



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)

## LETTER FROM THE BOARD—Robert Moran, Trustee

Thousands of years ago in our evolution journey, we lived in tribes. For our own survival, we learned not to automatically trust people who didn't look like us. I think judging someone who is different from us is a tribal tool we still carry with us today.



world view. If a relative, a friend or anyone else does or says something that we take offense to, we find something wrong with everything they do. This is one reason some family fights go on and on.

I like to quote a past US President:

**“When meeting someone new, look for how you are alike, not how you are different.”**

How about if we do that all the time?

Unfortunately, it seems to me, that skill metastasizes out of control into something bigger and darker if left unchecked. Sometimes our human brains automatically judge in order to feel superior to someone else.

In my sailing days, I sailed to Key West 21 times. I'm straight, I don't drink or do drugs. So what is my attraction to Key West? After self-reflection and conversation with others, I decided it was the **non-judgmental** atmosphere in Key West. People feel free to be themselves without judgment.

One evening, I walked out of a restaurant during Fantasy Fest where Duval Street is closed to traffic. It's just one big party consisting of people acting out their fantasies. Two guys dragging a 12-foot long cross on their shoulders were handing out Jesus cards. Agnostic that I am, I caught myself judging these guys as being crazy for handing out Jesus cards in the middle of all this totally unreligious chaos. To me, everything else seemed normal behavior, and the Jesus guys seemed crazy. I tell this story to show how easy my brain goes into judgment mode.

My favorite related subject is **confirmation bias**. It has to do with our brains accepting information that we agree with and rejecting information that makes us feel uncomfortable or doesn't match OUR

An alcohol counselor once confronted me with always blaming others. I was at a place in my life where I could hear that kind of confrontation as helpful. He changed my thinking and my life, and he gave me the courage to honestly look at myself. Now when I have a disagreement, I have the courage to take responsibility for my part, and the angst toward the other person goes away. Keep in mind I have to really be honest with all of my part. That counselor introduced me to the lesson:

**“Don't take anything personal.”  
Regardless of what a person does or says about you, it's your choice how to respond!**

So when or if a person calls me a name or says something derogatory about me, my response is: “No response.” I thank my counselor, Greg, who had the courage to challenge my thinking and change my life. That was about 30 years ago. I think my future wife at that time had a part in making this happen! Behind the scenes. Thanks, Peggydawn.

With gratitude, I say goodbye to my need to judge. Life is sweeter.



**“It’s like déjà vu all over again.” —Yogi Berra**  
**COMMUNITY CONNECTION GROUPS**  
**Activated Post Hurricane Helene**  
**Continued Post Hurricane Milton**



Hello beloved friends,

Been there, done that? Lather, rinse, repeat? Back-to-back Hurricanes Helene and Milton have the UUFCC Board still thinking of members and friends and feeling this message bears repeating.

The Board is continuing to reach out in many ways including reiterating this message with its links to current disaster assistance information.

#### **COMMUNITY CONNECTION GROUP**

Please remember to check with your UUFCC COMMUNITY CONNECTION GROUP for needs following the storm. If you are not connected with a group, feel free to contact Lorrie D and or Laura L for other connections or assistance.

#### **PASTORAL CARE MAY BE NEEDED**

Fellowship members can become isolated and some may feel neglected. The network that our Fellowship created during the pandemic is still needed. And we have a Pastoral Care Specialist:

**Rev. Ann Barker**

**941-235-0269 or revannbarker@gmail.com**

#### **LESSONS LEARNED FROM COVID HELP**

Lessons learned during the pandemic will be helpful as the climate change problem develops.

#### **RESOURCE SHARING**

Although our area doesn't have cluster congregations organized, the UU congregations in Fort Myers, Venice and Naples are active and we may be interested and able to share resources.

#### **FINANCIAL DONATIONS**

Financial donations to UUA's Disaster Relief Fund are always appreciated. The Disaster Relief Fund helps congregations with rebuilding and other needs. To make a donation, please contact:

**UNITARIAN UNIVERSALIST ASSOCIATION**  
**1-888-792-5885**

#### **FIRST: AN EMAIL WELLNESS CHECK**

Now is the time for Community Connection Group Leaders to check with Fellowship members and friends to express concern and to offer immediate assistance.

#### **SECOND: COMMUNITY PARTNER CONNECTION**

People who are most in need of assistance are often the people who needed help before the storm. Community groups that do the most good are usually the groups that are already active. Stay with groups that you know and trust.

Migrant workers and other houseless (homeless) people are among individuals who are often neglected after storms. If you're trying to identify organizations that can be helpful, Rev. Bob Murphy has information:

**murphydalzel@aol.com**

Florida's new law to control its homeless population went into effect on October 1, 2024.

#### **THIRD: PAUSE AND REFLECT**

Pause during Sunday services to reflect on the suffering caused by Hurricanes Helene and Milton and other recent disasters.

Fellowship members and friends may want to speak about their recent experiences. They may need assistance.

#### **PETS**

Florida is now required to have a shelter that takes pets in each county.

#### **RESOURCES**

Information and assistance after Hurricanes Helene and Milton are available. Call:

**1-800-621-3362 FEMA ASSISTANCE**

**1-800-342-3557 FLORIDA DIVISION OF EMERGENCY MANAGEMENT**

**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**

The weather has been very cruel to Florida in recent times including Hurricane Ian two years ago, Helene a few weeks ago and then Milton two weeks after. There was unbelievable hardship for some who endured wind damage, storm surge and tornado damage. Others had some impact or no impact but went through emotional stress as days and days of TV coverage built the expectation for a real crisis as Milton bore down on us. While I live in Zone C, considered a reasonably safe place to be, we did receive a late warning to evacuate and so we did. We went to friends in Ft. Myers where we joined them in the anxiety building about Milton. They usually come down later in the season and had not gone through a hurricane. When we came out in the morning after a night of high winds rattling the storm shutters, all was well. We enjoyed breakfast and came home. Our home and property sustained almost no damage.



I have a couple responses to this experience. Firstly, I learned some new ideas for securing our home as a storm approaches that we will put in place. Secondly, next time I will not spend days and days in advance of the storm watching weather forecasts that only serve to raise anxiety. I will heed the advice of local authorities if it seems reasonable to do so and stand my ground if it does not. Lastly, I will turn to my spiritual practices to sustain my faith and lessen the anxiety. What did you learn through the last two storms? How will you prepare for the future storms which are predicted to be more frequent and severe? What practices do you have that give you comfort, hope, and peace in times of trial?

Think positive thoughts about the election on November 5th. Remember those who have served their country in the armed forces on November 11th Veterans Day/Remembrance Day. Eat wisely and give thanks on November 28th. Read up on the true history of this National Holiday and learn how contact with Europeans devastated the Wampanoag people.

Rev. Ann Barker

941-235-0269 or [revannbarker@gmail.com](mailto:revannbarker@gmail.com)



## UUFCC COVENANT

**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 respect each other's views,  
backgrounds and spiritual beliefs.**

**We value a free, open, and mutually  
respectful freedom of expression.**

**We listen to each other  
without judgment or interruption  
and speak directly with a person  
instead of about a person.**

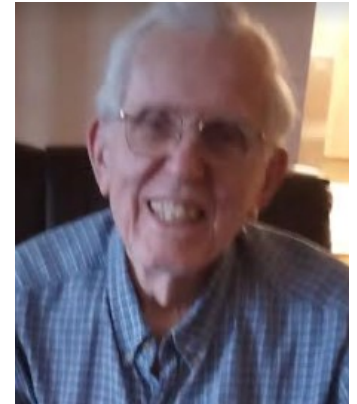
**We will address issues and behaviors,  
rather than people and personalities.**

**We will be considerate  
but courageous in naming action  
that diminishes our community.**

**We offer forgiveness and understanding  
and expect that from each other.**

**We strive, in all situations,  
to respect everyone's dignity  
and well-being.**

**We trust this covenant  
will help us work well together  
to make decisions,  
solve problems, and  
express differences of opinion  
in a considerate, respectful,  
and genuine caring way.**



**Ted Zawistowski**

The UUFCC covenant is a powerful instrument by which to guide ourselves individually and as a social community, but only if we keep it in mind by reading and rehearsing it from time to time until it becomes habitual.

One suggestion is to keep it handy, readily visible. Another is to formally sign it as a solemn pledge. The best is to try to practice these thoughts and actions often, in many places, with many people. We may not always succeed but we can always return back to them again and again.

If we follow these ideas regularly in thought and deed, it is likely that we will come to feel better about ourselves, our relations with others and life in general. Doing them well will bring warm and positive feelings within ourselves, among ourselves and wherever we go.

### **cov-e-nant / kuhv-uh-nuhnt/noun**

- 1. A usually formal, solemn, and binding agreement.**
- 2. A written agreement or promise usually under seal between two or more parties especially for the performance of some action.**

**[merriam-webster.com/dictionary/covenant](https://www.merriam-webster.com/dictionary/covenant)**



# SONGS FOR THE SEASON

Thanksgiving Day is a day to express gratitude.

Yes, there are plenty of problems associated with Thanksgiving Day.

**Unitarian Universalists have mixed feelings about Thanksgiving Day celebrations in the United States.**

American Indians speak about the imperialist ways and the religious intolerance that arrived with the Pilgrim settlers at Plymouth. The modern celebration of Thanksgiving is identified with Black Friday and Cyber Monday and the over-commercialization of everything during a season of many holidays.

There's a continuing need for resistance and resilience. It's possible. It can happen. And Unitarian Universalists can be grateful despite current problems. Hurricane season ends on November 30th. Florida has been smacked by three major storms during recent weeks. The recovery process is in progress and it will continue for several years. Neighbors are helping neighbors with emergency housing, food distribution, family care, and other essential services.

**And all people can be grateful for recent acts of kindness.**

Cooperation is possible. The new edition *UU World* magazine has stories that help to explain the current situation.

**Gratitude can be expressed in music and by songs people sing together.**

There are many possibilities. The Sand Digger network has developed in Florida during recent years. The Sand Diggers lead singalongs when there's community work that needs to be done. When the electricity fails,



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

and when community life begins to spoil like a refrigerator filled with food, community singalongs are still possible and often needed. A genre known as "hurricane songs" is developing.

**HURRICANE SONGS are easy to sing and they don't require electricity or anything that would bewilder your ancestors.**

Campfire songs, beach party songs, and some UU hymns are included on the list, with some appropriate songs for the December holidays and for Inauguration Day in January.

There are still a few places where old people and younger people can be together each week to hear live music. There are still a few places where people with different abilities can sing with each other. Organized religion and artist activists make it happen. Singing can be participatory.

**In its best moments, singing together is a spiritual experience.**

Florida is a peninsula with lots of sand. Digging sticks have been used for thousands of years in Florida and on Caribbean islands to cultivate gardens and to help with hunting and gathering. Sand Diggers continue the tradition. Songs of young and older people are heard at harvest festivals, during construction work, on civil rights marches, and at Sunday morning gatherings. I hear the real though far-off hymn that hails a new creation. Through all the tumult and strife:

*I hear the music ringing. / It sounds an echo in my soul. / How can I keep from singing? — "My Life Flows on in Endless Song" (1868), Hymn 108, lines 1-4, Singing the Living Tradition (gray hymnal).*

NOV 4TH

# BASKET Luncheon

Get a Jump on Holiday Shopping and Support C.A.R.E. at the Basket Luncheon

November 4th - 12-1 PM at FM Don's

Cost: \$30 per person Lunch Included

For Reservations:  
Scan QR Code to Pay via PayPal or Call 941-639-5499

The Center for Abuse & Rape Emergencies, Inc. Auxiliary Society



**C.A.R.E. is Charlotte County's only domestic violence shelter.**

**C.A.R.E.'s MISSION:**  
To help victims and survivors of domestic violence, sexual assault and other violent crimes.

**C.A.R.E.'s GOAL:**  
To create safety in our community by helping survivors of domestic violence, sexual assault and other violent crimes and to promote non-violent relationships by example and education.

Fundraisers like the C.A.R.E. RAFFLE BASKET LUNCHEON secure resources needed to carry out C.A.R.E.'s mission, ensuring C.A.R.E.'s needed work continues without interruption.

Hurricanes Helene and Milton nixed C.A.R.E.'s Annual Domestic Violence Awareness Month Luncheon.

**As a C.A.R.E. Board Member, I will be at C.A.R.E.'s Basket Luncheon. Join me!**

We'll support C.A.R.E., have a nice lunch with like-minded people and maybe win a basket!

— MaryLou Proudfoot Kennedy



# The Best Tool to Fight The Global Syndemic.

The world is currently facing three ongoing dietary pandemics – obesity, undernutrition and the dietary consequences of climate change – collectively known as the syndemic. Fortunately, all of these can be greatly alleviated by a worldwide shift toward a plant-based diet.



Source: The Lancet

VeganStreet.com

<https://www.veganstreet.com/the-best-tool-to-fight-the-global-syndemic.html>

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)32822-8/fulltext#seccestitle860](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)32822-8/fulltext#seccestitle860)

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)



## 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>

## All the Leaves Are Brown

“The trees are coming into leaf like something almost being said,”  
—Philip Larkin

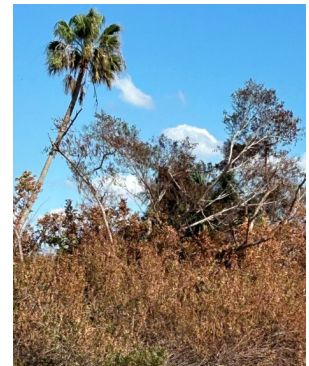


Not the Mamas and Papas singing that line in a place where both image and expectation suggest green all year round. Not any longer. Not in post-hurricane South, where every last leaf on sea grape and live oak has crumpled to bronze, and now blankets the grass. Killed by the salt in the wind, someone says, though I heard on the news that the strength of that wind sucked out every drop of their moisture. Seared them like marshmallows over a fire.

It was different up North, where maples and oaks turned on schedule to red, orange, and gold and the leaves drifting down, lazy and calm, sometimes fell in a shower like sudden snow. As children we laid out floor plans of leaves to mark doorways and walls, a bay window, a sunroom, a porch—at a time, in a place where leaves en masse could produce the effect of a mini-verse made of the shades of one color alone. Like the magical emerald realm I discovered when I pressed close to a wall of English ivy and gazed up and up. Or the lemony hue that once bathed my bedroom each fall from the great yellow maple outside the window.

*It’s not fossil fuels, our Florida governor says, and it’s not climate change. We live in the tropics, the tropics have storms, and that’s all.*

Which is why, when the trees do green out again—a version of spring at the wrong time of year—those new leaves will strike me as heralds of further distortions to come, have more ominous implications for me in Larkin’s bittersweet claim that *their greenness is a kind of grief.*

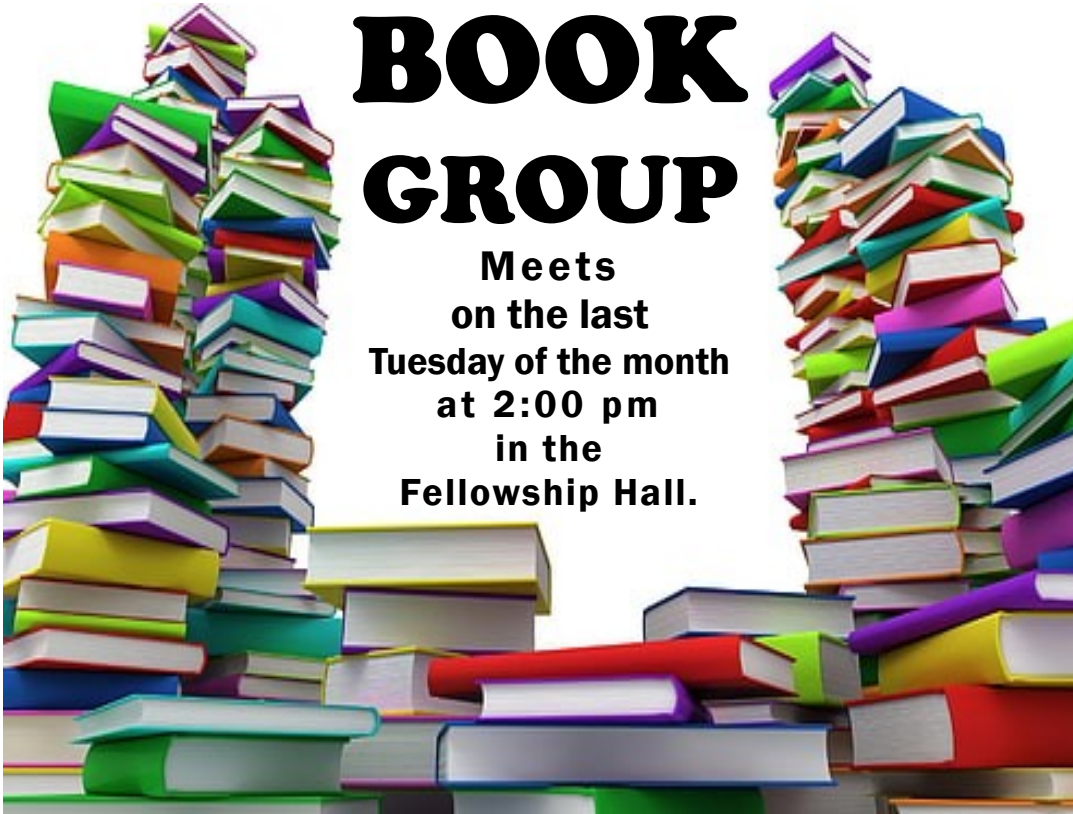


**Sharon Whitehill**



# UUFCC BOOK GROUP

Meets  
on the last  
Tuesday of the month  
at 2:00 pm  
in the  
Fellowship Hall.



Like to read?  
Like to discuss  
what you read?  
Like to make  
new friends?

## JOIN US!

Get to know  
Fellowship  
members & friends.

Explore a  
variety of topics  
and a wide  
range of genres:  
fiction & nonfiction,  
UU-related,  
religion & spirituality,  
social justice,  
historical fiction,  
racial issues,  
history & biographies,  
the environment,  
& so much more.

DATE	GENRE	TITLE	AUTHOR	MODERATOR
10-31-24	Kid Lit, Fantasy FX/Steam Punk	The Golden Compass	Philip Pullman	
<b>11-26-24</b>	<b>Environment/Food Sci</b>	<b>Comfortably Unaware</b>	<b>Dr. Richard A. Oppenlander</b>	<b>Aubrey Sykes</b>
12-31-24	HX FX	Night Watchman	Louise Erdrich	Nancy Weaver
01-28-25	NF	Authentic Selves: Celebrating Trans & Nonbinary People and Their Families	Jazz Jennings & Jeannette Jennings	Laura Anderson
02-25-25	Sci-Fi/Mystery/ Thriller/Suspense	The Frozen River	Ariel Lawhon	MaryLou Kennedy
3-25-25		<b>COME</b>		
4-29-25		<b>HELP US DECIDE</b>		
05-27-25		<b>WHAT ELSE TO READ!</b>		

## 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)



The theme for the month of November is the Practice of Repair. I spent some time this morning looking at Soul Matters for November and found a reference to a poet, a UU minister, Nancy Shaffer. Soul Matters sends me down rabbit holes and two hours later, I found this poem from *Instructions in Joy* published 20 years ago and wanted to share it with you. — Laura Anderson

## STILL THE MOON INCREASES

i

**Trust is completely paradoxical;  
The thing with which to begin when you have nothing.  
The end point, which somehow you must find first.  
The smallest of present moments, measured haltingly into a past.  
Both question and answer, when every word of your acquaintance has fled.**

ii

**You think the arc of the horizon should split, one side jaggedly askew, one forever gone.  
The horizon doesn't split.  
Its edges remain.  
You think the ocean should dry to sand because all the tears it held, you have used up.  
You have stolen water even from the clouds.  
But the ocean is not dried, nor the clouds gone, though you have cried them both, multiplied, and more.  
You rub your eyes that grains still ripen, plums turn blue, still the moon increases.  
You thought all of this was gone.**

— Nancy Shaffer (1950-2012)

(Nancy Shaffer was a Unitarian Universalist minister, a poet, and the author of *Instructions in Joy: Meditations* [Skinner House Books, 2002]. She served congregations in Carmel, California; Glen Allen, Virginia; Evanston, Illinois; and Ann Arbor, Michigan.)

## NOVEMBER: ELEVENTH MONTH OF THE YEAR

November marks the end of the fall harvest season and the beginning of winter. The truth is that November was the ninth month in the early Roman calendar (*novem*), a time of community feasts and general elections. The second truth is that winter officially begins in late December at the time of the Winter Solstice, the shortest day of the year.

“And the dead leaves lie huddled and still / No longer blown hither and thither / The last lone aster is gone / The flowers of the witch-hazel wither /”  
— Robert Frost (1874-1963),  
*Reluctance* (lines 13-16)

### Notable and Not So Notable

#### November 1st — DIWALI

The Indian “Festival of Lights,” celebrates triumph of good over evil.

**ALL SAINTS’ DAY** honors the unveiling of Michelangelo’s fresco of the Sistine Chapel in 1512.

#### Nov. 2nd — SADIE HAWKINS DAY

Created by cartoonist Al Capp in 1937, allows single women to chase all eligible males. Whomever she catches, chooses she can marry.

#### Nov. 3rd — DAYLIGHT SAVINGS TIME

ends and clocks in most states are turned back one hour Saturday night at 2am. Exceptions are Arizona and Hawaii with climates that do not need accommodations for crop growth.

#### November 5th — ELECTION DAY

“To-day alike are great and small, / The nameless and the known / My palace is the people’s hall, / The ballot-box my throne! / ”  
— John Greenleaf Whittier (1807-1892),  
*The Poor Voter on Election Day*, lines 5-8).

**ELECTION DAY** for the general election is always the first Tuesday following the first Monday in November.

**THE FIRST ELECTION** within the Colonies was held February 4, 1789, with George Washington, nominated by electors, chosen on January 7th. **BY AN ACT OF CONGRESS**, January 23, 1845, the first Tuesday following the first Monday was designated election day for the future.

**TIMING** allowed harvest completion and avoided religious holidays. **THE U.S PRESIDENT** is elected every four years, in years divided by four. **THE HOUSE AND SENATE** are voted in or out every two years. **LOCAL OFFICIALS** can be voted into office any year designated by the State.

**November 11th — VETERANS DAY** honors all who served in the military.

“We can’t all be heroes, because somebody has to sit on the curb and clap as they go by.”  
— Will Rogers (1879-1935)

#### Nov. 25th — THANKSGIVING DAY

Traditionally, a celebration of the harvest, took place even in ancient times. A time to be thankful for food, family, shelter and even peace.

In European American history, the holiday goes back to the Pilgrims arriving on the Mayflower in 1620 and celebrating with the locals.

The **MASHPEE WAMPANOAG**, the original residents in the Cape Cod area, had been present for 10,000 years.

*Let us be thankful for the present and focus on a positive future.*



**Amerie Rosalee**  
— Stephanie Garrett’s  
great –granddaughter

**NPR 11-25-2021**  
“All Things Considered”  
radio broadcast  
tells the  
Thanksgiving story  
from  
Native American  
oral history.

[https://  
www.npr.org/2021/  
11/25/105926204  
5/the-mashpee-  
wampanoag-want-  
you-to-know-the-full-  
history-behind-  
thanksgiving](https://www.npr.org/2021/11/25/1059262045/the-mashpee-wampanoag-want-you-to-know-the-full-history-behind-thanksgiving)

**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)



# GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE



## HURRICANE RECIPES?

HURRICANE-READY

# Cookbook



*Health Promotion Services*

Florida International University  
Student Health Center 180  
11200 SW 8th Street  
Miami, FL 33199

June 1 to Nov. 30 is Hurricane Season.

Live long enough in Florida  
—we’ve been here over 50 years—  
and you learn the annual drill.

In May, stock up on water and batteries.  
Update the Hurricane Grab Book  
of important documents.

Know your zone and where you’d evacuate.  
Keep the car full of gas & wallet full of cash.

“During a hurricane, eating healthy may be  
one of the last things on your mind,”  
according to Florida International University.  
“However, feeding yourself and your family  
properly is important during disaster conditions.”

A downloadable online Hurricane Cookbook  
developed in 2006 by the  
FIU Dietetics and Nutrition Program  
was created to make it easy to make healthy  
choices during stressful hurricanes.  
All recipes can be made without power,  
using basic cooking skills.

[https://dasa.fiu.edu/all-departments/  
healthy-living-program/\\_assets/docs/  
resources/hurricanecookbook.pdf](https://dasa.fiu.edu/all-departments/healthy-living-program/_assets/docs/resources/hurricanecookbook.pdf)

— MaryLou Proudfoot Kennedy  
OBO FIU, my undergrad alma mater

**LOOK AT THIS AMAZING! UUFCC Wow! GENEROSITY!**

**MAKE A DIFFERENCE**

**SECOND HELPING**

Your JULY 2024 Donations Totaled **\$734.00** which was given to:

**CHEC—CHARLOTTE HARBOR ENVIRONMENTAL CENTER**  
 Environmental education, recreation and research; conservation lands management.  
[www.checflorida.org](http://www.checflorida.org)



**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]"

**UUSC CAPAS**

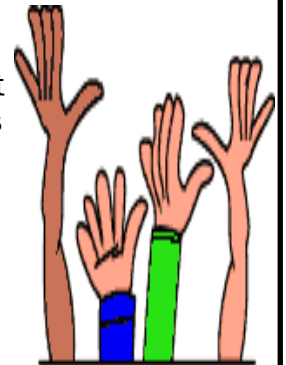
Congregational Accompaniment Project for Asylum Seekers and

**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

**SECOND SUNDAY  
SECOND HELPING  
NOVEMBER 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 considerate, respectful, and genuinely caring way.*

**NOVEMBER  
THEME**

**THE PRACTICE OF  
REPAIR**

### **11-03-24 LOOK NORTH AND BEGIN THE PROCESS OF RECONCILIATION**

Speaker: Rev. Ann Barker  
Worship Associate: Sharon Whitehill

**POTLUCK will be after 11-03-24 services**

### **11-10--24 EMPATH HEALTH, TIDEWALL HOSPICE**

Uniquely devoted to pioneering all-embracing care that provides for the full life, for all stages of care, for all dimensions of well-being and for all aspects dear to one's life, to offer a truly exceptional experience, unlike any other.

<https://empathhealth.org/about-empath-health/>

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

Speaker: Christopher Parent  
Worship Associate: Dennis Shaw

### **11-17-24 MEMBERSHIP**

Speaker: Rev. Bob Murphy  
Worship Associate: Jackie Williamson

### **11-24-24 THANKSGIVING FOR OUR FELLOWSHIP**

Speaker: Community Labor Day  
Worship Associate: All

## 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





11/03 Katherine Stanwood  
 11/05 Mark Ellefson  
 11/06 Nancy Weaver  
 11/08 Frank Wilmer  
 11/08 Linda Quinn  
 11/17 Kay Azar  
 11/22 Mary Jane Williams  
 11/27 Ted Zawistowski  
 11/28 Lore Frighetti

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>

## NOVEMBER 2024 EVENTS



11/01 Fri 05:00 pm **LET'S PLAN AN AUCTION!**

11/02 Sat 10:00 am Worship Associates

11/03 Sun Noon PFLAG Steering Committee

11/04 Mon 01:30 pm Shaw Chalice Circle  
03:00 pm Yoga

11/05 Tue 08:00 am Men's Coffee  
01:00 pm NAACP Criminal Justice Cmte.

11/06 Wed Noon **BROWN BAG LUNCH SOCIAL**  
04:00 pm Immigration Justice Committee  
06:00 pm Choir Rehearsal

11/07 Thu 04:30 pm Buddhist Meditation  
06:30 pm AA

11/08 Fri 01:00 pm Communications Committee  
**04:00 pm ART RECEPTION**

11/09 Sat 09:00 am Democratic Club

11/10 Sun 11:45 am Social Justice Committee

11/11 Mon 10:30 am Leadership Council  
03:00 pm Yoga

11/12 Tue 08:00 am Men's Coffee

11/13 Wed 10:00 am Caring Committee  
06:00 pm Choir Rehearsal

11/14 Thu 09:00 am Port Charlotte Garden Club  
04:30 pm Buddhist Meditation  
06:30 pm AA

11/17 Sun **BIRTHDAY CAKE SUNDAY**

11/18 Mon 10:00 am Art Committee  
01:30 pm Shaw Chalice Circle  
03:00 pm Yoga  
06:00 pm PFLAG Support Group

11/19 Tue 08:00 am Men's Coffee  
01:00 pm Tidewell Hospice

11/20 Wed 04:00 pm Immigration Justice Committee  
06:00 pm Choir Rehearsal

11/21 Thu 04:30 pm Buddhist Meditation  
06:30 pm AA

11/23 Sat 10:00 am **UUFCC BOARD MEETING**

11/24 Sun 03:00 pm Secular Community of SW FL

11/25 Mon 03:00 pm Yoga

11/26 Tue 08:00 am Men's Coffee  
02:00 pm Book Group

11/27 Wed 06:00 pm Choir Rehearsal

11/28 Thu 04:30 pm Buddhist Meditation  
06:30 pm AA

**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

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

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### 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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