



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:

1st Principle

The inherent worth and dignity of every person;

2nd Principle

Justice, equity and compassion in human relations;

3rd Principle

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

4th Principle

A free and responsible search for truth and meaning;

5th Principle

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

6th Principle

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

7th 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

LETTER FROM THE BOARD—Trustee Mike Krzykowski MD

Hi everyone! It's my turn to write the monthly board member letter. Was told I could pick any topic which struck my fancy. Well, that could be an issue. So I thought I would write about my experiences in participating in a **minister/doctor support group** while up in NJ. My minister was a good friend and patient; when asked, "How are you guys doing?" he responded:



"We're all strung out!"

In further discussion, we came to the conclusion that:

Ministers and physicians are the 'keepers of secrets' in society.

They have to maintain confidentiality re their congregants/patients, meaning they can't discuss most issues occupying their daily thoughts and time. At social gatherings, we are often at a loss for words in small talk, leading to a good deal of social isolation. We have some differences as well:

Ministers used prayers and doctors used drugs.

Otherwise, we both deal with the same human persona and all its complexities.

Anyway, we decided to utilize a **Balint group model** to look into the issues further. Michael Balint was a British psychiatrist in the '50s who organized a weekly breakfast meeting with the local GPs. The intent was to explore psychological processes such as transference, countertransference, etc.

GPs would bring their most difficult cases to discuss and gain insight into what was really happening. We had the good fortune to find a trained counseling facilitator who volunteered her time.

We met weekly for 13 years. At the beginning, we followed the Balint group model, but we then began to branch into discussing our families and very personal issues. Like an AA meeting, **'everything said there stayed there.'** Deep bonds developed. I still send an annual Christmas card yearly to our facilitator.

I found ministers have a very hard job. Despite being the most trained in scriptural and pastoral care, their salaries are paid by their congregants—putting them somewhat at risk for continued employment. Very often they have to deal with difficult personality/power issues in their church councils, without clear final authority. This, I suspect, is common with most nonprofit organizations.

At the end of each meeting, we all left with an 'endorphin high' lasting for the rest of the day!

I was left with the impression that there were very few groups, other than AA, where issues close to the heart could be frankly put forth in a risk-free setting.

Perhaps a sense of 'community' comes closest to this and being bound by our covenant certainly helps.

WAITING FOR A LOVE THAT WILL UNDO US

Election Day happened in early November. Hurricane season ended on November 30th. December is the month of many holidays with lots of candles and opportunities for reflection. Lyn and I will go to Casablanca in December to meet with different groups and to do some reflection. We'll return for major events in the United States on January 20th.

Every movie goer knows the *Casablanca* (1942) story. It's a movie that was filmed at a difficult moment in world history. And it's still the great existential drama. At the end of the movie, many of the characters are trying to do the right thing, but **"the right thing" isn't easy to define and explain, and there are plenty of challenges and distractions** and — well, why bother to do much of anything in the midst of a difficult situation? Lots of people decide to play it safe. So they wait, and they wait, and they wait.

Here's the situation: At the start of the *Casablanca* movie, the Second World War is in progress and a fascist victory is possible. The United States is still neutral and "America First" is a popular slogan for many Americans. Thousands of people are trying to escape from fascism in Europe and many of the refugees have arrived in Morocco in North



Do The
Right
THING



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

Africa. Some go to Rick's Cafe Americain to work, or to drink, or to gamble. All of the refugees wait, and wait, and wait.

In the background, there's something else happening in the movie. Some kind of resistance movement is developing. The details are a bit hazy. Unitarian Universalist audiences in today's world know that groups like the **Unitarian Service Committee helped refugees to find sanctuary during the Second World War.** The story is told in the documentary movie, *Defying the Nazis: The Sharps' War* (2016).

It's probably the best movie ever made about the Unitarian response to big questions.

Fast forward to the year 2025. Monday, January 20th, will be an historic moment in world history. It will be Inauguration Day in Washington, DC. It will also be the holiday when Martin Luther King's birthday is celebrated. Millions of people are waiting to see what happens on January 20th and in the days that follow. Some folks will pull in one direction, and some will pull in a different direction, and many will wait, and wait, and wait to see what happens in the new year.

What will the Unitarian Universalists do in this situation?

Good question.
Maybe the times have changed.
Maybe not.

**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

December 2024

The last month of the year and the month of so many celebrations, can be a fraught and even painful time for many people. Sometimes it is called Blue Christmas because of sad feelings brought to the forefront by sights, sounds, or smells. Those who have recently lost a loved one or even a dear pet may feel especially bereaved. Any of us can have nostalgic moments when decorating our tree, bringing out the Hanukkah Menorah, or lighting a yule log.

The growing darkness until Winter Solstice can add to our impression of being off balance until well into January when it is evident light is returning. Even if the holidays do not have a special meaning for us now, memories from the past can trigger a host of feelings. Being aware that this can happen, taking it in our stride or seeking out someone to talk with can be very helpful.

**I wish you all bon hiver
(French for happy winter)
when we can spend
more time outside
because it is cooler.**

Enjoy!

*bon
hiver*



**Rev. Ann Barker
Pastoral Care
Specialist**

941-235-0269

or

**revannbarker
@gmail.com**



*happy
new year
2025*

January 2025

I was stunned to realize that we have lived 25 years into a new century and a new millennium. Twenty-five years of progress in many areas; war and natural disasters in other places. I remember the anxiety as the transition from 1999 to 2000 approached and people worried disasters might occur in all computers that could not register the year correctly. This would shut down banking, medical equipment, public services and the local grocery store cash registers. None of that happened. Then there was the anxiety as 21 December 2012 approached. People bought blast shelters or spent down their wealth in anticipation of the end of the world, while others believed that date would be the beginning of new advances for the human race. Nothing significant happened on that date either.

In 2025 we have the opportunity to make changes in our personal lives, in our local area, and in our faith community.

**We can make life more wonderful
for ourselves and for our world.**

For instance, we can take care of our health more intentionally, make more generous contributions to charities and organizations in which we believe, engage in causes we believe in.

**We can live our UU values that seek
peace, justice, and freedom for all.**

Want to attend adult education classes? Take up a new hobby? Get to know more members of the Fellowship by joining a class or group? Take up a new spiritual practice? A new year is a great time to do any of these things.

**We can focus on hope and joy
and love, and continue to
create the life we want.**

Blessings, Rev. Ann

WELCOME

November 17, 2024

UUFCC WELCOMES OUR NEWEST MEMBERS

**Let's introduce ourselves
and say hello!**

— Lynn Ritchie

UUFCC Membership Committee



(L-R) Susan Nordvall, Arlene Waters, Cynthia Tanner
(Behind podium above) Co-President Lorrie Douglas
with Co-President Laura Liermann on the side



Worship Associate Laura Anderson presents each new member with a rose

When we become a member, we are asked to change our postures from guest to host, visitor to steward.

- As **HOSTS**, we make sure guests find a welcoming and nurturing community.
- As **STEWARDS**, we offer our time and money to sustain and grow our Fellowship.
- As **MEMBERS**, we agree to serve in these roles and more, in covenant with one another and with our own personal ideals.

NoVo \$2 Million Matching Pledge Donation to fuel national/international expansion of Fair Food Program and growth of Worker-driven Social Responsibility Model

Per NoVo Foundation Co-President Peter Buffett, “The importance of this pivotal moment cannot be overstated. CIW’s transformative model has proven its power to transform the lives of hundreds of thousands of workers in the U.S. and abroad. But **they need our help in raising \$10 million in the next 24 months** to support this exponential increase in demand for their efforts.”

The funds will be used both to solidify the Fair Food Program’s expansion into new states and crops in the U.S., including building necessary infrastructure in new parts of the country, and to expand the program and replications of its model internationally. This expansion is expected to **deepen protections for workers** in agriculture and beyond, including the apparel and seafood sector, while bringing the program’s proven success to new countries where labor exploitation persists.

This generous commitment will **advance the fight** for the dignity and rights of low-wage workers both in the United States and abroad, ensuring that fair wages, safe working conditions, and essential protections are upheld for millions of the most vulnerable workers.

The Fair Food Program, which was forged by the **Coalition of Immokalee Workers** in Florida’s tomato fields as the first implementation of Worker-Driven Social Responsibility, has been



Ted Zawistowski

NoVo Foundation

hailed as a global leader in human rights enforcement, receiving recognition from institutions including the United Nations, which called it an “international benchmark” in the fight against modern-day slavery, as well as the White House, the USDA, and the MacArthur Foundation.

“CIW has challenged the food industry — long notorious for gross violations of human rights in its supply chain — and has realized great success.

“This organization exemplifies the best of stakeholders working together towards a more equitable future,” says Peter Buffett.

Mike Rios, Executive Director of the Fair Food Standards Council which oversees and implements FFP, praised the NoVo Foundation’s matching gift, stating: “This generous pledge comes at a crucial time. The expansion of the Fair Food Program will not only extend protections to thousands more workers but also send a strong message that consumers and corporations alike have a decisive role in creating fair, just working environments.”

[Excerpt from 10/2024 article with CIW permission. See [https://ciw-online.org/blog/2024/10/challenging-the-fair-food-nation-novo-foundation-pledges-2-million-matching-donation-to-fuel-expansion-of-the-fair-food-program-and-the-worker-driven-social-responsibility-model/.](https://ciw-online.org/blog/2024/10/challenging-the-fair-food-nation-novo-foundation-pledges-2-million-matching-donation-to-fuel-expansion-of-the-fair-food-program-and-the-worker-driven-social-responsibility-model/)]



Fellowship "Labor Day" on November 24, 2024 **CLEANS UP UUFCC!** (because Florida is just too hot in September to do it then)



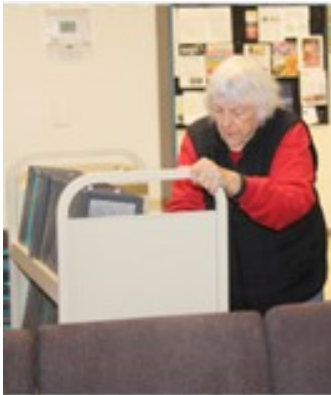
Lorrie Budlong —
Sitting down on the job



Ruth Volpe (L) is gloving it!



The UUFCC Strategical
Planning, Plotting &
Potting Commission?



Sally Milne booking it



Helen Sokalski (L) leaves her mark
... by removing another's



A man and his saw, that's Dennis Shaw



Ted Zawistowski — Oversight Committee?



Nancy Weaver is obviously digging it!

See more CLEAN UP p.7

CLEAN UP continued from p.6

**Ask not what you did do to clean up your UU,
Ask what's there to eat after that grand feat.**



**Lorrie Douglas says it best:
Can we please now take a rest?**



C.A.R.E. —
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.

The Annual C.A.R.E. Ball is the Center for Abuse & Rape Emergencies' main fundraiser.

Tickets are \$175 each. Sponsor a UUFCC Table for 10!

Have a fun evening while helping C.A.R.E. help survivors and victims.

Call C.A.R.E. at 941-639-5499 or go to www.carefl.org

Hope to see you there. — MaryLou Proudfoot Kennedy, C.A.R.E. Board Secretary



The UUFCC Art Committee hosted a reception for **PORTRAITS & MORE** on December 20, 2024, at UUFCC

These artists paint together at the Punta Gorda Visual Arts Center on Thursday mornings in an open studio portrait group working in various mediums of their choice.

Also, in the cases is artwork from **TINA BARNES**, who dries and paints **live orchids** with resin to create beautiful one-of-a-kind jewelry. She also creates gorgeous cheese boards and soap dishes with resin — perfect for holiday gift giving.

COMING SOON:
PEOPLE'S CHOICE AWARD
for Select Exhibits — \$1 per vote



More ART SHOW p.10

**More
ART SHOW
from p.9**



Still more ART SHOW p.11

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>

Still more ART SHOW from p.10



The UUFCC Art Committee Art on the Wall Receptions include IMPROMPTU POETRY READINGS

Our own UUFCC Poet Dennis Shaw



Our own UUFCC Poet Sharon Whitehill

Our own UUFCC Poet Dennis Shaw



Soul Matters

Richard Wagamese was an Ojibwe Canadian journalist, author and poet. He wrote this about stories:

“You listen the first time.
You hear the second time.
And you feel the third time.
When you listen, you become aware.
That’s for your head.
When you hear, you awaken.
That’s for your heart.
When you feel, it becomes a part of you.
That’s for your spirit.
Three times. It’s so you learn
to listen with your whole being.
That’s how you learn.”

**THE SOUL MATTERS THEME
FOR JANUARY IS
LIVING LOVE THROUGH
THE PRACTICE OF STORY.**

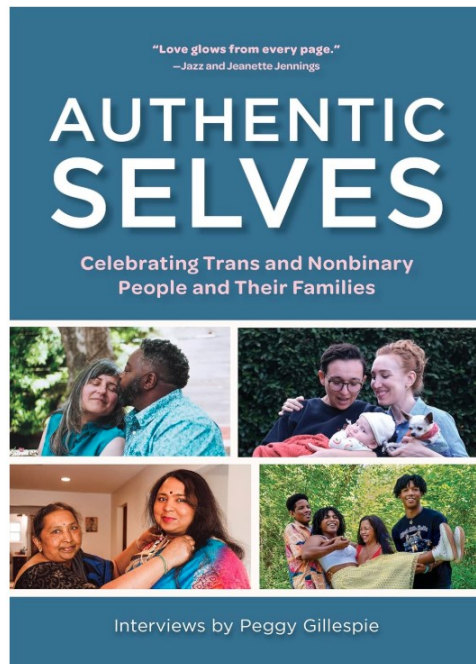
We tell stories to learn about each other as well as to learn about ourselves. When we tell our stories, we are sharing ourselves. Wagamese’s quote rings true to me when I tell my stories and also when I hear yours. Our stories make us who we are and we all have them. We need to listen to each other – that’s for the community. We need to be heard – that’s for us. We need to be inspired – that’s for the world. We matter. You matter. We matter to each other and to the greater community. The stories are how we learn about ourselves and each other. The stories are how we grow our spirit. When we listen, we become better human beings. May it be so. Blessed be.



**Laura Anderson, Chair
Worship Associates**

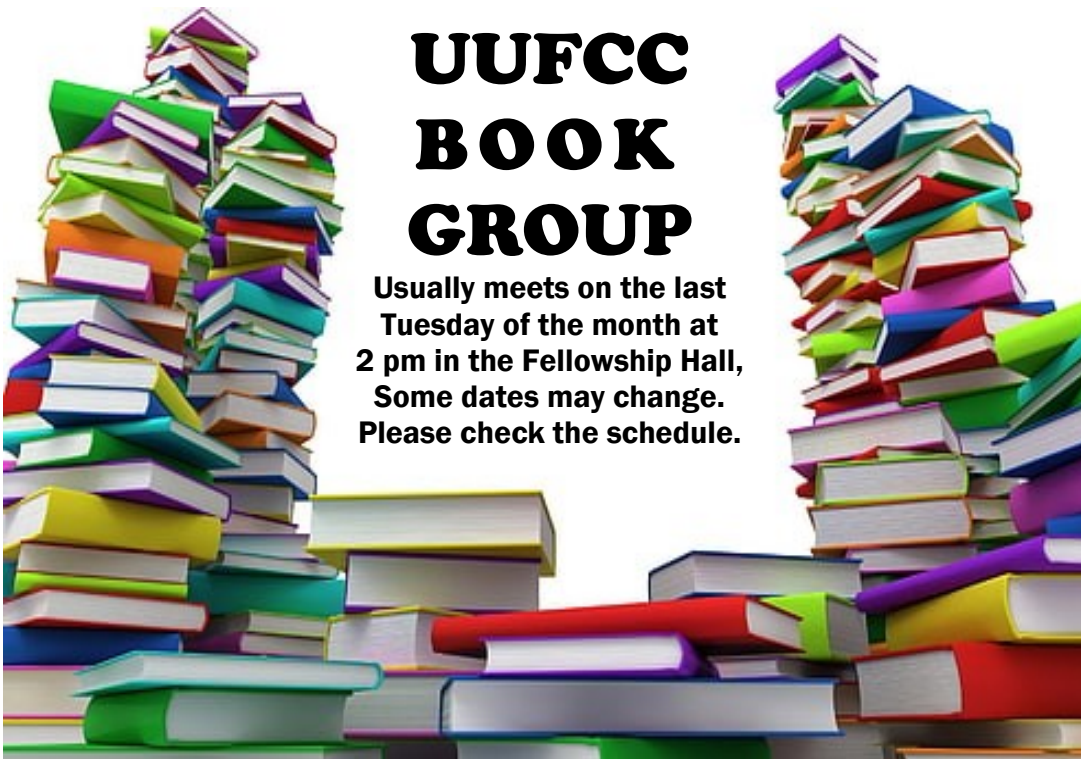
In the new year, starting in January, we will have the opportunity to listen, to hear, and to feel stories about transgendered people in our Common Read book discussion of *Authentic Selves: Celebrating Trans and Nonbinary People and Their Families* (Skinner House Books, 2023). This is an introduction to gender identity and it is more.

As we learn the stories
of trans and nonbinary people,
we can be transformed.
We can better understand
justice and compassion
in how we treat one another
and ourselves so
we can transform society.



UUFCC’s
Common Read
book discussion
will be on
**Tuesday,
January 21st,**
at 2 pm
in the
UUFCC
Fellowship
Hall.
All are
welcome
to attend.

“Common Read” is a UUA annually chosen book that all UUs are encouraged to read and discuss together, creating a shared learning and reflection experience.



UUFCC BOOK GROUP

Usually meets on the last Tuesday of the month at 2 pm in the Fellowship Hall, Some dates may change. Please check the schedule.

2024-2025

DATE	GENRE	TITLE	AUTHOR	MODERATOR
10.31.24	Kid Lit, Fantasy FX/Steam Punk	The Golden Compass	Philip Pullman	Roundtable Discussion
11.26.24	Environment/ Food Science	Comfortably Unaware --What We Choose to Eat is Killing Us & Our Planet	Dr. Richard A. Oppenlander	Aubrey Sykes
12.31.24	Historical Fiction-- community efforts to halt proposed displacement & elimination of Native American tribes in 1950s	Night Watchman	Louise Erdrich	Nancy Weaver
01.21.25	Nonfiction UUA 2024-2025 Common Read	Authentic Selves: Celebrating Trans & Nonbinary People and Their Families	Peggy Gillespie Jazz Jennings Jeannette Jennings	Laura Anderson
02.25.25	Historical Fiction -- inspired by story of midwife Martha Ballard 1735-1812	The Frozen River	Ariel Lawhon	MaryLou Kennedy
03.25.25	Nonfiction, Philosophy, Ethics, Morals - How 4 core sources of judgment & clear thinking work together	"The Road to Wisdom: On Truth, Science, Faith, and Trust"	Francis Collins	Mike Krzyzkowski
04.29.25				
05.27.25				

COME HELP US DECIDE WHAT ELSE TO READ!

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,
banned books,
history & biographies,
the environment,
classics, & more!

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)

TRANSITIONS

The months of December and January reflect the end and new beginning of the sun in relationship to its distance from the earth in the northern hemisphere. The winter solstice is universal. The transition, recognized as significant from very ancient times, is the shortest day to the longest night, celebrated with various rituals and traditions.



The influence of solstice can still be seen in holiday celebrations like Christmas, Hanukkah and even Kwanzaa.

Lights, food, family, spiritual reflection and gift giving are a common thread of the December holidays this year. All occur between December 25th and January 1st.

Religious and cultural practices define and recognize the power of light over dark. The Sun, thought of by the ancients as a god, conquers darkness by slowly pushing away fear and evil spirits. Fire, a major part of pagan spirituality, is replicated through the use of candles or bonfires during the winter solstice celebration on December 21st through 23rd.



The Christmas celebration to commemorate the birth of Jesus was designated to be held on December 25th by the early Christian church, 273 AD, to counter pagan solstice celebrations

very popular at the time. By the middle ages, a large candle was used to represent the star of Bethlehem.



Hanukkah uses candles to depict the eight (8) nights that a small amount of oil lasted during the rededication of a temple, a celebration of thankfulness and renewal.

Kwanzaa, a cultural celebration of the survival of Black Americans, utilizes seven (7) candles symbolizing the seven principles of Kwanzaa.



For many African Americans, it is the alternative to Christmas, a Nordic tradition with Saint Nicholas, reindeer and, for the most part, a white Santa bearing presents.

Kwanzaa celebrations are from December 26th to 31st, with a candle lit each night in recognition of a principle.

The fire of Unitarian Universalism is the flaming Chalice. Inspired by the chalices of oil burned by ancient Greeks and Romans, Austrian refugee Hans Deutsch designed it for the UU Service Committee during WWII. It was an underground symbol for those

trying to escape persecution. As a denomination, the flaming chalice principles have no specific celebratory day.



Stephanie Garrett

**For the New Year,
Keep Your Eyes
on the Prize—**

**UUA Bylaws Article II
PURPOSES & CONVENANT
and our
SHARED UU VALUES
Justice, Equity,
Transformation,
Pluralism,
Interdependence,
and Generosity**

(Use JET PIG mnemonic)

**—and Keep the
Flame Burning.**

**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)



Did you know that minerals like potassium and magnesium and neurotransmitters like serotonin and melatonin help your mind and muscles relax and make it easier to drift off to sleep? Pineapple apple cherry smoothie? I'll sleep to that!

<https://www.veganstreet.com/sweet-dreams-are-made-of-these.html>
 Vegan Street's source for the meme: wellandgood.com

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



IN MEMORIAM

**“To live in hearts we leave behind is not to die.” — Thomas Campbell
Remembering Fellowship Members and Friends**



ROSEMARY HAGAN
b. 08-25-1924
d. 06-05-2024

Longtime UUFCC member.
On UU Endowment Board.
Began UUFCC Readers' Theater.
UUCOV member. Minn. native.
Retired English teacher.
Gulfcoast Humanist Founder.
Coalition of Immokalee Workers
advocate who helped initiate
Congressional investigation.
Ringling Clown School graduate.
World traveler. Published author.



**JOAN
OSBORNE**
d. 12-22-24
UUFCC
Member
Since 2005

Joan enjoyed boating on their
sailboat and then their trawler.
She loved golf and
attending music concerts.
Above all, she was a steadfast
supporter of her spouse Jack,
former UUFCC Veep,
Endowment Trustee, steward.



BETTY MUNFORD
b. 03-16-1934
d. 08-14-2024

Longtime UU & UUFCC member.
Lived in 6 states & 3 countries.
Kansas Civil Rights Commission
Education Specialist.
Met Dr. Martin Luther King Jr.
Received numerous US DOC
awards for racial justice efforts.
Developed Pepsi Cola
Minority Purchasing Program.
Member, US Purchasing Mgmt
17-day Delegation to Russia.



ED CONRAD
1946--2024
UUFCC Member
Debbie Conrad's
spouse.
Served 35 yrs in
Univ of Kenosha W/
Psychology Dept

Beloved Fellowship Members and Friends may be honored with:

- **AN ENGRAVED PAVER for the UUFCC PEACE GARDEN.**
See order form in the UUFCC Weekly Update.
- **A contribution payable to the UUFCC ENDOWMENT FUND.**
On check memo line, write “In Memory of [Beloved’s Name].”





UU ENDOWMENT FUND OF CHARLOTTE COUNTY
 — a way to recognize Fellowship members and friends

The UU Endowment is a fund established to provide funding support for the Fellowship and affiliated groups that support UU principles and programs. Donations are invested in the UUA Common Endowment Fund. Financial contributions are provided by Fellowship friends and members in honor or in memory of deceased members and friends. Donors receive an acknowledgment of appreciation for their contributions. Funding in support of UU initiatives can be requested by committee representatives including the UUFCC Board of Trustees. Upon request, memorial services have been enhanced by music, floral arrangements and light refreshments from Endowment funds.

In 2024, the following individuals made contributions for which the Endowment is grateful. Although the following names are listed once, a number have made more than one contribution during 2024.

**MaryHolly Allison, Kenneth Brennen, Myrna Charry,
 Ben Crosby, Sonia Franc, Maureen Peters,
 Stephanie Garrett, Mary Howard, Linda Quinn,
 Thea Reckdahl, and Delmar Wooden**

2024 ENDOWMENT OVERVIEW	
\$ 1,050	DONATIONS RECEIVED IN 2024
-0-	DISBURSEMENTS MADE IN 2024 — None requested
\$ 546,446	CURRENT BALANCE IN UUE FUND

The UUE Fund is managed by the UUA Common Fund.

Thank you all for your ongoing generous support.

**UUE FUND OF CHARLOTTE COUNTY
 BOARD OF TRUSTEES**

MaryHolly Allison, Ken Brennen, Stephanie Garrett,
 Mary Howard, and Delmar Wooden

UUFCC Bylaws Article X
**UU ENDOWMENT FUND
 OF CHARLOTTE COUNTY**
 Founded in 1991

PURPOSE:
 To use the yield on investments, while preserving the corpus, to assure the financial future of the Fellowship and to further the principles and practices of UU.

UU Endowment Fund operates under its own bylaws as an independent affiliate of UUFCC.

CONTRIBUTIONS
**Honoring Beloved Fellowship
 Members and Friends
 may be made
 in their name to:**

UUFCC ENDOWMENT FUND
**Write “In Member of ...”
 on the check memo line.**



GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

NEW YEAR PROSPERITY?

Hoppin' John Burgers



INGREDIENTS

- 2 cups dried black-eyed peas, sorted
- 1 cup quinoa
- 1 yellow onion, diced
- ¼ cup low sodium vegetable broth
- 3 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- ½ teaspoon smoked paprika
- ¼ teaspoon red pepper flakes
- 1½ cups crushed tomatoes
- 1 tablespoon gluten-free tamari
- ½ cup garbanzo bean flour
- 4 scallions, sliced thin
- 2 tablespoons fresh chives, minced
- Salt and pepper to taste
- 1 cup sesame seeds

DIRECTIONS

1. Cook the black-eyed peas in plenty of water, at least 12 cups. Partially cover and bring to a low boil over medium-high heat. Cook for an hour or until the black-eyed peas are soft. Drain.
2. While the black-eyed peas are cooking, combine the quinoa with two cups of water in a small pot and bring to a boil, then simmer, covered, over medium-low heat until the water is absorbed and the quinoa is tender, about 15 minutes.
3. In a large skillet, heat the vegetable stock over medium-high heat for a minute, then add the onions. Cook for 4 - 5 minutes, until the onion is beginning to soften, then add the garlic, spices, crushed tomatoes, tamari and salt and pepper. Simmer for 20 minutes over medium heat, occasionally stirring.
4. Preheat oven to 350° F. Cover a baking sheet with parchment paper or lightly brush with oil. Spread the sesame seeds on a large plate.
5. Place half of the cooked black-eyed peas in a food processor and purée until smooth. In a large bowl, combined the puréed black-eyed peas, remaining beans, quinoa, tomato-onion mixture, garbanzo bean flour, scallions, chives and any additional seasoning. Mix together with a large spoon. The mixture should be thick. Scoop up 1/3 cup, roll into a ball, then roll each one in the sesame seeds, coating it completely. Place on the prepared baking sheet, press to lightly flatten, and continue until the sheet is full.
6. Bake for 20 minutes, gently flip, then bake for 17 more minutes. Serve warm with all your fixings.

LIVE LONG AND PROSPER IN THE NEW YEAR!

<https://www.veganstreet.com/hoppin-john-burgers.html>

**LOOK
AT THIS**



**UUFCC
GENEROSITY!**

**MAKE A
DIFFERENCE**

SECOND SUNDAY SECOND HELPING

On the Second Sunday of each month, a second basket is passed to collect for a worthy community organization, to intentionally support their good work.

Your AUGUST 2024 Donations Totaled \$588.00 which was given to:

JESUS LOVES YOU MINISTRY

**1734 Cedarwood Street
Port Charlotte FL 33948**

(941) 979-5232

<https://jesuslovesyouministry.org/>



- Welcoming the least, the last, the lost.
- Providing hospitality to our homeless community.
- Addressing their immediate needs.
- Finding help and restoration, including housing, food assistance, counseling and transportation needs.



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]"

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**



JANUARY SUNDAY SERVICES

**SECOND SUNDAY
SECOND HELPING**
January 2025 Recipient



**JANUARY
THEME**

**THE PRACTICE OF
STORY**

01-05-25 THE SPIRIT PRACTICE OF SACRED STORY

Speaker: Rev. Ann Barker

Worship Associate: Sharon Whitehill

POTLUCK will be after 01-05-25 services

01-12-25 C.A.R.E. (Center for Abuse & Rape Emergencies)

Helping victims of domestic violence, sexual assault, & other violent crimes in Charlotte County. Working to create safety in our community by helping survivors & by promoting non-violent and healthy relationships by education and example.

[**SECOND SUNDAY SECOND HELPINGS** are for worthy organizations in our community to intentionally support their good work.]

Speaker: Jamie Hufford

Worship Associate: Bill Stanwood

01-19-25 LIVING YOUR STORY

Speaker: Rev. Chrystal Reichard

Worship Associate: Jackie Williamson

01-26-25 BITTERSWEET LOVE – NICARAGUA

Speaker: Lorrie Douglas

Worship Associate: Laura Anderson

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.

THE BOOK OF LIFE

Your Book of Life entries or If you have an emergent/urgent 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: need to be announced after that, please call the worship associate directly. See info in Weekly Update.

bookoflife@uufcc.org

by 6:00 p.m. Saturday



Your
Worship
Associate
Committee

HAPPY BIRTHDAY!

12/08 Samara McMichaels

12/03 Carol Burkett

12/04 Joseph Fenty

12/07 Dorothy Parmenter

12/11 Jan Bodine

12/13 Florence Martin

12/15 Marti Rosenberger

12/24 Lisa Roberts

12/26 Laura Liermann

01/06 Katheryn Ferry

01/06 John Lee

01/12 MaryLou Kennedy

01/26 Sandy Telander

For Birthday Shoutouts, contact Caring Committee:

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 by Saturday night

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

Spanish for Beginners

<https://us02web.zoom.us/j/81408957224pwd=cUhGejBuOVVRckU0L1R2SkM2SXhZQT09>

JANUARY 2025 EVENTS



01/01 Wed	Noon	BROWN BAG LUNCH SOCIAL
	04:00 pm	Immigration Justice Committee
	06:00 pm	Choir Rehearsal
01/02 Thu	04:30 pm	Buddhist Meditation
	06:30 pm	AA
01/03 Fri	10:00 am	UUFCC BOARD MEETING
01/04 Sat	10:00 am	Worship Associates
01/06 Mon	03:00 pm	Yoga
01/07 Tue	08:00 am	Men's Coffee
	02:00 pm	Women's Support Group
01/08 Wed	10:00 am	Caring Committee
	06:00 pm	Choir Rehearsal
01/09 Thu	09:00 am	Port Charlotte Garden Club
	04:30 pm	Buddhist Meditation
	06:30 pm	AA
01/10 Fri	01:00 pm	Communications Committee
01/11 Sat	09:00 am	Democratic Club of Charlotte County
	01:00 pm	Neurography Women Over 55 Group
01/12 Sun	11:45 am	Social Justice Committee
01/13 Mon	01:00 pm	Collins Chalice Circle
	01:30 pm	Shaw Chalice Circle
	03:00 pm	Yoga
01/14 Tue	08:00 am	Men's Coffee
01/15 Wed	06:00 pm	Choir Rehearsal
01/16 Thu	04:30 pm	Buddhist Meditation
	06:30 pm	AA
01/17 Fri	01:00 pm	Stamping with Nancy
01/19 Sun		BIRTHDAY CAKE SUNDAY
	11:30 am	Leadership Council
	Noon	MINI-CONGREGATIONAL MEETING with the Board
01/20 Mon	10:00 am	Art Committee
	03:00 pm	Yoga
	06:00 pm	PFLAG Support Group
01/21 Tue	08:00 am	Men's Coffee
	01:00 pm	Tidewell Hospice
	02:00 pm	Women's Support Group
01/22 Wed	06:00 pm	Choir Rehearsal
01/23 Thu	04:30 pm	Buddhist Meditation
	06:30 pm	AA
01/24 Fri	10:00 am	Art Take Down
01/25 Sat	10:00 am	UUFCC BOARD MEETING
01/26 Sun	Noon	PFLAG Steering Committee
	03:00 pm	Secular Community of SW FL
01/27 Mon	01:00 pm	Collins Chalice Circle
	01:30 pm	Shaw Chalice Circle
	03:00 pm	Yoga
01/28 Tue	08:00 am	Men's Coffee
	02:00 pm	Book Group
01/29 Wed	06:00 pm	Choir Rehearsal
01/30 Thu	04:30 pm	Buddhist Meditation
	06:30 pm	AA
01/31 Fri	04:00 pm	ART RECEPTION

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.]

NEWSLETTER 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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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

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