

\* Please send all VIEW submissions to [Newsletter@pacificunitarian.org](mailto:Newsletter@pacificunitarian.org) by Wednesday Noon.

\* Please send requests for a Sunday announcement to: Clay Bosler [claytonbosler@mac.com](mailto:claytonbosler@mac.com)



Pacific Unitarian Church  
A Unitarian Universalist Community  
Committed to the Free and Responsible Search for Truth, Meaning and Service

The View



August 7, 2014

Deadline: Each Wednesday at noon

Hi {FIRST\_NAME|PUCer},

We are in a season of growth at our beloved PUC. Join us at Sunday morning's service, and at our events throughout the week, and experience *Love Beyond Belief*.



## Message from PUC's Lead Minister - SPIRITUAL BUT NOT DOGMATIC

More and more people describe themselves as spiritual but not religious. What this usually means is that they see little use for a religion that tells them what to believe. In actuality, spirituality and religion are two sides of the same coin. Becoming more spiritual only means that you are working towards greater understanding in your life. Spiritual is not necessarily the worship of a higher power; plenty of Buddhists are spiritual but do not believe in a personal God.

Religion is the practice and institutionality of spirituality. I believe that your spiritual formation is easier when coupled with participation in a religion.

Religion allows us to discern a spiritual path alongside others. That is why coming to church is part of spiritual formation. You may not always agree with what is said or done but you are a fuller spiritual being by coming. At least that is my take.

What I really suspect people object to is not religion but dogma; the strict and often exclusionary teachings of a particular religion. UUs are decidedly not dogmatic but we are religious. All of what we do as a congregation is directed at deepening our spiritual formation, from prayer to social action. So next time someone tells you they are spiritual but not religious, why not tell them you are Spiritual but not

### August's Monthly Theme: FORMATION

This Sunday  
**August 10**  
**10:30 AM Service**  
**Feeding Souls**

**Rev. John Morehouse**

Spiritual formation often invokes the metaphor of hunger and feeding. Rev. John will reflect on how we might best feed ourselves and help to feed others. The service will be followed by a "hunger fair" whence our Social Justice Ministry will be highlighting foods eaten by some of the economically poorest people on earth, as well as presenting opportunities for us to serve the hungry in our community.

**8/17: Living in the Now**

**Rev. John Morehouse**

It has been said that the most important moment is the present one. But just how do we achieve that present peace?

September's Monthly  
Theme:  
VISION

dogmatic.

With Grace and Grit, Rev. John



## Congregational Meeting on August 17th

Pursuant to PUC Bylaws, the Board of Trustees hereby calls for a Congregational meeting of the Church on Sunday, August 17, 2014 at 12:15 PM.

There will be an important vote on a revised budget for this fiscal year. For information about the vote and copy of the ballot, including information about casting an absentee ballot [click here](#).

## Brought to You by Your Social Justice Committee This Sunday

Fair Food Faire will be held 8/10 after the service, 11:30 AM to 1:00 PM. Information sharing related to global food issues, food and nutrition, local sustainability, single-use plastic, upcoming related events, and more....

## SOCIAL JUSTICE

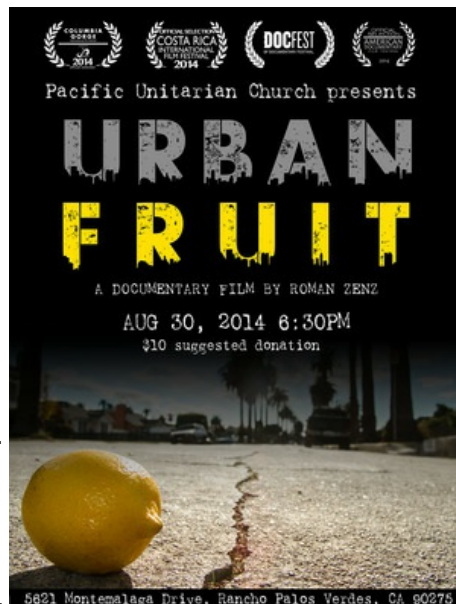
**COMMITTEE** urban food movement, Saturday AUGUST 30<sup>th</sup>. Filmmaker Roman Zenz will be there for Q&A after screening.

Doors open at 6:30 p.m. \$10 suggested donation. 50% will go to filmmaker. Open to public.

Contact

[Denise@Umeworks.com](mailto:Denise@Umeworks.com) or 310-

257-9127 to reserve your seat. To volunteer to help with this event, please also contact Denise.



## Board of Trustees opening

There is an open position on PUC Board of Trustees. It is the preference of the trustees to have an interim replacement until our next annual election in 2015. Please contact Board Secretary, Janet

## The Week At a Glance

**Thursday, August 7, 2014**

10 AM Tai Chi Class - H

**Friday, August 8, 2014**

7 PM [Summer Friday Nights @ the Beach!](#) - Redondo Beach @ Ave H

**Saturday, August 9, 2014**

10:00 AM French Conversation - V  
5:30 Game Night - CR1&2

**Sunday, August 10, 2014**

10 AM Childcare - CR3  
10:30 AM Sunday Services - H  
11:30 AM Hospitality Lunch - Patio  
11:30 Social Justice Fair Food Faire-Patio  
11:45 AM Meet the Board - L

**Monday, August 11, 2014**

7 PM Board of Trustees Meeting - CR1

**Tuesday, August 12, 2014**

10 AM [PUC Buddhist Meditation Group](#) - V  
7 PM Ways & Means Committee Meeting - L

**Wednesday, August 13, 2014**

11:30 AM [Beginning Yoga](#) w/ Debi - H  
12:30 PM Reverend Morehouse: The Spiritual Brain- CR1

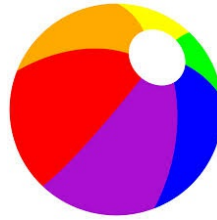
**Thursday, August 14, 2014**

10 AM Tai Chi [Beck] - H  
7:30 PM Environmental Priorities Network - L

Kissner at [jandy@socal.rr.com](mailto:jandy@socal.rr.com) by August 17th if you would consider serving PUC in this capacity.

## Summer Friday Nights at the Beach ALL SUMMER LONG!!

Summer is nearing its end. Be sure to bring the whole family at least once as we play in the sand and take time out to watch the sunset with reverence together. This is truly a time for all ages.



Pack a picnic or get together for a late dinner and drinks afterwards at a local establishment.

Look for the beach balls! Every **Friday night at 7 PM** on Redondo Beach, at Avenue H & Esplanade.

Your Little Rocks Task Force is working hard to find ways to bring incremental income to the church.



## PUC Rummage Sale

Save your gently used household items (furniture, home decor items, dishes, glasses, jewelry, art, etc.) for the **PUC RUMMAGE SALE Friday & Saturday, October 24 and October 25**. This is a great opportunity to clean your house and garage before the year-end holidays! In the past, our Rummage Sale has made over \$2,000 for PUC.

Contact Linda Jenson for details.

## BUY YOUR COMEDY & MAGIC CLUB TICKETS ON THE PATIO THIS SUNDAY!

**Tickets \$20**  
**Wednesday,**  
**24 September**  
**Comedy & Magic Club in**  
**Hermosa Beach**  
**Doors Open 6:30**



Come see Tommy Johnagin, second place winner of NBC's Last Comic Standing

## *Sunday's flowers graciously provided by the Elizabeth Einhorn's Mom & Dad.*

Please sign up for your turn to bring Sunday's Flowers on the Flower Calendar inside the door of the PUC Office.  
Next Open Date: August 17



## **Sunday, August 10th Hospitality** **Special thanks to all of our volunteers!**

### **Ushers:**

Kevin Gallagher & TBD

### **Welcome Table:**

Melissa Garcia & Pam Harris

### **Greeters:**

Jean Tordella & Peggy Tillman

### **Top Chef:**

Naresh Deo



## *Recurring Events*

### **Sundays**

YRUU High School Group, weekly,  
10:30 AM, L  
Half a Century Marrieds Group, 5th  
Sun, 12 PM, Fu Yuan Low  
Restaurant  
Books in Our Lives Covenant  
Group, 1st & 3rd, 7 PM, L

### **Mondays**

[Kundalini Yoga w/ Aimee,](#)

5 PM, H

Board of Trustees, 1st & 3rd,  
7 PM, CR1

Environmental Covenant Group,  
1st, 7:15 PM, L

### **Tuesdays**

[Buddhist Meditation Grp,](#) weekly,  
10 AM, V

### **Wednesdays**

[Beginning Yoga](#) w/ Debi  
Robinson, weekly, 11:30 AM

Buy your tickets early and PUC will receive 50 additional donated tickets to sell. All \$\$ goes to support PUC!!

See Pam Harris, Lee Ann Hart, Judy Shaffer, Denise Shiozawa or Linda Jensen for tickets.

### **Volunteer Opportunity on Sunday mornings!**

We have been so fortunate to have the wonderful Sunday Brunches started by Frances Morehouse, now grown into a hospitality ministry. The new proposed budget includes cutting the custodian's hours and that means cutting some of the things we enjoy and may take for granted - things such as fresh flowers, table cloths, glasses and glass bottles of water. Do you value these things or consider them frivolous?

We need volunteers who will step in and fill the gap left by these budget cuts so that we don't have to compromise some of the ambiance of Sunday Brunch at PUC.

To retain these amenities, we need people who are willing to donate two hours before the service to do "set up" on the Patio and others who will donate two hours after brunch to "tear down." This includes four loads of table linens to be washed in the machine to be ready for the next Sunday. We have a detailed list of what needs to be accomplished.

It's our Church, please tell me what you want and together we can do it. It's your decision. Volunteer bonus ---FREE brunch in appreciation for your service. Contact Val Richards at 424-772-1976 to sign in.



### **THE SPIRITUAL BRAIN**

**4 WEDNESDAYS: AUG 6, 13, 20, 27**

**12:30 - 1:30 PM in CLASSROOM 1**

**Instructor: John Morehouse**

**Fee: \$5 per session, \$20 for series**

Reverend John begins his exciting series of Create Meaning classes for the fall 2014 season. Learn how religion and science intersect. Neuroscience now understands a great deal about how the brain works during a variety of spiritual experiences. This lecture and

ROBINSON, WEEKLY, 11:30 AM

### **Thursdays**

Tai Chi (Beck), Thurs, 10 AM, H  
Seniors Pow Wow to Share How,  
3rd, 11 AM, L  
PUC Choir Practice, On Summer  
Hiatus

[Environmental Priorities  
Network](#), 2nd, 7:30 PM, L

### **Saturdays**

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

discussion will provide up-to-date scientific information and guidance about how to live with our spiritual brain.

## Yoga Classes at PUC:

### Gentle Yoga Class for All

**Wednesdays, 11:30 AM-12:30 PM in the Hall**

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

We will focus on a gentle practice through movement:



- To help unblock your flow of energy
- Increase your mental and physical flexibility while releasing stress and enhancing body awareness
- 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)

### Monday Yoga & Meditation Basics Class- Postponed

**Led by: Aimée Donahue, Yoga Instructor and Therapist**

Get centered for Summer with a healthy practice for your mind, body, & spirit!

Join us in the Hall on **Mondays from 5 - 6:30PM** for *Kundalini yoga*, a physical, mental, and spiritual discipline for developing strength, flexibility, consciousness, and character.

Join us as we move with relaxing music to calm the mind while keeping the body healthy and youthful. Tap into your body's innate inner healing power!

Regular Series (10 sessions) \$170 | Walk-In \$20 per session.

**REGISTER HERE:** Find out more at [www.yogawithaimee.com](http://www.yogawithaimee.com).

**Sunday Service: 10:30 AM**

5621 Montemalaga Drive, Rancho Palos Verdes, CA 90275

[Click here for Directions](#)

#### Contact Us:

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[admin@PacificUnitarian.org](mailto:admin@PacificUnitarian.org) [www.pacificunitarian.org](http://www.pacificunitarian.org)



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