

\* Please send all VIEW submissions to [Newsletter@pacificunitarian.org](mailto:Newsletter@pacificunitarian.org) by Wednesday Noon.

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



Pacific Unitarian Church  
A Unitarian Universalist Community

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

The View



October 3, 2013

Deadline: Each Wednesday at noon

Hi,

...and *THE VIEW* from PUC is CALM too...not a Zombie in sight...or is there??? Come see what Rev. Tamara has to say about looking ALIVE this Sunday!!! There's always lots of LIVELY news to read, lots to learn, and lots to love here @ PUC and here (as ever) in *THE VIEW*... REEEEEAAADD AALLL ABOOUUUT IT!

**October's Monthly Theme:**  
**Vocation/Call**

This Sunday

**October 6**

**10:30 AM Service**

**Keep Calm and "Kill Zombies"**

Rev. Tamara Casanova Suzuki  
**Rev. Tamara** explores the ways we all can avoid becoming part of the walking dead.



**From Rev. Tamara's Desk**

**SMILES :-)**

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Thich Nhat Hahn

Smile and the world smiles with you. This simple statement contains the key to what spiritual teachers and scientists alike have been telling us for years. The benefits from smiling are multiple and accrue both to the individual and to those around you. So smile as you read on!

When you smile, the serotonin and other neurotransmitters released by the act of smiling serve as anti-depressant/mood lifters, natural pain relievers, and stress reducers. Smiling relaxes your body, and can also lower your heart rate and blood pressure. All desirable outcomes and side-effect free!

"Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion." —Thich Nhat Hahn

Beyond powerful individual benefits, the act of smiling also generates a positive effect on those around you. We all know how contagious a smile is. It lifts our mood as well as the moods of those around us. Fascinating research confirms seeing a smile, or even reading positive emotion verbs, affects us and those around us somatically and that, in turn, can influence judgment and actions. Imagine a world where all would smile the genuine smiles of awakened minds living in peace.

"Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment."  
Thich Nhat Hahn

### ***The Week At a Glance***

#### **Thursday, October 3, 2013**

10 AM Tai Chi [Beck] - H  
6:30 PM [PUC Choir Practice](#) - H  
7:30 PM Environmental Priorities  
Network - L

#### **Friday, October 4, 2013**

7:30 PM Temple Emet Shabbat  
Service - H

#### **Saturday, October 5, 2013**

10 AM Self Defense for Females  
Young and Young at Heart - H  
12:30 PM Paulsen: Indian Brunch  
- O [T&S]  
6 PM PUC FUUn & Games Night!  
- H

#### **Sunday, October 6, 2013**

10:30 AM Sunday Services-H  
11:45 AM PUC YoUUth Choir  
Rehearsal - CR2  
12 PM Acting Associate Minister

Hoping to see lots of smiling faces on Sunday morning~

Love,

—**Rev. Tamara**

[AssocMinister@pacificunitarian.org](mailto:AssocMinister@pacificunitarian.org)

**Religious Education Matters**  
**Family Religious Education Ministry**  
**OCTOBER CALENDAR**

*Our Religious Education groups are off to a great start in the new year! All groups are exploring Unitarian Universalist identity this year through activities, games, and stories.*

**10/6:** Religious Education classes exploring **UU identity**.

**10/11-10/13:** Our Whole Lives (OWL) Sexuality Education Facilitators training hosted at Pacific Unitarian Church!

**10/13:** Religious Education classes exploring **UU identity**. **YRUU group and supporters at AIDS WALK LA!! Sponsor a youth!!**

**10/20: Animal Blessing Multigenerational Service.** Bring your pets (dogs, cats, chickens, you name it) to receive a blessing. Childcare will be open for children in kindergarten and younger who do not wish to remain with their families in the service.

**10/27: Fall Festival of Fun!!** Come celebrate the season in this harvest, Halloween, Dia de los Muertos (Day of the Dead) carnival-style celebration. Activities, games, crafts and food await!!

—*Rev. Tamara*

[AssocMinister@pacificunitarian.org](mailto:AssocMinister@pacificunitarian.org)



Please [CLICK HERE](#) to request to be added to the R.E. Family Facebook Group.

**Monthly Game Night is Baaaack! Here at PUC on Saturday, October 5th!!**

Join us in PUC's Henriksen Hall to play all sorts of games for adults and kids alike. From 5:30 - 9 PM, **Saturday, Oct. 5**. Please bring your own favorite board games, and finger food & drinks to share. *No kids under the age of 10 without their parents in attendance.*

This event is FREE. Come discover the fun of sharing a great evening with your fellow PUC members.

Questions? Want to help? Please contact the Gamemeisters: [Payal Kadakia](#): 310-977-2146, or [Randy Ripley](#).

**Kim Gosney Appointed As PUC's New Director of Congregational Advancement**

The PUC Board of Trustees is please to announce that Kim Gosney has been hired as our full time Director of

***The Week At a Glance***

Committee on Ministry - V  
2 PM [PV Seniors](#) Dance - H  
*All are welcome!!*  
7 PM Books In Our Lives  
Covenant Group - L

**Monday, October 7, 2013**

10 AM Tai Chi [Pekich] - H  
5 PM [Kundalini Yoga Class](#) - H  
7 PM Men's Ministry - V

**Tuesday, October 8, 2013**

6 PM Plant-Based Cooking Class  
w/ Debi - K

**Wednesday, October 9, 2013**

11 AM Beginning Yoga w/ Debi

**Thursday, October 10, 2013**

10 AM Tai Chi [Beck] - H  
3 PM Staff Meeting - L  
6:30 PM [PUC Choir Practice](#) - H

**Flowers for the Church**

*Sundays Flowers "are to wish Happy October Birthdays to my daughter **Marina** and husband **Andy**. I love you both so much!!."*

—*Janet Kissner*

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

**Next open dates:**

**Nov. 3, 10, 17; Dec. 1, 15, 22, 29**



**11/2, 10 AM - noon:** We'll be holding our **Focused Activity Summit, Part II** on **Saturday November 2**. You may recall that the congregation was invited to a Focused Activity Summit in June - and we had a great turnout. The goal of the Summit was to collaborate and coordinate activities across committees, task forces and individuals to drive growth. Much has been done in the months since the first Summit, and it is time to celebrate our

Congregational Advancement beginning October 12. Kim has outstanding credentials and experience. She holds a Bachelor's Degree in Theatre Arts from Grand Canyon College and a Master's in Theology from Fuller Theological Seminary in Pasadena. Kim has worked as a program and event coordinator for many years with a proven track record in membership and program growth. We are thrilled to have her join our team as we grow into our vision of growth and establish our Center for Spiritual Renewal.

Our selection process was rigorous and thorough. A search committee consisting of Rev. John, Pam Harris, and myself was established in early August. The board reviewed the job description and detailed responsibilities based on the Strategic Plan and advertised the position in several online sites: the Pacific Southwest District, the Unitarian Universalist Minister's Association, and a non-profit job search site, Opportunity Knocks.Org. We also attempted to place an ad with the organization DRUUM (Diverse and Revolutionary Unitarian Universalist Multicultural Ministries) but they did not respond.

We received five qualified applications. Of those three were selected for interview. Interview questions were developed exploring the candidates' experience, leadership style, marketing ability, attention to issue of diversity, and other criteria. Of the three candidates two were considered very strong. After further reference checks and much deliberation it was decided that Kim was our very best overall candidate for the job.

Kim is excited to be joining the staff team and to be able to offer her gifts and passion to this new calling. Please welcome her as she takes up this new ministry.

—**Gary Hart**, President, Board of Trustees

## **BE OUR GUEST! Concert @ PUC Celebrates All Things Disney**

Join **Caitlin & Teri Masters, Dr. Severin Behnen**, & special guests at 7 PM, **Saturday, October 19**, for a performance in celebration of *all things Disney*. People of every age will be entertained by songs from heroines and villains, royalty and peasants, & Siamese cats and warthogs. You'll learn backstage secrets of Disneyland and get a chance to sing-along. Dessert will be served following the show. Please join us for a Zip-A-Dee-Doo-Dah good time on this lovely Bella Notte. Tickets: \$15 adult; \$10 teens; \$5 children.

*Your name will be on a list at the door if paid for this concert at the Talent & Service Auction.*



### **Can We "Shoot" YoUU this SUUday?**

In preparation for a new edition of the PUC Photo Directory, we need pictures of all the new individuals & families who've joined PUC in the past year, plus many others of you whose pictures have never made it into past editions. Or perhaps you're just ready for a new "closeup." **Ron Keyes** will be on the Patio today with his trusty camera – please find him before he finds you.

If you'd like to provide us with a picture of you(all) taken elsewhere, please send it to Craig in the [PUC Office](#).

successes and focus our activities for the next few months. Stay tuned for more details – but for now – **save the date!**



### **PASTORAL CARE NEWS:**

Rev. John will be leading a circle of remembrance for **Bette Chevron** (who passed away on September 18) from 9:30 - 10 AM, **Sunday, Oct 13**, in the Classroom #1. All are welcome to share memories.

If you are in need of Pastoral Care, please contact **Reverend John**. [pastoralcare@pacificunitarian.org](mailto:pastoralcare@pacificunitarian.org) or the [PUC Office](#).

### **October's Monthly Theme: Vocation/Call**

#### **10/13: In Defense of Barbarians**

Rev. Dr. William F. Schulz & Rev. John Morehouse

**Rev. John** will join [Rev. Dr. Bill Schulz](#) in this dynamic Service. Dr.

Schulz, the President of the [Unitarian Universalist Service Committee](#), will take up the cause of barbarianism and explain how you too may fall into that favored category; or at least be allied with it.

Renowned as one of our country's top justice activists, Dr. Schulz has served as the president of the UUA, and for eleven years was the Executive Director of Amnesty International. This is a Service you won't want to miss.

#### **10/20: Our Annual Animal Blessing**

Rev. John Morehouse  
Bring your pets (dogs, cats, chickens, you name it) to our annual multigenerational Blessing of the Animals. **Rev. John** will lay on loving hands and the Choir will sing.

#### **10/27: Embracing Risk**

## Thanksgiving Feast @ PUC – Come One, Come All

PUC is thinking about having a member and friends potluck on Thanksgiving day at the Church. But before we start buying turkeys we want to see how many people would be interested in coming. If this sounds like something you'd be interested in, please send an email to **Cheryl Sims & Mark Berlin** at [simber100@gmail.com](mailto:simber100@gmail.com) or leave a message at 424-275-9121 with how many people including you would be attending. If we get enough people we'll make a formal announcement and start planning!

## You Can Earn FREE \$\$\$ For PUC Just By Shopping At Ralphy's!!

September 1 was Ralphy's annual (re-)enrollment date for their [Community Contribution Program](#). Using your Ralphy's Rewards Card and linking to PUC will ensure PUC receives anywhere from 1%-3% of your monthly purchases (depending on the amount you spend). PUC receives a quarterly check from Ralphy's based on our supporters' purchases.

[CLICK HERE For Online Registration Instructions.](#)

[CLICK HERE to download & print the Ralphy's Scanbar Letter yourself.](#)

If you'd rather register without going online, Craig has Ralphy's Scanbar Letters in the PUC Office which can be used for enrolling or renewing. Just take the Scanbar Letter and your Ralphy's Reward Card (or just use your phone #) and give to the cashier when you check out with your purchases. This will sync your card to PUC for the Community Contribution Program.

If you have any questions, contact [Pam Harris](#) or [Craig Block](#).

## Want to Make Your Roof & the Sun Work for You?

I'm a member of PUC and also a sales representative for Verengo Solar. I'll contribute 25% of my commission and referrals to all members who set up appointments to talk to one of Verengo's representatives about saving \$\$\$\$ on their electricity bills while doing great things for the environment. Going solar is like taking lots of cars off the streets.

Please call me directly so I can get you set up. Verengo won't take the business from anyone who can't save money each and every month. Thanks,

—[Matthew Berlin](#)  
858-922-4233

## Aria McKain Is Moving and Needs to Downsize - Everything Must Go!!

Aria also needs help transporting boxes to the Post Office. Can you help?

See what treasures she's parting with, and much more Member-to-Member news at: <http://www.pacificunitarian.org/members>

Rev. John Morehouse  
**Rev. John** explores the power of risk taking as we determine our life's work. Join us!

## Special Thanks to All of You who help! *Hospitality News*

Ball Park franks, chips, and mexican soda topped off a flutter-fetti celebration of our new classroom space. Thanks to chefs Andy Kissner, LeeAnn & Gary Hart, & Francis Morehouse. See you **OCT. 6** at Andy Kissner's big once-a-month breakfast. Hot buttermilk pancakes, sausage & bacon!!!!

## *First Sunday Hospitality*

### Ushers:

Carlos Angeles & Elizabeth Drake

### Welcome Table:

Marty Gorman

### Greeters:

**OPEN POSITION** & Dennis Murray

## *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, December 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), Monday, 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,



</membertomember.html>

1st Mon., 7:15 PM, L

[Submit your posting request](#)

## **SOUTHLAND INTERFAITH NEWS**

### **Southern Poverty Law Center Speaker @ Temple Emet Shabbat Service on Oct. 18**

Dennis M. Robinson, from The Southern Poverty Law Center, will be the Guest Speaker at Temple Emet's Shabbat Service on **Friday, October 18**. Service begins at 7:30 PM right here in PUC's Henriksen Hall.

#### **Pacific Unitarian Church**

#### **A Unitarian Universalist Community**

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

5621 Montemalaga Drive, Rancho Palos Verdes, CA 90275

Office: (310) 378-9449

Fax: (310) 378-1508

[Click here for Directions](#)

#### **Sunday Service: 10:30 AM**

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

[admin@PacificUnitarian.org](mailto:admin@PacificUnitarian.org) [www.pacificunitarian.org](http://www.pacificunitarian.org)

#### **Tuesdays**

Soulful Sundown, 1st Tues., 7:30 PM, H

#### **Thursdays**

Women's Circle, 4th Thurs., 10 AM  
Tai Chi (Beck), Thurs, 10 AM, H  
Seniors Pow Wow to Share How,  
3rd Thurs., 11 AM, L  
PUC Choir Practice: Thurs., 6:30 PM, H  
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**

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

#### **Saturdays**

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

