

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

* Please send requests for a Sunday announcement to: Clay Bosler claytonbosler@mac.com



Pacific Unitarian Church
A Unitarian Universalist Community
Committed to the Free and Responsible Search for Truth, Meaning and Service

The View



August 14, 2014

Deadline: Each Wednesday at noon

Hi {FIRST_NAME|PUCer},

**"Before you know kindness as the deepest thing
inside
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.**

**Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to mail letters and
purchase bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend."**

**~Naomi Shihab Nye, Words Under the Words:
Selected Poems**

**May Kindness travel with us and guide us each one of
us - within our beloved PUC community and out into
the world.**

August's Monthly Theme:

FORMATION

This Sunday

August 17

10:30 AM Service

8/17: Living in the Now

Rev. John Morehouse

It has been said that the most important moment is the present one. But just how do we achieve that present peace?

8/24: In and Out of Time

Rev. John Morehouse

Rev. John explores the spiritual nature of time and how it forms our perceptions of ourselves and the world, life and death. Join us!

September's Monthly
Theme:

VISION

The Week At a Glance

Thursday, August 14, 2014

10 AM Tai Chi Class - H

7:30 PM Environmental Priorities

Network - L



Message from PUC's Director of Congregational Advancement

This month's theme is formation. Few things appear to form we

humans as much as vulnerability. We tend to react to the sensation of vulnerability with avoidance. Yet, life continues to present us over and over with an invitation to cultivate vulnerability. And this is something that we can practice together here at PUC. I hope to have sway with you over the opportunity to have vulnerability with us in our congregation.

As Brene Brown, the bestselling author aptly says: *"The difficult thing is that vulnerability is the first thing I look for in you and the last thing I'm willing to show you. In you, it's courage and daring. In me, it's weakness."* Have you considered the truth that your vulnerability is the birthplace of your courage and the other meaning-making experiences in your life?

Theodore Roosevelt's speech "Citizenship in a Republic" - sometimes referred to as "The Man in the Arena" - stated:

"It's not the critic who counts; not the one who points out how the strong one stumbles or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly . . . who at best knows the triumph of high achievement and who at the worst, if they fail, at least fails while daring greatly." (language edited for inclusivity).

We all search to create meaning in our lives. We want to be one who counts. It takes courage. And vulnerability. You have a community that you might do this in.

In the fall we are planning to make PUC a destination - come and have a simple supper, a short worship and then - an opportunity... you could break into a small group or a class or join the choir. Begin thinking about where in your life you might stretch and grow and take a few vulnerable steps. Maybe you need more community caring in your life? Maybe you need more joyful expression? Maybe you need a place to feel like home. Look at your calendar and think about saving your Wednesday nights to be with us at PUC. It is a place to take your personal and our corporate formation to the next level.

Best,
Kim



Congregational Meeting on August 17th

Pursuant to PUC Bylaws, the Board of Trustees hereby calls for a Congregational meeting of the Church on Sunday, August 17, 2014 at 12:15 PM.

Friday, August 15, 2014

7 PM [Summer Friday Nights @ the Beach!](#) - Redondo Beach @ Ave H

Sunday, August 17, 2014

10 AM Childcare - CR3
10:30 AM Sunday Services - H
11:30 AM Hospitality Lunch - Patio
12:00 Town Hall Meeting and Vote - H

Monday, August 18, 2014

7 PM Trustees Meeting - CR1

Tuesday, August 19, 2014

10 AM [PUC Buddhist Meditation Group](#) - V

Wednesday, August 20, 2014

11:30 AM [Beginning Yoga](#) w/ Debi - H
12:30 PM Reverend Morehouse: The Spiritual Brain- CR1

Thursday, August 21, 2014

10 AM Tai Chi [Beck] - H
11:00 AM Senior Powow to Know How -L

***Sunday's flowers
thoughtfully shared by
Lee Ann and Gary Hart***

Please sign up for your turn to bring Sunday's Flowers on the Flower Calendar inside the door of the PUC Office.
Next Open Date: September 7

↔

**Sunday, August 17th
Hospitality
Special thanks to all of our
volunteers!**

Ushers:

Alana, Olga, & Sylvia Garrigues

There will be an important vote on a revised budget for this fiscal year. For information about the vote and copy of the ballot, including information about casting an absentee ballot [click here](#).

Receiving the View via the US Postal Service

Do you know someone that needs the View sent to them via US Postal Service? If so, please encourage them to give their name to the PUC office volunteer, and we'll add you to the list of folks who receive the View on a weekly basis via US Postal Service. In these challenging fiscal times, the preferred method of delivery is electronic as it is more cost effective, so we'd prefer that this option only be used for those that cannot receive an electronic copy

SOCIAL JUSTICE COMMITTEE

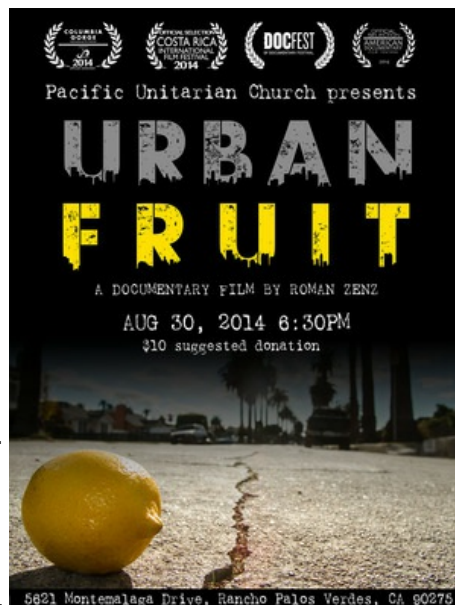
urban food movement
Saturday AUGUST 30th
Filmmaker Roman Zenz will be there for Q&A after screening.

Doors open at 6:30 p.m. \$10 suggested donation. 50% will go to filmmaker. Open to public.

Contact

Denise@Umeworks.com or 310-

257-9127 to reserve your seat. To volunteer to help with this event, please also contact Denise.



Board of Trustees opening

There is an open position on PUC Board of Trustees. It is the preference of the trustees to have an interim replacement until our next annual election in 2015. Please contact Board Secretary, Janet Kissner at jandy@socal.rr.com by August 17th if you would consider serving PUC in this capacity.

Summer Friday Nights at the Beach ALL SUMMER LONG!!

Summer is nearing its end. Be sure to bring the



Welcome Table:

Betty Saunders

Greeters:

Jean Tordella

Top Chef:

Vivian Hao



Recurring Events

Sundays

YRUU High School Group, weekly,
10:30 AM, L

Half a Century Marrieds Group, 5th
Sun, 12 PM, Fu Yuan Low
Restaurant

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

Mondays

[Kundalini Yoga w/ Aimee](#),
5 PM, H

Board of Trustees, 1st & 3rd,
7 PM, CR1

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

Tuesdays

[Buddhist Meditation Grp](#), weekly,
10 AM, V

Wednesdays

[Beginning Yoga](#) w/ Debi
Robinson, weekly, 11:30 AM

Thursdays

Tai Chi (Beck), Thurs, 10 AM, H
Seniors Pow Wow to Share How,
3rd, 11 AM, L

PUC Choir Practice, On Summer
Hiatus

[Environmental Priorities
Network](#), 2nd, 7:30 PM, L

Saturdays

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

whole family at least once as we play in the sand and take time out to watch the sunset with reverence together. This is truly a time for all ages.



Pack a picnic or get together for a late dinner and drinks afterwards at a local establishment.

Look for the beach balls! Every **Friday night at 7 PM** on Redondo Beach, at Avenue H & Esplanade.

Attention Young Adults (Ages 18 to 35)

Here's a great opportunity to connect! This year our Intern Minister, Krista Weber, will be acting as Chaplain for the district wide Young Adult Camp up at De Benneville Pines and would love to have some PUC folks join her. Bring a friend, or two, or three for a great weekend of fun and faith Labor Day Weekend Aug 29-Sept 1! Only \$160 for the entire weekend including food, lodging, and programming; scholarships are available. Please see our Facebook page or contact Krista at kweber@meadville.edu for more information or to register.

Your Little Rocks Task Force is working hard to find ways to bring incremental income to the church.



PUC Rummage Sale

Save your gently used household items (furniture, home decor items, dishes, glasses, jewelry, art, etc.) for the **PUC RUMMAGE SALE Friday & Saturday, October 24 and October 25**. This is a great opportunity to clean your house and garage before the year-end holidays! In the past, our Rummage Sale has made over \$2,000 for PUC.

Contact Linda Jenson for details.

BUY YOUR COMEDY & MAGIC CLUB TICKETS ON THE PATIO THIS SUNDAY!

Tickets \$20
Wednesday,
24 September
Comedy & Magic Club in
Hermosa Beach



Doors Open 6:30

Come see Tommy Johnagin, second place winner of NBC's Last Comic Standing

Buy your tickets early and PUC will receive 50 additional donated tickets to sell. All \$\$ goes to support PUC!!

See Pam Harris, Lee Ann Hart, Judy Shaffer, Denise Shiozawa or Linda Jensen for tickets.

Volunteer Opportunity on Sunday mornings!

We have been so fortunate to have the wonderful Sunday Brunches started by Frances Morehouse. The new proposed budget includes cutting custodian's hours and cutting things such as fresh flowers, table cloths, glasses and glass bottles of water. Do you value these things or consider them frivolous?

We need volunteers to retain these amenities, people who are willing to donate one hour before the service to do "set up" on the Patio and others who will donate two hours after brunch to "tear down." This includes four loads of table linens to be washed in the machine to be ready for the next Sunday. We have a detailed list of what needs to be accomplished.

It's our Church, please tell me what you want and together we can do it. It's your decision. Volunteer bonus ---FREE brunch in appreciation for your service. Contact Val Richards at 424-772-1976 or sign in on line @signupgenius.com



THE SPIRITUAL BRAIN

4 WEDNESDAYS: AUG 6, 13, 20, 27

12:30 - 1:30 PM in CLASSROOM 1

Instructor: John Morehouse

Fee: \$5 per session, \$20 for series

Reverend John begins his exciting series of Create Meaning classes for the fall 2014 season. Learn how religion and science intersect. Neuroscience now understands a great deal about how the brain works during a variety of spiritual experiences. This lecture and

discussion will provide up-to-date scientific information and guidance about how to live with our spiritual brain.

Yoga Classes at PUC:

Gentle Yoga Class for All

Wednesdays, 11:30 AM-12:30 PM in the Hall

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

We will focus on a gentle practice through movement:



- To help unblock your flow of energy
- Increase your mental and physical flexibility while releasing stress and enhancing body awareness
- 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

Monday Yoga & Meditation Basics Class- Postponed

Led by: Aimée Donahue, Yoga Instructor and Therapist

Get centered for Summer with a healthy practice for your mind, body, & spirit!

Join us in the Hall on **Mondays from 5 - 6:30PM** for *Kundalini yoga*, a physical, mental, and spiritual discipline for developing strength, flexibility, consciousness, and character.

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!

Regular Series (10 sessions) \$170 | Walk-In \$20 per session.

REGISTER HERE: Find out more at www.yogawithaimee.com.

Sunday Service: 10:30 AM

5621 Montemalaga Drive, Rancho Palos Verdes, CA 90275

[Click here for Directions](#)

Contact Us:

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