



PACIFIC UNITARIAN CHURCH

A Unitarian Universalist Community

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

Program Opportunities for Adults

WINTER 2011

OUR SPIRITUAL JOURNEY

ADDICTIONS & RECOVERY MINISTRY COMMITTEE meets the second Tuesday of each month at 7 PM in PUC's Shuder Library. This ministry is dedicated to promoting a safe and supportive environment in which people whose lives have been damaged by addiction can heal and grow spiritually. It periodically promotes educational programs. Another contribution of the A&RM is the *7 Principles/12 Steps Discussion Group* that meets to investigate and promote the spiritual and healing benefits provided by the Unitarian Universalist 7 Principles and 12 Suggested Steps of Recovery. It is open to all who wish to learn more about addiction and to develop one's spiritual growth. There is no need to divulge the reason for attending, and advice is not given. Participants share their strengths, hopes and experience in a strictly confidential setting. The *7/12 Group* meets from 11 AM to 12 PM on the **2nd & 4th Saturday** of each month in Classroom #1.

CLASSES OFFERED BY THE MINISTER: The latest curriculum and times are posted at http://pacificunitarian.org/minister/minister_classes.html, *The View* and Patio whiteboard. 5-6 two-hour classes is the typical length per course. Examples: *Living the 7 Principles*, *Our UU Story*, *Building Your Own Theology*, *Transcendentalism*, *A Chosen Faith*, *The Power of the Mind*, *Mysticism*, *Comparing Religions*, *New UU*, *Basic Buddhism*, *Introduction to Liberal Theology* and *Necessary Virtues*. *History of UU* will meet Saturdays from 10:30 AM - Noon on 2/4, 2/11, 2/25, 3/5. Sign up with the church office. Childcare available upon request.

GRIEF SUPPORT GROUP: Provides ways for dealing with grief; provides support for the process of grief; and provides an environment to meet other people who are grieving as well as identify support systems. Meets periodically for 8-week sessions. If you are interested in participating in a group, contact Rev. Teri Masters, pastoralcare@pacificunitarian.org.

INTRODUCTION TO UNITARIAN UNIVERSALISM and PACIFIC UNITARIAN CHURCH meets monthly on the 3rd Sunday of each month following the Service. Attendance is required for Church membership. Please contact membership@pacificunitarian.org if you are interested in attending. Childcare arrangements available with advance notice.

ISEUM OF ISIS PAEDUSIS: The Iseum of Isis Paedusis provides seasonal ceremonies in the tradition of earth-based religions, including the cross-quarter festivals of Imbolc, Beltane, Lammas, and Samhain/el Dia de los Muertos. PUC members are always invited to help plan, coordinate, and participate in these activities. Please contact Isis_Paedusis@hotmail.com for more information.

MEDITATION CIRCLE: Led by Randy Goff in the PUC Hall twice weekly: Sundays 8:00pm and Tuesdays 10:00am. All meditations are different - some are silent, some are with sound and some are guided. We combine all three elements: Our meditation starts with an Aum chant, sounded through our chakras and feels both cleansing and healing; the next section of meditation is the Presence Meditation, a visually guided meditation has the express purpose of bring your attention to the here and now; the last section of meditation is the Tonglen, a guided meditation that provides a space to increase compassion for yourself, those you know and all sentient beings. To be added to the meditation notification email list, send an email to denise@umeworks.com with your request.

MEDITATION RETREATS: Held every other month at PUC on a Saturday from 9:00 AM - 5:30 PM. The retreats are sponsored by the Long Beach Meditation Society and are suitable for all levels of meditation experience. There is a charge of \$60 for each retreat. The retreats are in the Vipassana tradition. More information is available at www.longbeachmeditation.com/RETREATS/index.html.

SMALL GROUP MINISTRY: This program provides PUC members and friends with opportunities for connection with other members in fellowship, community building, and spiritual exploration. Meeting twice a month and led by a trained facilitator, Small Group Ministry sessions are designed to generate growth-inspiring and introspective conversation in a small group setting. As the new year begins, we will once again have enrollments for Small Group Ministry. For more information, contact Rev. Teri Masters pastoralcare@pacificunitarian.org.

SUNDAY FORUMS Additional opportunities for PUC members and friends to enhance their Sunday morning experience. Five different Sunday morning forum opportunities are offered:

1st Sunday 9:30 AM: An UU exploration of our monthly theme

2nd Sunday 9:30 AM: A Humanist Perspective, facilitated by Gary Fletcher

3rd Sunday 9:30 AM: Spirituality and UU, facilitated by Dee Masters

4th Sunday 9:00 AM: 12 Months to a Compassionate Community – A reflection on the reading of the book by Karen Armstrong, *12 Steps to a Compassionate Life*;

5th Sunday 9:30 AM: Choices in a jar – Delightful Dilemmas (4/29/12, 7/29/12, 9/30/12 & 12/30/12)

FELLOWSHIP

BUDDY PROGRAM: To help new members and interested visitors integrate into the PUC community and activities of interest, the Buddy Program offers 3-month 1:1 matches with established members. To participate, complete a Buddy Questionnaire found on the PUC website or Box #60. The Buddy Program also sponsors informal mixers at various locations odd-numbered months. The next Buddy Mixer is a potluck dinner, Jan. 28. Contact denise@umeworks.com to RSVP or with your questions.

DINNERS WITH UNITARIAN UNIVERSALISTS: Get to know other UUs within our Congregation via potlucks in a member's home on the 2nd Saturday of even-numbered months. Sign up on Sundays at the Welcome Table on the Patio.

GREAT BOOKS DISCUSSION GROUP: Meets at 7:00 P.M. on the second Sunday of the month except in July, August, and December, in PUC's Shuder library. For more information contact Bob Bloomfield (310) 373-1201.

MEN'S MINISTRY: Meets each Thursday evening from 7:00-9:00 PM in the Voyagers Room. Following a check-in, each meeting provides an opportunity to explore the joys and sorrows of being a man in the 21st Century. This is done through sharing of personal thoughts, feelings, and experiences. Contact Jeff Ordway (310) 530-4382 or Gary Fletcher (310) 518-6011 for more information or simply visit one of the Thursday evening meetings. A second group meets the third Monday of each month at Dick Granoff's home from 7:00 -9:00 PM. Contact Dick Granoff (310) 541-3264 for more information.

MOVIE NIGHTS: GLTBQ movies (Gay, Lesbian, Trans-, Bi-...) on the 2nd Friday of alternating months in the PUC Library. This is a *Standing On the Side of Love*-sponsored program. Contact SOSL@pacificunitarian.org or the [PUC Office](#) for more information. (310) 378-9449 admin@pacificunitarian.org.

PUC MATURE SINGLES welcomes mature singles of all lifestyles and faiths (or lack thereof). We aim to be a pleasant community for singles fellowship and entertainment. Look for information in *The View*, on the "Welcome Table", and your e-mail. One of our regular outings is Sunday brunch at various local restaurants at about 12:30 PM every 4th Sunday of the month. For further information, please contact Joyce Block-Miller (310) 373-2351 joyceuu@earthlink.net, Betty Saunders (310) 324-6333 betty90502@earthlink.net or Jan Avent jiavent22@hotmail.com

READING and RESPONDING WOMEN'S BOOK GROUP: This group meets 11:00 AM on the third Monday of each month from September to June in the Library. We will read fiction and narrative non-fiction and then connect to one another through a discussion of our personal responses to the texts. Facilitated by Robin Arehart (310) 371-2494.

SENIOR POW WOW TO SHARE HOW: A self-help group of senior members of PUC who may be lonely, in need of friendly advice, fellowship, companionship, friendships and a helping hand. Monthly meetings occur on the 3rd Thursday of each month at 11 AM at the church which are facilitated discussions and information sharing on various topics such as emotional problems, family and inter-personal relations, other perplexing and distressing situations; medical matters; financial matters, transportation, household and caregiver help, food and diet, shopping, quality of life; and death, dying and loss. Contact: Dr. Bob Bloomfield (310) 373-1201.

SINGLESOMETHING: Although the majority of those who attend SingleSomething activities are "boomers", singles of all ages and persuasions are welcome. SingleSomething is focused on fellowship and fun activities with other like-minded singles, straight and gay. Please join our Yahoo group: <http://groups.yahoo.com/group/pucsinglesomething> to keep informed on the latest events. Contact coordinator [Janet Steinberg](#) for more information.

THE WOMEN'S CIRCLE welcomes all women on the 4th Tuesday of each month, 10:00 AM in the PUC Library. These monthly meetings are devoted to sharing, fellowship and visiting. Contact Emily Morison at (310) 634-8581.

YOUNG ADULTS GROUP: If you're in your 20's or 30's and would like to meet other young adult UUs, join the Santa Monica fUUsion group by visiting their Yahoo Group page: <http://groups.yahoo.com/group/UUCCSMYA/>. fUUsion typically has 3-4 activities a month, and you can suggest and coordinate your own idea as well.

CREATIVE LIVING

AEROBICS with Ann Bosma. Meets Tuesdays and Thursdays, 8:30-9:30 AM in the PUC Hall. \$5/class. For more information, call (310) 375-2064.

PUC CHOIR: The adult choir rehearses Wednesdays from 7:00 - 8:30 PM (late June to Mid-August) and usually performs on the 1st and 3rd Sundays of each month. The choir performs a wide range of styles. Many people who have had no previous performance experience have found it to be a great introduction to note reading, a meaningful way to contribute to the Sunday Services, and a lot of fun. Come try it out. No long-term commitment required! Contact Music Director, Dr. Severin Behnen for more information music@pacificunitarian.org.

SOUTH BAY CHAMBER MUSIC SOCIETY CONCERTS: PUC welcomes the South Bay Chamber Music Society for its 47th season. The society offers free 3:00 PM Sunday afternoon concerts throughout the year. Season schedule and more information are posted at www.palosverdes.com/sbcm/ or contact (310) 377-5046, (310) 379-7055, or jbpsb@yahoo.com.

TAI CHI is a Chinese movement meditation and physical fitness discipline. Mondays, 8:30-10 AM sessions with John Pekich for \$10/class. For more information, call (562) 743-4187. Thursdays, 10:00 AM – Noon sessions with Maureen Beck focuses on harmony with the universe and non-confrontation. Fee is \$5/session.

WATERCOLOR WORKSHOP meets Fridays 10:00 AM until noon in the PUC Hall. Various water-based mediums are used. Workshop is free. Contact Ginnie Granoff through the [PUC Office](#) (310) 378-9449.

A JUST SOCIETY

GREEN SANCTUARY MINISTRY meets the 2nd Sundays of each month following service, and works to encourage environmental sustainability in our Congregation and the greater community. You can get involved in activities listed here, on our [website](#), or by contacting Nancy Hofland (310) 320-6084 or Dorian Tippet (310) 541-6543 or GreenSanctuary@pacificunitarian.org.

OUTREACH VOLUNTEER OPPORTUNITIES: Tutoring program at Toberman Neighborhood Center in San Pedro. Contact the PUC Office, (310) 378-9449 or admin@pacificunitarian.org.

PUC SOCIAL JUSTICE COMMITTEE meets on the 4th Sunday of each month at 12 noon in the PUC Library. The Social Justice Ministry is dedicated to advancing human rights and promoting social justice. The team is comprised of people dedicated to supporting a chosen social justice issue. The committee creates educational opportunities, activities and actions which include the greater congregation. Our Congregation has voted to focus our social justice efforts in 2012 on the issues surrounding Health Justice, access to healthy food for the disadvantaged, and the relationship between our diet and our health. Contact Lee Ann Hart SocialJustice@pacificunitarian.org or go to www.pacificunitarian.org/heal_the_world/social_justice.html#2012.

PUC WOMEN'S FEDERATION is connected to the National UU Women's Federation, a group chartered to empower all women. At PUC, this is manifested by our support of local shelters for abuse victims and by our support of a young woman in school in Nicaragua. We also support each other by eating and playing together. Women's Fed meets on the 3rd Tuesday of each month (except for a hiatus during the summer months) for a potluck lunch in a member's home followed by a program. Watch *The View* for details on programs or contact Betsy Walters at (310) 327-8737.

STANDING ON THE SIDE OF LOVE's mission is to harness Love's power to stop oppression, exclusion, and violence targeted toward LGBTQ persons and immigrants, and to promote respect & inclusion throughout our communities. We advocate for equal rights for all, including marriage equality. For more information, contact Brad Shreve (310) 344-8450 SOSL@pacificunitarian.org.

Scheduling is subject to change.

For the most current program information, visit us on the web: www.PacificUnitarian.org

PUC Office: admin@pacificunitarian.org or (310) 378-9449.

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