

\* Please send all VIEW submissions to [Newsletter@pacificunitarian.org](mailto:Newsletter@pacificunitarian.org)  
\* Please send requests for a Sunday announcement to: Gary Hart [garylhart@gmail.com](mailto:garylhart@gmail.com)



Pacific Unitarian Church  
A Unitarian Universalist Community

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

The View

July 11, 2013

Deadline: Each Wednesday at noon

Hi,

...and THE VIEW from PUC is full of ways to FREE yourself and others however you can....Lots to read, lots to learn, and lots to love here @ PUC and here in *THE VIEW*... REEEEEAAADD AALLL ABOOUUUT IT!



**From Rev. Tamara's Desk**  
***This Too Shall Pass***

Carl Sandberg, in *The People, Yes* writes, "And the king wanted an inscription good for a thousand years and after that to the end of the world?"

"Yes, precisely so."

"Something so true and awful that no matter what happened it would stand?"

Yes, exactly that."

"Something that no matter who spit on it or laughed at it there it would stand and nothing would change it?"

"Yes, that was what the king ordered his wise men to write."

"And what did they write?"

"Five words: THIS TOO SHALL PASS AWAY."

We stand in flow of history, both on a large scale and in many smaller, more intimate streams and eddies. How do we want to be remembered? What will be our legacy to those around us, communicated through our words and our actions? I try to hold this thought before me as I move through my days, that "this too shall pass away," not only in terms of getting through difficult times, but more so, in terms of how my choices and actions impact others. When I was in High School, I had the opportunity to write my own epitaph. It was an eye-opening exercise as it made me think about what I would want people to say about me when I'm gone.

And so, the challenge before each and every one of us is this: with the knowledge that "this too shall pass away," how are we choosing

**July's Monthly Theme:**  
**LIBERATION**

**This Sunday**

**July 14**

**Sunday Forum**

*No Sunday Forums are scheduled over the Summer. The Library is an open-talk zone before the Service*

**10:30 AM Service**

**What Truth Sets Us Free?**

As we continue to consider the theme of liberation, Rev. John asks if the truth can really set us free and, more importantly, which truth?

***The Week At a Glance***

**Friday, July 12, 2013**

7 PM GLBTQ Movie Night – V

**Saturday, July 13, 2013**

10 AM French Conversation Grp - V

10 AM Temple Emet Saturday Service - H

6:30 PM Shahian/Hao: Dinner & Music - O [T&S]

**Sunday, July 14, 2013**

to live our lives? Where are we devoting our time, financial resources, and energy? Will the world be better for our having been part of the flow of history? For my part, I have chosen this faith and this congregation as my way to make a difference, to be a voice for justice and good, to help leave the world a better place. I am so blessed to be standing in the flow of history with the good people of Pacific Unitarian as we build toward our vision of reaching more people and together building an Earth more fair, with all her people one.

Namaste,  
—Rev. Tamara

[AssocMinister@pacificunitarian.org](mailto:AssocMinister@pacificunitarian.org)

## Religious Education Matters

### Family Religious Education Ministry JULY CALENDAR

We are still in need of assistants for our "Share Your Talent" Summer! So if you would like to help out, please come by the Family RE Table before or after the Worship Service to sign up. Come be part of our Summer FUUn!

**Please note:** For the duration of the summer, children age six and below will have free play in our Childcare Room, while the rest of the children and youth will be together for the project or activity of the day.

**7/14:** Join us today as *Robin Arehart* shows some tricks of the trade in story writing. *Alana Garrigues* is the Family RE Contact Person today.

**7/21:** Do you like to go treasure hunting? Today *Alana Garrigues* will lead us in digging for buried treasures as we live out our stewardship to our church by cleaning out drawers and cupboards in the classrooms. *Rev. Tamara* is the Family RE Contact Person today.

**7/28:** Feel like you're at summer camp and get crafty with *Melissa* today as we make a surprise craft. *Noelle Portland* is the Family RE Contact Person today.

—Rev. Tamara

[AssocMinister@pacificunitarian.org](mailto:AssocMinister@pacificunitarian.org)

### SUNDAY ADULT R.E. PROGRAMMING

\* **9:15 AM** No Sunday Morning Forums are scheduled over the Summer. The Library will be an open-talk zone before the Service.

### **7/14: Did You Know that Japan's Fukushima Nuclear Reactor Is Being Decontaminated with Mushrooms?**

Mycelia change their behavior in response to the environment: When you walk through a forest, they leap up. They know you are there... Come learn about the amazing mycelia, 12:15 PM,

## The Week At a Glance

10:30 AM Sunday Services-H  
12:15 PM Green Sanctuary  
"Transition Companion" - L  
7 PM Great Books Discussion  
Grp - No July Mtg

### **Monday, July 15, 2013**

10 AM Tai Chi [Pekich] - H  
11 AM Reading & Responding  
Women's Book Club- L  
5 PM Kundalini Yoga Class - H  
7 PM Men's Ministry -V

### **Tuesday, July 16, 2013**

1 PM Pastoral Care Associates  
Mtg - V  
1:30 PM Staff Mtg - L  
2:30 PM Practicing UU Cvnnt Grp  
- L  
7 PM Board Meeting - L

### **Wednesday, July 17, 2013**

6 PM Temple Emet - Kaballah  
Class - H  
7 PM Facilities Committee Mtg -  
O

### **Thursday, July 18, 2013**

10 AM Tai Chi [Beck] - H  
11 AM Seniors Pow Wow to  
Share How - L  
4:30 PM Worship Team/Soulful  
Sundown Mtg - L

## Flowers for the Church

*Sundays Flowers are "from Aria & Lara McKain, wishing our beloved son & brother Cairo a happy 16th birthday."*

Please contact the [PUC Office](#) to reserve your date!

Next open dates:  
Sept. 15, 22, 29



### **PASTORAL CARE NEWS:**

#### **A Memorial Service**

celebrating the life of Dr. Joseph Robert (Bob) Bloomfield will be held at 2 PM, **THIS Saturday, July 13 @ PUC.** Following the formal Service the



## Religious Education Matters

Sunday, July 14, in the PUC Library. A Green Sanctuary program.

—Dorian Tippet

### Plan Your Autumn Vegetable Garden Event

**Saturday, July 13, 9 - 11 AM:** *Planning Your Autumn Vegetable Garden*, hosted by Environmental Change Makers and presented by Joanne Poyourow, garden designer and author of the Vegetable Crop Rotation Wheel that guides our (pesticide-free, chemical-fertilizer free) Food Garden at PUC.

**Where:** The Community Garden of Holy Nativity, [6700 West 83<sup>rd</sup>, Westchester, Los Angeles, 90045](#). We will be car-pooling from PUC. Call Carolyn Waters, 310-863-0712 or Dorian Tippet, 310-541-6543.

**Heads-Up Garden Angels:** Our cool season gardens can potentially be THE most productive of the year ... if you plan them to be so. Start thinking about the new season when the weather is too hot to be out in the garden. [Vegetable crop rotation wheels and garden booklets](#) will be available for purchase at this event.

\$10 Suggested Donation.

—Carolyn Waters

### Women's Reading and Responding Book Club Invests in "Gatsby"

Join us on Monday, **July 15** at 11 AM in the PUC Library when we'll discuss *The Great Gatsby* by F. Scott Fitzgerald. All PUC women are welcome. August 19th's book will be *The Prince of Tides* by Pat Conroy It's 600 pages, so get reading now!

### Summer Buddy Mixer at The Beach – Sat., July 20

What a fun way to get to spend time with your friends at PUC and to get to more folks. Come to our summer Buddy Mixer at the beach and enjoy the sun and surf. Bring your own drinks, a no-prep dish to share for supper, and a jacket for evening story sharing. Starts at 3 PM at Torrance Beach. Contact [denise@umeworks.com](mailto:denise@umeworks.com) to RSVP and for details.

### Essential Workshop on Essential Oils 7/21

What is an essential oil? An essential oil is the life-blood of the plant. Because of its potency, this blood of the plant serves to be 50-70 times more powerful than herb equivalents. 12:15 PM, Sunday, July 21, join Jolie Dekleva in Classroom 1 for a talk on essential oils.



### Robin Paterson's Father's Art Featured at Getty

There is an exhibition at the Getty

family will host an informal, festive reception during which people can eat, drink, and share stories about our father & husband. **Please RSVP to the PUC Office:**  
310.378.9449 /  
[admin@pacificunitarian.org](mailto:admin@pacificunitarian.org)

If you are in need of Pastoral Care, please contact **Reverend John**.  
[pastoralcare@pacificunitarian.org](mailto:pastoralcare@pacificunitarian.org)  
or the [PUC Office](#).



### Plant Based Cooking Classes @ PUC

**Tuesday, August 13** from 6 - 8 PM

(then every 2<sup>nd</sup> Tuesday of the month) \$25

Looking for ways to eat healthier by incorporating more fruits, vegetables, and whole grains into your diet then join us to learn some yummy recipes?

This cooking class will feature vegetables, whole foods, and a plant-based cuisine with instruction and some hands on learning. All levels of food knowledge or cooking ability are welcome.

We'll be emphasizing organic seasonal and local ingredients purchased at our local Farmer's Markets so we can learn to eat the freshest healthiest foods available.

—Debi Robinson

Debi is a foodie who has taken hundreds of cooking classes: Studied at The New School of Cooking with a certification in a 20-wk Professional French Cooking course and a 10 week Professional Baking course. Debi is a Yoga instructor who is mainly a vegetarian and is passionate about choosing to cook with foods that enhance our overall health. Please RSVP to Debi Robinson at [debi@debirobinson.com](mailto:debi@debirobinson.com)



Museum in West L.A. called **Overdrive: L.A. Constructs the Future 1940 – 1990**. Robin Paterson's father, Robert Jackson, has four renderings in the exhibit;

*The Sinai Temple, The Wilshire Triangle, The Union Bank Building, and the LAX Theme Building*, which is the centerpiece for the whole exhibit. Quite exciting! The exhibit runs through July 21. The **LAX Theme Building** rendering was completed in 1958. [CLICK HERE for more information.](#)

—Robin Paterson



### **PSWIRL 2013 Is Coming: Summer Camp for Grownups - Saturday, Aug. 17 - Thursday, Aug. 22**

Our 2013 Camp is quickly approaching. Have you registered for camp yet? It's time!

PSWIRL sponsors a relaxed camp in the mountains for people who enjoy nature and an interesting program of activities. A theme speaker will provide challenges, information, and philosophy. The camp setting is one of warmth and acceptance, where people's ideas and feelings are valued and validated.

Each person is able to set his or her own goals and program for the week. Daytime activities range from active to contemplative, and evening activities may include dancing, discussions, astronomy, movies, puzzles, improvisation, cards, and/or a talent show. AND...The roads at camp are now paved so we are more accessible for those with mobility issues.

The Week's Theme Speaker will be **Rev. Tom Owen Towle** - an exciting and respected minister in the UU community and we are lucky to have him. His theme of "**Self Care: Tending to our Whole Being**" is something we can use for ourselves, our communities, and our world.

Get more information and/or register at [www.PSWIRL.org](http://www.PSWIRL.org). Please be sure to download and fill out the camp's "Emergency Response" form and bring it to camp with you.....)

### **Gentle Yoga Class for All Starts Wednesday, July 24**

**Wednesdays @ 11 AM -12:15 PM in the Hall**

*A Class designed for all levels, shapes, and ages.*

We will focus on a gentle practice through movement:

- v. To help unblock your flow of energy
- v. Increase your mental and physical flexibility while releasing stress and enhancing body awareness
- v. Poses and exercises to build strength, relieve pain and stress and improve balance

Suggested Donation: \$12/class. Taught by Debi Robinson, RYT 200

Contact Debi with any questions: [Debi@omhappy.com](mailto:Debi@omhappy.com)

### **Recurring Events**

**Sundays**

### **PUC Architect (and a VERY Young PUC) Featured in Hammer Museum Show**

Photos of a newly-built Pacific Unitarian Church by Julius Schulman are featured in "A. Quincy Jones: Building for Better Living" -- the first major museum retrospective of PUC's Los Angeles-based architect's work. [CLICK HERE For Info & Hours.](#) The show runs through September 8, 2013.



### **A Universalist Said That?**

"I hold the restoration of all souls; because having myself been the chief of sinners. . . God. . . granted me the mercy and pardon of all my sins, and plucked me out of a brand of hell. . . I could not have a doubt but the whole world would be saved by the same power."

—[George de Benneville](#), physician and Universalist evangelist

[Click Here for Videos Related to Unitarian Universalism](#)

### **July's Monthly Theme: LIBERATION**

#### **7/21: I'm Not Crazy, I'm Just a Little Unwell**

PUC Member Brad Shreve shares the history of mental health in our country, the current status, as well as his personal experiences.

#### **7/28: Where the Theology Meets the Road**

We think we know what we believe and what we hold to be true, but when it comes to a crisis of illness or death, often all bets are off. Michael Eselun, popular guest

YRUU High School Group. 10:30 AM, L  
Half a Century Marrieds Group, 5th Sun., 12 noon, Fu Yuan Low  
Restaurant - Next Date: **Sunday, September 29**  
Great Books Discussion Grp, 7 PM, 2nd Sun., L  
Books in Our Lives Covenant Group, 1st & 3rd Sun., 7 PM, L

### **Mondays**

Tai Chi (Pekich), Mondays, 10 AM, H  
Women's Reading & Responding Grp, 3rd Mon., 11 AM, L  
[Kundalini Yoga w/ Aimee](#) - All are welcome, Mon., 5 PM, H  
Men's Ministry, Mon., 7 PM, V  
Environmental Covenant Group, 1st Mon., 7:15 PM, L

### **Tuesdays**

Soulful Sundown, 1st Tues., 6:30 PM, H

### **Wednesdays**

Choir Practice: Wed., 6:30 PM, H

### **Thursdays**

Women's Circle, 4th Thursdays, 10 AM  
Tai Chi (Beck), Each Thurs., 10 AM, H  
Seniors Pow Wow to Share How, 3rd Thurs., 11 AM, L  
Environmental Priorities Network Mtg, 1st Thurs., 7:30 PM, L  
Green Sanctuary/Transition Coffee Clatch. 2nd & 4th Thurs., 8-9 PM,  
Catalina Coffee Co.

### **Fridays**

GBLTV Movie, 2nd Fri., 7 PM, L

### **Saturdays**

French Conversation Grp, 2nd & 4th Sat., 10 AM, V

### **Pacific Unitarian Church, A Unitarian Universalist Community**

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speaker and Oncology Chaplain at UCLA, will share an exploration of the different ways patients' theologies intersect with such crises, and the common themes that seem to surface from the atheist or fundamentalist alike.

### ***Second Sunday Hospitality*** **Special Thanks to All of** **YoUU who help!**

Special thanks to Patricia Hart & Co. for prepping and putting out the repast for us all last Sunday!!!

#### **Ushers:**

Kevin Gallagher & Alana Garrigues

#### **Welcome Table:**

**2 OPEN POSITIONS**

Contact [Maurice Chevalier](#) if you'd like to give it a try...

#### **Greeters:**

Peggy Tiggerman & Jean Tordella

#### **Pacific Unitarian Church**

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[www.pacificunitarian.org](http://www.pacificunitarian.org)

**Sunday Service @ 10:30 AM**

