



The UUCF CommUunicator

The Newsletter of the Unitarian Universalist Church in Fullerton
1600 North Acacia Avenue,
Fullerton, CA 92831

Jon Dobrer, Minister

Services begin at 10:30 am

January 2010

Jan. 3: Mahadev-Ji. The topic will be: "The Meaning of Dharma". Mahadev-Ji is the spiritual leader of the Chinmaya Ashram in Anaheim. Dharma is the work each person is given in life. New Years is the time we in the West traditionally reflect on our dharma for the coming year.

Jan 5: Movie/Dinner Discussion: Invictus

Jan 10: To the God Janus—looking forward and backward – **Jon Dobrer**
Pancake Brunch. Hot Pancakes and much more will be served. Children under 12 (and those acting like they are under 12) will be \$4. Adults will be \$5. Plan to stay after the service for fellowship and fun. This is an Al Danzig production.

Jan 17: Carrying the Torch of Civil Rights & Human Rights – **Jon Dobrer**
Adult RE 12:30 downstairs Jim Fyke will present on Thomas Starr King.

Jan 19: Tuesday discussion The 5 Great Questions Part I. Jon & Rabbi Milhandler

Jan 24: “No Man is an Island” – **Jon Dobrer**

Jan 26: Tuesday discussion The 5 Great Questions Part II. Jon & Rabbi Milhandler

Jan 31: The Meaning of Faith – **Jon Dobrer**

THOMAS STARR KING STATUE WAS UNVEILED AT NEW LOCATION AT CAPITOL Thomas Starr King's statue stood in the rotunda of the US Capitol representing the state of California for many decades before its recent removal (to be replaced by Ronald Reagan). It will now stand on the Capitol grounds in Sacramento at the entrance to the Civil War memorial garden. The statue's unveiling and the opening of an exhibit highlighting King's life occurred on December 8, 2009. The exhibit will be open until June, 2010. (SOUNDS LIKE A FIELD TRIP TO ME –EDITOR)



Most of us are familiar with Dr. King's oft-repeated – and usually paraphrased – quip giving the difference between Universalists and Unitarians as “The one thinks God is too good to damn them forever, the other thinks they are too good to be damned forever.” However, are you aware of another of his comments about Unitarians and Universalists which proved to be wrong about a hundred years after his death?

Find out about Thomas Starr King, this almost forgotten man, who was such an important part of California history and our UU heritage, from our own Jim Fyke at Adult RE following church service on Sunday, January 17.

Out of My Mind: Kind of Personal

I really feel pretty healthy. Most days I face the world with energy and enthusiasm—thus covering both the physical and spiritual. Most days and nights I live in healthy denial of physical and temporal limitations. I forget that I've had three back surgeries. My "bad back" seems marvelous to me relative to when it was really bad. My two cataract operations don't really count on an emotional level. It's all good and I can see colors again! I just go on with my life with a pretty positive attitude.

So when I found out on Monday that I had a hernia and on Tuesday that they were going to operate some time in January, I just shrugged. No big deal. It's just a little day-surgery repair. Two hours post-op, I should go home. However, when I shared the news with an old friend (Old in both senses), he reflected, "Well, it's just one damn thing after another." My response was, "Thank goodness. If we got all the 'damn things' at the same time, they'd kill us."

Sometimes when my back is hurting (it does get tired), people ask me if it makes me feel old. Strangely it doesn't. It makes me feel young. I first hurt my back playing football in high school. So every time it aches I feel like I'm 17 again. Is this a kind of denial? Sure. But it isn't unhealthy. I understand some of my limitations and no longer play golf or tennis. I try to take care, but I don't and won't live in fear and anxiety.

At my core I believe the days and nights, the sunshine and the rain, the laughter and the pain are all precious and to be celebrated and appreciated. And I do appreciate it all—and you, for your constant care, concern, support and good company.

Jon Dobrer, Minister

Board Tidbits by Susan Tom Thorward is working on developing a PayPal account for UUCF's webpage. This will allow us to accept credit cards at the service auction in February and sell tickets on-line for Emma's Revolution concert in March. Just one example of how we are taking advantage of the available technology to better serve us.

Our Administrator, Donnette, and Ethel Sapico, are planning for an annual January blitz where we can register for SCRIP at church. By registering on-line with only a phone number, certain grocery stores and on-line stores will donate a percentage of the purchase to UUCF. By pre-paying for groceries at Stater Brothers, 6% is donated from your total purchase. Last year we earned \$568 and so far this year we have earned \$800.

More financial news to report: we have a narrow margin with our current cash flow, so the Financial Committee will sell some securities by end of month, drawing from reserves as budgeted in the 09/10 budget. UUCF costs over \$15,000 per month to keep the doors open!

We are so grateful for the many different ways in which our staff and volunteers contribute to the spiritual and financial vitality of this community! Everyone is welcome to attend our next board meeting on January 12th, 7:00 pm, at the church. For a full report, minutes are posted in the social hall.

Testimonial of Lesley Mahaffey

I'd like to tell you why I'm so committed to this church. Ten years ago I recognized there was something about this church, not that I knew what it was at that time. I just knew this was going to be a good place to bring my kids, hear thought-provoking sermons and meet like-minded people. I never dreamed that a few years later I would have met my dearest friends and found numerous role models for how I want to lead the rest of my life.

Two things about this church stand out for me today: The first is that so many here are genuinely kind and giving of themselves. I've discovered that this church is all about relationships amongst people who truly care. This most deeply touches me when it comes to my kids. Nothing here is more important to me than the education and spiritual development of my children. I will be forever grateful to those who share their gifts with them. I especially wish to express my gratitude to "retiring" teen group teacher Jim Gallaher, who has given many years to our teen program, and also to the dozen or so adults who were involved in mentoring the teens earlier this year. I never felt so connected to this church as I did at the culmination of the Coming of Age program last June.

The second thing that strikes me about this church is how many opportunities there are for me to practice kindness, do good works, and apply my unique gifts to benefit something larger than myself. I exaggerate only slightly when I say that the possibilities to get involved are endless. That's what really inspires me - possibilities. When I get discouraged about how little one person can do to make a difference in this world, I look around at all the good my UU friends do and this church as a whole does. Then I can see those possibilities again. To be able to work beside my UUCF friends toward a common goal is one of the great blessings in my life.

Thank you all.

Foreign Foods Friday will resume on Friday, January 22. This group is open to all members and friends, reservations are required. The destination for January hasn't yet been decided, and I'd appreciate suggestions from those who have a place we should try. It needs to serve 'foreign food', have enough room for a group of 20-25, and be willing to reserve for a group for a Friday night. If you have a suggestion, you can see me on Sunday morning, give me a call or an email. I'm in the book. Lou Arnwine

CIRCLE SUPPER NIGHT IS SATURDAY, JANUARY 9. If you would like to participate in one of our small-group potluck suppers held in congregants' homes, please call Mary Rhodes right away (in directory). There may still be room. If you can't make this upcoming one, ask to be put on the guest list(s) for March 13, May 8 and June 12th.

TO SERVE HUMAN NEED.....

HIGHLIGHTS FROM UUCF Social Action Committee Meeting 12/13/09

Share the Plate- November's collection resulted in raising \$238 for the Up2UU program. (It also tripled the amount of plate collected, in general.) Up2UU will use this gift to buy two years of web hosting for a resource/how-to website for other congregations who want to start and maintain an Up2UU program. We have new Up2UU volunteers: Dennis O'Connor (jobsearch), Kathy Ruppel and Lois Nettleship (GED tutors), and Pat Woodhull (art tutor for daughter of Up2UU New Vista client, Barbara, who just passed her high school exam and entered nurse's school).

Holiday Projects

- Lesley collected 20 gifts for 16 children and teens at Crittenden Services.
- Congregants have contributed countless wishlist items to WTLC and FIES.
- Lou collected (and continues to receive) tons of clothing and toiletries for the Armory-sheltered and she led our first Wednesday night there 12/9. We do not cover the Armory 12/23, as the Boy Scouts are taking it that evening. People can take clothing and toiletry donations directly to the armory from 5-8pm on Wednesday evenings.
- Gladys is providing facials at New Vista as morale/self esteem builders for clients.
- Custom has it that we donate all of the plate at the Christmas Eve service to FIES.
- Marlies reported that the plate at the interfaith Thanksgiving service (Morningside Presbyterian Church) brought in \$1,200, twice as much as the next largest amount ever collected. A New Vista client spoke at this event.

Emma's Revolution concert on 3/6/10 Bill Dutton: Proceeds will benefit the Orange County Aids Walk of Orange County. Louis Estrada is designing an e-flier to go on the website: <http://www.aidswalk.org/oc/> Concert ticket prices: Advance \$18, Door \$22, Senior/Student \$15 We can buy tickets now from Bill Dutton (checks payable to UUCF).

Bill Pryor Memorial Funds (\$2,312)

In early 2010, a group from the SAC (Lou, Susan, Debbie, Eleanor, Marlies, Kathey) will visit various substance abuse re-hab places to see which we would like to support with the remainder of Bill's memorial fund.

Foster Child Scholarship

Gladys proposes that we invite Lois to tell us about her private scholarship donations to Fullerton College. It is possible that we might merge our donations with hers. ebbie again circulated the Better World Shopping Guide as a possible fundraiser for the scholarship. (We would buy it for \$5 and sell it for \$10.) **Next meeting:** 1/10/201

CIRCULO DE AMIGAS NEWS

Several members from Social Action and sponsors plan to attend already-join them!

You are invited to our yearly board meeting that takes place this year on Sunday, January 24th at our VP Dr. Gayle Hopper's home in Lake Forest, at 2PM. There will be sandwich fixings and dessert, so be sure to RSVP to me Pat McCully (in directory).

I'm sure that some of our numerous UU student sponsors will want to become more involved; there's lots of energy out there just waiting to be tapped. Our needs are various, so there is something for everyone.

Folks with energy and ideas who would like to be on the board; anyone who would like to be co-treasurer (Denise is a bit overwhelmed - she is in constant contact with Fany in Nicaragua about the girls as well as the financial aspects); a savvy someone to be Webmaster; and certainly anyone good at fundraising and finding sponsors. There is an unlimited supply of young girls needing our help to get an education. Have a wonderful holiday season with lots of love and all good things.

Pat McCully, President

Religious Education NEWS



Honoring Santa Lucia in December certainly brought a shining light to our hearts and minds.



Celebrate!



Welcome to the New Year! I hope you are off to a great start on the year, and that the months to come will be full of fun and learning. In January we celebrate the birthday of Dr. Martin Luther King, Jr., a Christian minister who practiced non-violent resistance—changing the world without hating or trying to hurt the people whose actions he opposed. King was inspired to this way of non-violence by Mohandas Gandhi, the great Indian leader who used the Hindu idea of *ahimsa*, non-violence toward all beings, as the foundation of his work for the freedom of the people of India.

Nurturing Your Spirit

Practicing non-violence can be a very powerful way of changing the world, and of changing your own feelings and ways of looking at the world. One spiritual practice that helps to put you in a non-violent frame of mind is to do a peace meditation. The more often you do it, the more you train your mind, heart and spirit to react in non-violent, peaceful ways. Here's a meditation you may try:

- Close your eyes and relax. Try not to think of other things but just for a moment focus on your breathing. Feel the air flowing in and out of your body. Now imagine that it is not air that you are breathing in but peace. Think about a time when you have felt very peaceful and very strong and try and breathe in that feeling. Breathe it in and feel the peace flowing throughout your entire body.
- Feel that peace flowing into your heart and then down to your toes and up through your arms and to the top of your head. Imagine that peace is a white light that's full of strength and calmness.
- As you breathe out try imagining that you are throwing out any fear or anger that you might have. Toss out the anger like it was a bucket of dirty water. Breathe in and out like this for a few minutes and when you feel completely full of peace and strength. Forget about breathing out anger and imagine that you are breathing peace into the world. You are creating peace for others

to feel. You are helping the whole world feel more peace. This is a very powerful gift that you are giving.

- When you are ready, relax a little but keep your eyes closed. Just for a few moments think about how you can be more peaceful in your life. Perhaps the next time you are about to get angry over something very small, remember that angry people make themselves unhappy and others around them unhappy. Remember the strength that comes from peace.



- When you are ready take a couple of deep breaths and relax – your meditation is finished and you can open your eyes.

Excerpts are from **KidsTalk**, January 2009.

KidsTalk is UUA publication from the Church of the Larger Fellowship.

Classroom News

Jim Gallaher has been a fixture in Religious Education, particularly in his work with the teen group. Jim had his last meeting with the teen group as teen advisor in December. On behalf of the teens and the R.E. committee, I would like to acknowledge Jim's many contributions. Jim has influenced many teens over the years at UUCF and we thank him for his consistent presence.

Children in pre-school through middle school will meet as a group for Pajama Day on Sunday, January 3rd and again on January 31st for Chalice Chapel. The remaining Sundays are dedicated to classroom time. Teens will continue to meet with Ed and Sean throughout January. Next RE meeting is January 3 after service, childcare provided.

President's Message

As we close out 2009 and enter 2010 I am reflecting on the accomplishments we have achieved over the last year and pondering what the new year will bring. This has been an exciting year for our congregation! A few highlights include securing a wonderful place to worship and call home for the next 10 years, the hiring of new staff to work with our youth, the completion of our first Coming of Age program, and the addition of many new members and friends to share our faith. Next year will bring additional change, as the new building will be completed, and we will be need to furnish and decorate our office space for meetings and other uses. I expect this additional space will be of great use and value to our congregation's growth and interconnectedness. This past year has not been without its share of sorrow, as we have lost dear friends whom we will all miss.



Our Church continues to be an amazing group of volunteers doing extraordinary things for each other, the greater community and entire web of existence. Volunteerism is the most powerful aspect of our Church and I thank everyone for their outstanding contributions. I also want to thank our Staff for their outstanding effort and dedication to get things done and do the right thing. They are awesome! Together we do make a positive difference in the world.

So as we look to 2010 I am personally rededicating myself to contributing where and when I can. I hope you will join me in taking advantage of opportunities in 2010 and doing the little things that matter. Also, please continue to send me your comments, concerns, and ideas about our Church. I take them seriously, value them and will take action as appropriate.

Wishing you all a safe and happy 2010,

Doug Schneider, Board President

UUCF REGULAR CALENDAR EVENTS

Interest Group/Activity	Schedule*	Contact Person	Location
Lunch Bunch:	Sunday 12:30PM After the service	Pat Woodhull	Marie Callender Placentia
<u>Fuddy Duddies</u>	1st Monday 9:00AM	<u>Jan Lillibridge</u>	Rotating. Contact Jan for location.
Women's Wisdom Circle	1st & 3rd Monday 7PM	<u>Barbara Keller</u>	Rotating. Contact Barbara for location.
Investment Club	3rd Monday 7PM	Gwen Fyke or Brad Woodhull	Contact Gwen for location
Movie and Dinner with Rev. Jon Dobrer	1st Tuesday	Marlies Worley or Rev. Jon Dobrer	See Sunday Announcements
3 rd Tuesday Discussion Group with Rev. Jon Dobrer	3rd Tuesday 7 PM	Rev. Jon Dobrer	Church—location rotates
All Soul's Potluck & Salon Discussion group	4th Tuesday	Rev. Jon Dobrer	Social Hall
Men's Lunch Group	Alternating Wed. & Thurs. 11:45AM	Brad Woodhull	Contact Brad for location
Choir Practice	Every Thurs. 7PM (also Sunday 9 AM)	Judi Herz	In the chapel downstairs
Red Hat Society	Once a month	Fran Doble	See Sunday Announcements
Circle Suppers	2nd Sat. (times vary) (Oct., Jan., Mar., May)	Mary Rhodes	Rotating. Contact Mary to sign up to host or attend
Foreign Foods Friday	4th Friday	Lou Arnwine	Contact Lou for restaurant
Adult Religious Education	3 rd Sunday at after service	Randi Hetrick or Dale Botts	Downstairs 12:15
Social Action Committee Meeting	2 nd Sunday after the service	Debbie Langenbacher or Lou Arnwine	Sanctuary

Always check monthly church calendar (on the website) and announcements in the Order Of Service for exact time and location of events. There are occasional changes. Announcements will usually give you more details about the groups or you can ask the individuals listed above. If any of this information is incorrect please contact Donnette Guiltinan. Last update: 4/09. UUCF Board:

I would like to add my end of the year good wishes, I like the fact we have markers such as years, decades, centuries it helps me gain perspective and incentivizes me to "improve" over some designated time span to come (let's start with 2010) as your editor, a UUCF member and human race person. I am off to Viet Nam with UUCF sisters Doris Dressler-Clark and Linda Crowder, to attend a conference on Southeast Asian Women's issues; we will be back January 12th. Warmest Regards, Randi Hetrick, editor

☀Please check circle and return if you wish to be removed from our mailing list.

UUCF Board: President; [Doug Schneider](#)

Board members: [Al Danzig](#), [Catherine Gallaher](#), [Dana Bianco](#), [Doris Dressler-Clark](#), [Susan Perlson](#), [Thomas Contreras](#), [Tom Thorward](#), [Ed Tschabrun](#)

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The deadline for the next issue of the CommUUnicator is NOON, January 19th, **2010**

Please submit all items to Randi Hetrick livelihood@msn.com

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UNITARIAN UNIVERSALIST CHURCH OF FULLERTON

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