



Pacific Unitarian Church

A Unitarian Universalist Community

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

The View



February 16, 2012

Deadline: Each Wednesday at noon

Hi,

...THE VIEW FROM PUC is **Black & White** too - Don't miss the **Black & White Party Saturday @ 7:30 PM!!!** Celebrate our talented musicians and gobble up desserts from our potlUUCK B&W Dessert Bar. That and much more in this week's communiqué...REEAAD AAALL ABOOUUTT IT!

If you're having trouble reading the View in your email, [click here to download the PDF version](#)

Please send all VIEW submissions to Newsletter@pacificunitarian.org



Music Notes

From the Music Department:

I hope last Sunday's performance by the Choir of "That's Amore" put you in the Valentine mood. I brought the song to my 6th, 7th, and 8th grade choir at the Westside Waldorf School on Valentine's Day. Sometimes they are hard to please, but they loved it and want to keep singing it. This coming Sunday, singer Gary Banks will bring his golden voice to the PUC Choir with an original tune of his called "The Sun Is Always Shining."

Remember: The Black and White Concert is this Saturday, February 18! Tickets are \$20 for adults and children free. Remember to bring Black and White finger deserts to the concert. It's going to be a great show!

Keep Singing!

—Severin
Dr. Severin Behnen, Music Director
Music@pacificunitarian.org

BLACK & WHITE CONCERT IS THIS SATURDAY NIGHT AT 7:30 PM!!

Tickets will be available at the door. We have so many talented

This Sunday

9:30 AM: **3rd Sunday Forum:**
Spirituality and UU

10:30 AM Service
It Matters Most
What We Love
Guest Speaker, **Rev. Sean Parker Dennison**

11:30 AM: Coffee Hour

11:45 AM Intro to UU/PUC - L

11:45 AM Monthly Town Hall Meeting

12:15 [Hiking Outing at Trump's](#)

7 PM [Meditation Circle w/ Randy - H](#)

Sunday's Flowers are
"Celebrating 30 years of
Weddedness - Oh, we mean
Wedded Bliss !"

—**Lee Ann and Gary Hart**

The Flower Calendar is EMPTY
for most of the rest of the year!

Come on by or contact the [PUC Office](#) to pick YOUR Sunday(s).

Paintings by **Olga Slavich**
grace PUC's Art Wall through
Sunday, March 4.

performers scheduled to perform, including Manny Arellano, Severin Behnen, **Alan DiCenzo**, **Hope Foye**, **Robert Monzingo**, **Robin Paterson**, John Reith, and more. You don't wanna miss this!

To All Parents -- **Elyse Doerflinger** will be our child sitter for this elegant event so you can remember what it's like to go on an actual date. Drop the kids off at the Voyager Room before the show and enjoy! Also, children tickets are Free (if your children would rather come to listen to the music).

Please remember to bring your sweet, bite-sized contributions (nothing that will need a spoon or fork) for our post-concert Black & White Dessert Bar!!!

—Patricia Hart

Learn About Our Unitarian History!

Join **Rev. John** for two more Saturday sessions on Unitarian History. *Learn about* our first martyr burned at the stake for professing reason and tolerance. *Learn about* the only Unitarian King who ever lived. *Did you know* the author of Frankenstein was a Unitarian and a woman? *That three of the first six U.S. Presidents* were Unitarians? *And where* Herman Melville went to church?

Journey with Rev. John Saturday, **Feb. 25** and **March 3**, from 10.30-12 noon. Come to any and all sessions.

Child care available by registering through the [PUC Office](#).

PUC Sunday Hike on Feb. 19 - Come Along!

Calling PUC hikers for Sunday afternoon on trails over the ocean! **Sunday, February 19** -- We'll start at 12:15 from Trump's gazebo @ the Trump National Golf Course. This could be the beginning of PUC hikers trekking all over the Peninsula (and beyond).

The hike will be moderately paced. We will cover 3 - 4 miles on dirt trails with some hilly, uphill terrain ***. We will be out for up to 3 hours.

***Please be sure that you can comfortably manage these expectations! Just in case, Denise will take up the "sweep" position to make sure no one is left behind!

Please Bring: Lunch and at least a quart of water for the trail; wear sturdy walking or hiking shoes, a hat, and light layers of clothing. You can carpool from PUC at 11:45 am Sunday, or meet at the gazebo on the lawn at Trump's golf course.

Trump National Golf Course
3850 Ocean Trails Drive (off of Palos Verdes Drive South).
Rancho Palos Verdes

Please call me with any questions 310-922-7734 (cell) or just show up by 12:15.

—Janet Steinberg

Good News for all Meditators... You've said, "Eight o'clock on a Sunday night is too late for me?"

Well, we couldn't do without you so... Our meditation time on Sunday night has moved to 7:00 PM! All Sunday nights will be from 7 to 8 PM in the Hall at PUC. Come join us and add your voice! Questions? Call me at 310-994-8355. In love,

Bonnie Coff



PASTORAL CARE NEWS:

Former PUC member

Joyce Coutoumanos is in the hospital for the 2nd time in 2 weeks. Her daughter reports that Joyce is lonely and BORED. Cards would be very much appreciated and should be sent to:

Joyce Coutoumanos
Ojai Community Hospital
Skilled Nursing Unit
1306 Maricopa Hwy.
Ojai, CA. 93023



3/17, 5 PM PUC's Anniversary Party and Annual Silent (and not so silent) Talent & Service Auction

This lucrative (almost \$11,000 last year) fundraiser for our Church also provides ongoing social and service activities throughout the year. And the party is wonderfully fun!

We need volunteers at all stages -- before, during, & after the event on **March 17**. Contact Barbara Paulsen, [Pam Harris](#), or [Craig in the PUC Office](#) for more info, and especially, your help!!

3/31, 10:30 PM Human Rights Forum: Healthcare for All @ the UU Church of Long Beach -- Save the date for the annual Human

Rights Forum, sponsored by the UUSC Southern California Unit. There will be excellent speakers and discussions on what we can do to make Healthcare for All a reality. More information will follow shortly at www.uusca.org/unit.htm

Upcoming Services

February's Monthly Theme:
LOVE

2/19: It Matters Most What We Love

Guest Speaker, Rev. Sean Parker Dennison

Attn: New Members! New UU Class Starts 3/17

Rev. John will start an eight week "NEW UU" orientation class starting on **March 17** (PUC's 55th Birthday!!) – Saturdays 10.30 AM -12 noon. Child care provided with advance notice. This is a MUST for people new to the Congregation!

At the end of the class we will recognize our newest members during the Sunday Service and they will be invited to continue to meet as a group. In other words, this is a great way to learn about what we believe and then be a part of a small group ministry right away. Rev. John will lead most of the sessions.

MARK DENNISON

"For many years, I resisted talking about love. It seemed like such a cliché to say that Unitarian Universalists believe in Love. But as my ministry continued, I became convinced that Love is and should be at the center of our faith tradition. Not some sappy, sentimental feeling, but a strong and demanding Love that calls us to be our best selves and commit ourselves to building a world of justice."

Rev. Sean Parker Dennison is a graduate of Starr King School for the Ministry and was ordained in 2000. He began his ministry as an interim in Stockton, California, then served as settled minister of South Valley UU Society in Salt Lake City for 7 years. He has served the past 2 years as interim minister in San Luis Obispo, California.

2/26: Loving Choices

How do we make the right choice for a loved one when faced with conflicting feelings? Whether a child who needs special care or deciding when to move into assisted living, **Rev. John** offers a theological context for making the more difficult choices with loved ones. Then stay after the service for our "End of Life Planning" workshop with Revs John and Teri.

**March's Monthly Theme:
TRUTH**

3/4: Will the Truth Set Us Free?

Rev. John begin our monthly spiritual inquiry into Truth with a look at the power and pitfalls of truth. Join us.

Recurring Events

Sundays

Sunday Morning Forums, 9:30 AM, L

1st Sunday: A UU Exploration of Our Monthly Theme

2nd Sunday—Humanist Perspective

3rd Sunday—Spirituality and UU

4th Sunday—[9 AM] 12 Months to a Compassionate Community: A reflection on The 12 Steps to a Compassionate Life

5th Sunday—Choices in a Jar—Delightful

GET YOUR AUCTION OFFERINGS IN!!!

Now is the last chance to submit an auction item to appear in the catalog for our March 17 Anniversary Event.

Barbara Paulson reports a record number of interesting events in the biggest fUUdraiser of the year for Pacific Unitarian Church. What better way to enjoy the companionship of other PUCers than to host an event. Many of our members are harkening to their ethnic heritage to provide dinners and lunches.

There are meals and tickets and excursions as well as gardening and SAT coaching.

Raffle prizes include gift certificates to some of the area's most popular restaurants.

And the finger food potluck is an exciting part of the celebration.

Submit your proposals to Barbara or Craig in the [Office](#) by THIS Sunday.

—Lori Geittmann

Do You Plan to Live Forever?

No? Then plan to attend the *End of Life Concerns Workshop* on **Sunday, February 26** from 12:15 to 1:15 PM in the Hall.

Rev. John Morehouse and Rev. Teri Masters will cover: *Advance Medical Directives* (including copies of a very good one for all)

Palliative Care & Hospice - what they are and why you should know
Communication of Wishes to Family and Ministers

In addition there will be information from the Torrance-based non-profit H.E.L.P. ([Healthcare and Elder Law Programs Corporation](#)). H.E.L.P. is known for its practical legal education and counseling work helping older adults and families obtain the care and estate planning results they desire.

Come for yourself, come for your family. But do come. The post-

Service snack table will be augmented to appease your hunger. There is no cost for the program.

Don't miss this opportunity to get great information and be able to talk about some maybe not-so-comfortable subjects in a comfortable, supportive, and (dare we say it?) fun atmosphere.

Please sign up with Craig in the PUC Office by **Feb 23**.

<http://www.pacificunitarian.org/events/lifeconcerns.html>

Upcoming Leadership Academy Class

February 27 @ 7pm

Participants name and embrace that which sustains and grounds them and learn how this self-knowledge can help them lead from a place of creativity and imagination, rather than reactivity. The workshop offers models to help individuals and leadership teams support and reinforce the integrity of those entrusted with leadership positions in our congregations.



Get to Know New Member Peggy Nguyen

Peggy Nguyen was born in Vietnam and immigrated to Orange County with her family in 1975. Her father was Catholic and her mother is Buddhist. After earning her Bachelor's degree from Harvard, Master's degree in Environmental Science from UC Berkeley, and a Master's degree in Education from UCLA, Peggy taught high school for 5 years in Los Angeles County before she became an environmental specialist for the City of Los Angeles, where her job is to recommend ways for the airport to reduce air pollution, and to implement ecological mitigation and restoration projects on behalf of the airport.

She came to PUC after reading books by and taking classes with UUs and learning about Unitarian Universalism from the PUC website. Here, she says she has found a place of tolerance and community for her and her 7-year-old daughter, Chandra. Peggy, who is interested in meditation and religious and psychospiritual studies, says that she finds Rev. John's sermons and leadership stimulating and inspiring, while Chandra is finding new friends and learning new ideas in the PUC Religious Education program. Peggy also enjoys the Buddy Mixers and loves the social justice and environmental orientation of PUC.

Peggy and Chandra live in Redondo Beach where they enjoy spending time with friends and fellow Girl Scouts. Chandra also enjoys swimming and gymnastics.

—Vivien Hao

PUCer Joani Thompson in Educator Magazine

"A couple of weeks ago at Joys and Sorrows, I shared that I was featured along with my chorus in an article in the National Education Association's Retired Teacher magazine. Here's a link to the issue: <http://www.nea.org/home/50623.htm> Enjoy!"

Sunday Choices in a Jar - Dilemmas (4/29, 7/29, 9/30 & 12/30)
YRUU High School Group, 10:30 AM, L
All-Church Potluck Brunch, 1st Sun., P
Singles-Family Brunch, 4th Sun., 12:30 PM, Offsite
Monthly Town Hall Mtg, 3rd Sun., H
Great Books Discussion Group, 2nd Sun., L

Mondays

Tai Chi (Pekich), Each Monday, 9:30 AM, H
Women's Circle, 4th Monday, 10 AM, L
Environmental Covenant Group, 1st Mon., 7:15 PM, L

Tuesdays

Addictions & Recovery Ministry Mtg, 2nd Tues., 7 PM, L

Wednesdays

Occupy Torrance, Wed. 3-5 PM, O [21323 Hawthorne Blvd. Torrance](http://www.occupytorrance.org)
[Note earlier time]
Choir Practice: Wed., 7 PM, H

Thursdays

Tai Chi (Beck), Each Thurs., 10 AM, H
Seniors Pow Wow to Share How, 3rd Thurs., 11 AM, L
Environmental Priorities Mtg, 1st Thurs., 7 PM, L
Men's Ministry, 7 PM, V
Green Sanctuary/Transition Coffee Clatch. 2nd & 4th Thurs., 8-9 PM, Catalina Coffee Co.

Fridays

Watercolor Workshop, 10 AM - noon, H
Friday Afternoon SGM, 2nd & 4th Fri., 1-3 PM, V
GBLQ Movie, 2nd Fri., 7 PM, L

Saturdays

French Conversation Grp, 2nd & 4th Sat., 10 AM, V. Call Frank Paulsen or Betty Chevron
7 Principles/12 Steps Discussion Grp, 11 AM, 2nd & 4th Sat., CR #1.



Ready to be Pain Free?

Did you know that there's an incredibly simple solution to most joint, tendon, and muscle pain? Did you know that there are therapists offering money-back guarantees for conditions like arthritis, back pain, and carpal tunnel syndrome without drugs or surgeries? (And most people don't even need these therapists!)

—Joani Thompson

The Week at a Glance

Thursday, February 16, 2012

7 PM Facilities Committee Mtg - L
7 PM Men's Ministry - V

Friday, February 17, 2012

10 AM Watercolor Wkshp - H
7:30 PM Temple Emet Services - H

Saturday, February 18, 2012

9 AM Strategic Planning Committee - O [Bosler]
9 AM PV Land Conservancy Nursery Work Party - O [You MUST RSVP to Nancy Hofland]
7:30 PM Black & White Concert - H

Sunday, February 19, 2012

9:15 AM Big Growth Plan Mtg. - V
9:30 AM Forum: Spirituality & UU - L
9:40 AM Choir Warmup - H
10:30 AM Sunday Services-H
11:45 AM Kids' Choir Rehearsal - CR1
11:45 AM Intro to UU/PUC - L
11:45 AM Monthly Town Hall Meeting - H
2 PM PV Democratic Party - H
6:30 PM Books In Our Lives Covenant Group - L
7 PM Meditation w/ Randy Goff - H

Monday, February 20, 2012

President's Day - Office Closed

9:30 AM Tai Chi [Pekich] - H

Tuesday, February 21, 2012

8:30 AM Aerobics - H
10 AM Meditation w/ Randy Goff - L
2:30 PM Practicing UU Covenant Grp - L
7 PM Board Meeting - L

Wednesday, February 22, 2012

1 PM Staff Meeting - L
7 PM Choir Practice - H

Thursday, February 23, 2012

8:30 AM Aerobics - H
10 AM Tai Chi [Beck] - H
7 PM Men's Ministry - V
8 PM Environmental Coffee Clatch - Catalina Coffee Co. Redondo Bch

even need these therapists:)

6:30 PM, **Wednesday, February 22 @** the San Pedro and Peninsula YMCA, 301 S. Bandini, San Pedro, 90731

Speaker: PUC Member **Sue Crossen**, an author, therapist and former radio show host (The Healing Truth – 990 W.A.L.E.), is on a crusade to get people out of pain. After spending a year in bed with a back injury, and doing vast amounts of research, Sue literally had a breakthrough discovery. She is determined to help others live pain free lives.

It is only 13 days to Rare Disease Day, the last day of February. It's Feb 29 this year, also especially rare. Please consider buying a shirt, or other item to wear to spread awareness of Rare Diseases / Orphan Diseases @

www.cafepress.com/rarediseases

Most rare diseases are genetic in origin and mostly affect children. Another site for more information is: www.rarediseases.org.

—Maneesha Prakash

[Read more details](#) or [submit your posting request](#).

Contact the PUC Office for Member Section login details.

Third Sunday Hospitality

Coffee Hour Host: Frances Morehouse

Ushers: Vivien Hao & Carrie Pobre

Welcome Table: Joyce Block-Miller & Betty Saunders

Greeters: Bill Karg & Joani Thompson

