

SeaLight

Volume 10, Issue 2

February 2010

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

Thank you for the honor and privilege of being your president for the next year. I am looking forward to the opportunity of growing with all of you.

It was not an easy decision for me to accept the presidency. I suffer from the “full plate” syndrome. But each and every time that I come to our Fellowship, I am amazed all over again as to the talent, wisdom, compassion, strength and love that is so much a part of our congregation. I realize how thankful I am to be a part of this group. I have a very high regard for my fellow members!

Many of you do not know me well. I am a big believer in the theory that “less is more.” By that I mean, that most of my interaction, in general, is short and sweet. I like to get to the point and move on to the next one. So my monthly communiqués will be somewhat brief.

I am truly excited about this coming year. I believe that we have an excellent Board and that we will move forward and represent all of you to the best of our abilities. As of this moment, my goals are somewhat simple: maintain and strengthen our financial resources; grow our membership; have each and every person participate and/or increase their involvement within our Fellowship; and to have us, as a group, become more socially active.....especially in our own community. As the year goes forward, I am sure we will be adding to these goals.

Again, thank you for this opportunity.

My best.....
Jeff

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Yesterdays Create Tomorrows...

On February 14, 1805, The Board of Overseers of Harvard University confirmed Henry Ware Sr. to the Hollis Professorship of Divinity at Harvard College, thus becoming the first Unitarian to hold that position. His election, by 33 to 23, set off the Unitarian Controversy. The Controversy pitted Calvinists, who believed in the Trinity and the doctrine of human depravity, against Unitarians, who did not believe in the Trinity and who believed in the doctrine of human goodness. We couldn't keep out of controversy even that long ago.

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!



The Orange Coast Concert Season Presents...

Presidio Brass on Saturday, February 27, 2010, at 7:30pm. Presidio Brass is a dynamic force in brass chamber music, playing a unique repertoire written just for them. This will be a new experience for those who didn't know there was such a thing as brass chamber music!

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!

What Does That Acronym Mean?

EUU (European Unitarian Universalists) A group of UUs, mostly American expatriots, living in European countries.

LREDA (Liberal Religious Educators Association) A professional organization of the UUA, LREDA, furthers the interest of liberal religious education by advocating for high professional standards for lay and ordained religious educators.

MRE (Minister of Religious Education) A minister who specializes in religious education, sometimes hired or called by a local congregation in addition to a parish minister.

Roommate wanted in Leisure World

A long time UU and delightful woman is looking for a roommate to share her condo in Leisure World. There is one bedroom available now for inexpensive rent, along with full house privileges. Some light help around the help would be appreciated. If interested, please call the UUFLB Office at 949-497-4568.

Sunday Services



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

February 7 Practice Makes Perfect

Whether it's meditation, prayer or sports, we all have some practice. As we enter a discussion of spiritual practice, this Sunday we will explore what it means to strive to grow, in any field. We'll talk about taking the first step. How much effort is enough, and building a community that supports your development.

Reverend Kent Doss

February 14 Standing on the Side of Love

Working for justice is a holy act. This Sunday we celebrate the spiritual discipline of working for justice. Also we will celebrate the ways that spirituality has informed and sustained the difficult work of justice making.

Reverend Kent Doss

After the service, there will be a Sandwich Sunday lunch (\$5 donation) and screening of the film "Fish Out of Water" presented by the Marriage Equality Task Force. This 90-minute documentary uses animation and academic interviews to dissect the Bible verses seen as and used for condemning homosexuality and supporting marriage discrimination. It is an engaging, accessible, and entertaining look at the Bible and homosexuality. A short discussion will follow the screening.



February 21 Unitarian Universalist Prayer?

How, why, and to whom do Unitarian Universalists pray? For those who have a spiritual practice, it is deeply meaningful, and for those who do not, the activity can seem bizarre. This Sunday we will look at a few of the ways that UU's find themselves praying, or not. There are a huge variety of beliefs among us, and along with that comes a huge variety of practices. We can learn from all of them.

Reverend Kent Doss

February 28 This Thing Called Worship

Every Sunday we come together to worship in this church. Some pieces of that time together look exactly the same week to week, and some pieces change. This Sunday we will explore in depth what it means to worship together and why we do what we do on a given Sunday morning.

Reverend Kent Doss

March 7 Making the List

You can't have it all; sometimes you have to choose. This Sunday we will talk about making the hard choices about what comes first. What is the most important piece of our lives? Once we know that, the rest can be left to fall into place.

Reverend Kent Doss

Message From Your Minister

A handful of you have been to Family Fun Night at the church. But I want to take this opportunity to talk not just about that evening, but about playing games in general. Friendly competition is a great way to build relationships and strengthen community.

First and foremost, games are fun. Most of them, at least the ones we play at family fun night are just silly. They make you giggle, and who couldn't use that now and again. But they are also fun for the challenge. Whether it's Candyland or Chess each game and each time you play is like a little adventure that you take with your fellow travelers. You never know what obstacles or opportunities are around the corner. Without paying a dime you can journey into another world.

There is also something to be said for friendly competition. I imagine some readers disagree with this point, and want everyone to be a winner. Of course, no one is better than another person because of her or his ability to play a game. But the simple reality is that some people are more talented at some skills. (We have a Boggle player in our midst that you would not believe.) Playing friendly competitive games gives us the opportunity to gracefully win and lose, acknowledging that every player is a valued person. What great practice that is for the real world, where we can sometimes forget that everyone who plays the game is of equal worth.

Games also point to a key of real friendship: friends help each other to be better people. Obviously some of the games are games of luck. There is no getting better at Candyland. But some games develop as a hard-earned skill. They develop slowly and they develop in concert with your opponent. By playing games together, we practice helping each other learn and grow. We practice being in supportive relationships.

I never thought I could get so serious about board games. I guess that makes my point even stronger though. Family Fun Night is loads of fun. We share a meal and laugh and the kids run amuck. But having fun together is serious business. It's part of what we do as a church; building relationships and learning and growing. So whether it is to do all that serious stuff, or just to giggle, stop by Family Fun Night sometime. The next one is scheduled for February 13, 6:00-9:00 pm

Peace
Kent



Spiritual Practice Blog

Reverend Kent Doss has created a blog. He is asking that UUFLB members and friends join in his commitment to engage in a spiritual practice every day for one month. Every day for the month of February, Kent will blog about his meditation practice, and you can join in on the conversation. After February the blog will be used to post his sermons and other thoughts. Visit the UUFLB website at www.uulagunabeach.org (click on Our Minister under the About link) to find Kent's blog and other helpful information about the Fellowship. If you don't know what a blog is, just check it out. It's just a place online to post information and thoughts in a casual but up to the minute setting.

Fellowship News

Coffee Talk - Tuesdays 4:30-6:30p.m. at the Koffee Klatch, 1440 South Coast Highway in Laguna Beach. Hang out with Rev. Kent Doss and whoever 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 Discussion at Coffee Talk – Tuesday Feb. 16 “This Lovely Life” -

This Lovely Life by Vicki Forman, tells, with brilliant intensity, of what became of the Forman family after the birth of their twins -- the harrowing medical interventions and ethical considerations involving the sanctity of life and death. Forman's intelligent voice gives a sensitive, nuanced rendering of her guilt, her anger, and her eventual acceptance in this portrait of a mother's fierce love for her children. March's book is In Between: Memoir of an Integration Baby, by Mark D. Morrison-Reed.

Final Wishes Series – Adult Religious Education Wednesdays, February 3-17, 2pm

This three-session class is designed to prepare adults for decisions around death and dying. In our first class we will get more acquainted and talk generally about the difficult topic of death and dying. In our second session we will complete the legal document, “Five Wishes,” that includes healthcare decisions and memorial concerns. Finally, our last session will be a time to reflect on and write some of your life story, so it can be told and passed down in a way that you want it to be heard. Each session will likely last about an hour and a half . For more information please call Kent at 949-310-9385.



First Friday Laguna Woods UU Discussion Group

Topic: Your enthusiastic recommendations for movies, books, restaurants and even TV programs. When: February 5 at noon. Where: Mark & Riva's home, 2007-B Via Mariposa West. Call us for directions and/or gate admission. Mark & Riva (949) 830-5294. Please bring your lunch, your hosts will provide liquid refreshments and a light dessert. Everyone is invited to be a part of this lively, friendly group.

Family Fun Night, Saturday February 13 6:00-9:00pm – Come and play

with us! This family friendly event is open to all in the community. Please bring an Italian dish of food to share and a board game if you have a favorite. There may also be some fun video games that all can join in playing. This is a very casual evening for all to enjoy.



Open Auction Items

4. Family Disco Game Night Kathy Temple hosts a game night for all ages at the Fellowship, includes dinner. Friday, April 30, 2010, 949-760-3067 **\$10**

Thank you!

On behalf of deserving struggling families all over the world, a big “thank you” to our Fellowship for its generous donation to Heifer International of over \$1,000. ~Mark Dimond



Nurses Notes

Helen Frederick, RN

February is Heart Healthy Month. It is important to know your "numbers".

I am talking about your cholesterol numbers. Cholesterol is a waxy, fat-like substance made in the liver and found in certain foods, mainly from animals

(like eggs, dairy and meats). The body needs some cholesterol to produce hormones, vitamin D, and the bile acids that help to digest fat. When too much is present, plaque (a thick, hard deposit) may form in the arteries, narrowing the space through which blood flows to the heart.



Cholesterol travels through the blood attached to a protein called lipoprotein. The classifications of lipoproteins are high density or low density, depending on how much protein there is in relation to fat.

Low Density Lipoprotein (LDL) is called "bad" cholesterol because it can cause plaque to build up on the walls of the arteries. The more LDL found in the blood, the greater the risk of heart disease. Normal is less than 100 mg/dl.

High Density Lipoprotein (HDL) is called "good" cholesterol because it helps get rid of "bad" cholesterol in the blood. Normal is more than 40 mg/dl for men and 50 plus for women.

Triglycerides are another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol, or sugar in the body are converted to triglycerides and stored in fat cells throughout the body. Normal is less than 150 mg/dl.

Most of us do not know our numbers. Be sure to ask for the information when you have your yearly check up with your health care provider. I keep a personal health notebook so I can keep track. I always remind myself that I am the person that cares most about my health.

I WISH YOU GOOD HEALTH.



Circle of Light

Becky Chamberlain, Jean Raun's daughter, still needs our loving, healing thoughts and support as she deals with cancer and healing from surgery. Her family needs them too.

Patricia Blanchard still struggles with health issues so she still needs warm thoughts. She could also use a phone call or two and maybe a visit. Just call first so she can leave your name at the gate.

Jim Burkette is now healing after back surgery for the intractable pain he has been suffering. He has been walking with the aid of a walker and his pain has eased but it's not gone yet. Jim is now out of the hospital. Cards and letters are much appreciated, but Jim is still not up to visitors.

Our hearts go out to the mother who hit and killed "Cowboy", one of Laguna's homeless men and to his many friends and acquaintances, some of whom we have met at the Shelter when we took dinner to them.

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)

2/7 Judaism: *Meet Ben*

2/14 Paganism: *Meet Erika*

2/21 Christianity: *Meet Maria*

2/27 Wishing Well Sunday/Social & Earth Justice



The UU Children are really enjoying our 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 January we discovered how many religions are Earth-based. The children explored Native American rituals and their use of nature to guide them throughout their lives. We also learned about the art of storytelling and the healing powers of one's soul through the use of meditation. We talked about Sikhism and the 'guru'.

In February we will complete our unit on World Religions. We will explore Judaism, Paganism and Christianity. It has been fun learning the tenets, or customs of the featured religions, and their impact on our own Unitarian Universalist faith, as well as our own lives. There is a lot to discover about world religions and we are just touching the surface. Come and join the fun!

Please remember, the last Sunday of the month is our childrens' Wishing Well Service downstairs. We collect donations for those less fortunate and focus on Social & Earth Justice.

Reminder: the next Family Fun Night is Saturday February 13th, 6-9pm. This family friendly event is open to all in the community. Please bring an Italian dish of food to share and a board game if you have a favorite. There may also be some fun video games that all can join in playing!

See You On Sunday! ... Wendi

Your Connection With the Wider UU World

Barbara Williams-Pemberton, Denominational Representative



District Assembly News

This year, District Assembly (DA) is at the beautiful Unitarian Society of Santa Barbara. It will essentially be one day. The Opening Celebration will be on Friday, as usual, but all business will be done on Saturday. There will not be a banquet Saturday evening. There are motels close to the church if you want to come and stay on Friday or stay over and attend the Sunday service at the church. For more information visit www.pswduua.org, and click DA on the menu on the left. DA is like a mini General Assembly and it's a good way to get your feet wet in the business of Unitarian Universalism.

UUA News

It's also time to think about General Assembly (GA) again. This year it is in Minneapolis, Minnesota. Right now, the weather there is cold and snowy, but it will be nice from June 23-27.

The opening event will feature Peter Mayer. The Ware Lecture will be given by Winona LaDuke, a well known Native American activist. The Summary Schedule is available now on line. The detailed schedule will be available on line in March, but the printed schedules won't be published until May.

This is the year that the Statement of Conscience regarding Peacemaking will be given its final vote. We have sent our comments and proposed changes to the Commission on Social Action. They will consider our comments, along with those of other congregations and craft the final Statement. That Statement will be discussed at length, as everything always is. The Delegates will vote at the Plenary Session on the last day of GA.

Schedule at de Benneville Pines

February

5-7 UU Winter Family Fun – Sponsored by Neighborhood UU Church. Join our neighbors from Pasadena for fun and relaxation for singles, families and couples. For information and to register, contact Cheri Gaulke at 323-662-3940 or cgaulke@adelphia.net – include “Winter Camp” in the subject line.



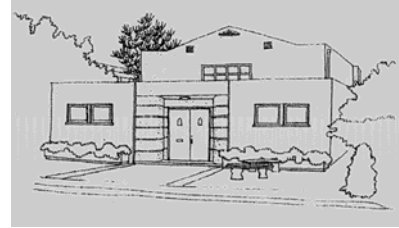
13-15 PSWD Elementary Winter Camp The camp is for kids 8-12, but kids 5-7 are invited to bring their parents, who will accompany them throughout the day and be responsible for them. Weather cooperating, there will snow fun!

19-21 Riverside YMCA Family Camp (Private)
Cherokee Nation of Orange (Private)
First Congregational Church Teen Group (Private)

26-28 Camp available for lease

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

President:	Jeff Morris	949-497-2249
VP Finance:	Tom McGrew	949-497-5901
Treasurer:	Barbara W-Pemberton	jpemberton@earthlink.net
Members At Large:	Pam Flodman	949-654-2526
	Judy Shepard	949-464-1275
	Candy Strock	949-497-2003
	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	jpemberton@earthlink.net
	Kathy Temple	949-760-306
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/Fund Raising	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 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 the months.
 Send articles to: office@uulagunabeach.org