

SeaLight

Volume 9, Issue 3

March, 2009

News and Information for the Unitarian Universalist Fellowship of Laguna Beach

429 Cypress Drive, Laguna Beach, CA 92651 (949) 497-4568

www.uulagunabeach.org

Sunday Morning Services Begin at 10:30 am

From Your President

The big news right now, as I write this article, is that we had our first visit as a congregation to the Morningside property on Sunday, February 15. I heard a lot of positives. It is a very nice property. I heard a few negatives. It is a little more off the beaten path than our current site. Everyone seemed to ask, "Can we do this? Can we afford this property?"

The real answer is that if we want to do it we can. The big next step is to hear from everyone and reach some consensus on what we want to do. The Finance Committee along with the New Facility Committee will plan a series of small meetings where they will seek input from all members. I hope that this begins to happen even before you receive this SeaLight. If the membership feels strongly that we should pursue a purchase, then we will ask the Fellowship to vote to go ahead in a formal meeting.

Only after a commitment from the Fellowship can we seriously talk to lenders about making a loan, and to the UUA about guaranteeing a loan. There is the need to negotiate with the current owners because we and they have different ideas concerning the value of the Morningside property.

(Continued page 2)



While Rachel contributes at our monthly Wishing Well Sunday in Religious Education, she views many framed letters UUFLB children and youth have received for their hard work and generosity completing social justice and earth justice service projects. Nice work children & youth!

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Sunday Services



Choir practice every Sunday morning at 9:30am

March 1 When Too Much is Not Enough

Addiction affects nearly every family in some way or another. This worship service will discuss the reality of addiction and how we might respond to the challenge with integrity and compassion.

Kent Doss, Consulting Minister

March 8 Living Through Economic Crisis

The economy of our country, and of the world is in the pits. This worship service will explore ways that we can respond to our neighbors in need and hopefully have an opportunity to heal some of our own hurts and fears. In a country soaked in the Protestant Work Ethic, hardship in employment takes a financial, emotional, and spiritual toll. Lets explore this together and hopefully make some meaning out of this difficult time.

Kent Doss, Consulting Minister

March 15 Heretics or Heroes

This worship service based on UU history will explore how and why Unitarian Universalists fight for the underdog. Our tendency to see ourselves as outside the mainstream makes it clear that we welcome "difference," but what does it mean for Unitarian Universalism as a faith tradition? Are we forgetting that we do have a powerful message and that we too can change the world?

Kent Doss, Consulting Minister

March 22 Mission Thailand, Guest Speaker Sandra Kirkpatrick

An unblinking journey into Thailand, a sex tourism destination, where the crime of human trafficking is being fought nightly. This video presentation is shared with us by a participant in that fight for victim's freedom and the restoration of their dignity. Sandra Kirkpatrick shows the multinational women trapped in this world of secrets, deception and fear. We will see how corruption and greed combine with mafias, cartels and unbearable poverty to deprive women and children of their freedom and human rights when they find themselves forced into the sex trade. And where a few brave women, and fewer men, are willing to place themselves at risk to stem the growing tide of human trafficking.

Service Leader: Glenna Matthews

March 29 A Chalice, Broken and Made Whole

We Unitarian Universalists covenant to affirm and promote the inherent worth and dignity of every person. We greet the world with optimism. People are good, but in the midst of that goodness, for every person exist real hurts, fears, and shortcomings. This worship will explore and ultimately celebrate the paradox of being both broken and whole through our entire lives.

Kent Doss, Consulting Minister

Message from our Minister

Because it has taken a good chunk of my attention in the past month, I wanted to take this opportunity to let you all know about a resource that is available through UUFLB. There is a small pool of money, the minister's discretionary fund, which is available for emergency assistance to members of our community. While it is not exclusively for UUFLB members, those who have participated in our community will be given priority. As I said above, this is a small amount of money that is going fast in these tough times. If you would like to contribute to this fund, please contact me or a member of the finance committee.

On a very different note, I want to mention that the trip up to see the church on Morningside was a delight. Jonathan Hefferlin managed to bring some beautiful snacks and coffee, and we all toured the facility. We will have other opportunities to see that property, as well as some opportunities to get your feedback on the prospect of moving to the larger facility. We are doing what we can to get everyone's input on this topic, but we need you to check out the info, show up to tours, and speak your mind. This is a community decision that needs everyone's input.

I had debated about writing about the tough economic times and the Morningside property in the same Sealight article. At first glance these topics seem oppositional. But when considered more deeply, I realized that in fact these two topics are complimentary. The point of moving to a larger facility is not just to have a larger building. It is to grow our church so that we can have a larger impact in the world, and more resources to help those in need.

These days have been filled with great hope and anticipation in some ways, and anxiety and shortage in others. That rollercoaster can be overwhelming, but please remember, you are not alone. You are a part of a community, part of UUFLB and you are in our hearts.

Sincerely,
Kent



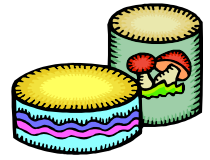
Coffee Talk Tuesdays 4:30-6:30p.m. at the Koffee Klatch, 1440 South Coast Highway in Laguna Beach. Hang out with Kent and whoever else shows to get a bite to eat and chat. All are welcome. This is a great opportunity for new folks to get to know UUFLB members in a casual setting.

Coffee Talk Book Discussion for March The book discussed at Coffee Talk on March 17 will be *Three Cups of Tea: One Man's Mission to Promote Peace... One School at a Time* by Greg Mortenson and David Oliver Relin. In 1993 a mountaineer named Greg Mortenson drifted into an impoverished Pakistan village in the Karakoram Mountains after a failed attempt to climb K2. Moved by the inhabitants' kindness, he promised to return to build a school. *Three Cups of Tea...* is the story of that promise and its extraordinary outcome.



Fellowship News

Throughout the month of March, UUFLB is collecting non-perishable food items for the Laguna Beach Resource Center. Please bring your donations to church on Sunday morning and we will deliver them to the Center during the week. This is a time of tremendous need in our community and your generosity is deeply appreciated. This food drive is a multi-congregational effort organized by the Laguna Beach Interfaith Council.



Young Adult Lunch, March 15 at 12 noon

After the worship service, the UUFLB young adults (18-35ish) will walk to a local restaurant for lunch and conversation. This is an opportunity for our younger members and visitors to build community with their peers. Keep an eye out for more young adult lunch plans in the future.

Membership Orientation – Sunday March 29 12pm-2pm

This class is an opportunity for anyone considering joining UUFLB to learn more about Unitarian Universalist history, and what it means to be a member of this particular congregation. The session will conclude with an opportunity to officially become a member of the Fellowship. Lunch will be provided. Please RSVP to Kent at kentedoss@yahoo.com so we can plan appropriately.

Leading Congregations into a Multiracial, Multicultural Future: Now is the Time, April 3-5

in Tulsa, Oklahoma. The UUA's third annual conference on creating and nurturing multiracial multicultural congregations will be held in Tulsa, OK. Tulsa was selected for its diversity of congregations. One of the conference partners is the UU Congregation of Tahlequah, capital of the Cherokee Nation. The keynote speaker will be Dr. L. Lee Knepfelkam, professor of psychology and education at Columbia University. For more information go to <http://www.uua.org/events/multiracialmulticultural/2009/index.shtml>

First Friday Discussion Group, March 6 at 12 noon

Topic: The Recession Impact and Solution

Hosts Riva and Mark Dimond will provide interesting drinks and a light refreshment. Their address is 2007-B Via Mariposa West, Laguna Woods. For directions, please call Riva at 949-830-5294. Please bring your own (recycled) brown bag lunch.

A Few Thank Yous



The "Sandwiches for the Homeless" Crew want to thank our Religious Education Coordinator, Wendi Bender, and the RE children for the cleverly decorated sandwich bags. Another big thank you to Colleen Schuelke and her talented family for their Valentine decorated bags. And thank you to Colleen, Patty & Kenny Scheulke as well for the promise of colored Easter eggs.

Jonathan Hefferlin has earned the gratitude of everyone for the way he provides before and after service coffee, tea and endless goodies. However, on February 15 at the Morningside church property, he provided a banquet! When you try to thank him, he replies "No problem, it was nothing." We want Jonathan to know that lugging the coffee pots and all the spectacular refreshments was way beyond our expectations. Jonathan, thank you from all.





Circle of Light

We continue to hold Patricia Blanchard in our hearts and thoughts as she struggles with health issues.

With sorrow, we note the death of long-time member, Fred Topik, and we send loving condolences to his brother, Kurt, and family.

Nurse Notes

Helen Frederick, R.N.



I have been attending Neil Nedley MD's Depression Recovery Program put on by Laguna Niguel Lutheran Church. I hoped it would give me some sound advice to pass on to you. Dr. Nedley believes there is a way out. In fact, he wrote a book called *Depression, the Way Out*. He is not a psychiatrist. He is an internist with an emphasis on Cardiology, Preventive Medicine, Mental Health and the "difficult to diagnose" patient.

He calls depression the "invisible disease". It knows no cultural, social or economic barriers. The numbers are increasing and striking at an earlier age. It currently affects more than 19 million Americans and costs over \$70 billion in treatment, disability, and lost productivity in the U.S. each year. It also hurts, causing physical and emotional pain.

Dr. Nedley gives nine symptoms associated with the disease of major depression. A person who experiences at least 5 of the nine symptoms for at least two weeks has clinically defined major depression. A person who experiences two to four of the nine symptoms for at least two weeks has a clinically defined mild form of depression called subsyndromal depression. The symptoms are:

1. Deep sadness or emptiness
2. Apathy
3. Agitation or restlessness
4. Sleep disturbances
5. Weight or appetite disturbances
6. Lack of concentration
7. Feelings of excessive guilt or worthlessness
8. Morbid thoughts
9. Fatigue

If these symptoms apply to you, the best course of action is to see your primary physician. Many times depression makes physical diseases worse and needs to be monitored. Be honest with your doctor. There are medicines and therapy to treat depression. Lifestyle changes described in Dr. Nedley's book are very helpful as are his "workshops" held around the country. I will be adding information in Nurses Notes about the effects of depression, its causes and some lifestyle changes that have been documented as being helpful.

Call or email me if you want information about Dr. Nedley's programs.

I WISH YOU GOOD HEALTH!

WELCOME TO THE VOYAGE Religious Education Newspaper



Nursery/Explorers (Infants through Kindergarten)

UU based care-giving and values exploration in the Family Room or adjacent Library.

Our little Explorers will enjoy the stories of Dr. Seuss and apply the Seven Principles of Unitarian Universalism to their everyday lives. These stories are fun and engaging. But even more important, they are based on life situations and experiences and give us a way to reflect, to talk about things that are part of our lives.

Innovators (grades 1st - 4th)

- 3/1 Holidays and Holy Days: Henry Bergh Day - UU Animal Friend
- 3/8 Field Trip! Join the RE on an Adventure to be Announced Soon
- 3/15 Holidays and Holy Days: St. Patrick's Day - Ireland
- 3/22 Holidays and Holy Days: No Ruz - Iran New Year
- 3/29 Wishing Well Sunday: Earth Justice

Whenever we have five Sundays in a month, our Religious Education program plans a get-away off-site to explore our environment and/or help others. We will be sending out information about our outing as soon as we have the details finalized. Watch for the details...visit our web site at ...<http://groups.yahoo.com/group/uufbparents/>

Seekers (grades 5th - 6th) and Youth (grades 7th and up)

The Seekers and Youth are working with a new curriculum called **Traditions with a Wink!** They will be deepening their understanding of their UU faith. We all have powerful stories and a vision of hope. It is time to share them with our young UU's as they proceed along their own faith journeys.

- 3/1 Traditions with a Wink!: Abstract Sculpture
- 3/8 Traditions with a Wink!: Genesis and Evolution
- 3/15 Traditions with a Wink!: The Black Box
- 3/22 Field Trip! Join the RE on an Adventure
- 3/29 Wishing Well Sunday/Earth Justice

At last month's Wishing Well Sunday, Fellowship member Helen Frederick, a Registered Nurse, visited our children and talked with them about germs. We watched a very child friendly educational film explaining how to win the fight against illness through hand washing. Helen brought in a blacklight and the children used special powder to see how the germs transfer from person to person.

They also checked their hands after washing to see if there were any germs still on them ... guess what? Even when they used soap and water some of the germs were still on their hands!

Thank you, nurse Helen, for helping our young UUs live a healthy life style!

Your Connection to the Wider UU World



District Assembly News

We want to encourage you to attend the District Assembly on the weekend of May 1-3 at the Hilton Phoenix East. It is in Mesa, AZ, a very nice area. Like Laguna Beach, Mesa is a favorite destination for "snow birds."

An extra attraction at this year's District Assembly will be an award-winning photo text exhibit from Family Diversity Projects, a non-profit organization in Amherst, MA. They have created five award-winning traveling rental photo-text exhibits that tour communities nationwide and internationally. Their goal, as stated on their website, is to educate "people of all ages to recognize, support, and celebrate the full range of diversity, ...[and] to help reduce prejudice, stereotyping, and harassment of all people who are perceived to be 'different' from the 'norm'."

Pacific Southwest District Election

The Vice President, Treasurer and two Trustees of the Board, along with members of the George White Memorial Fund and the Nominating Committee will be elected at this year's District Assembly (DA) in Mesa, AZ. The current Nominating Committee has sent a letter naming their nominees to each congregation in the District. Nominations from the floor are permitted when an election for officers or Trustees is otherwise uncontested. More information about the election is posted in the Family Room. Come help choose the people who will guide our District as we grow.

Schedule at de Benneville Pines

March

6 - 8 Long Beach UU Congregational Retreat

For info, contact office@uucfb.org or (562) 597-8445

12 - 15 Youth Camps Reunion 2009

For info, contact laura_fahr@hotmail.com

This event can be found on the [Camp de Benneville Pines page on Facebook](#)

20 - 22 Girl Scout SongSwap Weekend

For info, contact caroline@uucamp.org or (909) 794-2928

This event can be found on the [Camp de Benneville Pines page on Facebook](#)

Conejo Valley UU RE Retreat (Private Group) - Craig's Cabin & Cabin 6

For info, contact cvuuf.dre@gmail.com

27 - 29 Rainbow Family Camp

For info, e-mail familyservices@lagaycenter.org or call (323) 860-7372



Wider UU World (continued)

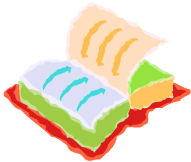
General Assembly News

The Planning Committee is securing rooms for GA attendees at several area hotels convenient to the Convention Center and to Downtown Salt Lake City attractions. They are also working to find alternative low-cost housing (dorms) in reasonable proximity to the convention center.

They currently have contracts with the following hotels:

- **Marriott Salt Lake City Downtown**, 75 SW Temple
 - **Radisson**, 215 West South Temple
 - **Shilo Inns Suites Hotel**, 206 SW Temple
 - **Salt Lake Plaza Hotel at Temple Square**, 122 West South Temple
- Hilton Salt Lake City Center**, 255 South West Temple

The Committee is also in negotiation with the University of Utah to provide dormitory housing. The [First Unitarian Church of Salt Lake City](#) is coordinating home hospitality. If you are planning to attend GA, please use the housing office to make your reservations. It's easy and quick and you will get the best price available. Any room that has been blocked out that does not get used by an attendee must be paid for by the UUA.



Yesterdays Create Tomorrows...

On March 7, 1601, a Socinian conference opened in Rakow, Poland. They discussed the nature of Christ, his relation to God, and whether he should be worshiped.

In 1844, The English Parliament passed the Dissenters' Chapels Act, by a vote of 202 to 41. It was aimed at giving Unitarians legal rights to their church property. What an important step in religious liberty. Until then, church property belonged to the State. Queen Victoria gave the royal seal to the Act on July 15, 1819.

Ongoing Peace Demonstration

Marta Hullihen and Mark Dimond are at Main Beach Laguna every Saturday at 11am to "Shout it out for Peace." Mark has great signs to share! As Mark says, "Don't just do something, STAND THERE."



Lunches for the Homeless

Anytime you can bring them, the sandwich crew needs cheese, peanut butter, jelly, jam, sandwich meats, bread and fruit drinks. Soft fruit and tomatoes (which expire quickly) are needed on the last Sunday of the month, March 29.

All contributions can be placed in the basket by the front door. Thank you!



Endowment

Endowment funds create special opportunities for institutions. For example, at a university, an endowed chair enables the institution to offer a position that is not funded by the university's budget, and therefore can be offered at a higher rate of compensation or with more security of employment to make it more attractive to potential applicants. Or endowment funds can be used to secure opportunities that otherwise might not be available. For example, the National Endowment for the Arts seeks to "bring art to all 50 states, including rural areas, inner cities, and military bases," places that might not otherwise have access to art. The funds in the UUFLB Endowment Fund, according to the restrictions in our by-laws, can only be spent on specified expenses. The UUFLB Endowment Fund can only be used for:

- facility improvements
- long-term growth and enhancement of the Fellowship and its programs, but not including day-to-day operations of the Fellowship
- contributions to a Unitarian Universalist charity or service authorized by the Board of Trustees

In the past, funds from the Endowment Fund have been used to repair our roof and to renovate the children's classrooms downstairs. The Endowment Fund could also be used to support other activities at the Fellowship, such as the Lunches for the Homeless program, or to match the congregation's annual donation to Heifer International, thereby doubling our global impact and benefit, or to purchase more headsets for our sound system, to assist people who have trouble hearing the sermons without them.

Please consider including the UUFLB Endowment Fund in your will or estate plans. Contact Charlotte Decker or Terry Heiney for more information.

Open Auction Items

Contact Laura McCardell at 949-642-4126 or laura_mcardell@yahoo.com if you would like to purchase any of the events below (see Auction booklet or contact host for details.)



Dieciseis de Mayo 4 openings \$25 Saturday, May 16, 2009 10:30am-2pm
Hilda Hernandez and Lynn Legaux's poolside Mexican celebration will be complete with home-made chicken enchiladas & tamales, Guava Mimosa's and Strawberry Margaritas!

Introductory Painting Lessons 1 opening \$100

Location: Frances's Laguna studio

Retired art professor Frances Huessenstamm offers art lessons in your choice of acrylics, watercolors or oil. You bring the canvas and pick the date.



UU's Can Fly 11 openings \$10 Date and time: TBA
Twenty lucky people will get a chance to fly together in the OC Great Park's Balloon.

The UUFLB Tapestry

... our own stories, in our own words

Carolyn Page

Tell us about your profession or aspiration.

You might say that I have been a caregiver most of my life, growing up with five brothers during the Depression. I was the second oldest and was a built-in baby sitter to my two youngest brothers.

Tell us about your family.

My son retired from Xerox and lives in Colorado Springs, CO. My daughter, an RN, lives in Costa Mesa, CA.

Who or what brought you to UUFLB and when was it?

My brother, Charles Moore, introduced me to UUFLB. Being raised in Christian Science and losing a brother and sister in infancy, plus my mother, I lost interest in religion.

What are some of your hobbies or interests?

I like to sew and read. I enjoy helping friends and neighbors with errands, etc. Before I had a TIA five years ago, I drove them to the airport, too.

What are/were some of your favorite activities and involvements at UUFLB?

I enjoy baking cakes for fellowship after services.

Tell us something interesting about your life that people knowing you now have not heard.



After graduating from high school I did arc welding in the Tacoma, WA shipyard for the World War II war effort. I'm proud to say four of my brothers worked their way through college except one a year younger than me who died in the Battle of the Bulge.

I volunteer four hours Monday and Thursday mornings at the Saddleback Hospital Thrift Shop. Over the past 20 years that I have lived in Laguna Woods, I have 4,500 hours to my credit at the Thrift Shop.

Fellowship Office Hours:

Tuesday, Wednesday, Thursday from 8:30 am-1:30 pm
Phone: 949-497-4568 Email: office@uulagunabeach.org

Fellowship

Minister:	Kent Doss	949-310-0385
Office Administrator:	Jane Barnett	949-497-4568
Lay Pastoral Care Coordinator:	Barbara W-Pemberton jpemberton@earthlink.net	
Religious Education (RE) Coordinator:	Wendi Bender	949-338-8003

Board of Trustees: Officers and Board Members at Large

President:	Terry Heiney	949-497-7302
VP Finance:	Cal Hulihan	949-364-1943
Treasurer:	Pat Flynn	818-237-7621
Secretary:	To be selected	949-497-4568
Members At Large:	Pam Flodman	949-654-2526
	Judy Shepard	949-464-1275
	Candy Strock	949-497-2003
	Kathy Temple	949-760-3067
	Amy Walzer	949-499-1245

Committee on Shared Ministry

Linda Frost 949-494-0193, Chair, Daga Krackowizer 949-715-3879,
Diane Morris 949-497-2249, Norma Young 949-497-6726 and
Ken Schuelke 949-661-8878

Leadership

Adult Activities	Oakley Frost	949-494-0193
Aesthetics Co-Chairs	Barbara W-Pemberton	
	Kathy Temple	949-760-3067
Auction	Laura McArdell	949-642-4126
Building & Grounds	To be selected	949-497-4568
Circle Suppers	Jean Paris	949-830-2270
Communication	Terry Heiney	949-497-7302
Denominational Rep.	Barbara W-Pemberton	
	jpemberton@earthlink.net	
Endowment	Charlotte Decker	949-587-0772
Finance VP,		
Pledging/Funding	Cal Hulihan	949-364-1943
Lay Pastoral Care	Barbara W-Pemberton	
	jpemberton@earthlink.net	
Membership		
Coordinating	Janet Fischman	949-916-2389
Music	Carole Cole	949-497-4568
Personnel	Lorraine Reafsnnyder	949-494-4219
Publicity	Gary McArdell	949-642-4126
Religious Education (RE)	Wendi Bender	949-338-8003
Shared Ministry	Linda Frost	949-494-0193
Social Action Co-Chairs		
	Jean Raun	949-494-2247
	Helen Scholfield	949-481-8976
Support Group	Dr. Aileen Goodson	949-452-0236
Webmaster	Amy Lemp	949-454-8864
Worship	To be selected	949-497-4568

~Reminder: Deadline for article submission is 12noon on the 15th day of most months. Please check with Administrator.
Send articles to: office@uulagunabeach.org



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