

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

* Please send requests for a Sunday announcement to: Gary Hart garyhart@gmail.com



Pacific Unitarian Church
A Unitarian Universalist Community

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

The View



July 25, 2013

Deadline: Each Wednesday at noon

Hi,

...but THE VIEW from PUC is never on vacation. Many thanks to Denise Shiozawa for putting out the View during my absence last week (details below) Ain't that a nifty new Masthead Denise put together from photos by yours truly and Richard Boos....Lots to read, lots to learn, and lots to love here @ PUC and here (always) in *THE VIEW*... REEEEEAAADD AALLL ABOOUUUT IT!

A NOTE FROM THE OFFICE:

WHAT I DID ON MY SUMMER AVOCATION

You may have noticed my absence from the Office last week. I was in an incredibly beautiful place, with great weather, clean mountain water & air (except for smoke from the "Mountain Fire"), 3 square meals/day provided, a room all to myself, no driving all week, and with 120 loving, supportive, and caring UU's. Sounds like an idyllic vacation, eh?



Well...not quite a vacation...Since July, 2000, I've had the honor & pleasure of serving as an advisor for our District's weeklong PSWD Sr. High Camp at de Benneville Pines. Last week marked my 26th camp, and the first half of my 14th year helping to empower our youth from all over Southern California, Arizona, the Las Vegas area, and beyond (we had a camper from Germany this time) to grow personally, spiritually, and intellectually as they prepare to go out to help heal this broken world...while having lots of FUUN!

Some of the highlights of "Camp IIIUUminate-Us":

- * Being in a place where it's super easy to live out my UU values.
- * I had dream of mine come true: co-leading a 15-hr. UUA Leadership Development training with Daniel Martin, one of our amazing graduating seniors, for 32 of our 99 youth and 2 advisors for 3 hours Monday-Friday, sharing information on Basic Leadership Skills, Covenant Making, The Meaning of Leadership, Creating an Inclusive Community & Inclusive Decision-Making Process, Conflict Resolution, The Six Components of a Balanced Youth Program, Identity, Privilege, and Oppression, Responsible Youth Empowerment, and much more through lots of participatory activities that let them put their new skills to work in our sessions and

July's Monthly Theme:
LIBERATION

This Sunday

July 28

10:30 AM Service
7/28: Where the Theology
Meets the Road

We think we know what we believe and what we hold to be true, but when it comes to a crisis of illness or death, often all bets are off.

Michael Eselun, popular guest speaker and Oncology Chaplain at UCLA, will share an exploration of the different ways patients' theologies intersect with such crises, and the common themes that seem to surface from the atheist or fundamentalist alike.

The Weekend At a Glance

Thursday, July 25, 2013

4:30 PM Worship Team/Soulful
Sunset Mtg - L
8 PM Environmental Coffee
Clatch - Catalina Coffee Co.
Redondo Bch

Saturday, July 27, 2013

9 AM Strategic Planning - O
10 AM French Conversation Grp
- V [2nd & 4th Saturdays]

throughout the camp.

* Presenting my usual 1-hour workshop on safe sex, "Sex w/ Craig," to over 60 of our "excited" youth (and getting reimbursed by our District for the condoms & bananas we used ;-P)

* Getting a whipped cream pie in the face during the auction (see my Facebook timeline) - which helped yield over \$1,500, mostly from the youth, to fund scholarships for their fellow campers who might otherwise not be able to attend.

* Sitting down to breakfast on the last day - 6 out of my 8 tablemates are on the Autism spectrum and have found a place where they can be just as popular as any of our "typical" youth, who feel no need to pick on them. Camp is a "no bullying zone."

So if I seemed a bit dazed this past Sunday, it's because my body was here, but my mind, & soul were still up in the mountains. I'm all back, if not quite caught up on zzzz's. The week cost me nearly nothing, but it was a priceless experience.

—Craig Block

Religious Education Matters

Family Religious Education Ministry JULY CALENDAR

Please note: For the duration of the summer, children age six and below will have free play in our Childcare Room, while the rest of the children and youth will be together for the project or activity of the day.

7/28: Feel like you're at summer camp and get crafty with *Melissa* today as we make a surprise craft. *Noelle Portland* is the Family RE Contact Person today.

—Rev. Tamara

AssocMinister@pacifunitarian.org

TOBERMAN BACK-TO-SCHOOL SALE IS NEXT SUNDAY AFTER CHURCH!

Mark the date and plan to attend the sale on Sunday, August 4.

The Voyagers (the Middle School-aged kids) will be holding their annual Toberman back-to-school sale immediately after church.

Please support this great service tradition. Come prepared with cash to attend the FRE store immediately after the service.

Your contribution will pay for the school items that the kids will have purchased for Toberman families. This is a great annual event - our kids find out which supplies are needed, scour the Sunday paper for the best sales, help their parents with the shopping, and then set up shop from pricing to publicity to sales!

Afterwards, they pack it up into backpacks and deliver the school supplies to some very grateful families. What a great lesson crossing business acumen with social responsibility!

Peace and Love,

—Your PUC FRE Committee

The Weekend At a Glance

6:30 PM Blender: Persian Dinner
- O [T&S]

Sunday, July 28, 2013

10:30 AM Sunday Services-H
12:30 PM PUC Leadership
Academy – L

Flowers for the Church

*Sundays Flowers are "for
Constance's Mom, Willie Mae
Gordon-Jackson."*

—Constance Jackson
& Michele Patterson

Please contact the **PUC Office** to
reserve your date!

Next open dates:
Sept. 15, 29; Oct. 6



PASTORAL CARE NEWS:

If you are in need of
Pastoral Care, please
contact **Reverend John.**

pastoralcare@pacifunitarian.org
or the **PUC Office.**



Plant Based Cooking Classes @ PUC

Tuesday, August 13 from 6 - 8
PM

(then every 2nd Tuesday of the
month) \$25

Looking for ways to eat healthier
by incorporating more fruits,
vegetables, and whole grains into
your diet? Then join us to learn
some yummy recipes.

This cooking class will feature
vegetables, whole foods, and a
plant-based cuisine with instruction
and some hands on learning. All
levels of food knowledge or
cooking ability are welcome.
We'll be emphasizing organic

Childcare Provider Needed for Sunday Mornings

Our wonderful Sunday morning caregiver, *Elyse Doerflinger*, will be stepping down from her Nursery and Childcare duties in September. We are beginning the search for a new main caregiver. Hours are generally from 9:30 AM-noon on Sundays, but there will be some variation and flexibility (remaining until 1:30 PM some Sundays) needed and possibility of some Saturday time available. Priority consideration will be given to those who are not members of the Congregation.

Please send names/ resumes of potential candidates who are great with children and who have appropriate experience and training to *Rev. Tamara*: AssocMinister@PacificUnitarian.org.

New Family R.E. FACEBOOK Group Opened – Join It!

Want to know more about family events coming up at PUC? Interested in updates about our ministry for children and youth? Do you like to engage in conversations about parenting, UU spirituality, and local events? Do photos of our smiling children light up your world?

The PUC Family Religious Education Committee wants yoUU to join our Facebook Group!

We have set up a "Closed" group on Facebook to share resources and information about PUC Family RE events. All PUC members and those involved in the RE program are welcome to join. Please [CLICK HERE](#) to request to be added to the Group.

Thanks! We'll see you online and on the hill!

—*The PUC Family Religious Education Committee*

Rev. Tamara, Alana, London, Roy, Greg, Tracy, Brad, Noelle

Introducing This Sunday's Speaker:

Michael Eselun, a Unitarian Universalist and a certified chaplain, serves as the chaplain for the Simms-Mann/UCLA Center for Integrative Oncology. He has worked extensively in Oncology, Hospice, Palliative Care, and with Acute Psychiatric patients. He's been invited many times to speak to students, doctors, nurses, social workers, and faith communities about his work as a chaplain, on death and dying, and the spiritual dimension of the cancer experience.

Michael is also a co-founder and chair of a non-profit, volunteer anti-homophobia speakers bureau called GLIDE (Gays and Lesbians Initiating Dialogue for Equality). Over the last 18 years, Michael and his fellow speakers have spoken to an audience of over 150,000 students, teachers, and other various groups and agencies in the LA area about homophobia.

Try Out Soulful Sundown -- 1st Tuesday of the Month

SOULFUL SUNDOWN is a contemplative gathering on the first Tuesday evening of each month at PUC!

We are engaged with culture, inspired by the arts, sustained by the community... we aspire to be an open generous community that is re-imagining our collective and personal narratives for the present moment.

seasonal and local ingredients purchased at our local Farmer's Markets so we can learn to eat the freshest healthiest foods available.

—*Debi Robinson*

Debi is a foodie who has taken hundreds of cooking classes: Studied at The New School of Cooking with a certification in a 20-wk Professional French Cooking course and a 10 week Professional Baking course. Debi is a Yoga instructor who is mainly a vegetarian and is passionate about choosing to cook with foods that enhance our overall health. Please RSVP to Debi Robinson at debi@debirobinson.com

August's Monthly Theme:
Beloved Community

8/4: Balance in the Force
Rev. John Morehouse

8/11: Reasons for Knocking at an Empty House
Kim Gosney

We'll be exploring Unitarian Universalism as we engage in the creation of new expressions of religious community.

8/18: TBA
Rev. John Morehouse

8/25: Going In, Growing Out
Rev. John Morehouse

Special Thanks to All of YoUU who help!

Special thanks to *Top Chef Andy Kissner* for cooking up a quiet storm to feed us all last Sunday!!!

Fourth Sunday Hospitality

Ushers:

Scott Garrabrant & Joanna Hannff

Welcome Table:

GOALS: * Create and explore a variety of spiritual forms – established and unknown * Experience the breadth of spirituality, be a catalyst for activism and encourage dialogue and understanding between people * Be generous with our knowledge and resources and welcome the knowledge and resources of others

MISSION: to create a space where art, spirituality and community connect. Our start time varies according to seasonal sundown times, check the calendar for the specific time we start every month. We chase the sundown!

Join us for the next Soulful Sundown: 7:30 PM, **Tuesday, August 6**. The theme is :*SURRENDER*.

Time to Pick Up Your Ceramic Masterpieces from PUC Retreat

All of yoUU who participated in the Camp de Benneville Pines ceramic painting activity with *Erica Sweet*, can pick up their creations from *Andy Kissner* on Sunday before and after the Service. Contact Andy directly (213-595-2093 or andykpu@gmail.com) if you want to arrange for pick-up at other times.

Labor Day Weekend PSWD YoUUnG AdUUlt Camp @ de Benneville Pines

Are you a young adult between the ages of 18 - 35? Are you searching for a community of other young adults to laugh with, be inspired by, worship with, or just plain spend some time with? Do you love being away from the city life, nestled in a cabin for some fancy camping? What about walking through the woods, smelling the vanilla from the pines? How about just walking in to a place and realizing that you have 30 other people who would love to chat about the latest game, social justice issues, movies, music, best places to hike, or why they are passionate about a cause?

If any of this resonates with you, I invite you to join the Pacific Southwest District Young Adult Community up the mountain at Camp de Benneville Pines over Labor Day weekend (August 30 - September 2, 2013). Registration is here - <http://tinyurl.com/pswdya2013>

New Gentle Yoga Class for All - 11 AM, Wednesdays Wednesdays @ 11 AM -12:15 PM in the Hall

A Class designed for all levels, shapes, and ages.

We will focus on a gentle practice through movement:

- v. To help unblock your flow of energy
- v. Increase your mental and physical flexibility while releasing stress and enhancing body awareness
- v. Poses and exercises to build strength, relieve pain and stress and improve balance

Suggested Donation: \$12/class. Taught by Debi Robinson, RYT 200
Contact Debi with any questions: Debi@omhappy.com

Would you like to give it a try?

Greeters:

Jean McDaniel & Shuja Oberoi

Recurring Events

Download the [AdUUlt Program & Religious Education Flyer](#).

Sundays

YRUU High School Group. 10:30 AM, L

Half a Century Marrieds Group, 5th Sun., 12 noon, Fu Yuan Low Restaurant - Next Date: **Sunday, September 29**

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

Books in Our Lives Covenant Group, 1st & 3rd Sun., 7 PM, L

Mondays

Tai Chi (Pekich), Mondays, 10 AM, H

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

[Kundalini Yoga w/ Aimee](#) - All are welcome, Mon., 5 PM, H

Men's Ministry, Mon., 7 PM, V
Environmental Covenant Group, 1st Mon., 7:15 PM, L

Tuesdays

Soulful Sundown, 1st Tues., 6:30 PM, H

Wednesdays

Choir Practice: Wed., 6:30 PM, H

Thursdays

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 Network Mtg, 1st Thurs., 7:30 PM, L

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

Fridays

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

Saturdays



A Universalist Said That?

“There is no hell for any of us to fear outside of ourselves.”

–Quillen Hamilton Shinn

[Click Here](#) for Videos Related to Unitarian Universalism

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5621 Montemalaga Drive, Rancho Palos Verdes, CA 90275

[Click here for Directions.](#)

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Email: admin@PacificUnitarian.org | [Website](#)

French Conversation Grp, 2nd &
4th Sat., 10 AM, V

Sunday Service: 10:30 AM
Office Hrs: Sunday: 9 AM - 3 PM,
Mon. - Thurs: 11 PM - 5 PM

