

SeaLight

Volume 9, Issue 11

November, 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

During November our annual pledge drive culminates in the Pledge Dinner. This year the dinner will be November 14 at the Fellowship.

Let me make an appeal for this year's pledge drive. Last year's pledging period began almost simultaneously with the meltdown of the economy. Consequently, our goal of \$120,000 in pledges fell almost \$30,000 short. Luckily, thus far in 2009, we have not spent all budgeted dollars and we have been fortunate to have some donations (including the Dick Clark legacy) that allowed us to complete improvements and maintenance to the facility that normally would have come out of the general operating fund. We will still show a large deficit between income and expenses in 2009.

For 2010 the Finance Committee has looked closely at the proposed budget and has not recommended any large increases. However, we do have some built-in increases. We now have a full time called minister. We now have an active and engaged music director. We have increased the hours our RE Coordinator devotes to the children's program. These personnel costs are the largest part of our budget fixed for 2010 at 75%. We need the generosity of every member and friend to ensure we can fulfill the commitments we've made.



Our church life is abundant for many reasons and what we afford is based on our collection of pledges. Let's thank one another at our November 14 Pledge Dinner as we strive for a generous year in 2010. See you there!

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Message from the President (continued)

The proposed budget is \$168,000 for all expenditures. The proposed income from pledges is \$120,000. We have 100 members more or less. You can do the math. We have some generous donors but we need everyone to consider what the Fellowship is providing in terms of value and give what they can to assist us in our services to members and friends and all we do in social outreach and contributing to the overall UU community.

Fred Topik was very generous in his estate to the UUFLB. We recently received over \$200,000 from Fred. Over \$40,000 of that money has been used to pay off the line of credit that was still outstanding against the RE expansion completed about 5 years ago. So, that burden of debt no longer hangs over our head. Fred's remaining legacy will be put into a special fund to help ensure the ongoing liquidity and smooth running of the Fellowship. However, in an effort to prevent the future frivolous use of the legacy, the Board has voted to limit the use of the money to 10% of the principal in any given fiscal year with the provision that another 10% can be used in extraordinary circumstances given unanimous approval of the Board.

The bottom line is that we will not use up this huge legacy in any given year because the membership will not carry the Fellowship forward. We, as members and friends, need to support Unitarian Universalism in general and the UUFLB in particular. If we're serious about our beliefs and want to do the good work of UUism, one thing we can do is help finance it.

Namaste,
Terry



Yesterdays Create Tomorrows...

Did you know that Arthur Neville Chamberlain, who was Prime Minister of England when Hitler began his depredations in Europe, was a Unitarian? He was born on March 18, 1869, and died on November 9, 1940. He thus escaped knowing the worst of World War II.

On November 18, 1787, James Freeman was ordained as a Unitarian minister at King's Chapel in Boston, by authority of the congregation. Two Anglican bishops refused to ordain him. Thus the first Anglican church in America became the first avowedly Unitarian church. His Harvard College associations and civic activities led to full relations between King's Chapel and its former Puritan enemies. He died on November 14, 1835, in Newton, MA, a small town near Boston. He was 76.

Full Color SeaLight Electronically!

If you are ready to receive the SeaLight and the photographs inside in full color via email, just contact our Office Administrator, Jane, at office@lagunabeach.org and she will put you on the Green List. We can send you a sample via internet and then you decide. Please let Jane know what you would like to do. Thank you!



Sunday Services



The UUFLB Choir meets every Sunday at 9:30am and all are welcome.

November 1 On These Shoulders We Stand

Each one of us has reason to be thankful for brave women and men who have made our world a better place. As we celebrate All Saints' Day, we gather in gratitude for lives well lived and for the countless men and women who have paved the path for our own journey.

Reverend Kent Doss

November 8 A Guest at Our Table

Simple hospitality goes a long way in this fast-paced world. This Sunday we will focus on the art of welcoming the stranger as a reflection of our core values. We will also learn more about the charitable campaign, "Guest At Your Table," which the UUFLB children and youth lead us in each year.

Reverend Kent Doss

November 15 Enough is a Feast

Most of us have more than enough material goods to get along in this world. Yet so often we find ourselves coveting more, or just feeling like we don't have enough. This Sunday we will celebrate the bounty in each of our lives as we greet the world with a spirit of abundance, rather than scarcity.

Reverend Kent Doss

November 22 Thank You, The Simplest Prayer

It doesn't matter who or what is up there, who or what is responsible for the ins and outs of our lives. The simple fact of the matter is, life is amazing and pretty darn good. We have reason to be thankful, and embracing that gratitude, saying "Thank you" to the world, is perhaps the simplest and more important prayer that we have to offer.

Reverend Kent Doss

November 29 This I Believe

Our congregation overflows with life experience and insights into the most profound questions. This special Sunday, three members of UUFLB will share with us just what they believe. There will be some theology, some ethics, and some heartfelt stories of where people are coming from.

Sunday Service Leader: Jean Raun

December 6 Love Makes a Family

Families come in all different shapes and sizes. They look different and sound different, but one thing makes them all the same-- love. "Love Makes A Family" is the name of a photography exhibit that will be on display at UUFLB throughout the month of December. This worship service will reflect on some of those photographs and what our UU principles have to tell us about family.

Reverend Kent Doss

Message From Your Minister

Last night we carved pumpkins and today I wore my corduroys for the first time this year. Fall is here and I can't believe it came so fast. It has me thinking of my favorite holiday, a simple gathering around one giant meal. It is always a nice meal, and I always manage to make it an unpleasant experience by the end. I eat so much that I literally ache. What is that about anyway?

I'm struck by the idea that more is not always better; in fact it is often worse. That line of thinking actually came to me listening to a story on National Public Radio the other day. It was a news story about how some communities trend toward over-prescribing medical procedures. The result is a slew of unnecessary financial costs, and also poorer health, and that was the point of the story. That seems to be true for much of our lives. Whether it's our Thanksgiving plate or our daily calendar, more is not always better. Sometimes, it's worth slowing down to enjoy a few really good things. Almost all of us have a few really good things already in our grasp.

Surrounding ourselves with more doesn't just clutter our homes and clog our arteries, it also clutters our minds. Henry David Thoreau knew that, which is why he went to live in a small cabin at Walden Pond for two years. While he was there he wrote, "I had three pieces of limestone on my desk, but I was terrified to find that they required to be dusted daily, when the furniture of my mind was all undusted still, and threw them out the window in disgust."

We probably don't need to hurl pieces of limestone in disgust to clear up a little room in our lives. But perhaps there are a few areas that are overcrowded with thoughts, or commitment, or junk. As I enter the holiday of plenty this year, the time of collecting so much stuff, I'm trying to keep in mind that more isn't always better; in fact it is often worse.

Peace,
Kent



Newcomers Circle – Sunday, November 15

Come meet with our minister, Reverend Kent Doss, from 12:00-12:30, and learn more about the Unitarian Universalist Fellowship of Laguna Beach. We will discuss ways to get involved and what it means to make UUFLB your church home.

Nominating Committee Request

Our three Board Officers will need to be replaced next year. Please contact Shiela Brown, 949-499-3689, if you have ideas for who would make a good President, Vice President of Finance and Treasurer of UUFLB.



Fellowship News

Committee on Shared Ministry

The role of this committee is to support and monitor the health of the ministry of the Fellowship. They meet monthly with the minister and encourage the congregation's active participation and leadership in shared ministry. The existence and structure of the committee are directed by UUFLB's bylaws. The members are selected by the minister, the outgoing committee chair and the president, and approved by the Board. The members welcome any conversation you would care to initiate with them about ministry. All conversations are confidential. The members this year are:

Ken Schuelke, Chair

Diane Morris

Oakley Frost

Amy Lemp

Daga Krackowizer

Pledge Dinner – Saturday, November 14

This dinner will be held in celebration of the commitment of UUFLB members and friends at the close of our annual pledge campaign. All are welcome to attend.

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



Book Discussions at Coffee Talk

On Tuesday **November 17**, we will discuss [Animal, Vegetable, Miracle: A Year of Food Life](#) by Barbara Kingsolver. Part memoir, part journalistic investigation, this book tells the story of how her family was changed by one year of deliberately eating food produced in the place where they live. Barbara wrote the central narrative; Steven's sidebars dig deeper into various aspects of food-production science and industry; Camille's brief essays offer a nineteen-year-old's perspective on the local-food project, plus nutritional information, meal plans and recipes.

First Friday Laguna Woods UU Discussion Group

Date: November 6, noon

Topic: If you were to graduate from High School this June, what would your plans and hopes be?

Where: Lu Wrede's home 3511-C Bahia Blanca, Directions: Enter gate 9 from El Toro, turn right at 1st stop sign. Turn left onto Bahia Blanca, continue up the hill and turn right on cul-de-sac "354", ride 4 more blocks and you're there, Park and join the fun. Call Lu at 586-8947 for gate admission if you're coming from outside Laguna Woods.

From the Sandwich Makers

Riva Morton Diamond

The sandwich makers for the homeless appreciate all the food and drink donations. We continue to need sliced bread, tomatoes, cheese and sandwich meats. The kitchen crew and the homeless thank this generous congregation.



Fellowship News (continued)
Family Diversity Event

“Love Makes a Family” Exhibit

Opening Reception – Saturday, December 5, 5:00-7:00pm

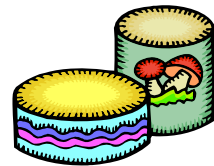
For the month of December, UUFLB will host **Love Makes a Family**. This is a museum-quality traveling exhibit, including photographs and interviews with families that have lesbian, gay, bisexual, and transgender (LGBT) members. Through first-person accounts and positive images, this exhibit seeks to challenge and change damaging myths and stereotypes about LGBT people and their families. At the most basic level, **Love Makes A Family** combats homophobia by breaking silence and making the invisible visible. The reception will be co-hosted by Laguna’s Neighborhood Congregational Church and is open to the entire Laguna Beach Community. Light hors d’oeuvres and desserts will be served.



UUFLB'S Gift To The Laguna Beach Relief and Resource Center

Daga Krackowizer, President, Laguna Beach Interfaith Council

Two Sundays during the month of September members and friends of UUFLB collected \$500 for the Laguna Beach Relief and Resource Center. This money will help pay for much needed food at the Center. As the economy gets worse, more low income families and homeless people have recently been showing up at the Center. I was told by Tony Rogers, who directs the Center, that he can purchase food at 12 cents a pound from Food Harvest and 6 cents a pound, when it's available, from the Federal Food Bank. That \$500 will buy a lot of pounds of food that people need. THANKS to everyone who gave both money and helped fill the food box our children decorated in their RE class.



"Make giving a way of life. It is, after all, what your Source and Nature do eternally."

November 1-7, Laguna Beach will recognize National Hunger and Homelessness Awareness Week. The goal is to collect 50,000 lbs. of food for the Laguna Relief and Resource Center and Friendship Shelter. There are plans being made for the public to get involved in activities that benefit those less fortunate than others. Watch for flyers and brochures about the events. UUFLB will take part in the food drive and boxes will be provided by the City of Laguna Beach Housing and Human Resources Committee.

You may have read that the City has provided a temporary sleeping shelter for the homeless population at the Act V parking lot in the canyon, it is to open November 1. It will be closed for the summer on June 15th. The City wishes to have all current programs and services relocated at the site.

UUFLB has been involved with making sandwiches for the homeless twice a month and taking them to the beach. We didn't know where we would be taking the lunches until we heard from the LB Interfaith Council at the end of October. We do know we will continue this important work of our Social Action committee here at UUFLB.

The Voyage-Religious Education Newspaper

Wendi Bender, RE Coordinator



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 K - 4th)

Seekers (grades 5th - 6th)

Youth (grades 7th and up)

- 11/1 (After) Halloween Party!
- 11/8 Guest At Your Table/Celebrate UU Faith in Action
- 11/15 Buddhism: *Meet Sumalee*
- 11/22 Buddhism: *Meet Duc*
- 11/29 Wishing Well Sunday/Social & Earth Justice



The UU Children are really enjoying our new curriculum *A World of New Friends: An Introduction to World Religions*. We are exploring the eight largest world religions; Christianity, Islam, Hinduism, Buddhism, Traditional Chinese religions (Confucianism, Taoism), Earth-centered religions, Sikhism, and Judaism. This new program allows our Youth (7th grade and up) to help teach our Innovators and Seekers (K-6). This multi-aged style of learning allows the children to have movement while learning since they are traveling between learning centers during the lessons. It is fun and educational at the same time ... try not to let your children miss Sunday at UUFLB!

In October the RE Children met Guntur from Indonesia who is Muslim and we studied the teachings of Islam. The children were surprised to learn that the Muslim faith has more than 1 billion followers worldwide, about 1/5 of the world population. Although most people associate Arabs with being Muslim, they only account for 10% while 80% are in fact from Indonesia, making it the largest Muslim nation in the world. Ravi came to visit from India, he was Hindu. The children learned about Hinduism and created their own Gods out of bagels, cream cheese, toothpicks and chocolate chips. Their creations were amazing! The best part was hearing the power of the God they had created and why they might be praying to this symbol. It was fun and creative! In November we will get to meet Sumalee from Thailand and Duc from Vietnam, who are Buddhists. There is a lot to discover about world religions and we are just touching the surface. Come and join the fun!

Since Halloween falls on Saturday 10/31 this year we thought it would be fun for the children to have their own Halloween Celebration the morning after! On Sunday 11/1 they will have a FUN time downstairs playing games, eating, and visiting. They can sleep in their costumes from the night before and won't even have to dress for Sunday morning!

We hope you can join us! Together we can make a difference in the world helping each other. See you on Sunday! Wendi

Your Connection With the Wider UU World

Barbara Williams-Pemberton, Denominational Representative



What Does That Acronym Mean?

YRUU (Young Religious Unitarian Universalists): UUs aged 14-20 in a sponsored organization of the UUA. They are involved in youth groups in UU congregations, Youth-Adult Committees or Youth Steering Committees on a District/Regional level which plan conferences and trainings for youth and youth advisors, and which advocate for youth on a congregational and district/regional level, and Youth Council on a continental level.

C*SAC (Continental Social Action Coordinator): A two year position selected by the YRUU Steering Committee. Represent and promote social action issues and concerns in continental and district/regional YRUU.

C*UUYAN (Continental Unitarian Universalist Young Adult Network): The UU young adult and campus ministry network for individuals aged eighteen to thirty-five. C*UUYAN is a UUA-sponsored organization.

PSWD Chalice Lighter News

The Chalice Lighters Program of the Pacific Southwest District exists to help fund the growth of PSWD member Congregations. It is funded by calls to the Chalice Lighters three times during the church year. The request is for \$20, but the committee will accept more! In order to request a Chalice Lighter Grant, a congregation must have at least 17% of the congregation members as Chalice Lighters. If you want to join and help UUs grow, see Barbara Williams-Pemberton.



Grants are awarded for facility improvements or one time professional leadership expenses. The last Chalice Lighter call resulted in a \$15,000.00 check being presented to Reverend Erika Hewitt of Live Oak UU Congregation in Goleta, CA.

The first call of the 2009 – 2010 church year was received in October. The proceeds of this call will go to First UU Church of San Diego to help defray the costs of starting a second worship and program site in the South Bay area of San Diego.

The off-site congregation has been meeting since October, 2008, in rented space in Chula Vista, but plans are afoot for a permanent place soon. UUFSD is planning to make sermons and promotional materials available in Spanish, given that they are so close to Mexico. There are members there whose attendance at the Hillcrest campus has been sporadic because of distance. There many people in the area who don't know that Unitarian Universalism exists. We have a saving message of hope and acceptance that the community needs and they are offering it!

Wider UU World (continued)
Schedule at de Benneville Pines
November



6 – 8 Music in the Mountains Folk Music Weekend, Acoustic and vocal music. For info, call 909-794-1252 or caroline@uucamp.org.

9 – 12 Camp for Homeschooling Families, caroline@uucamp.org or 909-794-1252

13 – 15 Fullerton/Las Vegas UU Congregational Retreat, For info, contact 702-437-2404, admin@uuclv.org or 714-871-7190, www.uufullerton.org

20 – 22 Rainbow Pride Youth Alliance (Private)

27 – 30 Thanksgiving Holiday Celebration, our annual celebration for families, singles, couples and young adults, ie everyone! Contact caroline@uucamp.org or 909-794-1252.

It Is Time to Welcome Guests To Our Table

For more than thirty years the Guest at Your Table tradition has helped UUs build lasting connections to UU principles and support the movement for human rights. It is a simple and meaningful way to incorporate “faith in action” into your life. Guest at Your Table is a program run by the Unitarian Universalist Service Committee which is separate from the UU Association, and is not funded by them. It is funded by you and other Unitarian Universalists who want to support our principles by healing the most vulnerable individuals here in our nation and around the world. The Service Committee acts as our “missionary barrel.”

On the Sunday before Thanksgiving, our children will pass out boxes and envelopes. During the next few weeks, you may keep a colorful Guest at Your Table box — with photographs of special guests from around the world — in a prominent place in your home, like the dining room table. During Guest at Your Table, you or your family may make daily contributions to your Guest at Your Table box, as if sharing with your special guests. On the second Sunday in January, our children will collect those boxes, or the envelopes provided for donations.

How might your money be used?

- A gift of \$40 could be used to buy materials for a woman in Northern Uganda to make her own groundnut sheller. A groundnut sheller helps to reduce women's workload and generate needed income for families, as residents return home after more than 20 years of war.
- A gift of \$65 pays for a small business loan for a displaced woman in Kenya. Kakamega Grassroots Initiative organizes women displaced by the 2008 electoral violence into groups of 20 and provides them with training and small business loans. There is a very high rate of repayment and the first group of recipients is now on their second loan.
- A contribution of \$200 buys a bicycle ambulance (a stretcher pulled by a bicycle) for a resettled village several miles from a health center in Northern Uganda.
- Your support in the amount of \$600 repairs a home in Gaza, under a home repair program run by youth groups.

Your support in the amount of \$750 allows the Northwest Arkansas Workers' Justice Center to provide a "Know Your Rights" training workshop for 25 immigrant women who work in poultry-processing plants.

During the Holiday season we think of others. Guest at Your Table gives us the opportunity to show we care.

Nurses Notes

Helen Frederick, R.N.



Last month I received an email from a long time friend that hurts. She has an incurable, progressive, debilitating disease. And she is younger than I am! (You bet it scared me!) She is a vibrant, loving, caring person. I hurt for what she and her family are enduring. I went to pick up the phone to call her and paused. What can I say? What can I do?

Possibly the best start is just express how you feel. "I am so sorry!" Allow her to tell you how she is. LISTEN much and talk little.

"How is your family doing with the news?" Family members may be hurting and overwhelmed with the extra care. Reach out to them if possible. It will be meaningful to your friend to know that their family has a support system.

"What could you use help with?" "Do you have someone to help?" This is an opening for you to offer the help she needs. Have some ideas that you are ABLE to do. You still have a busy life. Then take action: Offer to go to the doctor with them (sometimes *you* hear what they don't), bring dinner--even a 'bought dinner' is great if you are busy. Many restaurants deliver! Clean her house or hire a maid. Take her out for coffee if she is able. Just think what you might need if you were in the same situation. Send cards or write notes to cheer her every week or so if you are far away.

Since my friend notified ME I felt she was ready to talk about her illness. Make appropriate responses. "That sounds hard to do." "That sounds uncomfortable." Reflective listening is best. Be empathetic, not sympathetic as much as possible but sometimes a tear is going to fall. Ask if they want visitors. If they do, visit for short amounts of time. Illnesses are tiring. Words are not always necessary. Hug only if they seem open to touch. Some people are not comfortable with physical contact. Offer to notify their church for support if they wish. They may not want to 'bother' others but their religion can bring comfort and people may want to be able to help in some way if they know there is a need. Take time to mourn for your friend's situation. Life is not always easy or fair.

I WISH YOU GOOD HEALTH!!



Circle of Light


Kathy Temple reports that her sister Polly is doing a bit better, though she will always face health challenges. She has been connecting with others who have her unusual problems. This is good news! Barbara Williams-Pemberton reports that Jim fell and bruised his hip badly – no break or crack, fortunately. They ask for healing thoughts for his boo-boo. Patricia Blanchard still struggles with health issues so she still needs warm thoughts. She could also use a phone call or two. Heather is now full term with twin boys and off bed rest!

The Orange Coast Concert Season Presents...

Noche de Flamenco on Saturday, November 7, 2009 at 7:30 pm. Claudia de la Cruz and her Cuadro Flamenco will bring the passion and tradition of Flamenco dance to Orange County. The concert will be held at the Orange Coast Unitarian Universalist Church, 1259 Victoria Street, Costa Mesa. Individual ticket prices are \$20 in advance, \$25 at the door. Children 12 and under are admitted free. Parking is free. If you have attended any cultural event lately, you know how valuable that is!




Endowment Fund

Love And Appreciation For UUFLB 


+

 Desire To Have UUFLB Offer A Home For Liberal Religious Thinkers Now And Far Into The Future

+

Advanced Estate Planning....
You decide who inherits your estate;
Instead of the government deciding! 

=

 Talking To Charlotte Decker About The UUFLB Endowment Fund
THANKS!

Fellowship Office Hours:

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

Fellowship

Minister: Reverend Kent Doss 949-310-9385
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

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VP Finance: Cal Hullihen 949-364-1943
Treasurer: Pat Flynn 818-237-7621

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

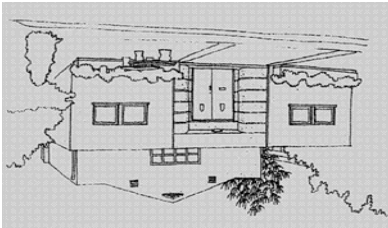
Committee on Shared Ministry

Ken Schuelke 949-661-8878, Chair, Oakley Frost 949-494-0193,
Daga Krackowizer 949-715-3879, Diane Morris 949-497-2249 and
Amy Lemp, 949-216-9440.

Leadership

Adult Activities Oakley Frost 949-494-0193
Aesthetics Co-Chairs Barbara W-Pemberton
Kathy Temple 949-760-3067
Laura McArdell 949-642-4126
Auction To be selected 949-497-4568
Building & Grounds Jean Paris 949-830-2270
Circle Suppers Terry Heiney 949-497-7302
Communication Barbara W-Pemberton
Denominational Rep. jpemberton@earthlink.net
Endowment Charlotte Decker 949-587-0772
Finance VP,
Pledging/Funding Cal Hullihen 949-364-1943
Lay Pastoral Care Barbara W-Pemberton
jpemberton@earthlink.net
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Music Carole Cole 949-497-4568
Personnel Lorraine Reafsnyder 949-494-4219
Publicity Gary McArdell 949-642-4126
Religious Education (RE) Wendi Bender 949-338-8003
Shared Ministry Ken Schuelke 949-661-8878
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 Amy Walzer 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



Time Value— Please Expedite

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