



Unitarian Universalist Fellowship of Charlotte County  
1532 Forrest Nelson Boulevard, Port Charlotte, Florida 33952  
941.627.4303 – www.uufcc.org – www.facebook.com/uufcc

# COMMUNIQUE

Can you say kuh-myoo-nuh-kay?

UUFCC—founded in 1969

## UNITARIAN UNIVERSALISM

promotes

### SEVEN PRINCIPLES

as strong values & moral guides:

#### 1<sup>st</sup> Principle

The inherent worth and dignity of every person;

#### 2<sup>nd</sup> Principle

Justice, equity and compassion in human relations;

#### 3<sup>rd</sup> Principle

Acceptance of one another and encouragement to spiritual growth in our congregations;

#### 4<sup>th</sup> Principle

A free and responsible search for truth and meaning;

#### 5<sup>th</sup> Principle

The right of conscience and the use of the democratic process within our congregations and in society at large;

#### 6<sup>th</sup> Principle

The goal of world community with peace, liberty, and justice for all;

#### 7<sup>th</sup> Principle

Respect for the interdependent web of all existence of which we are a part.

## SUNDAY SERVICES

are at 10:30 a.m.

Services are hybrid: in-person and on YouTube.

[www.youtube.com](http://www.youtube.com)  
UUFCC Port Charlotte

## LETTER FROM THE BOARD

I was first elected to our Board four years ago. Our Fellowship seemed in turmoil. The minister decided to run for public office, making some happy and others not. Other problems and member input led to contract nonrenewal. Added to that a tricky situation with the

spouse of one our most respected members: he was angry about not being allowed to chair a committee. All of this during COVID pandemic complications. Many were upset, some left.

Town meetings and surveys were done. Each Board member called a list of members to discuss various issues.

**“Get feedback.” “Sort things out.”**

In my calls, one thing surprised me. Two members complained that the Black Lives Matter sign in front of the building disturbed them. I didn’t expect that from progressive, liberal UUs. That June I attended the General Assembly in Pittsburgh (overall, a wonderful experience). I befriended an elder Minnesota UU lady with a similar experience: her congregation had many discussions about the wording, preferring “All Lives Matter.”

Maybe if I were white, I might be offended by a BLM banner. Maybe if I saw BLM wording as a dot on a blank page, I wouldn’t understand in-depth its meaning. Considering how the BLM



Rev. Amy Kindred & UUFCC Board Trustee Betty Barriga

movement was started by black moms who lost sons to police violence and seeing our justice system frequently favor police, it is clear to me that justice-minded people must emphasize that black lives matter as it seems they rarely do. In 2016, I attended a UU talk.

**When I saw the Black Lives Matter sign, I knew I would be welcomed.**

That sign assured this Hispanic woman, as well as the public, that people like me, immigrants from Latin America constantly demonized (particularly by a presidential candidate then running) are welcomed here, that people of color will be respected and have allies here. Then inside, I saw the rainbow flag.

**These symbols say who UUs are and what UU is about.**

I became a UUFCC member. I formed and currently chair the Immigration Justice Committee. I serve on the Board. I’ve learned a lot with more to learn.

**Being a UU isn’t easy.**

Our Principles call us to walk in others’ shoes, not always easy. They ask us to respect the inherent worth and dignity of all human beings, exercise justice, equity and compassion, search for truth and meaning. Hard work. Most can distinguish right from wrong. But doing what’s right isn’t always easy or popular.

**Yet doing what’s right is what gives life to our UU Principles.**



# Reimagine Together From An Extractive Age To A New Era

**UU Climate Justice Revival | September 28-29, 2024**

“World on Fire: Humanitarian Work and Climate Change” is our General Assembly statement that helps to explain the September conference. Be sure to get the details and find out how. (I'm involved with other congregations that have registered for the Climate Justice Revival.)

Climate change isn't just something for environmentalists to worry about. It's a pastoral care concern, a community service concern, etc., etc. Especially in Florida.

**It's time to get excited!**

In coalition with kindred organizations inspired by UU values, **UUSC is sponsoring a first-of-its kind climate justice revival.** Together, we are gearing up to awaken our shared spirit to advance climate equity and highlight the intersections between this cause and the other pressing justice issues of our time.



**Rev. Robert (Bob) Murphy  
Unitarian Universalist  
Community Minister  
Florida**



UU Climate Justice Coalition & Friends project has financial support from UUSC and other institutional sponsors.

On September 28-29, congregations will host the Revival to collectively reimagine a spirit-filled and liberatory future. Through conversations, worship, and advocacy, UUs will work together to realize climate justice and collective liberation in our communities.

**In an era of rising seas, stormy weather, and a narrowing space for civil society, it is more vital than ever that communities come together to reimagine a different future and work toward our shared vision of collective liberation.**

Artwork and info from:  
<https://www.uusc.org/get-ready-uu-climate-justice-revival-2024/>

## At the Climate Justice Revival, congregations will

- ✓ Collaboratively create a representation of the challenges of climate change—and the possibilities for liberation within our communities!
- ✓ Identify a vision for a flourishing future and actions we can take to make that vision a reality!
- ✓ Understand their role in the interdependent ecosystem of creating climate justice and collective liberation!



## VISITING ANOTHER UU — *Sandy Telander*



During my travels in Michigan last July, I had a chance to visit another UU fellowship.

**Harbor Unitarian Universalist Congregation of Muskegon is at 1296 Montgomery Avenue, Muskegon, Michigan.** The city of Muskegon is in western Michigan, on the shores of Lake Muskegon, a large inland lake that feeds into Lake Michigan. Muskegon itself was historically an industrial city. It has struggled with loss of population and has tried various efforts at redevelopment.

The Harbor UUs call themselves a “congregation” and their signage advertises them as “a welcoming congregation.” They were indeed welcoming.

**The service was delivered by a visiting former member. Two members provided piano and guitar accompaniment to the singing.**

This is a small congregation. Members I spoke with were envious of our UU 100+ members as they list only 40. They occupy a building that had originally been a Congregational church. Their first was destroyed by fire some years ago and they had the opportunity to purchase their current facility.

The building is quite beautiful with a large sanctuary and social hall. **Windows were stained glass designs that curiously have no religious iconography whatsoever!** Just beautiful stained glass that filtered light throughout! The sanctuary had wooden pews for seating. The handsome brick building sits on a corner of a residential neighborhood so most parking is on the street with a few handicap spaces on one side.

When we discuss the need to grow our membership, I think about this small fellowship and worry for their survival. **Nevertheless, they have a vibrant, dedicated membership, are entirely lay-lead, and all is done via volunteerism.** Their website: [harboruu.org](http://harboruu.org) professes “many beliefs, one faith.” I enjoyed my visit and will return.



**Caring for one another is a core spiritual practice for Unitarian Universalists.  
Pastoral care is the term we use for the way  
we offer support and compassion to each other in community.**

## **FROM OUR PASTORAL CARE SPECIALIST**

This is the time of year when I most miss seasonal change. Really, September continues summertime in Florida but up North trees are beginning to sport yellow, orange, brown and red leaves. They fall to the ground making a crunchy carpet in the woods. Before the chestnut blight destroyed so many trees, I remember chestnuts falling from on high onto the sidewalk as we walked to school. I loved the rich brown color of the nuts though I never ate one. Fall was the beginning of school, yes I liked school. Activities suspended for the summer restarted. Those are great memories I cherish.



From now until after Christmas, things change for faith communities in Florida too. People who wisely go north to avoid the excessive heat of the summer return slowly but surely. They will spend the winter here bringing energy and the gifts of time, talent, and yes, treasure. Those of us who live here fulltime look forward to a revitalized community life with friends returning and perhaps new friends to get to know. So, let us begin to enjoy the anticipation of autumn and a new year of Fellowship activities.

Rev. Ann Barker

Call 941-235-0269 or email  
revannbarker@gmail.com



**UUFCC Web Weaver Laura Anderson compiled this report (generated by the web host) regarding our website for our UUFCC Board meeting. The UUFCC Board thought you might be interested.**



Seven Months - How many views?

Details, just for August: 426 views, 148 unique visitors

**What did they look at?**

Posts & pages	Views
Home	165
Our Staff	27
UUFCC Events Calendar	19
Enjoy Our Monthly commUUnique' Newsletter	13
An LGBTQ Welcoming Congregation	12
Home page / Archives	12
First Time Visitor?	12
About Us	11
UUFCC Weekly Updates	11
Our Beliefs	9

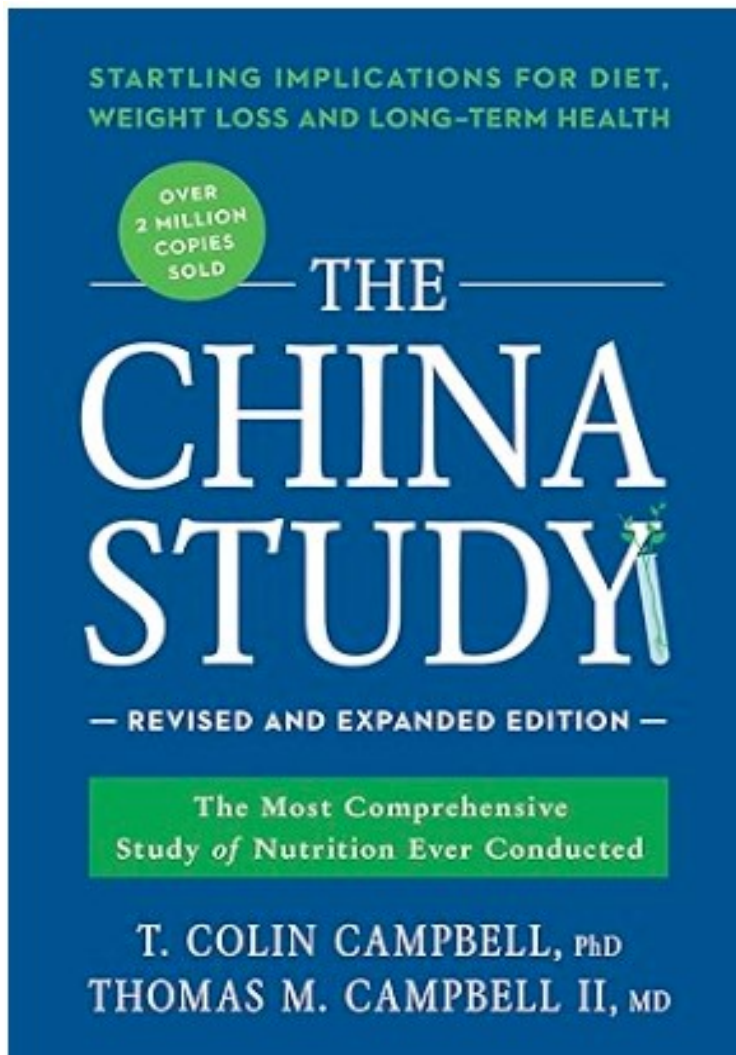
**Where did they go next?**

Clicks	Views
www.youtube.com	16
zoom.us	11
mailchi.mp	6
www.uufcc.org	6
www.uua.org	5
facebook.com/uufcc/	3
calendar.google.com/calendar/u/0/r?cid=czV2OGg1N...	2
www.google.com	2
librarycat.org/lib/maryjanewms	1
demo.uuatheme.org/terms-and-conditions/	1

**All-time highlights**

<p><b>All-time stats</b></p> <ul style="list-style-type: none"> <li>Views: 41,996</li> <li>Visitors: 12,634</li> <li>Posts: 0</li> <li>Comments: 13</li> </ul>	<p><b>Most popular time</b></p> <p>Best day: <b>Sunday</b> 17% of views</p> <p>Best hour: <b>11:00 am</b> 7% of views</p>
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*The China Study* was first published in 2005, revised and expanded in 2016, and has been mentioned in prior *commUUnique* articles.

***The China Study* argues for health benefits of a whole food plant-based diet.**

It examines the link between eating animal products (including dairy) and chronic illnesses like coronary heart disease, diabetes, breast cancer, prostate cancer, and bowel cancer. It's "loosely based" on the China–Cornell–Oxford Project, a 20-year study that looked at mortality rates from cancer and other chronic diseases from 1973 to 1975 in 65 counties in China, and correlated this data with 1983–84 dietary surveys and blood work from 100 people in each county.



Unitarian Universalists include, but are not limited to, agnostic, atheist, Buddhist, Christian, earth-centered, Hindu, Humanist, Islam, Jewish, Muslim, Pagan, Taoism, believers in God, and more.

[www.uua.org/beliefs/who-we-are](http://www.uua.org/beliefs/who-we-are)

**The authors conclude that: people who eat a predominantly whole-food, vegan diet—avoiding animal products as a source of nutrition, including beef, pork, poultry, fish, eggs, cheese, and milk, and reducing their intake of processed foods and refined carbohydrates—will escape, reduce, or reverse the development of numerous diseases.**

They write that "eating foods that contain any cholesterol above 0 mg is unhealthy." The book recommends sunshine exposure or dietary supplements to maintain adequate levels of vitamin D, and supplements of vitamin B<sub>12</sub> in case of complete avoidance of animal products.

It criticizes low-carb diets, such as the Atkins diet, which include restrictions on the percentage of calories derived from carbohydrates.

The authors are critical of reductionist approaches to the study of nutrition, whereby certain nutrients are blamed for disease, as opposed to studying patterns of nutrition and the interactions between nutrients.

[https://en.wikipedia.org/wiki/The\\_China\\_Study](https://en.wikipedia.org/wiki/The_China_Study)





Each month, Soul Matters offers a calendar with the same four categories. This is for September:

### INTERFAITH

- [Mabon/Autumn Equinox](#) - (Pagan/Wiccan) - Sept. 22, 2024 (more [here](#))
- [Mawlid al-Nabi](#) - the birthday of the Prophet Muhammad - begins Sept. 15, 2024
- [Rumi's birthday](#) - Sept. 30 (1207)

### UNITARIAN UNIVERSALIST

- Ingathering/Water Communion Ritual - Early Sept. - date varies by congregation.
- The first meeting of [the Transcendentalist Club](#) - Sept. 19 (1836) (more [here](#) and [here](#))
- Universalism Day: [John Murray](#) preaches [1st sermon](#) in US (1770) - Sept. 30 (more [here](#))

### NATIONAL & CULTURAL

- [Hispanic Heritage Month](#) (Sept. 15 - Oct. 15)
- Suicide Prevention Month, World Suicide Prevention Day is Sept. 10
- [Labor Day](#) – Sept. 2, 2024 (\*first Monday)
- International Literacy Day - Sept. 08
- [9-11 Remembrance](#) - Sept. 11
- [International Peace Day](#) Sept. 21 (more [here](#))
- [World Gratitude Day](#) - Sept. 21
- [Bisexual Pride Day](#), CBD, Bisexual Pride, and Bi Visibility Day - Sept. 23
- [Bisexual Awareness Week](#) - Week of September 23 (more [here](#))

### FOR FUN AND ON THE FRINGE

- [Hobbit Day](#) - Sept. 22
- [Banned Books Week](#) - Sept. 22-28, 2024 (more [here](#))

Don't forget the Monthly Music Soundtracks:

<https://www.soulmatterssharingcircle.com/spotify-lists.html>

You may left click your mouse on any hyperlink (underlined and blue) for more info/inspiration.



**Laura Anderson**  
**UUFCC Board Secretary**

# BIRTHDAY CAKE SUNDAY!

**On the third Sunday of each month,  
we take time to celebrate  
all our UUFCC members and friends  
who have birthdays that month.**



**Hmm ...**

**Anyone care to  
explain *why*  
the birthday cake  
for August  
was tweaked  
to become a  
**DOLLY  
PARTON  
CAKE?****

**(How is known:  
take two donuts...)**

**Just  
UUs  
having  
fun?!?**

**Always!**



## UU SOURCES OF OUR LIVING TRADITION

UU congregations “live out [their seven] Principles within a ‘living tradition’ of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture and personal experience. These are the six sources our congregations affirm and promote:

- “Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- “Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- “Wisdom from the world’s religions which inspires us in our ethical and spiritual life;
- “Jewish and Christian teachings which call us to respond to God’s love by loving our neighbors as ourselves;
- “Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- “Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.”

<https://www.uua.org/beliefs/what-we-believe/sources>



**One day a young traveling Buddhist came to the banks of a wide river. Staring hopelessly at the water and wondering how to get to the other side, the young traveler happened to see a great Buddhist teacher standing on the other side. Pleased at finding such a quick solution to his problem, he yells out to the teacher, “Oh wise one, can you tell me how to get to the other side of this river?” The teacher ponders for a moment, looks up and down the river and yells back, “My son, you are on the other side.”**

<https://zenrevolution.wordpress.com/2014/04/18/the-other-side/>

# UU ENDOWMENT OF CHARLOTTE COUNTY In Memory of Betty Munford and Edward Conrad



Our beloved UUFCC member Betty Munford recently passed. Betty was a decades long Unitarian Universalist and a retired corporate director for DEI (diversity, equity and inclusion) who shared her knowledge and skills in social justice initiatives and UU ministry.

**Betty Munford**  
03/16/1934—  
08/13/2024

Our beloved UUFCC member Debbie Conrad’s husband, Ed Conrad, also recently passed. Ed served in the Psychology Department at the University of Parkside, Kenosha, Wisconsin, for approximately 35 years, retiring in 2012.

**Edward L. Conrad**  
02/26/46  
—07/26/24



**Our sincere condolences to families and friends for their loss.**

Please consider recognizing Betty and Ed by making a donation to our UU Endowment Fund in their honor.

The primary purpose of the Unitarian Universalist Endowment of Charlotte County is to provide financial support for Unitarian Universalist activities in support of our principles. Contributions are received from members and friends usually as a tribute or a memorial to honor persons close to our community. Endowment contributions are invested in socially responsible endeavors through our national UU Common Endowment Fund.

Stephanie Garrett, obo UUE BOARD OF TRUSTEES  
MaryHolly Allison, Ken Brennen, Mary Howard and Delmar Wooden



**To honor Fellowship Members, to help assure UUFCC’s financial future, and to further UU principals and practices, you may make a contribution payable to:**

**UU ENDOWMENT FUND**

**On check memo, write:**

**“In Memory of [Beloved’s Name]”**

**Send check to UUFCC.**

**Donations are tax deductible.**



## COALITION OF IMMOKALEE (CIW) FARMWORKERS' FAIR FOOD PROGRAM (FFP) GROWING DRAMATICALLY

excerpted by Theodore Zawistowski from 08/05/2024 CIW article with permission of CIW (See full article at [ciw-online.org](http://ciw-online.org))

Over two million farmworkers labor in U.S. fields every day to harvest food we eat. We all rely on the back-breaking work of farmworkers, who far too often are forced to endure dangerous, and harshly exploitative, conditions. Working at a breakneck pace without shade from the sun, workers are exposed to everything from wage theft and pesticide poisoning to sexual harassment and assault – with few to no consequences for abusers. At worst, some farmworkers are even subjected to modern-day slavery in fields where our produce is grown and harvested.

For nearly 15 years, FFP has provided farmworkers the power needed to stand up to abusive farm bosses and end human rights violations on farms across the country.

**You can help!**

**BECOME A “SUSTAINER.”**

**Make a monthly donation to FFP.**

FFP prepares to double in size domestically, and expand to new fields and greenhouses overseas.

Together, farmworkers and consumers have blazed a path to fundamentally transform agriculture.

FFP success proves that a model for change driven by workers and backed by market enforcement has the power to transform the agricultural industry.

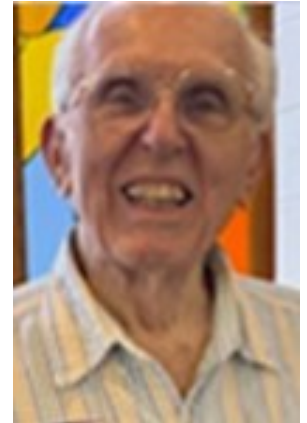
FFP celebrates over a decade of proven success. It's rapidly expanding across the US with support from the US Department of Agriculture, and across the globe with support from the US Department of Labor.

Sustaining contributions are more important than ever to ensure thousands more workers in the US and beyond are protected by FFP.

### SUSTAINERS HELP MAKE FFP NATIONAL & INTERNATIONAL EXPLANSION POSSIBLE.

FFP is working on amplifying the voices of farmworkers by sharing firsthand accounts from CIW staff farmworker experiences with climate change, sexual misconduct, and wage theft, and share how FFP protects farmworkers from all these scourges and more.

Help FFP continue this work and reach even more farmworkers nationally and globally with FFP's critical protections.



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

#### An Elevator Speech

Unitarian Universalists  
gather in community  
to support  
one another's individual  
spiritual journeys,  
trusting that openness  
to one another's experiences  
will enhance  
their own understanding  
of their own links  
with the divine,  
with history, and  
with one another.

—UU Rev. Jonalu Johnston,  
Oklahoma City, Oklahoma  
[http://archive.uuworld.org/  
2003/06/affirmations.html](http://archive.uuworld.org/2003/06/affirmations.html)





# “SMART” GROUPS

## Smart/Sensible Messaging Activity to Restore Truth



About 17 years ago, several people in Venice, Florida, were discussing a particularly offensive article in one of the local (Sarasota-Venice) papers. They felt strongly that the blatant misinformation in the article desperately called for a reply. All had some experience writing letters to the editor and thought perhaps if all wrote, maybe at least one would get published.

The idea of helping one another “speak out” in this way quickly spread by word of mouth. Starting with four people, this area’s SMART group has grown to over 100, having diverse backgrounds (mainly UUs).

**The SMART [Sensible Messaging Activity to Restore Truth] Group is an informal one, representing no particular organization.**

SMART Groups individually write editorials (for newspapers) but support one another and share information.

No one controls what members write but all believe the issues should be NONPARTISAN.

Consider starting a group like SMART in your area.

**CONTACT BRAD HARDIN**  
**bradhardin1963@gmail.com**  
**(941) 223-6849**

Ideally, in a perfect world, if all were given truthful information about important issues, all would be inclined to choose leaders who act in our best interests.

Randall Gerber, Chair  
 UUFCC Social Justice Committee  
 randallleegerber@gmail.com



**UUFCC Art Committee**  
**ART ON THE WALL**



## **A CHALLENGE FOR YOU FROM THE ART COMMITTEE!**

The Art Committee would like to present a challenge for all artists and non-artists to **create a piece of art with the ENVIRONMENT AND/OR CLIMATE CHANGE as a theme.**

This could be a painting, drawing, photo, assemblage or sculpture.

It must be able to hang on our art wall or fit in our small cases at the back of the sanctuary.

All **nature inspired** subjects as well as more complex concepts dealing with climate change will be accepted.

You could make a small sculpture out of recycled items.

**RECYCLE. REPURPOSE. REUSE.**

Other ideas are paintings or photos of nature.

You will be asked to include a small 3"x5" card explaining your idea.

This will be OUR NEXT EXHIBIT, open to all members and friends.

**This Exhibit will receive on September 20th at 10 am.**

For questions please contact Trudy or Tom.

Your art and participation is needed to enhance our

**September 28th and 29th  
UUFCC CLIMATE ACTION CELEBRATION.**

Suggestions and assistance welcomed.

Trudy Gerhardt, Co-Chair  
UUFCC Art Committee

# FORCED LABOR

## —often tied to H-2A Agricultural Guest Worker Visa Program— **PERSISTS IN U.S. FOOD SUPPLY CHAIN** per Dept. of Labor and recent studies as reported in **AXIOS**

Excerpt by Ted Zawistowski from 08/19/2024 Coalition of Immokalee Workers (CIW) article with permission of CIW. *See ciw-online.org for full CIW article that includes full AXIOS report.*

“Forced labor is indeed involuntary—initial consent to a job doesn’t mean it’s a legal defense if workers are then subjected to forced labor or any other labor trafficking offense,” per Laura Germino, co-founder of CIW (Coalition of Immokalee Workers) a worker-based human rights group.

DEFINITION OF FORCED LABOR is broad and can include both wage and non-wage H2-A violations. Along with underpaying and not reimbursing expenses, violations include jeopardizing housing, transportation, safety, and health. Discrimination and intimidation can also lead to forced labor or labor trafficking criminal cases, says Mike Rios, Executive Director of Fair Food Standards Council:

**“Migrant workers are often tied to a single employer (usually a farm labor contractor) on whom they have to rely for nearly everything, from housing and transportation to health care.”**

FEWER THAN 1% of agricultural employers are investigated annually, but WHD (US Dept. of Labor Wage and Hour Division) finds wage and hour violations in 70% of its investigations, according to the Economic Policy Institute.

SOLUTIONS are in the hands of consumers, retailers and farmers, via programs like the **FAIR FOOD PROGRAM** that have an enforcement mechanism.

### **IMMIGRANT LABORERS MAKE UP 73% OF THE US AGRICULTURAL WORKFORCE.**

H-2A VISA PROGRAM is used by hundreds of thousands of agriculture workers recruited in foreign countries, to navigate a bureaucratic process to gain employment. US Labor Employment and Training Admin. runs the H-2A

program, reviews applications, and issues labor certificates. US Citizenship & Immigration Services adjudicates, and US State Dept issues visas.

Farms typically hired a LICENSED FARM LABOR CONTRACTOR, responsible for recruiting, transporting and managing (including housing and paying) farmworkers.

### **FARM LABOR CONTRACTORS ACCOUNT FOR A QUARTER OF ALL FEDERAL WAGE AND HOUR VIOLATIONS.**

WHEN WORKERS ARRIVE, they are instructed on their rights, on how to report abuses, and given a hotline number to call when a violation occurs. Workers come and go as they please but must fulfill contract obligations and arrive at work on time.

WORKERS WHO COMPLAINED were more likely to be fired than their boss receiving punishment.

### **THE FARM WORKFORCE MODERNIZATION ACT (initially passed by House of Rep. in 2021) provides a pathway for illegal immigrants working on farms to become legal workers.**

Co-sponsors and other members of Congress reintroduced it last year. It would also allow farming operations to employ H-2A workers year-round, and let smaller operations share workers and associated housing and transportation costs.

THE FOOD CHAIN WORKERS ALLIANCE, a coalition of worker-based organizations, has criticized the legislation for “tying immigration status to immigration enforcement.”

**“If this bill became law, several million undocumented farm workers and their families would stop looking over their shoulders,” says US Rep. Zoe Lofgren (D-Calif.).**



## The Midpoint of the Year: September

Originally, September was the seventh month of the Roman calendar, **septem** is Latin for seven. It was named Vulcan, for the god of fire. Each Roman calendar month was named after a god. (Shades of Dr Spock.) It became the ninth month on the Gregorian calendar and, having thirty days, the month of the harvest, as well as the most common birth month according to the National Center for Health Statistics. Between the years 1994-2014, the most common birth date is September 9th. The least common birth month is February. But February is my birth month and that of my husband and eight other people I know. Two of them, including both my husband and I, have a friend born on the same day. I share with three friends.

**There are flowers enough in the summertime,  
More flowers than I can remember,  
But none with the purple, gold and red  
That dye the flowers of September.**

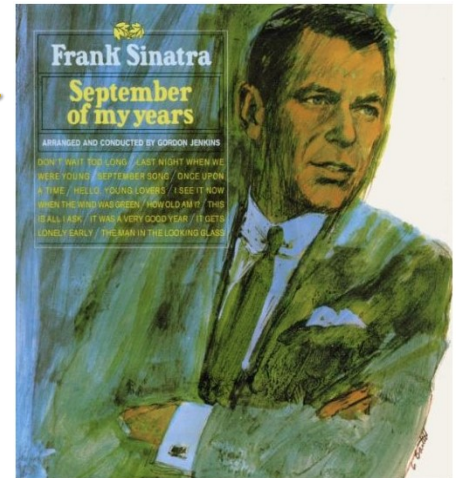
—from the poem, *September*, by Mary Howitt, an English poet (1799-1888). She's referring to Asters and Morning Glories. Howitt also wrote *The Spider and the Fly* ("Will you walk into my parlour?"). September begins on the same day of the week as just one other month, December.

"September Song" was composed by Kurt Weill with lyrics by Maxwell Anderson. It was introduced in the 1938 Broadway musical production "Knickerbocker Holiday." My favorite version was that of Frank Sinatra, recorded in 1946. It was a favorite of my Mom's.

### Trivia (and not so trivial)

- September is National Happy Cat Month
- September 1, 1939 Hitler invaded Poland beginning WWII
- September 2nd, the first Monday in this month is Labor Day
- September 11, 2001 Patriots' Day in memory of those who died in the terrorist attack on the United States
- September 11th Hug Your Hound Day
- September 17, 1787 Constitution Day Honoring the day the U.S. Constitution was adopted. The Harvest Moon, a full moon, will peak at 10:34 pm EST.
- September 21st International Peace Day
- September 22nd The official start of Fall. This year's Equinox occurs at 8:44 am EDT in the northern hemisphere. This is the occurrence of the Harvest Moon and the beginning of daylight into darkness — eight hours of daylight and eight hours of darkness.
- September 22, 1982 The Emancipation Proclamation was signed.

HELLO  
*September*



**Stephanie Garrett**

**Unitarian Universalism is a liberal religion characterized by a free and responsible search for truth and meaning.**

**Unitarian Universalists assert no creed, but instead are unified by their shared search for spiritual growth, guided by a dynamic, living tradition.**

[en.wikipedia.org/wiki/UnitarianUniversalism](https://en.wikipedia.org/wiki/UnitarianUniversalism)

**UU Soul Matters Theme for August?  
PROMISES  
Sunday Service for August 25, 2024?  
POETRY READINGS**

**Look at all who shared a favorite (or even their own) poem!**



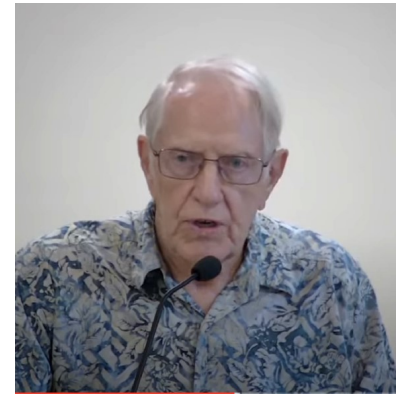
Sharon Whitehill



Ryan Richardson



Peggydawn Moran



Robert Moran



Maureen Peters



1st Time Visitor Margo



Joseph Fenty



Lynn Ritchie



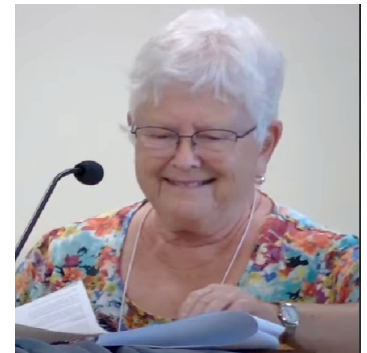
Ginger Abraham



Carolyn Kellar



Betty P.



Sue Burgess

**THE PRELUDE, ITS PAUSES, OUR PREMATURE APPLAUSES, THE LAUGHTER IT CAUSES**

Our pianist Ryan Smith says, “Wolfie (Mozart and I have spent so much time together through his music that we are on a first name basis) was a rascal and would have found the scene amusing, probably wrote it hoping to get people to clap half way through.” Our beloved community loved it!

[Mozart: The Magic Flute - Overture \(Benjamin Zander - Boston Philharmonic Orchestra\)](#)



# PROMISES

by  
**Sharon Whitehill**

**After Naomi Shihab Nye,  
“Kindness”**

**Written and read  
for Sunday Service for  
August 25, 2024**



Before you can know what promises are,  
they must be broken on you,  
your faith in a parent's protection betrayed,  
your belief in a friend's vow disappeared  
like first snow on a sidewalk.

Remember yourself climbing into the saddle  
again and again with a Charlie-Brown hope,  
even bruised and still spitting out grit,  
seduced by the sweat-salty tang of the horse?

Before you can know what promises are  
you must break them,  
stare down your shame at what you promised  
your long-ago little girl:

*Parents fight sometimes, it's okay,  
I promise we won't get divorced.*

Step out of your justifications  
like a skirt you've dropped on the floor.

Like the skin shed by a snake,  
made tender and raw as the child  
whose trust you breached with a pledge  
you had neither the standing  
nor wisdom to make.

Before you regard any promise as binding,  
beware of believing that what you are feeling today  
will endure for the rest of your life.

You must study the thousands who've failed  
because they fell into despair or addiction,  
or simply fell out of love.

You must pay heed to women and children in shelters,  
to victims who clung to their vows to the end.

Before you can grasp what your promise implies,  
you must understand it as an arrangement.  
Not only because of the ease of explaining away  
your own failures—you promised on impulse,  
you wanted to please, he broke *his* promise first—  
but understanding that even God barter a this for a that:  
*If you believe, you will enter the kingdom of heaven.*

By the time you come to know promises kept  
as the foundation for living with others,  
you will have shown who you are  
in the face of temptation and shipwreck,  
conflicting motives and moral dilemmas.  
You will know to tell children the truths  
they are able to hear, let humility  
color the hurts both absorbed and imposed,  
let compassion direct you the rest of the way.



**G.A.R.E. AUXILIARY PRESENTS**

**GOLFERS**

**WHO C.A.R.E.**

**2024**

**DEEP CREEK GOLF CLUB**

**\$100 PER PLAYER**

**OCTOBER 6, 2024**

**TO REGISTER OR SPONSOR:**  
 941-639-5499 or  
 golferswhocare@gmail.com

1260 San Cristobal Avenue  
 Punta Gorda, FL 33983

The Center for Those & Hope Emergencies, Inc.  
 Auxiliary Society

The Center for Those & Hope Emergencies, Inc.  
 CARE  
 Victim Services Center

www.carefl.org  
 @carecharlottecounty

# GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

## OVEN ROASTED ASPARAGUS

**Place asparagus on parchment paper on a cookie sheet.**

**Coat with olive oil.**

**Sprinkle with salt and pepper.**

**Bake at 450°F for 10 minutes.**

**That's it!**

**And that's my vegan!**

**Be well!**



**Joanne Collins**





**LOOK  
AT THIS**



**UUFCC  
GENEROSITY!**

**MAKE A  
DIFFERENCE**

## SECOND HELPING

Your **MAY 2024** Donations Totaled  
**\$583.00** which was given to:



**PFLAG**  
Port Charlotte

Supporting,  
educating, and  
advocating for  
LGBTQ+ people  
and those  
who love them.

pflagportcharlotte  
@gmail.com

**Wow!**

## PEACE GARDEN ENGRAVED PAVERS

Honor beloved UUFCC  
members and friends  
*AND* help UUFCC.

\$75 buys one paver of which  
\$45 gets donated to UUFCC

Use **ORDER FORM**  
in **WEEKLY UPDATE**



## ENDOWMENT

Honor beloved Fellowship members  
and friends *AND* help UUFCC.

Endowment funds assure  
UUFCC's financial future and  
further UU principles and practices.

Make contribution to:  
**UUFCC Endowment Fund**  
and on check memo line write  
"In Memory of [beloved's name]"

In Memory

Of...

## UUSC CAPAS

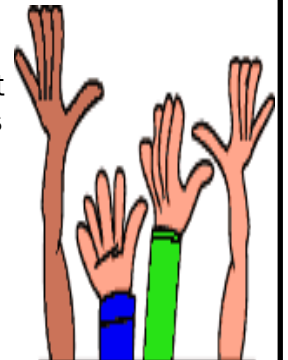
Congregational Accompaniment  
Project for Asylum Seekers  
*and*

## UUFCC

are assisting a Venezuelan  
family seeking asylum.

## YOU CAN HELP!

- Donate clothes, filing fees, food, money, gas cards ...
- Translate for the family.
- Plan a recreational outing.



**VOLUNTEERS  
NEEDED**





# SUNDAY SERVICES

**SEPTEMBER  
THEME**

**THE PRACTICE  
OF INVITATION**

**SECOND SUNDAY  
SECOND HELPING  
SEPTEMBER 2024 RECIPIENT**



### CONGREGATIONAL COVENANT

*"Covenant" is Latin for "walking together."  
This Covenant is a living, dynamic document  
describing how we intend to live the Principles  
we value in our religious community.*

*We, the members of UUFCC,  
covenant to support and cherish all  
our members and friends and  
encourage each other to honor these  
high standards of relationship.*

*We value a free, open, and mutually  
respectful exchange of ideas. We  
honor all voices and encourage  
thoughtful freedom of expression.*

*We respect each other's views,  
backgrounds, and spiritual ideas. We  
listen to each other without judgement  
or interruption and speak directly with  
a person instead of about a person.  
We will address issues and behaviors,  
rather than people and personalities.*

*We will be considerate but  
courageous in name behavior that  
diminishes our community. We offer  
forgiveness and understanding and  
expect that from each other. In all  
situations, we strive to honor  
everyone's dignity and wellbeing.*

*We trust this Covenant will help us  
work well together to make decisions,  
solve problems, and express  
differences of opinion in a consider-  
ate, respectful, and genuinely caring  
way.*

### 09-01-24 REV. ANN NEEDS HELP

Speaker: Rev. Ann Barker  
Worship Associate: Jackie Williamson

**POTLUCK will be after 09-01-24 services.**

### 09-08-24 LOVELAND CENTER

**Helping individuals with intellectual and developmental disabilities live their lives to the fullest since 1962.**

**lovelandcenter.org**

Second Sunday Second Helpings are for worthy organizations in our community to intentionally support their good work.

Speaker: Lora Carter, Area Director  
Worship Associate: Sharon Whitehill

### 09-15-24 STEP BY STEP: THE NEXT 120 DAYS

Speaker: Rev. Bob Murphy  
Worship Associates: Dennis Shaw & Ted Zawistowski

### 09-22-24 SOLSTICE

Speakers: Rev, Elaine Silver  
Worship Associate: Shelly Canterbury

### 09-29-24 CLIMATE JUSTICE

Speakers: Joseph Fenty  
Worship Assoc.: Ryan Richardson

## THE BOOK OF LIFE

Your Book of Life entries or announcements you would like read from the pulpit Sunday mornings are important. Make sure your entry or announcement gets read on Sunday morning; send it to:

If you have an emergent/urgent need to be announced after that, please call the worship associate directly. See info in *Weekly Update*.

[bookoflife@uufcc.org](mailto:bookoflife@uufcc.org)

by 6:00 p.m. Saturday



Your  
Worship  
Associate  
Committee



09/04 Richard Burcham  
 09/12 MaryHolly Allison  
 09/19 Betty Barriga  
 09/26 Cassandra Wooden  
 09/27 Laura Anderson  
 09/27 George Clattenburg  
 09/30 Tom Deuley

For Birthday Shoutouts, contact Caring Committee:

[office@uufcc.org](mailto:office@uufcc.org)

### Weekly Events

**Sundays 09:00 am Conversation Among Friends**

**10:30 am Worship Services**

**Wednesdays 07:00 pm Happy Hour with John Lee**

### Links

Use **UNIVERSAL ZOOM** for most activities  
<https://zoom.us/j/93526372148>

To add to **SUNDAY ANNOUNCEMENTS** or **BOOK OF LIFE**  
 email [bookoflife@uufcc.org](mailto:bookoflife@uufcc.org) by Saturday night

**CONVERSATION AMONG FRIENDS**  
<https://zoom.us/j/95584243345>

CHALICE CIRCLES have their own Zoom links.

**Azar Chalice Circle**  
<https://zoom.us/j/92886172999>

**IMMIGRATION JUSTICE COMMITTEE**  
<https://zoom.us/j/97789863043pwd=c2tUenpGMmhjSExaUINOL3VHNIK5UT09>

**UUFCC Social Group Sign-Up**  
[social-uufcc@googlegroups.com](mailto:social-uufcc@googlegroups.com)

**Spanish for Beginners**  
<https://us02web.zoom.us/j/81408957224pwd=cUhGejBuOVVRckU0L1R2SkM2SXhZQT09>

## SEPTEMBER 2024

09/01 Sun 09:00 am **UU CLIMATE CHANGE REVIVAL SPECIAL EVENT**

09/01 Sun Noon PFLAG Steering Committee

09/01 Sun **POTLUCK SUNDAY**

09/02 Mon 04:00 pm Azar Chalice Circle

09/03 Tue 08:00 am Men's Coffee

09/04 Wed Noon **BROWN BAG SOCIAL LUNCH**

04:00 pm Immigration Justice Committee

05:00 pm Choir Rehearsal

09/05 Thu 04:30 pm Buddhist Meditation

07:00 pm AA

09/07 Sat 10:00 am Worship Associates

09/08 Sun 11:45 am Social Justice Committee

09/09 Mon 01:30 pm Shaw Chalice Circle

09/10 Tue 08:00 am Men's Coffee

01:00 pm NAACP Criminal Justice Cmte.

09/11 Wed 10:00 am Caring Committee

05:00 pm Choir Rehearsal

09/12 Thu 09:00 am Port Charlotte Garden Club

04:30 pm Buddhist Meditation

07:00 pm AA

09/13 Fri 02:00 pm Communications Committee

09/14 Sat 09:00 am Democratic Club

09/15 Sun **BIRTHDAY CAKE SUNDAY**

09/15 Sun Noon **TOWN HALL with Board**

09/16 Mon 10:00 am Art Committee

12:30 pm Mike K. Chalice Circle

04:00 pm Azar Chalice Circle

06:00 pm PFLAG Support Group

09/17 Tue 08:00 am Men's Coffee

09/18 Wed 04:00 pm Immigration Justice Committee

05:00 pm Choir Rehearsal

06:00 pm NAACP Executive Board

09/19 Thu 04:30 pm Buddhist Meditation

07:00 pm AA

09/20 Fri 10:00 am Art Committee Take Down

09/21 Sat 09:30 am **NEW TO UU BREAKFAST**

09/23 Mon 01:30 pm Shaw Chalice Circle

09/24 Tue 08:00 am Men's Coffee

09/25 Wed 05:00 pm Choir Rehearsal

09/26 Thu 04:30 pm Buddhist Meditation

07:00 pm AA

09/27 Fri 04:00 pm **ART RECEPTION**

09/28 Sat 09:00 am **UU CLIMATE CHANGE REVIVAL WORKSHOP**

09/28 Sat 10:00 am **UUFCC BOARD MEETING**

09/29 Sun 03:00 pm Secular Community of SW FL

**MISSION:** UUFCC is a liberal religious community committed to justice, a place where spirituality, diversity, reason, compassion, service, and fellowship meet. *(Adopted at 03-24-24 Annual Meeting.)*



**PURPOSE:** UUFCC is a religious community committed to diversity and social justice where spirituality, reason, compassion, service and fellowship meet. *UUFCC Bylaws Art. III (Adopted 03-27-22).*

**VISION:** Using our Covenant as a guide, we will provide expanded opportunities for ministries, programs and fellowship that inspire and support our life journeys. We will affirm: Love is the spirit of this Fellowship, and service is its law. This is our aspiration: To dwell together in peace, To seek truth in love, And to help one another. In the larger community, we will continue to be a strong, relevant voice serving justice and equality. *(Adopted 03-24-24.)*

**WELCOMING:** UUFCC strives to practice non-discrimination by embodying what UUFCC hopes to see in the world—a just, loving community in which people are free to be themselves fully and without fear. *UUFCC Bylaws Art. IV (Adopted 03.27.22).* [UUFCC: FOUNDED IN 1969.]

### SUBMISSIONS INFO

COMM **UU** NIQUÉ welcomes submissions of 300 words or less.

Submissions may be edited for spelling, grammar, punctuation, clarity, legal ramifications, length, or general taste at the editors' discretion. Editors reserve the right to refuse to publish submissions for the same reasons. While acceptance rules are lenient, the editorial board will reject that deemed potentially libelous, racist, hateful, or a personal attack.

Anonymous submissions are not accepted.

### MEMBER SPOTLIGHT SUGGESTIONS & IDEAS

Yes, we'd like to get to know you if we could ... (Spanky & Our Gang flashback?)

Tell us about you. What is your background? Where are you from?

Tell us about your life journey. What brought you to Florida and when?

Tell us about your career paths. Accomplishments? Interests? Hobbies?

How did you come to UUFCC? What keeps you here?

Tell us about current and past UU roles or involvement.

Something else? You decide! You tell us what you want us to know!

UUFCC directory/archives picture is used unless another is provided.

### REALITY CHECK — DISCLAIMER — THE FINE PRINT

Views and opinions expressed in submissions are personal and belong solely to the author/submitter.

Views and opinions expressed do not necessarily reflect the official view, policy, Principles, Covenants, or positions of UUFCC or its newsletter editors.

Views and opinions expressed are not intended to malign any religion, ethnic group, organization, individual, or anyone or anything.

Guarantees are not made as to completeness, accuracy, usefulness, or timeliness.

### SUPPORT ONE ANOTHER'S INDIVIDUAL SPIRITUAL JOURNEYS

Content is not intended to be negative, divisive, and/or diminishing.

Encourage and value a free, open, and mutually respectful exchange.

Uphold one another's First Amendment right to free speech.

Take all content kindly and in the spirit in which it was intended.

Cherish our Beloved Community.

### UUFCC CONTACTS

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[worship@uufcc.org](mailto:worship@uufcc.org)

### UUFCC

## COMM **UU** NIQUÉ

Can you say kuh-myoo-nuh-kay?

### EDITORIAL BOARD

Stephanie Garrett

MaryLou Proudfoot Kennedy

Herb Levin

300-word limit articles due

1-wk before last day of month:

[editorialboard@uufcc.org](mailto:editorialboard@uufcc.org)

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