, 2013

8:30 AM Aerobics - H
6:30 PM R.E. Committee-Board Mtg-L

Wednesday, January 09, 2013

11 AM Staff Mtg - L
6:30 PM RE Committee - [Polly's Pies]
7 PM Choir Practice - H
7 PM Infinity in Your Hands Grp - L

Thursday, January 10, 2013

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

Flowers for the Church

A Month & 3/4 of Sundays...

**ALL of the Sundays in
2013 are now available!**

*Now all we need is for YOUU to
pick YOUUUR Sunday(s) to bring
flowers!*

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

Save the Dates!

1/13: ATTN Garden Angels

You are invited to meet with
PUC Food Garden Consultant Dr.
Bill Roley in the garden once again
next Sunday, **January 13** from

Final week of our Unitarianism: The Society of program letter exchange begins today.

1/27 Spiritual Practices Workshop Sunday for Hobbits through YRUUs. This is a new offering for our children and youth that provides them with the opportunity to experience various spiritual practices as a way of increasing their spiritual "literacy." Each group will experience three different practices.

Congregation members who have a spiritual practice that they would be willing and able to share with our children and youth please contact Rev. Tamara.

—Rev. Tamara

1st SUNDAY ADULT R.E. PROGRAMMING

- * 9:15 – 10:20 AM: Faith Like a River: Themes From Our UU History
- * 12:15 PM: Theological Academy—**Judaism and the Hebrew Bible (2 classes: 1/6 & 3/3) Led by Rev. John - NEW!**

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

—Kathy Rickey, Adult Religious Education

Important Changes to Adult RE Programming Coming

in January: A new reading group on the 4th Sunday @ 9:15 AM: *Sacred Economics: Money, Gift and Community in an Age of Transition*

Sacred Economics traces the history of money from ancient gift economies to modern capitalism, revealing how the money system has contributed to alienation, competition, and scarcity, destroyed community, and necessitated endless growth.

Today, these trends have reached their extreme - but in the wake of their collapse, we may find great opportunity to transition to a more connected, ecological, and sustainable way of being

This book can be read for free online or you can purchase a hardcopy from Amazon -- For more information please visit: <http://sacred-economics.com/>. [CLICK HERE](#) to see what else is

NEW!

For more information about ALL our offerings visit our Adult RE pages on the PUC website: www.pacificunitarian.org.

Yoga & Meditation Basics – New Class Starts Jan. 7

Start the New Year with a healthy practice for your mind, body, & spirit!

Join us in the Hall on **Mondays from 5 - 6:15 PM for Kundalini yoga**, a physical, mental, and spiritual discipline for developing strength, flexibility, consciousness, and character.

Led by: Aimée Donahue, Yoga Instructor and Therapist

www.yogawithaimée.com

- * Enjoy the stunning view while you stretch out tired and tight muscles
- * Find relief from back pain, stiff joints, and the stresses of life
- * Balance the glandular system, improve and strengthen the immune system
- * Join us as we move with relaxing music to calm the mind while keeping the body healthy and youthful. Tap into your body's innate inner healing power!

There will be a suggested donation per class

12:30 - 3:30 PM; donations requested.

Dr. Roley guided us to an audacious harvest this Fall. He will answer our questions on composting and vermicomposting (WORMS!). Have you always wanted to know about crop rotation and staggered planting appropriate to PV? How about how to construct a soil amendment and sprouting area? And thanks to the R.E. youth who started peat pots and Craig's attention we have seedlings to plant. What fun!

We will begin in the PUC Library on **Sunday, January 13**, right after lunch. Call me: 310-863-0712 or Nancy Hofland or Dorian Tippet with questions.

Sharing abundance,
—Carolyn Waters

1/26: MARK YOUR CALENDAR FOR NEXT BUDDY MIXER: SATURDAY, 1/26

It's a fUUn way to get to know other PUCers - potluck dinner at a member's home 7 PM. Especially for our visitors, new members and our Buddy volunteers.

RSVP to Buddy Coordinator

denise@umeworks.com.

[Learn more about the Buddy Program](#)

Upcoming Services:

January's Monthly Theme: **LIVING FULLY**

1/13: Family Values

Families come in all shapes and sizes. In keeping with our monthly theme of "living fully" Rev. John explores some of the values which make our families spiritually deeper and stronger.

1/20: We Have Set A Place For You

PUC'er Kim Gosney explores the graciousness of placekeeping, with the table as a metaphor for "living fully", sourcing compassion and resilience in our lives.

There will be a suggested donation per class.



UUSC News

Guest At Your Table donations are being collected **NEXT Sunday, January 13**. Don't forget to convert all those bills & coins to a check. Make your check payable to UUSC/Guest At Your Table. If you prefer not to use the box or check, you can support UUSC directly online at www.uusc.org.

Watch the video [UUSC: Behind The Numbers](#) to see where just some of our donations go. Look at your box carefully to determine the amount of money that will also give you a year membership to UUSC. Thank you, again, for your support.

—Sandy McNeil

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—**Judaism and the Hebrew Bible (2 classes: 1/6/13 and 3/3/13) Led by Rev. John - NEW!**
12:15 PM: Standing on the Side of Love Documentary Series
(1st Sunday of every odd-numbered month starting in January, 2013)

2nd Sunday

9:15 AM: In Nature's Honor: Myths, Rituals, & Holidays Celebrating the Earth. Led by Jeff Ordway
12:15 PM: Book Study & Discussion: [The Transition Companion](#) by Rob Hopkins. Chapter 1. Readings provided.

3rd Sunday

9:15 AM: **The Multicultural Congregation. Led by Vivien Hao - NEW!**
12:15 PM: Introduction to Unitarian Universalism

4th Sunday

9:15 AM: **Reading Group: Sacred Economics: Money, Gift and Community in an Age of Transition. Led by Rev. John - NEW!**
12:15 – 1:30 PM: **Leadership Academy—Leadership and Community Module. Led by Kathy Rickey - NEW!**

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, March 31**
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/ Gilana (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, Mon., 7 PM, V
Environmental Covenant Group, 1st Mon., 7:15 PM, L

Tuesdays

Aerobics: 8:30 AM, Hiatus

Wednesdays

Choir Practice: Wed., 7 PM, H

1/27: Cherish the Dream

Living fully requires us to imagine what we and our world could become. Rev. John will share the meaning of the prophets of the American Dream in this special Service.

Mandala Video on Website

[CLICK HERE](#) to view David Shever's wonderful video of the visiting Tibetan monks "sweeping away the mandala" in our 12/23 Service.

First Sunday Hospitality Special Thanks To Last Sundays's Kitchen Helpers

The names of all of you superhuman people who helped with hospitality on 12/23 & 12/23 were not available at press time. THANK YOU ALL!!

If you'd like to help, you can contact: Mega Top Chef: [Francis Morehouse](#); 310 291 3399
SANTA IS WATCHING...

Ushers:

Tracy Blender & George Yenoki

Welcome Table:

Marty Gorman

Greeters:

Nancy Hofland & Dennis Murray

Pacific Unitarian Church

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www.pacificunitarian.org
Sunday Service @ 10:30 AM

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Thursdays

Aerobics: 8:30 AM, H

Women's Circle, 4th Thursdays, 10 AM

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

