



FirstWords

A publication of the First Unitarian Universalist Church of San Diego

A PEACE POLE AT FIRST UU CHURCH

By Roy Attridge & JR Fox



Recently you may have noticed a new addition to our campus in the form of a Peace Pole planted by members of the Earth Centered Spirituality Circle on the lower patio (adjacent to the

Welcome Center Donor Wall) in a ceremony on March 20. In doing so, First UU joins with a global community of varied faiths and nationalities working to make a better, more positive world. It represents our wish for the future, one that sees us becoming a more tolerant country, and a place where the ultimate goal is working with other countries for lasting peace throughout the world. This pole represents our wish that our children's future be free from conflict.

The use of hand-made Peace Poles was started in Japan in 1955 by The World Peace Prayer Society, a nonprofit, nondenominational organization founded by Masahisa Goi, a Japanese philosopher and humanist who dedicated his life to spreading the message "May Peace Prevail on Earth" in response to the destruction from the bombings on Hiroshima and Nagasaki during the Second World War. Mr. Goi believed that peace begins in the heart and mind of each individual and that we all share a common responsibility for the future of our planet. He started a peace movement as a way of uniting the hearts of humanity, transcending all boundaries of race, religion or politics. There are at present over 200,000 Peace Poles in more than 200 countries on every continent, at sites including the tomb of Confucius in China, the pyramids of Giza, the magnetic North Pole in Canada, the Allenby Bridge over the Jordan River on the border between Israel and Jordan, Hiroshima in Japan, Angkor Wat in Cambodia, at the Peace Park where 84 Peace Poles commemorate the Winter

Olympics in Salt Lake City, at the War Museum in Vietnam, and at the site of the baptism of Jesus at Bethany-Beyond-the Jordan, as well as schools, churches, synagogues, mosques, and temples across the United States and around the world.

We have chosen the languages of English and Spanish, representing the two major languages of our congregation, and Arabic and Hebrew, for areas of the world experiencing continuing conflict. With this we express that fundamental human desire to have peace, to avoid violence, to see fellow human beings—not as our enemies—but as our brothers and sisters, to stimulate that global trend toward a culture of peace. When people walk by this monument to peace, we hope it causes them to think about its message of peace within their own heart, within their family, and within their community. May this pole stand as a reminder for you to take the path of peace. May it raise awareness and inspire a new generation of peace makers!



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Arvid's Arcana

By Rev Dr Arvid Straube, Lead Minister

As I contemplate merging two offices into one, I've been looking at my books and getting rid of some of these old friends. That got me to thinking, if I only had ten books I could take on a desert island with me, which would they be. That's even harder than to figure out which of the hundreds of books I can do without. But I'll take a shot. Here is my most current list.

- [The Bible](#) in the New Revised Standard translation
- [Peace Is Every Step](#) by Thich Nhat Hanh
- [The Big Book of Alcoholics Anonymous](#)
- [Let Your Life Speak](#) by Parker Palmer
- [Self-Reliance](#) by Ralph Waldo Emerson edited by Richard Whelan Risking
- [Everything: 110 Poems of Love and Revelation](#), edited by Roger Housden
- [The Enlightened Heart](#) which is a book of spiritual poetry edited by Stephen Mitchell
- [The Road Less Traveled](#) by M. Scott Peck
- [The Awakened Heart](#) by Gerald May
- [The Tibetan Book of Living and Dying](#) by Sogyal Rinpoche

April Sermon Messages

Celebration Times:

Hillcrest Campus: Sunday,
9:30a and 11:30a

South Bay Campus: Sunday, 9:30a
(Intergenerational, Bi-lingual
[Spanish, English])

The April Transformational Theme is
Freedom.

Sunday, April 6:

Hillcrest Services—"Making Space,"
Rev Kathleen Owens.

South Bay Service—"Prayer ... Yes, I
Said Prayer,"
Rev Dr Arvid Straube.

Sunday, April 13:

Hillcrest Services—"Liberation,"
Elizabeth Bukey, Intern.

South Bay Service—"A Cause for
Celebration,"
Rev Kathleen Owens.

Sunday, April 20: Easter Sunday and Flower Communion

Hillcrest Services—
Rev Dr Arvid Straube and
Rev Kathleen Owens.

South Bay Service—
Elizabeth Bukey, Intern, and
Kristen Kuriga, Coordinator.

Sunday, April 27:

Hillcrest Services—"The Wisdom of
Your Body,"

Rev Dr Arvid Straube.

South Bay Service—"tba"
Rev Kathleen Owens.



Nature and Camping

By Liz Jones, Director of Religious Education and Family Ministry

Oh, it's that time of year. The end of the school year is in sight and visions of what to do in the summer are looming in the back of our minds! It's the traditional time for getting outdoors and enjoying nature around us (as if we need to wait for summer in San Diego!).

We've all heard of the importance of making sure that our children are not deprived of connections to the natural world, whether it is camping in the mountain, spending time tending a garden, walking in a local park, or observing the birds and bugs outside our windows. Sometimes when we get so involved with our busy lives and multiple forms of technology, we forget that we are a part of nature. Stopping for a moment to watch a sunset, smell a flower, or watch a bug crawl across the sidewalk can help us remember that we are part of that great cycle of life.

Author Richar Louv in his books on nature reminds us that we are not thriving when we disassociate ourselves from our connection to nature. We need connection to the natural world, especially in a life filled with technology.

I took a workshop with Joseph Carnell who wrote books on sharing nature with children. He reminded us that the things we may find awe inspiring in nature such as a giant vista or a magnificent sunset may be too much for young children to take in. They need nature on a smaller more intimate scale. While you look at the vista, they may be more moved by the pebbles at their feet.

As you look for ways to make connections with nature, please do not forget our wonderful Camp experiences at de Benneville Pines:

Our own All Church Camp May 30-June 1, 2014. Beauty is Before Us We share this great experience with the Chalice Congregation. Registration will begin April 13. Early registration prices are in effect April 13 through May 4. Prices go up after May 4. There will be a table on the patio beginning April 13. Or you can find information on the Church Website.

PSWD District Children and Youth Camps:

- Elementary Summer Camp: The Collaborative Playground: Building Intentional Community
Sunday, June 29 - Saturday, July 5 For campers completing grades 2 - 5
- Junior High Summer Camp: The Circles that Connect Us
Sunday, July 6 - Saturday, July 12 For campers completing grades 6 - 8
- Senior High Summer Camp: TrUuth or Dare
Sunday, July 13 - Saturday, July 19 For campers completing grades 9 - 12

Please see article on page 4 for more details.

Kathe Larick is organizing Super Camp Sunday on April 27 for discounted registrations for children and youth camps. Please contact [her](#) with questions and for the discount code.

- Family Summer Camp - Learning to Love Better
Sunday, July 20 - Saturday, July 26

May you have a wonderful, nature filled summer --

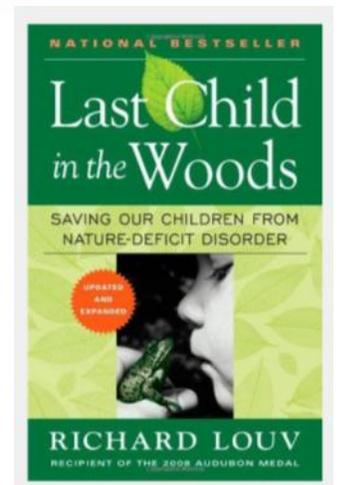
Blessings,

- [Last Child in the Woods: Saving Our children from Nature-Deficit Disorder](#)
- [The Nature Principle: Reconnecting with Life in a Virtual Age](#)

Both by Richard Louv

- Sharing Nature with Children, [books I](#) and [II](#)
- [Listening to Nature](#)

Both by Joseph Cornell



Super Camp Sunday: Summer at Camp de Benneville Pines

By Camp de Benneville Pines staff



There are great opportunities for your children and youth to participate this summer at Camp de Benneville Pines, the Unitarian Universalist camp in the San Bernadino Mountains. If you register your campers before April 30, there is a special discount code where you can save an additional \$10 off of the early bird rate. Kathe will be staffing a table for Super Camp Sunday on April 27, after both services.

Camps that are available:

Elementary Summer Camp -

- The Collaborative Playground: Building Intentional Community: for campers completing grades 2-5
- Sunday June 29 – Saturday July 5
Playground games will be used as the foundation for uplifting UU principles and building interpersonal strength. Your child will learn to reinforce their understanding of their individual gifts and the need for those to be shared while exploring ways to inspire and nurture the community they share.

Counselor in Training Camp –

- Run at the same time as Elementary Summer Camp, there will be a program for youth who want to learn to be camp counselors. CITs will learn about the history of Camp de Benneville Pines, develop age-appropriate workshops and workshops, master conflict resolutions skills and discover tips on leading successful camp programs. Training takes place in the first half of the day and in the afternoon, the CITs will gain practical experience by assisting cabin counselors and program staff. Space is limited to 8 participants. Applicants must be 15-18 years of age. An application will be sent upon registration. The \$75 deposit will be refunded if the applicant is not selected. Cost is \$295 (there are no discounts available.)

Junior High Camp –

- The Circles that Connect Us: for campers completing grades 6-8
- Sunday July 6 – Saturday July 12

Our lives are connected by circles: in friendship, in school, in sports, in work and in community. Camp is the perfect place to feel “part of a circle” as UUs, friends and community members. When should we expand our circles to allow wonderful experiences to flow in, and when should we make our circles smaller? Each day, we will explore the circles in our lives and connect with each other through focusing on how we can make a difference in this world through our UU principles and values.

Senior High Summer Camp -

- TrUUth or Dare: for campers completing grades 9-12

Sunday July 13 – Saturday, July 19
We will explore the idea that you have to be true to yourself to dare to be different. In a time filled with social pressures and struggles to fit in, we want to explore what it means to be an individual and how to incorporate that meaning into our UU heritage. Be inspired by stories of those who have used our religion to make a difference in the world, and then, perhaps discover your own calling.

All camps will have time for swimming, archery, games, and hiking. The cost is \$425 per camper (early bird rate - \$395 before May 30), which includes meals housing, workshops arts and crafts, and activities. Campers are looked after by trained counselors who are guided by the 7 Unitarian Universalist principles to provide a loving and inclusive community. To register, call (909)794-1252, contact Registrar@uucamp.org, or visit www.uucamp.org and click “Register for camp”.

APRIL ART GUILD SHOW: INCOGNITO WITCH

By NANCY FISK AND MOLLIE KELLOGG, CO-CHAIR OF THE ART GUILD



confronts her inner child and finds herself surrounded by other people who may be witches themselves.

Art Guild receptions are on the 2nd Tuesday of

At the April Art Guild show in Bard Hall, Artist Mollie Kellogg will present the next phase of her Incognito Witch Project in a two-person show with Renee Tay, April 2 through May 5, 2014. Kellogg's new paintings and music video continue her series celebrating hidden magick that began in 2009, debuting at First Unitarian Universalist Church of San Diego, featuring several UU members as talent. The reception for this show is on April 8, 2014 at 6PM. The video will be screened at 6:30 PM. There will be a discussion and presentation of new art works from the community from 7PM to 8:30 PM.

Her award-winning semi-nude and draped Incognito Witch paintings reveal her subjects' hidden psyche – suppressed to adapt to societal pressures. The portraits are stunning mixed-media-on-canvas that cast mere mortals as magickal beings draped in mysterious fabrics, adorned with jewels and leaves. Incognito Witches are hard to miss. "They wear messy lipstick and nature adornments in their hair," says Kellogg. "They have a signature flash of color under their eyes, and the female witches love their jewels."

The new works place the witches in outdoor settings. In the evocative You Me Us, a woman poses with her two daughters, heads adorned in flowers, the mother clutching a gilt hand mirror. Sunrise depicts a voluptuous young woman draped in shag leather in a field of flowers; the portraits, Kellogg says, "are about allowing yourself to be vulnerable and the power that comes with self acceptance."

Titled "Paint My Life," Kellogg's accompanying three-minute music video features G the Incognito Witch, a character inspired by Kellogg's paintings. In this newest installment, Kellogg returns as G, who

every month and are open to the public. The mission of the Art Guild is to create a support group for artists in the community. With this in mind, each



The Witches Promise

art show reception has 3 sections. First is the artist reception, where you may greet the artist and look at the latest show. After the reception, there is a talk with the artist of the show, where they discuss the particulars of these artworks. Finally, there is an artist presentation and discussion, where any artist may bring up to 3 pieces to the reception, to be shown and discussed for inclusion in future art shows with the Art Guild.

Everyone is welcome to participate in all 3 sections of the reception, whether you have brought art to be shared or not. The pieces may be visual art, but can also be short written pieces, such as poetry or prose. The length of time each artist has to present depends on the number of those who wish to participate. For further information, please contact Mollie Kellogg at artist@molliekellogg.com.



Sunrise

PACIFIC SOUTHWEST DISTRICT ASSEMBLY



District Assembly

April 25-26, 2014

First Unitarian Universalist Church of San Diego

KEYNOTE SPEAKER



Rev. Meg Riley



There will be celebration and singing, worship and workshops, awards and bridging, business will be conducted, and we will gather in community and fellowship.

Special Programs for High School Youth

Workshops on:

- Justice Ministries
- Circles of Trust
- Congregations Moving into the Future
- Detainee Visitation Programs
- Building Multi-cultural Congregations
- Today's Nominating Committee
- Congregations' Role in Minister Formation
- plus many more

Information and registration materials can be found at www.pswduua.org on the District Assembly 2014 page. Or you can register online there.



[For more details and to register.](#)



A Mixing Gesture, Rev Dr Susan Ritchie, Guest Minister, Oct 6 sermon

A MIXING GESTURE

BY REV. DR. SUSAN RITCHIE, ACTING DEAN OF FACULTY, STARR KING SCHOOL FOR THE MINISTRY

This is an excerpt from a sermon given October 6, 2013 by the Rev. Dr. Susan Ritchie. She wanted to emphasize how religions that can exchange traditions or knowledge with each other grow from that exchange. She used several stories to illustrate this principle. The following is one of those stories:

"...I have to say when I think about the many reasons to be grateful for Unitarian Universalism, one that I often return to is I think in our tradition we have a special way of understanding just how precious it is to gather. I think we understand that we don't gather here or anywhere on Sunday in order to receive revelation. I think we intuitively and instinctively know that the gathering is itself a revelation of the holy, and that is a very precious inheritance.

...Of course it is a very tricky business saying what's unique or special about a particular religious tradition, but it is amazing if you can articulate some of that, the kind of magic that gets let loose.

... In 1979, the Dalai Lama was facing the dilemma of how to guide his people through maintaining their own spiritual identity while they were in exile from communist China. And so he did an amazing thing. He decided to invite Jewish persons to come speak to them of their special wisdom of how to do this. Doesn't this make complete sense? How to survive in diaspora. Of course you would ask the Jewish community to speak to that. So a delegation of Jews went to meet with the Dalai Lama in India. One of the members of that delegation was the Rabbi Zalman, which some of you may recognize as being a founding member in the Jewish renewal movement. We're told that one member of the Jewish renewal movement when told they would be going to speak with the Dalai Lama about the wisdom of the diaspora, said "Ah, they should think to ask now, 2000 years later. "

But still, we're sure that there was gratitude for the invitation. So they sat down together, and the Jewish folk spoke to the Dalai Lama what they could about how to maintain spiritual identity. But somehow in the course of that conversation something else happened: Both delegations realized that if this was to be a true exchange, at some point that there should be an invitation to the Dalai Lama and the Buddhist leaders to speak to the Jewish representatives about their special knowledge and so that happened. And the Dalai Lama decided that the special gift of Tibetan Buddhism that they could offer to the Jewish delegation would be the gift of deep spiritual practice. And so he encouraged the Jews who had attended to renew their spiritual practice, to take the ancient spiritual practices that were already theirs and make them newly relevant to a new generation. ..

...I think Unitarian Universalism has its special gift in knowing something about the nature of religion. That religion is not a container that holds a kind of content, but that religion is a matrix. That religion is a matrix of relationships and that it's a kind of circulation. That religion is not static, that religion is not pure, nor was it meant to be pure.

...That religion is a mixed gesture, or even better yet, maybe a mixing gesture, or even better yet, I wonder if we don't understand that religion comes out of mixing gestures... I wonder if part of our magic, maybe all of our magic is precisely in being changed by who shows up...

To listen to the full sermon, go to <http://www.firstuusandiego.org/a-mixing-gesture>.

To view the full sermon, go to <https://vimeo.com/76287092>.

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