

# the Outlook

Unitarian Universalist Church of the Verdugo Hills

June 2014  
Volume 19  
Issue 6



Imagine a religion that embraces many different beliefs. Where all are accepted; Where we cherish the process of developing our own spiritual path; Where we respectfully support the paths of others.

## A Month of Sundays

10:30 AM

Children & Youth Religious Exploration class concurrent

June 1, 2014

### "Busyness and Burnout" by Rev. Dr. Betty Stapleford

The term "burnout" has become commonplace today when many people seem to be burning their candles at both ends and even in the middle. The sermon today will examine the difference between simply being busy and being burned out. We will take time to look incisively at our lives. It could make all the difference.

June 8, 2014

### "The Blessings of Imperfection" by Rev. Dr. Betty Stapleford

Most of us have realized, by the time we reach adulthood, that perfection is virtually impossible in most of our endeavors. But we still seem prone to keep trying. However, there can be some positives in accepting the reality of our human limitations. Join us for an opportunity to enhance both our emotional and spiritual lives.

June 15, 2014

### "Ask the Minister - Questions & Answers"

by Rev. Dr. Betty Stapleford

Once again, Rev. Betty is opening the possibility for the congregation to ask questions of the minister. But this time, the questions can be "live." Come prepared with questions on some religiously based topic for reflection during the service. Or, if you want to be sure your topic is addressed, you may send it to Rev. Betty in advance. See you in church!

June 22, 2014

### "Wings Set Me Free" by Rev. Dr. Betty Stapleford

Our fourth Unitarian Universalist Principle encourages us to pursue "a free and responsible search for truth and meaning," and one of our hymns includes the line "wings set me free." So what does freedom mean in the context of Unitarian Universalist theology and practice? The answer could surprise you.

June 29, 2014

### "The Ethics - and Politics - of Staying Healthy in 2014"

by Dr. Paul Phinney, *Guest Speaker*

"Staying healthy in 2014 involves more than exercise, eating right and avoiding falls. Deliberately misleading initiatives, medicine by legislative fiat, strategic voting, and post-card politics all affect whether you can see your doctor, and how much that costs. In a nation where "land of the free" does not refer to the health care, why is it so hard to figure out what needs to change?"

Unitarian Universalist Church  
of the Verdugo Hills

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

4451 Dunsmore Avenue  
La Crescenta, CA 91214

*Rev. Dr. Betty Stapleford*  
&  
*Deborah Rice, Ministerial Intern*

Howard Richman, *President*  
Gary Clark, *Vice-President*  
Deane Phinney, *Secretary*  
Alan Kleinsasser, *Treasurer*  
Terresa Jones, *Administrator*

818.248.3954  
[uucvh@uuverdugo.org](mailto:uucvh@uuverdugo.org)

Office Hours: Temporarily  
by appointment,  
please call or email.



### Our Mission Statement

*UUCVH is a growing and welcoming community, offering a diverse spiritual landscape for an informed search for truth and meaning. We promote social justice, work to affirm the dignity of all people, and respect the interdependent web of all existence.*

## MINISTER'S MUSINGS

As we end our church year on June 30<sup>th</sup> and head into my last year with you at UUCVH, I would like to share some things that I hope we can accomplish together in the time ahead. I don't intend to be a "lame duck" minister, and I hope you will work with me to do all that we can.

Many of you will also see these ideas as part of my Annual Report, but I wanted to include them here to emphasize their importance to me and our congregation. So here they are:

- ⊕ Supporting the congregation and search committee in its efforts to call a new full-time minister for the 2015 – 16 church year
- ⊕ Continuing to strengthen the Worship Committee and inviting others to participate in more varied and collaborative worship experiences with additional trained Worship Associates and Service Organizers
- ⊕ Refining the numbers and types of programs and activities we offer for current members and those we would like to attract
- ⊕ Working with the Religious Education Task Force to augment educational opportunities for our congregation – particularly children and youth - and the hiring of a part-time Religious Education Coordinator
- ⊕ Expanding our outreach efforts through a special Outreach Task Force to bring in new members, particularly families with children and youth
- ⊕ Working with our leaders to develop a workable long-range plan and a clearly focused vision for our future that will be completed and implemented in 2015
- ⊕ Deepening our commitment to financial support of UUCVH through a continuing emphasis on abundance and putting a viable long-term fiscal plan in place
- ⊕ Attaining more participation in UU events such as the fall Valley Cluster Retreat at DeBennville Pines, the spring District Assembly and the summer UUA General Assembly in Portland, Oregon, in 2015.
- ⊕ Increasing the number of our members involved in the social justice activities that we support and participating in the UU Social Justice Ministry Cluster Project
- ⊕ Actively working to add engaged congregation members through the development of a new program to educate potential members prior to their signing our membership book and having their induction
- ⊕ Expanding activities as a Welcoming Congregation and continuing awareness-raising in this area for congregants
- ⊕ Continuing to work with and supervise our part-time ministerial intern for the benefit of the congregation in numerous areas of ministry
- ⊕ Focusing my efforts to accomplish these and other goals with your support

In addition, I hope we can also have lots of fun together. You are amazing people, and I want to savor every single moment I have with you.

Blessings and hugs,  
Rev. Betty

## PRESIDENT'S PERSPECTIVE

I am completing my second and last year as board President. It has been my honor to serve in this position. We have had many successes along with some failures. I hope the membership sees this as a positive year. I can say that no matter the outcome it was not a failure of effort by many people. This is my second two-year run as President of UUCVH, and the reason I agreed to be President is because of the people that comprise this Church.

I want to personally thank Deane Phinney, Gary Clark and Alan Kleinsasser for their support, great ideas and hard work. We all knew that every officer had the best outcome for the Church as their prime aim in all decisions made. I hope the membership always had confidence that we were doing what we thought best.

I want to thank Rev Betty and her Wife for their support for this Church. I wanted to thank them together because they are a team. I think it is a inspiration to many when two good people get together and make a even better couple. I want to thank Rev Betty for becoming our full time minister, I think this will have many benefits to the Church going forward. I am also happy that we didn't pay her hourly. We would be broke!

I will not go through the membership list and thank everyone individually. I would just like to thank everyone for stepping up when asked and not asked and helping this Church.

Thank you again for the opportunity to serve you as President.

Howard Richman



### **Monday, June 30 Guest Chef Program**

Every month with a 5<sup>th</sup> Monday, we prepare & serve the Ascencia evening meal to about 40 residents in the emergency housing program.

Meet at UUCVH by 2:30 pm to cook.  
Carpool available to serve at Ascencia at 6 pm.  
1851 Tyburn St., Glendale, CA 91204

**All are invited to join in cooking or serving or both!**



### **Crescenta Valley Sheriff's Station Open House and Safety Fair.**

**Saturday, June 7, 2014  
10 A.M.-2 P.M.  
FREE ADMISSION!**

- \*Food
- \*Antique fire engine
- \*Search and Rescue
- \*Narcotics Bureau \* C.E.R.T.
- \*Mobile Fire Range
- \*Earthquake Solutions
- \*Moon Bounce
- \*McGruff the Crime Dog
- \*Quaky Shaky House \*DUI Exhibit
- \*Station Tours

Station tours are available to all age groups but have become extremely popular among school aged children. These tours may include any number of the following: desk area where 9-1-1 calls are answered, the armory, the jail area including holding cells, the Detective Bureau, the Narcotics Bureau, the Emergency Operations Center, and a "hands on" viewing of a radio car.

Each tour may also include brief lectures on any number of safety themes

**CRESCENTA VALLEY  
SHERIFF'S STATION  
4554 BRIGGS AVE, LA  
CRESCENTA**

## BITS FROM THE BOARD

Meeting 5-21-14

**Facilities:** Paula Hallowell presented the bids obtained for painting the interior of the church. It was M/S/C that [one of the bids] be accepted.

**Office Administrator:** Terresa Jones presented a report of her activities since beginning her position as Office Administrator following the death of Jeanne Akerley on 4-16-14.

**Canvass Report:** [65% of responses] have been received [so far] from pledge units.

**General Assembly:** It was M/S/C that Tom Stapleford serve as our delegate to the General Assembly in June.

**Trustee Position:** The Nominating Committee has been asked to select another candidate to fill the [open Trustee] position.

**Ministerial Ordination:** It was M/S/C that the ordination for Summer Albayati-Krikeche be held at our church on Sunday, September 28, 2014.

**Next Meeting:** The next meeting will be held on Wednesday, June 18, 2014 at 7:00pm.

Respectfully Submitted,  
Deane Phinney, Secretary

## AN INTERN'S INSPIRATION

Debbie Rice's column will return in September. Enjoy a well-deserved break! But, we know, summertime is also an opportunity to refocus energy on caring for self, family, and aspirations! See you soon!



GNU UUs

Share the JOY Dinner Meeting on  
Monday, June 9, from 5:30-7pm  
at House of Joy Chinese Restaurant  
3220 Foothill Blvd., La Crescenta, CA 91214



## UUCVH Meditation Group

Wednesday, June 11  
7:00 pm  
Contact Rev Betty  
for details

## Movie Night

Hosted by Paula Hallowell  
Tuesday, June 10, 6:30 pm  
FREE Popcorn!



## His Girl Friday

A 1940 American screwball comedy.

Walter Burns (Cary Grant) is a hard-boiled editor for *The Morning Post* who learns his ex-wife and former star reporter, Hildegard "Hildy" Johnson (Rosalind Russell), is about to marry bland insurance man Bruce Baldwin (Ralph Bellamy) and settle down to a quiet life as a wife and mother in Albany, New York. Walter determines to sabotage these plans, enticing the reluctant Hildy to cover one last story, the upcoming execution of convicted murderer Earl Williams (John Qualen).

## SOCIAL ACTION CIRCLE

In our meeting of May 18, the SAC chose to lend more money on Kiva. Kiva makes it possible for us to assist in granting microloans to entrepreneurs, mainly in developing countries. We had only four available at the time, so we donated \$50 to each of them. This was possible because, at the suggestion of the church board, we took \$150 from the committee's budget to add to our Kiva budget.

Here are the four new recipients:



Zaira is a seamstress in the country of Georgia. She has had trouble making ends meet in order to support her and her grandson, who is a student living with her. She will use the money loaned to her to purchase a heavy-duty sewing machine for stitching pillows and blankets, which will broaden her ability to make a good living.

One member of the Al-Bahr group, three ladies in Yemen who join forces to help each other, is borrowing to increase her stock of clothing to sell. Nada started her business a few years ago with a loan from Kiva and now is trying to improve that business to help support her children.

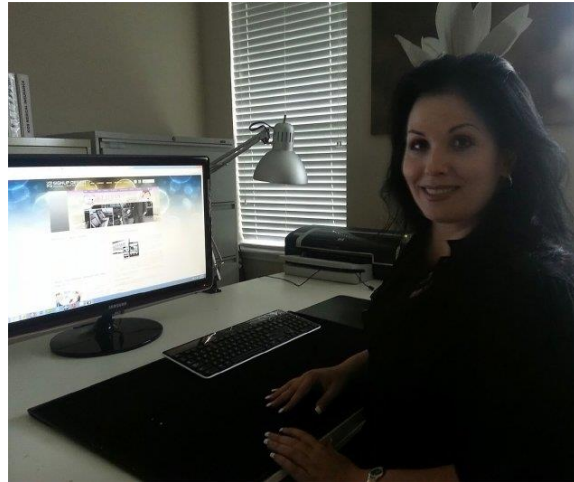


Oksana, of the Ukraine is also in the women's clothing business. She wants a more varied supply of goods to increase the business of the storefront she rents.

(Continued)

**SOCIAL ACTION CIRCLE** continued...

Norvi lives in the United States. This is only the second loan we have made in the U.S. Norvi has had a web design business for several years, and now, needs another server for her ever-increasing business.



These are only the latest recipients of loans from us. UUCVH has many more loans outstanding, which are being paid back a little at a time to help entrepreneurs from all over the world make a better life for them and their families.

Jerry Buchanan, *Chair*



**Summer Solstice**  
**Saturday, June 21**



**Father's Day**  
**Sunday, June 15**

The Summer Solstice marks the beginning of the summer season in the Northern Hemisphere. On this day, the Earth's axis is tilted the most, up to 26°. The history of the Summer Solstice is rooted in both ancient mysticism and nature.

In 1910, Mrs. Sonora Smart Dodd first came up with the idea for Father's Day after hearing a Mother's Day sermon in church. She was raised by her father and wanted to honor him.

- ⊕ Start the day with the Sun Salutation and some additional yoga exercises.

\$

Many thanks to each of you  
who made a pledge of financial  
support for the coming fiscal  
year July 1, 2014 – June 30, 2015



*Pledge Drive Team*

\$



### **GNU UU Potluck & Trivia Night Friday, June 13**

6:00 – 9:00 pm at UUCVH, \$10 contribution

Expose your genius!

Open to ALL Geeks, Nerds, Bores, Drips, and Fools!

Come to UUCVH on Friday night, June 13, to enjoy a potluck dinner and test your trivia skills against others in our congregation and beyond – all for only \$10 apiece. There will be great food provided by participants with snacks and beverages by the GnuUUs (wine and beer for an extra charge). And members of the winning team(s) will receive fabulous prizes. Sign up in the Fellowship Hall after services on Sunday, starting on June 1<sup>st</sup>.

If you find an item in or around UUCVH that doesn't have an owner, please put it in the new Lost & Found box.

If you've lost something, check the new Lost & Found box for it.

Currently, we have 2 different earrings, a pair of eyeglasses with case, and an empty eyeglasses case.

Call or email with inquiries or to identify items.

### **The Outlook Newsletter**

is published monthly by  
**The Unitarian Universalist Church  
of the Verdugo Hills**  
4451 Dunsmore Ave.  
La Crescenta, CA 91214  
818.248.3954  
www.uuverdugo.org

Editor & Webmistress:  
Teresa Jones  
uucvh@uuverdugo.org  
Deadline for copy:

The Friday after the third Thursday  
of the month.

Editor reserves the right  
to edit for content and/or space.

© 2014 UUCVH



### **Shared Ministry Team Sunday, June 22 from 12:30 – 2:00 pm**

Have you ever needed someone to talk to in confidence about things going on in your life – nothing major, just something that is creating a problem for you? The Shared Ministry Team at UUCVH is ready to help with pastoral care. The members of the team are: Jerry Buchanan, Celia Eiben, Linda Hunt, Deane Phinney, and David Tyner - under the supervision of Rev. Betty.

For more complicated issues, you may wish to contact Rev. Betty directly on her cell to schedule an appointment for pastoral counseling. We all want to support you in living a more abundant life.

**New Feature for All Members!**

**“GET ON YOUR SOAPBOX”**

**space available to share your thoughts.**

**Have an issue or idea or ah-ha moment that you're brave enough to reveal?**

**Write down your thoughts and send them in! Original work only, please.**

**Submit to [uucvh@uuverdugo.org](mailto:uucvh@uuverdugo.org)**

**Here, I'll go first...**

It was about a year ago that I met Lena at a salon. We had a surprising amount in common and developed a quick rapport. Our temperaments and personalities meshed well. She was brainy and witty and totally got my humor too. I have three children and she was pregnant with her third child. After a few get-togethers, I thought she could become one of those lifelong trusted girlfriends that we women want to connect with on a level that husbands and family often don't appreciate.

But, there is something about being near to pregnant women that makes us idiots! We pry and invade their personal space when they are at their most radiant and open. I remember it well from when I had kids. People could be so offensive! Why do complete strangers feel entitled to a woman's intimacies when she's expecting a child? Interlopers fumbled to touch my belly. Busybodies demanded answers about my conception. Meddlers imposed utterly flawed advice. I swore that I would never treat another woman that way; a gestating comrade; a soul sister!

Then, one weekend, the stupid fell out of *my* mouth! I shared with glowing Lena how I almost died giving birth to my last child. She cringed, "Don't freak me out like that." I was embarrassed and apologized. The conversation moved on.

But, *I* hadn't moved on. The betrayal and hurt I felt about my own birth experience had previously devolved into bitterness. My emotionally raw wound could still ooze to the surface even when I knew the timing was wrong. You just don't reveal sad stuff like that to someone when they need uplifting support. Lena's beauty reminded me of my inadequacies. I didn't call or email her and just kept on feeling mortified. The longer I hedged, the more I rationalized that she'd be relieved I was gone. Days turned into weeks and months to a year. I kept thinking about her and I missed her. I had spoiled a budding friendship. And, I couldn't bring myself to fix it.

Then, a few days ago, I received a magical gift of healing! Lena and I found each other in a parking lot; we clicked again. She had seen me around town a few times. I "looked busy". She didn't want to interrupt. When we did talk, my guilt washed away and I felt a clearing, a freeness, in being with my chum again. She missed me too. She had all but forgotten my comment. She didn't take it personally. She was more graceful about the endurance a woman must put up with than I. Her acceptance of my foibles; her nonjudgmental forgiveness helped me realize my own misplaced resentment.

Miracles come to us when we're ready to accept them.

But, miracles happen every day -- we just won't notice until we're willing to receive them.

Terresa Jones



**UUCVH Spiritual Explorers Meeting**

**Sunday, June 15**

**12:30 – 2:00 pm**



## June 2014 at UUCVH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Message 10:30am "Busyness and Burnout" by Rev. Dr. Betty Stapleford  Annual Congregation Meeting & Potluck, Noon  Private Rental 2:30-4:30pm	<b>2</b> Knitting Circle, 7 pm	<b>3</b> <i>Election Day</i>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> CV Sheriff's Station Open House & Safety Fair 10am
<b>8</b> Message 10:30am "The Blessings of Imperfection" by Rev. Dr. Betty Stapleford	<b>9</b> GNU UU Dinner, House of Joy Restaurant 5:30pm  Membership Committee 7:30pm	<b>10</b> Movie Night: "His Girl Friday" 6:30pm	<b>11</b> Meditation Group 7pm	<b>12</b>	<b>13</b> Women's Potluck Luncheon, 11:30 am Aesthetics Committee following luncheon  GNU UU Trivia Night 6pm	<b>14</b>
<b>15</b> <i>Father's Day</i>  Message 10:30am "Ask the Minister – Questions & Answers" by Rev. Dr. Betty Stapleford  Spiritual Explorers 12:30pm	<b>16</b>	<b>17</b>	<b>18</b> Board Meeting 7pm	<b>19</b> UUCVH Meditation Group, 7pm (Contact Rev. Betty for info)	<b>20</b> <i>Outlook Newsletter                      Deadline!</i>	<b>21</b> <i>Summer Solstice</i>
<b>22</b> Message 10:30am "Wings Set Me Free" by Rev. Dr. Betty Stapleford  Social Action Circle, noon  Shared Ministry Team, 12:30-2pm	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Message 10:30am "The Ethics - and Politics - of Staying Healthy in 2014" by Dr. Paul Phinney, <i>Guest                      Speaker</i>	<b>30</b> Guest Chef for Ascencia 2:30pm	<b>July 1</b>	<b>21</b>	<b>3</b>	<b>4</b>	<b>5</b>

## ***Save the date!***

June 2014 :Gay & Lesbian Coming Out Month. Time to celebrate all forms of family!

- June 1 UUCVH Potluck Lunch & Annual Meeting!, Noon
- June 2 Knitting Circle, 7pm
- June 3 Election Day
- June 7 CV Sheriff's Station Open House & Safety Fair, 10am-2pm
- June 9 GNU UU Dinner at House of Joy, 5:30pm
- June 9 Membership Committee 7:30pm
- June 10 Movie Night "His Girl Friday", 6:30pm
- June 11 Meditation Group, 7pm (Contact Rev. Betty for info)
- June 13 Full Moon
- June 13 Women's Potluck Luncheon, 11:30am
- June 13 Aesthetics Committee 12:30pm
- June 13 GNU UU Trivia Night, 6pm
- June 15 Father's Day
- June 15 Spiritual Explorers, 12:30pm
- June 18 Board Meeting, 7pm
- June 20 Outlook Newsletter Deadline
- June 21 Summer Solstice
- June 21 Day UU adopted seven unifying Principles (1985)
- June 22 Shared Ministry Team, 12:30pm
- June 22 Social Action Circle, noon
- June 27 New Moon
- June 30 Guest Chef, cook/prep 2:30pm & serve 6pm



## ***the Outlook***

**Unitarian Universalist Church of the Verdugo Hills**

4451 Dunsmore Ave. La Crescenta, CA 91214

[uuverdugo.org](http://uuverdugo.org)