

# the Outlook

Unitarian Universalist Church of the Verdugo Hills  
4451 Dunsmore Avenue, La Crescenta, CA 91214

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

October 2015

Volume 20, Issue 10



Unitarian Universalist Church  
of the Verdugo Hills  
818.248.3954  
uucvh@uuverdugo.org

**Rev. Gordon Clay Bailey**

Minister's Office Hours:

Tue 11am - 4pm

Wed 1pm – 7pm

Thur 10am – 3pm

Elizabeth Brown  
*Religious Ed. Coordinator*

Ann Kleinsasser, *President*  
Roy Lopez, *Vice-President*  
Vivienne Payne, *Secretary*  
Gary Clark, *Treasurer*  
Terresa Jones, *Administrator*



## 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.

Welcome to UUCVH!

## A MONTH OF *Intentionality & Mindfulness* SUNDAYS

10:30 AM

*Children's Religious Exploration Education class concurrent*

### October 4, "Living Now"

**Rev. Gordon Clay Bailey**

In his beautiful and lucid book *Miracle of Mindfulness* Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of --being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness. This service offers an opportunity to each of us as we engage an often hectic and hurried world and find it overwhelming at times.

### October 11, "Universalism in the 21st Century"

**Rev. Gordon Clay Bailey**

As we engage and explore the theological landscape of our chosen faith this year I'd like us to consider Universalism as the most open and Interfaith theology ever given to the world. Join us at UUCVH as we look with new eyes upon Universalism. The best kept secret in the religious world.

### October 18,

### "Buddhist and Unitarian: a Match Made on Earth"

**Rev. Gordon Clay Bailey**

The history of Unitarian interest in Buddhism stretches back more than two centuries and has enriched our faith. But it is only in recent decades that Buddhism has come to be a visible force within UU circles. Come spend the morning with us as we learn and hopefully grow in deep appreciation for some of what this great tradition can teach us.

### October 25, "United Nations Sunday"

**Lay Leader Yvonne Brossus-Fisher**

Since 1947, October 24 has been called United Nations Day to commemorate the anniversary of the UN's creation, and the date was designated as a public holiday by the UN General Assembly in 1971. In celebration of this annual event, we will explore the work and goals of the United Nations and the connections between our UU principles and the vital issues dealt with at the UN.

## CONTINUING CONVERSATIONS

with Rev. Gordon



### Sunday, October 4 First Sunday Potluck 11:30am

Bring a luncheon dish to share following worship service!



### Sunday, October 4, Noon RE Committee meeting & Halloween Party Planning

I hope you can join us this Sunday, following Rev Gordon's service, for a quick meeting about an upcoming event. It's a Halloween Party on Sat., Oct 24th @ 6pm.

Thank you to everyone for your continued support of the the RE makeover! There is still some work to do, but we are very happy about the progress so far. Looking forward to seeing you this Sunday!

Thank you, Cindy

"Mindfulness" is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

That definition is awesome! That understanding is very desirable to me. That way of life is not mine but I would sure like to try to incorporate it into my daily life as I am concerned that if I don't pay closer attention to all the beauty around me it might be lost to me in a fog of memories come and gone.

So I went on a search and discovery mode and found many interesting and insightful resources. Clearly Mindfulness as a cultural phenomenon is here to stay. We as people from a western ideological standpoint are engaging this important precept. In a cover story in the November-December issue of Psychology Today, I learned of paradoxes of living in the moment. Since then, I've been trying to live in the moment as much as possible. Whenever I feel upset or worried, I try to bring myself into the present. And when I can I take a few mindful breaths. Look at my surroundings, and pay attention to the moment. Wow, have I got a long way to go, but I'm living less in my head and more in the moment now than ever before—and I can feel the difference.

Here are some practical tips to help you on your mindfulness journey.

- 🕯️ Meditate. The easiest way to meditate is to simply focus on your breath. The challenge is to keep your attention on your breathing. Often, your mind will wander and thoughts will arise—and that's fine. When it happens, just let go of the thought and bring your attention back to the present by focusing once again on your breath.
- 🕯️ Use a reminder, something that you can use as a call to attention. When you notice it, let that serve as a reminder for you to notice your surroundings, become aware of your senses and your bodily sensations, and bring your focus into the present.
- 🕯️ Practice slowing down life by attending to the small things of life and experience. Take a minute and go get a handful of rocks or sand. Now look closely don't just drop them or it. Instead, imagine you've never seen a rock before. Look it over carefully. Consider its shape, weight, color, and texture. Rub the rock or sand in your hand. Notice its feel, texture, color, and weight, all of the qualities. Remember to focus on what each pebble/rock or grains look like.

*(continued on page 7)*



**Monday, October 5  
Knitting Circle  
7:00pm**

All skill levels welcome.  
Knitting Circle meets in  
members' homes. Contact  
Ann Rillo to join in!



**World Religions Meet-Up  
Tuesdays evenings:  
October 6, 13, 20, 27.  
7:00pm – 8:00pm  
At UUCVH**

Rev. Gordon Clay Bailey  
facilitates this series of adult  
RE classes on world  
religions. These are loosely  
based on the works  
compiled by Huston Smith  
and Philip Novak.

**Come and join us for  
spiritual enrichment!**



**Friday, October 9  
Women's Group Potluck  
12:00pm**

Contact Deane Phinney for  
info. Or, just show up!  
\*Aesthetics Committee  
following.

**PRESIDENT'S PERSPECTIVE**

What does being a UU mean to you? We all know the difficulty of trying to create an "elevator speech" in which we could describe Unitarian Universalism to a stranger. Sometimes it's hard even to describe it to ourselves! But there are reasons each of us is here, and even though we do not "evangelize" or have salvation or eternal life to offer, we wish that many more people could know the comfort and joy that belonging to a UU congregation can bring.

If you want to be re-inspired about being a UU, I highly recommend the video "Voices of a Liberal Faith" found right at the top of the homepage on our website: [www.uuverdugo.org](http://www.uuverdugo.org). It may help you find your voice in sharing this faith with others. I guarantee you'll be inspired!

I am thrilled that Rev. Gordon chose to focus on "Relationships" in his sermons during the month of September. How appropriate, as we begin our relationship with our new minister and his wife. I feel that one of our strengths as a congregation is our sense of community, filled with treasured relationships among us. Visitors often comment on the warm and welcoming atmosphere they find at our church. It is good to continue to consider our relationships, not only with each other and newcomers, but also our relationship to denominational life as UUs and our connection to the surrounding community and beyond. Let's shine our light out into the world!

Ann Kleinsasser

**Camp de Benneville Pines**

**October 16 – 18  
LA Valley Cluster UU Church Retreat  
for UUCVH and our local congregations together!  
41750 Jenks Lake Rd W  
Angelus Oaks, CA 92305**

To register, go to [uucamp.org](http://uucamp.org) and click "Register for Camp"



**Wednesday, October 14  
7:00pm**

**UUCVH Board Meeting**

Meetings of the Board of Trustees are open to all members. Join us!



**NEW DATE!**

**Thursday, October 15  
Membership Committee  
11:00am**

Come help us plan ways to build connections with other members and newcomers!

*See chair Florence Chase if you are interested in joining.*



**Monday, October 19  
12pm (Noon)  
Submissions Deadline!**

*Outlook* Monthly Newsletter articles & announcements may be submitted by all members!

Tips to get your message out:

- ✓ Write it yourself
- ✓ Proofread and proofread
- ✓ Include contact person info
- ✓ Give date, time, & location
- ✓ Email items to the office at [uucvh@uuverdugo.org](mailto:uucvh@uuverdugo.org)



The National Day of Prayer for Mental Illness Recovery and Understanding is  
**Tuesday, October 6, 2015**

“People living with mental illness are our neighbors. They are members of our congregations, members of our families; they are everywhere in this country. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries of help come. A problem of this magnitude will not go away. Because it will not go away and because of our spiritual commitments, we are compelled to take action.”

–Rosalynn Carter

One in four Americans will experience a serious mental disorder in his or her lifetime, including major depression, bipolar disorder, schizophrenia and severe anxiety disorders.

Mental illnesses are no-fault, biologically based brain disorders which cause disturbances in thinking, feeling and/or relating. Persons living with these disorders deserve the dignity of medical treatment and a wide range of supportive services from mental health care providers and caring congregations.



Rhythm Child Concerts: Music & Drumming With Soul  
<http://rhythmchild.net>

Imagine If Bob Marley, John Lennon & Otis Redding Played  
A Music Festival On Sesame Street!

**Tuesday, October 6**

At The Americana @ Brand (11am - 1pm)  
889 Americana Way, Glendale, CA 91210. It's usually warm so bring plenty of water & snacks to jam along with Rhythm Child on the grass. Kids-Eat Free deals throughout the mall.

**Take part in FARE's Teal Pumpkin Project™:**



<http://www.foodallergy.org>

FARE's Teal Pumpkin Project™ promotes safety, inclusion and respect of individuals managing food allergies. This nationwide movement offers an alternative for kids with food allergies, as well as other children for whom candy is not an option, and keeps Halloween a fun, positive experience for all!

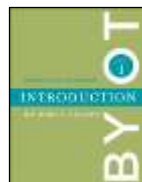
**Take part in FARE's Teal Pumpkin Project™:**

Join 100,000 households participating in the Teal Pumpkin Project™.

[Take the Pledge>](#)

Provide non-food treats for trick-or-treaters and paint a pumpkin teal to place in front of your home, along with a free printable sign from FARE, to indicate you have non-food treats available.

[Download a Sign>](#)



**Sundays at Noon: October 4, 11, 18 (skip 25<sup>th</sup>)**





**With Rev. Gordon**

**BUILDING YOUR OWN THEOLOGY (BYOT)**

Based on the assumption that everyone is their own theologian!

Everyone is welcome, including repeat “students”! This curriculum discusses all the important questions of religion from a UU perspective, allowing each to come to their own understanding of what makes sense and works. It's a wonderful way to get to know other UUCVH'ers and to explore your own faith.

Goals for Participants:

-  Define your values & beliefs about God or ultimate reality, human nature, ethics, the meaning & purpose of life
-  Discover what other UUs believe about the great religious questions
-  Articulate your beliefs in credo statements
-  Meet the challenge of building their own theology



**Wednesday, October 7 at 7:30 pm**  
**“Two Americans Who Defied the Nazis”**

The United States Holocaust Memorial Museum, in partnership with the Unitarian Universalist Association, is hosting an event to feature the legacy of Unitarians Waitstill and Martha Sharp, two WWII human rights advocates who helped rescue hundreds from Nazi persecution at the founding of the Unitarian Universalist Service Committee.

“Two Americans Who Defied the Nazis” will be a free, public program that features Gretchen Skidmore from the USHMM and Artemis Joukowsky, grandson to the Sharps. This is the beginning of a growing national conversation about the Sharps, who will also be the subject of a documentary produced by Ken Burns that is scheduled to be released in the fall of 2016.

**Wednesday, October 7, 2015, 7:30 pm**

Gindi Auditorium, Familian Campus, American Jewish University  
15600 Mulholland Dr., Bel-Air, CA

Free, open to the public, registration required at  
[ushmm.org/events/sharp-la](http://ushmm.org/events/sharp-la)



## *Terresa's Office Hours*

The Congregational Administrator works part-time, 20 hours per week. The best way to contact me is via email at [uucvh@uuverdugo.org](mailto:uucvh@uuverdugo.org). I generally reply within two business days.

### Office schedule...

**Monday:** office closed.

**Tuesday/Wednesday:**

flex days, please call first, usually in from 10:00am-1:00pm but do run church errands these days.

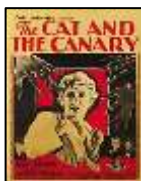
**Thursday:** 9:30am-1:30pm.

**Friday:** 9:30am-1:30pm.

**Saturday:** office closed.

**Sunday:** office closed.

*Thanks so much!  
Terresa*



**Friday, October 30  
MOVIE FRIGHT-NIGHT!  
6:30pm**

**Hosted by Paula Hallowell**

### **The Cat and the Canary**

1927 NR 81 minutes

The heirs to a sizable fortune must spend the night in the creepy mansion of their long-dead benefactor. When the family lawyer turns up murdered, people point the finger at young Annabelle, who's first in line to inherit the fortune.



[nami.org/stigmafree](http://nami.org/stigmafree)

- Mental Illness Awareness Week Oct. 4–10
- National Depression Screening Day Oct. 8
- NAMI Scientific Research Award Oct. 8
- World Mental Health Day Oct. 10



Every journey begins with that first step! As NAMIWalks celebrates our 13th Anniversary in 2015, we are proud to be the largest and most successful mental health awareness and fundraising event in America!

Through NAMIWalks' public, active display of support for people affected by mental illness, we are changing how Americans view persons with a mental illness. This is leading to ensuring that help and hope are available for those in need.

Please join us as we improve lives and our communities one step at a time.

Register online and get more information at  
<http://www.namiwalks.org/>

**Saturday, October 3, 2015**

NAMIWalks Los Angeles County

Location: Grand Park (200 N. Grand Avenue)




Distance: 5K

Check-in: 8:00 am

Start Time: 10:00 am

## Continuing Conversations with Rev. Gordon

*(continued from page 2)*

-  Make it new. When you're cooking, giving a presentation, or even just recounting a favorite story, try to make it new in subtle ways, delivering it in a way you've never done before. Rather than performing it by rote, take a risk and try something slightly new—use different seasoning, words, add a pause, try to express a particular emotion to the audience in a new way.
-  Mind the gap. Whenever you find yourself waiting—for the checkout line to move, for the traffic light to change, for the Web page to load—get present. Instead of being impatient and wishing things would go faster, be grateful for the gift of a respite—for the 30 seconds or a minute or two minutes during which you have no obligations. Take the opportunity to mindfully breathe in, breathe out, and savor the moment.
-  Focus on your senses. When you observe your surroundings without judging them good or bad, you naturally move your awareness into the present moment.

Close your eyes and focus on your sense of scent and mentally list all the smells you're aware of—the restaurant downstairs, the wet pavement outside, the perfume of a nearby co-worker.

Next, list all the different sounds you can hear—the ventilation system, cars in the distance, and the hum of your a/c unit, texting, and footsteps.

Then, open your eyes and list all the things you see—the rustling of the trees, the faces in the crowd, and the wrinkles on your palm.

Finally, list all the things you can sense that you appreciate—the way a beam of sunlight hits the brick building across the street, the welcome sight of a friend's smile, the smell of cookies baking. Remember, you're not looking for things to appreciate—you're appreciating the things you sense.

With practice, this exercise will put you in a state of relaxed attention that reduces anxiety and makes you feel more fully alive.

That's ultimately my goal for each of us  
to be more fully alive this day and all the days of our lives.

In faith,

*Rev. Gordon Clay Bailey*

## BOARD MEETING MINUTES SUMMARY

9 Sep 2015

**Present:** Reverend Gordon Bailey, President Ann Kleinsasser, Vice President Roy Lopez, Treasurer Gary Clark, Secretary Vivienne Payne, Trustee Pat Berberian, Trustee Howard Richman, Congregational Administrator Terresa Jones, Trustee Celia Eiben

**Minister's report:** Ken Brown will soon be facilitating a startup workshop as Rev Gordon begins his journey with our congregation. Rev. Gordon will attend the SouthWest UUA district ministers retreat. Rev. Gordon will be adult RE courses.

**Treasurer's report:** The Treasurer's Report was submitted by Gary and reviewed by the board.

**Membership Committee report:** The new directory with pictures will be out soon. The membership committee planned the luncheon for Rev. Gordon's first day, which went very well.

**RE Committee report:** The congregation is participating in the "wishing tree" and materials for the RE program are being gathered in the box in the fellowship hall.

**Worship Committee:** A Worship Committee meeting will be arranged to discuss Rev. Gordon's plans for the role of worship associates in his services.

### **Old Business:**

**Newspaper article:** Ann has e-mailed Rev. Gordon's bio and other info to CV Weekly reporter Mary O'Keefe.

**Fire drill:** The first fire drill will be held during the service on Sept 27<sup>th</sup>.

**Progress on the back area:** Ann got a fence estimate from Ambrose Fence company, and will obtain a second estimate. Roy suggests considering vinyl as an option.

**Board retreat:** The board retreat will be held Sept 26<sup>th</sup>, 9.30-2.

**Next Meeting:** Wednesday October 14<sup>th</sup> 2015 @ 7 pm.

Summary of minutes submitted by  
Vivienne Payne,  
Secretary





## **CULTURE & DIVERSITY CALENDAR**

October is National Disability Employment Awareness Month. This observance was launched in 1945 when Congress declared the first week in October as "National Employ the Physically Handicapped Week." In 1998, the week was extended to a month and renamed. The annual event draws attention to employment barriers that still need to be addressed.

National Domestic Violence Awareness Month  
National Work & Family Month

October is also LGBT History Month, a U.S. observance started in 1994 to recognize lesbian, gay, bisexual, and transgender history and the history of the gay rights movement.

October 4-10 Mental Illness Awareness Week

October 4 Saint Francis Day (Christian)

October 5 Shemini Atzeret (Jewish, begins sundown on 4<sup>th</sup>)

October 6 Simchat Torah (Jewish, begins sundown on 5<sup>th</sup>)

October 6 German-American Day

October 9 Leif Erikson Day

October 11 General Pulaski Memorial Day

October 11 is National Coming Out Day. For those who identify as lesbian, gay, bisexual, or transgender, this day celebrates coming out and the recognition of the 1987 march on Washington for gay and lesbian equality.

October 12 is National Indigenous People's Day, which recognizes 500 years of resistance and continued existence of North American Indigenous people. Celebrated in lieu of Columbus Day.

October 13-21 Navaratri (Hindu)

October 14 Hijra New Year (Islam, begins sundown on 13<sup>th</sup>)

October 19 Installation of Scriptures as Guru Granth (Sikh)

October 20 is the Birth of the Bab, a holiday celebrated by the Baha'i recognizing the birth of the founder of the Baha'i faith. This celebration starts on October 19.

October 22 marks the beginning of Vijayadashami/Dussehra (Dasera), a ten day festival celebrated by Hindus to recognize Rama's victory over evil.

October 23 (sundown on 22<sup>nd</sup>) is Ashura, an Islamic holiday recognized by Muslims to mark the martyrdom of Hussain. It also commemorates that day Noah left the ark and Moses was saved from the Egyptians by God.

October 23-26 Eid al-Adha (Islamic)

October 23 Saint George's Day (Christian)

October 25 Reformation Day (Protestant Christian)

October 28 Milvian Bridge Day (Christian)

October 31 All Hallows Eve (Christian)

October 31 Samhain (Gaelic/Pagan/Wiccan, begins sundown Oct 30)

## October 2015 *Intentionality & Mindfulness*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>All events take place at UUCVH unless otherwise noted</b>				<b>1</b>	<b>2</b>	<b>3</b> 8am NAMI WALKS 5K @ Grand Park Begins <i>Mental Awareness Week!</i>
<b>4</b> 10:30am Worship Service "Living Now" Rev. Bailey 11:30am Potluck Luncheon Noon, Adult RE "Building Your Own Theology" Noon, RE Planning Meeting	<b>5</b> 7:00pm Knitting Circle @ member's home	<b>6</b> 11am-1pm Rhythm Child Concert @ Glendale Americana 7 – 8 pm Adult RE & Open Meet-Up Group : World Religions Class	<b>7</b> 10am-1pm Cleaning Service, facilities not available. 7:30pm "Two Americans Who Defied the Nazis" @American Jewish University	<b>8</b> <i>National Depression Screening Day</i>	<b>9</b> 12noon - 1pm Women's Group Potluck Luncheon	<b>10</b> <i>World Mental Health Day</i>
<b>11</b> 10:30am Worship Service "Universalism in the 21st Century" Rev. Bailey Noon, Adult RE "Building Your Own Theology" 1-5pm Deane's Birthday Party!	<b>12</b>	<b>13</b> 7 – 8 pm Adult RE & Open Meet-Up Group : World Religions Class	<b>14</b> 7pm Board Meeting	<b>15</b> 11:00am-12:30pm Membership Comm 7-8:30pm Staff Meeting	<b>16</b> LA Valley Cluster Retreat at deBenneville Pines	<b>17</b> Congregation Workshop with Ken Brown, time tba. LA Valley Cluster Retreat at deBenneville Pines
<b>18</b> 10:30am Worship Service "Buddhist & Unitarian: a Match Made on Earth" Rev. Bailey Noon, Adult RE "Building Your Own Theology" LA Valley Cluster Retreat at deBenneville Pines	<b>19</b> <i>By Noon: Newsletter Deadline</i>	<b>20</b> 7 – 8 pm Adult RE & Open Meet-Up Group : World Religions Class	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> 6pm Family Night <b>Halloween Party!</b>
<b>25</b> 10:30am Worship Service "United Nations Sunday" Led by Yvonne Brossus-Fisher	<b>26</b>	<b>27</b> 7 – 8 pm Adult RE & Open Meet-Up Group : World Religions Class	<b>28</b>	<b>29</b>	<b>30</b> 6:30pm Movie Fright Night "The Cat and the Canary"	<b>31</b> <i>Happy Halloween!</i>



## ***WHAT'S HAPPENING?***

Oct 4 First Sunday Potluck Lunch 11:30am  
Oct 4 RE Comm meeting, Noon  
Oct 4 Building Your Own Theology, Noon  
Oct 5 Knitting Circle 7pm  
Oct 6 Adult RE World Religions Meet Up Group 7pm  
Oct 9 Women's Group Potluck Lunch, Noon  
Oct 11 Building Your Own Theology, Noon  
Oct 11 Deane's Birthday Party 1pm  
Oct 13 Adult RE World Religions Meet Up Group 7pm  
Oct 14 Board Meeting 7pm  
Oct 15 Membership Comm 11am  
Oct 15 Staff Meeting 7pm  
Oct 17 Congregation Workshop with Ken Brown  
Oct 18 Building Your Own Theology, Noon  
Oct 19 Outlook Newsletter deadline, Noon  
Oct 20 Adult RE World Religions Meet Up Group 7pm  
Oct 24 Halloween Family Night Party 6pm  
Oct 27 Adult RE World Religions Meet Up Group 7pm  
Oct 30 Movie Night "Cat & the Canary" 6:30pm  
Oct 31 *Happy Halloween!*

## *the Outlook*

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