



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

Secretary Laura Anderson



On January 19th, we gathered in community — our quarterly meetups. If you have been around for long (and paying attention), our **Annual Congregational Meeting is in March** where we conduct the business of the Fellowship by approving the budget for next year and electing folks for various groups.

Board Members have made an effort for better communication and more transparency with members and friends, and have held three other gatherings — town hall meetings.

The agenda included several items and we asked two questions:

1. What are you proud of here at UUFCC?

Two areas stood out in answers to this first question:

- The justice work in which we are engaged; AND,
- Appreciation of our community.

We matter! We matter in our community and we matter to each other.

With love in the center, see more of what we are proud of on page 2!

2. What should we be doing that we aren't already?

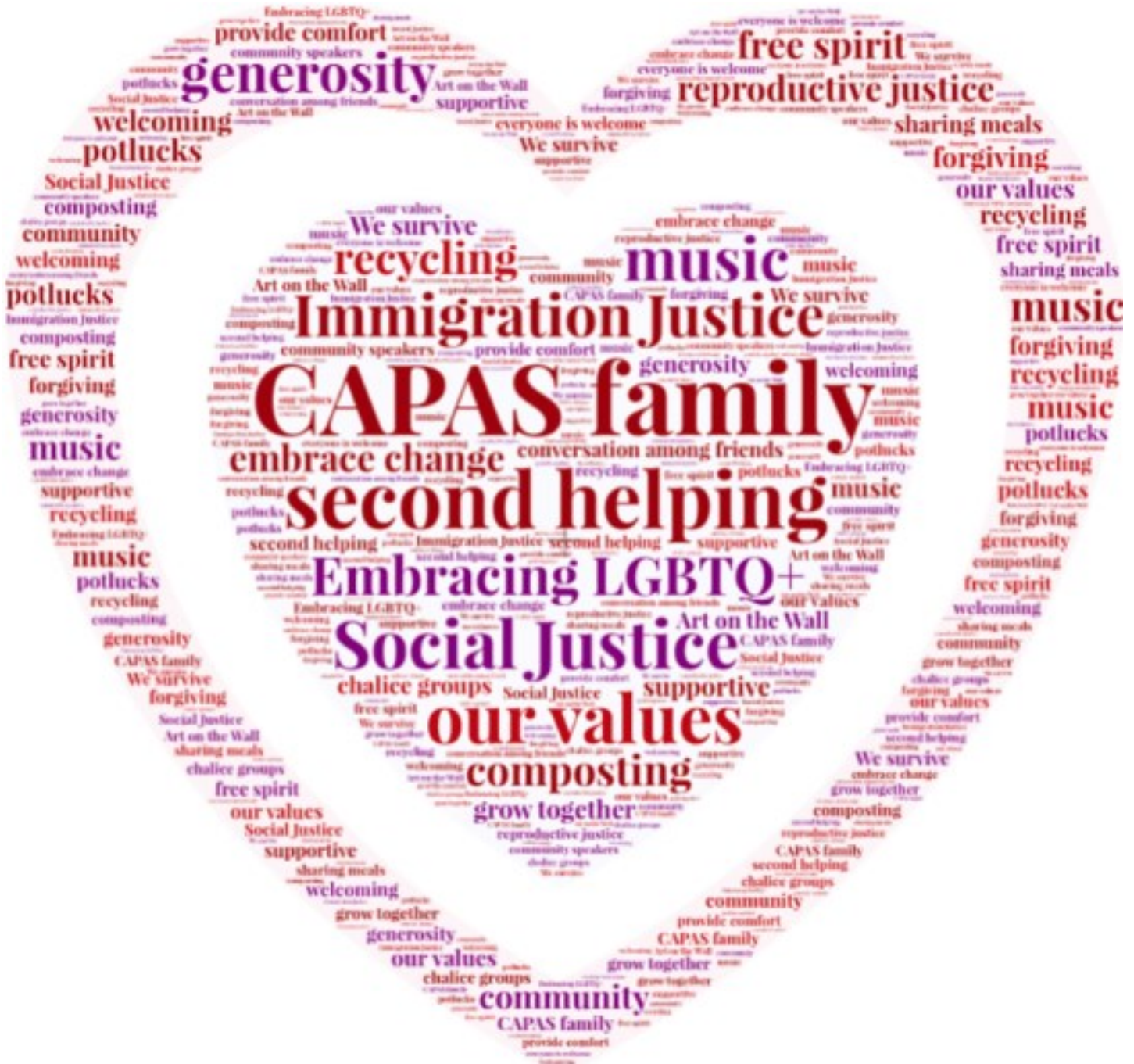
- We are excited to share our wonderful community with others.
- We miss the participation of young people.
- We would like to engage with other faith groups.
- We would like to have a minister. Know that we have been looking and continue to look for as much of a minister as we can find and afford. We have three Unitarian Universalist ministers and three not ordained UU ministers in rotation to speak on Sunday mornings. At least two (often three) Sundays a month, we are led by folks who are trained in the profession of ministry.

Much gratitude to those who participated. We on the Board went away from the meeting feeling a great connection to all of you, our members and friends. We are NOT in this alone and we are moving along our path — together.

See more UUFCC PRIDE, p.2

More UUFCC PRIDE, from p.1

WHAT WE AT UUFCC ARE PROUD OF





NINE TYPES OF INTELLIGENCE and HOW WE INTERACT WITH OUR WORLD

— Laura Liermann, Co-President



It is always a kick to find new ways of defining ourselves and comparing that to how others define themselves.

The Board wants all to help in a way that speaks to their natural strengths.

Asking a person, who does not appreciate the great outdoors, to weed our gardens does not help anyone. On the other hand, someone who sees weeding as a quiet time of focus and meditation would welcome the opportunity. There are endless comparisons along that same line.

Thanks to **Howard Gardner's Multiple Intelligences**, those who attended the January 19th Town Hall were able to learn about and relate to the nine types of intelligence that lead to our interests, learning, and problem-solving methods, and how we interact with our world. Though the totals do not reflect our whole congregation, the results of those who attended are:

- 9 – Linguistic**
- 9 – Interpersonal**
- 7 – Existential**
- 6 – Musical**
- 4 – Logical/Mathematical**
- 4 – Naturalist**
- 4 – Visual/Spatial**
- 3 – Bodily/Kinesthetic**
- 1 – Intrapersonal**



As it turns out, UUFCC offers much for each Intelligence, and UUFCC has needs that can be met by each.

The Board of Trustees wanted to offer an opportunity for individuals to VOLUNTEER for committees certainly, but also a chance to volunteer just for specific tasks rather than an entire committee.

We will all benefit from the generous response. Many were interested in discussion groups

and workshops— the Board now knows to act upon that. Some activities are short-lived, like the Auction, while other activities are ongoing and need many volunteers.

You don't have to do it all, but all can certainly do something.










If you did not turn in a VOLUNTEER SHEET (available at the entrance desk and on the following page), please consider doing so.

For questions or to sign up to volunteer, send an email to: uufcc1@yahoo.com.

We are inspired by those who volunteered for so many committees and activities. Yet again, more evidence that ours is a lively, vibrant community.

See more MULTI INTELLIGENT VOLUNTEERS → p.4

More MULTI INTELLIGENT VOLUNTEERS, from p.3

What are you?	People who are highly...	Think	Love	UUFCC IS THERE FOR YOU!	How are you there for UUFCC?
	Linguistic	In words	Reading, writing, telling stories, playing word games	Worship Associate, Sermons, Weekly Update, Newsletter, Book Club	Newsletter Articles,
	Logical/Mathematical	By reasoning	Experimenting, questioning, figuring out puzzles, calculating	Building Repairs, Finance Committee, Counting Donations, Auction Team, Board of Trustees, Technology	Nominating Committee
	Visual/Spatial	In image & pictures	Designing, drawing, visualizing, art	Art Committee, Decorating Team, Newsletter	Artists, Decorating Team
	Bodily-Kinesthetic	Through somatic sensations	Dancing, running, jumping, building, touching, gesturing	Landscaping, Yoga, Collecting Donations	Kitchen Help
	Musical	Via rhythms and melodies	Singing, whistling, humming, tapping hands and feet, listening	Choir, Service Music, Special Music guests	Choir
	Interpersonal	By bouncing ideas off other people	Active listening, leading, organizing, relating, persuading, mediating, partying	Board of Trustees, Social Hour, Happy Hour, Fun Fridays, Men's Group, Women's Group	Membership, Social Justice
	Intrapersonal	In relation to their needs, feelings, and goals	Setting goals, meditating, dreaming, planning, reflecting	Buddhist Meditation, Services, Labrynth, Caring Committee	Seminars
	Naturalist	Through nature and natural forms	Playing with pets, gardening, investigating nature, raising animals, caring for planet earth	Peace Garden, Landscaping, Planting, Weeding	Yard Work, Labrynth?
	Existential	Through reflection and discussion about the big life issues	Thinking or discussing the meaning of things, their place in the universe, their dreams, life, culture, god, psychological aspects	Conversation with Friends, Chalice Circles, Social Justice	More Discussion Groups

We need volunteers! Please consider signing up for these committee activities:

Membership



- Welcoming Team Sunday Morning
- New to UU Meeting
- Newcomer Guides

Finance Committee



- Stewardship - Spring Pledging Promotion

Caring



- Sending Happy Birthday Cards
- Sending Sympathy Cards
- Patient Advocacy
- Ride sharing
- Calling & Visiting

Kitchen Help



- Pre-Service setup
- Post Service take down

Social & Immigration Justice Committee



- One-Day-a-Month Volunteering in Charlotte County

Auction Team



- Planning
- Promoting
- Setup
- Hospitality
- Post-Auction

Relationship Building



- Lead small-group workshops using existing or UUA materials
- Join a Soul Matters Discussion Group

Environment



- Garden Care-Prune, Weed, Etc.
- Meatless Monday
- Green Sanctuary

I would like to join this/these Committee(s)/Team(s):

I would like to do this Activity:

- Once a Week for the Weeks of _____
- Once a Month for the Months of _____
- Other _____

I would like to do this Activity:

- Once a Week for the Weeks of _____
- Once a Month for the Months of _____
- Other _____

I would like to do this Activity:

- Once a Week for the Weeks of _____
- Once a Month for the Months of _____
- Other _____

**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

Bishop Mariann Budde created quite a stir and provoked the ire of President Trump at the end of her sermon at the National Cathedral during the **Service of Prayer for the Nation** on January 21st. This service tradition began in 1933 and has continued ever since. It included participation from not only the Christian community, but Jews, Muslims, Buddhists, Sikhs, and a Native American Tribe. In the last few minutes of her sermon, she pleaded with Trump to show mercy to undocumented foreigners and the LGBTQIA+ community, many of whom fear for their lives. She reminded him most of these persons are taxpayers and good neighbors.

**She lays out what she calls
the “three foundations” of unity —
dignity, honesty, and humility.**



**Rev. Ann Barker, Pastoral Care Specialist
941-235-0269 -or- revannbarker@gmail.com**



She summarized the three this way:

**“Honor the dignity of every human being.
Speak the truth to one another in love.
Walk humbly with each other and our God.”**

You may not find God an important idea, so you may just delete it. I think all persons of good will can subscribe to the rest.

I have spoken to many people recently who are feeling helpless, hopeless, fearful and depressed by the election results and the swearing in of Donald Trump with very good reason. Things are looking somewhat bleak and uncertain. However:

**This is the time to gather up our courage, hope,
and faith in the basic integrity of our country.**

**We need to bravely speak our truth and
boldly take whatever action we can.**

If you need someone to speak with about the current issues or other concerns in your life, just reach out to me and we will talk.

THE MIDDLE OF WINTER

Groundhogs are rare in Florida. However, we had some snow in Tallahassee in January, and snowbirds may have been reminded of Groundhog Day in the North. Governor Ron DeSantis declared an emergency and he put the Florida National Guard on alert. Unitarian Universalists worked with others to manage cold weather shelters for homeless people.

SWIM, the Southeast Winter Institute in Mid-Florida, is an intentional community for Unitarian Universalists.

SWIM people have been meeting each winter for mutual aid since the 1970s. All of the organizers are volunteers. The program includes a combination of worship services, shared dinners, field trips, and singalongs, with some practical information about how to survive and thrive during difficult days. Most leaders are past the age of 65.

The SWIM people have been celebrating Imbolc for about fifty years.

Imbolc is an ancient Celtic holiday that happens at the midway point in winter.



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

It's an official holiday in the Republic of Ireland. However, it's not necessary to be a Celtic pagan to appreciate Imbolc. The message is easily understood by people in all cultures. Simply stated:

Pause in the middle of winter and look around.

Note changes in the natural world. Try to be helpful.

BRIGID OF KILDARE is the powerful female figure identified with Imbolc. Some people say Brigid was a Christian saint and some say she was a Druid in ancient Ireland. It's possible she was both. In any event, she managed a center for resilience and resistance in what is now Kildare. Brigid's sanctuary must have seemed miraculous. It was a place for healing and shelter that fed and protected all sorts of people. Some people said that Brigid was a goddess.

Brigid's symbols include a flaming chalice and candles. In the middle of winter, she provided warmth and enlightenment. Brigid's story is still told in many places. For many individuals, she provides an introduction to a deeper and better understanding of Celtic paganism. During the dark days, please keep Brigid and her message in mind.



ASHEVILLE ANGELS — Peggydawn Moran

It's November in Florida. The days are getting chilly enough for us to run a space heater during the colder nights. My mind returns to a childhood memory, as it does every year as winter creeps in. My memory, always the same, is of me at age five staring out the frost-covered window of our tiny company-house home. We are experiencing a blizzard, and I can't see anything but blowing snow and our ice-crusted street. The live Christmas tree lights are reflecting in the ice-covered window. I am full of anticipation and wonder. I hear them before I see them—

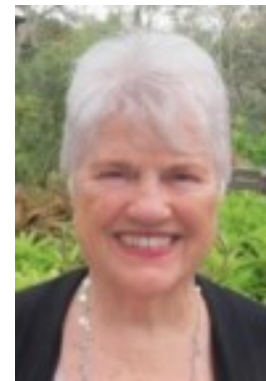
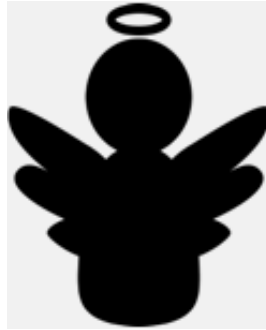
My Santa and reindeer is the giant snowplow driven by union miners, delivering brown paper bags filled with glorious once a year treats.

The contents always include one very large, very juicy Navel orange from a far-away paradise called Florida. The bag also contained some unshelled nuts and a few pieces of chocolate candy.

Following closely on the heels of this 80-year-old's memory, my mind wanders to the people of Asheville, North Carolina, suffering some of the pain I suffered as the child of a coal miner all those years ago. Cold, poor, tired, without resources.

Stores are gone in Asheville. I wanted to help them.

I presented an idea to my UU Fellowship in Port Charlotte, Florida, that as we go through our winter clothes deciding, as we do every year, what to keep, what to pass on:



Let's give our warm jackets, sweaters, gloves, hats, and blankets to the people of Asheville NC where their need is great.

The idea caught on like wildfire in a dry winter forest.

Our UUFCC congregation responded with gusto.

We placed a container in the lobby and donations appeared, first slowly, but then more than we could have dreamed. My husband and I emptied the container regularly and brought them home.

The time came to make the delivery. We sorted and packed all the amazing offerings in large black plastic bags, labeled them, closed them tight. We asked for help with delivery after meeting with challenges on that front.

A huge shout-out to a Fellowship couple who came to the rescue whose research made a quick delivery happen.

We needed money to pay for delivery.

Conversation Among Friends was ultra-generous, making us able to cover everything.

Carolyn Kellar offered the assistance of her son **Nathan** in Asheville to help with delivery and distribution.

Fifteen bags stuffed with high-quality warm clothes and bedding were delivered to people in need in Asheville for Christmas.

Just like that, I was driving the snowplow.



LEAGUE of UNITED LATIN AMERICAN CITIZENS

LULAC is the nation's largest and oldest civil rights volunteer-based organization that empowers Hispanic Americans and builds strong Latino communities.

LULAC is having a fundraiser and would love for you to join them!

INKA GRILL PERUVIAN CUISINE

*Cooking Class & Demo
in Spanish - English*



WITH CHEF PERCY - "PERUVIAN CEVICHE"
COST: \$30./PP FOR CLASS

FEBRUARY

SATURDAY 8 11AM-12:30PM

2025

1900 Tamiami Trail #116A
Port Charlotte, Fl 33948

Contact: Betty with LULAC 941-413-0593 or
b007boop@aol.com

The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

PFLAG PORT CHARLOTTE

On January 18th, I attended the **ANNUAL REV. DR. MARTIN LUTHER KING JR. BREAKFAST** for the first time, but it will not be the last time. The event, hosted by the **Blanchard House Museum of African American History and Culture of Charlotte County**, was well attended by like-minded groups and individuals. What a pleasure to see so many familiar faces. **"Lift Every Voice and Sing"** was sung by all – very moving. Keynote speaker Jarrett R. Eady gave a very thorough and respectful history of Dr Martin Luther King Jr.

Myrna Charry and **Sushila Cherian** introduced the student essay contest. This year the winners were 6th to 8th grade girls. The first place winner, **Elizabeth Victoria Diana** from L.A. Ainger Middle School, read her impressive essay to all. She spoke of Dr. King and his accomplishments. Elizabeth stated that she was originally from the state of Washington where people are more liberal. Elizabeth spoke of LGBTQ+ rights noting that someone being bullied will remember who stood up for them as well as who stood by and did nothing. She said she has always had friends who

were LGBTQ+. A current school friend who is transgender was referred to by a negative term (which I will not repeat); Elizabeth stood up for her friend. Elizabeth also respectfully referred to people from other countries arriving here. **Positive words from youth brings hope to all.** I gave Elizabeth's teacher my card and a PFLAG flyer.

I noticed the table of police officers, maybe six to seven in all, were all white, no black, no Hispanic. At least there was one woman, **Punta Gorda Police Chief Pamela Smith**. I also gave one of the officers my PFLAG card and our PFLAG flyer. He was very welcoming concerning PFLAG.

We still have work to do,
but that morning was
a very great day.

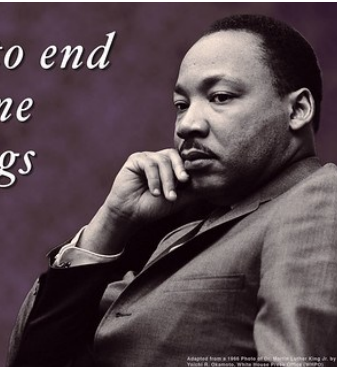
Moving forward with love,

Patrick Eaton, President
PFLAG Port Charlotte Chapter



*Our lives begin to end
the day we become
silent about things
that matter.*

Martin Luther King, Jr.



PFLAG PORT CHARLOTTE MEETINGS

SUPPORT GROUP MEETING
6 pm, Third Monday Each Month
At UUFCC

STEERING GROUP MEETING
Noon, Fourth Sunday Each Month
At UUFCC

**UUFCC Art Committee
ART ON THE WALL**

ART SHOW



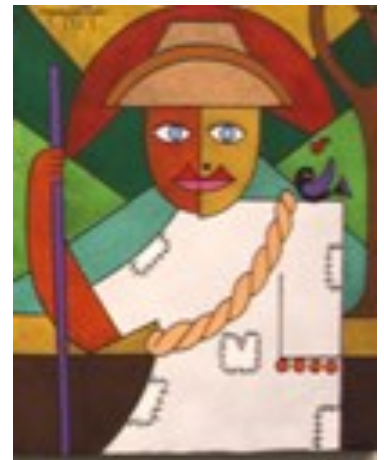
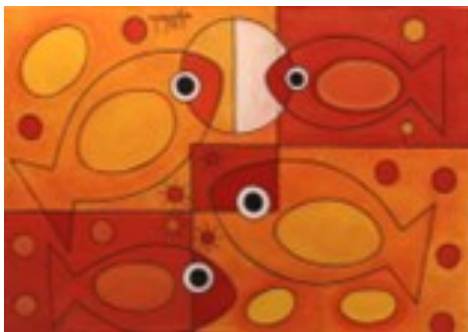
The UUFCC Art Committee's January 2025 Art on the Wall was

NICARAGUAN ART

Brightly colored acrylics and a few pieces of pre-Columbian designed pottery.

70% of the proceeds went to the nonprofit:
NICARAGUA PROJECT — CAPITAL TO BRIDGE THE DIVIDE
<https://nicaraguaproject.org/>

30% Went to UUFCC, as is traditional.

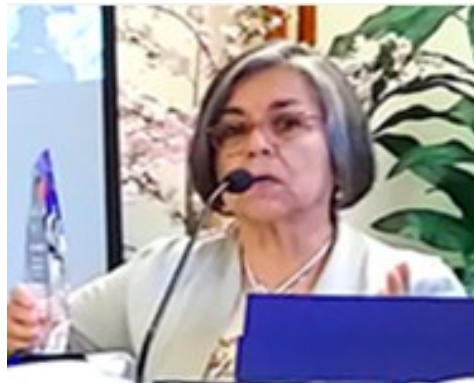


UU SOURCES OF OUR LIVING TRADITION

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>



Super Woman BETTY BARRIGA



UUFCC IMMIGRATION JUSTICE COMMITTEE

BETTY BARRIGA is incredible. All have benefited from her as a role model of dedication and justice. The settling in of an asylum seeker was not for the faint of heart. It took research, learning the system, anticipating needs (medical, emotional, physical, safety, and educational), organizing volunteers, soothing a worried soul, interacting with a national project, communicating with us and other groups interested in social justice, and constantly adjusting.

On January 12, 2025, the UUFCC Immigration Justice Committee “team” presented **BETTY BARRIGA** with a plaque to thank her for outstanding service and leadership.

Myrna Charry made the nomination as well as the presentation, noting how proud the Immigration Justice “team” is to present the award to Betty. Betty was truly pleased to have been so honored.

The IJC “team” hopes to set a precedence for saying “thank you” to people who really work hard and are resourceful and gracious.

— Pictures by Patrick Eaton.

REV. DR. MARTIN LUTHER KING JR. COMMUNITY PARADE

January 20, 2025 Punta Gorda FL



"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King, Jr.

featured on [CLICKPIX.COM](https://www.clickpix.com)



UUFCC
was there
marching
and it was
so cool
...
57% cool.





LIVING LOVE THROUGH THE PRACTICE OF INCLUSION is our theme for the month of February

— Laura Anderson, Chair, Worship Associates

Cindy Beal does Justice and Peace Consulting. In a blog dated October 11, 2022, she says:

**If we say “inclusion”
but we mean
“We have something that’s
perfect exactly the way it is,
so you should come join us
and fit right in,”
that’s not inclusion,
that’s colonization,**

Inclusion is hard work. It isn’t just opening the door and saying welcome, but it is being a good host and making your guest more comfortable. In my family of Scandinavian descent, we offer people food and drink when they enter the house. OOPS! We obviously do it for ourselves and it makes us feel less awkward and not because our guests are thirsty or hungry. When we do it, we are inviting someone into our space *on our terms*. That’s more like colonization, isn’t it? I only know how to behave based on my values and my experiences.

We say we are welcoming at the Fellowship and we sometimes list the types of folks who are welcome but the thing about lists is they are finite. It is easier to connect with the familiar and our societies are set up like that. We choose who we associate with and that includes our Sunday morning crowds. We reinforce the relationships we already have and make sure to connect with those who are dear. But when we do that, we are not including those who are unfamiliar.

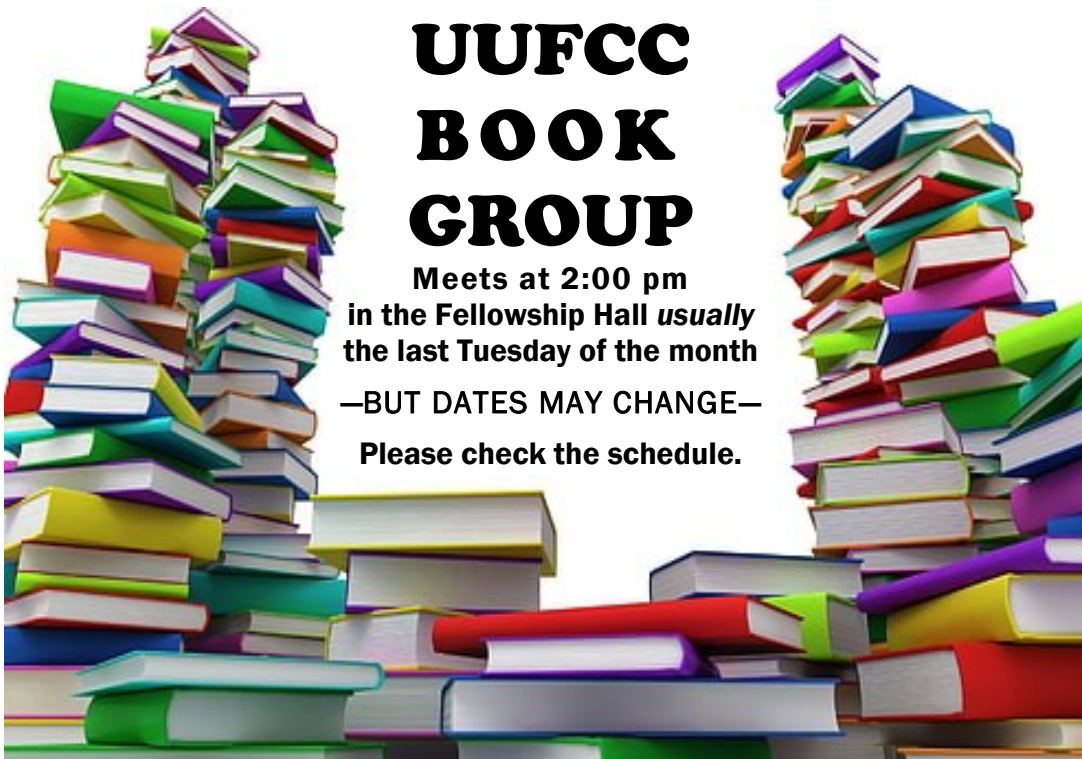
I like that this year the Soul Matters themes are all framed with both Living Love and Practice. Inclusion is hard work and it seems that we need to approach decisions we make with respect and with curiosity. We need to be imaginative and to allow space for others to create the space they need.

Cindy Beal’s blog post also has an image with this saying:

**“Don’t believe everything you think:
Learn to replace unintentional harm
with intentional thoughtfulness.”**

If we make decisions with the best of loving intentions and we practice, I think we can get it right.





UUFCC BOOK GROUP

Meets at 2:00 pm
in the Fellowship Hall *usually*
the last Tuesday of the month
—BUT DATES MAY CHANGE—
Please check the schedule.

2024-2025

...DATE...	GENRE	TITLE	AUTHOR	MODERATOR
10-31-24	Kid Lit, Fantasy	The Golden Compass	Philip Pullman	Roundtable
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 displace/eliminate native American tribes in 1950s	Night Watchman	Louise Erdrich	Nancy Weaver
DATE 01-21-25 CHANGE	Nonfiction UUA 2024-2025 Common Read	Authentic Selves: Celebrating Trans & Nonbinary People & Their Families	Peggy Gillespie Jazz Jennings Jeannette Jennings	Laura Anderson
DATE 02-18-25 CHANGE	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 & Trust	Francis Collins	Mike Krzyzkowski
04.29.25				
05.27.25				

COME HELP CHOOSE 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.

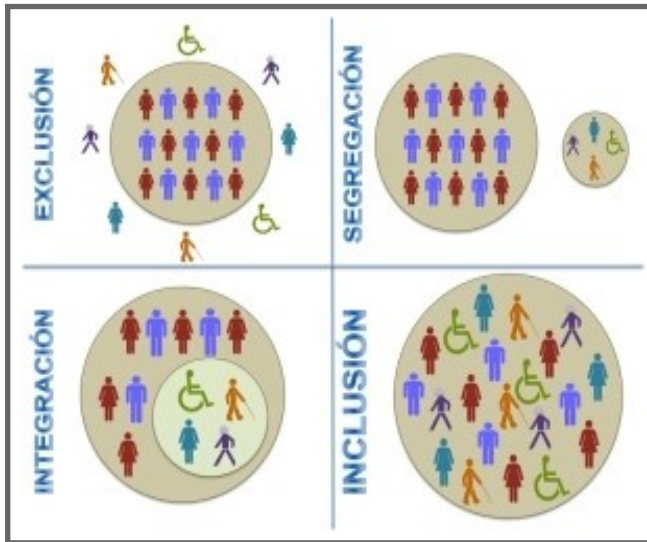
Explore a
variety of topics
and a wide
range of genres:
fiction & nonfiction,
UU-related,
religion & spirituality,
social justice,
historical fiction,
racial issues,
banned books,
history & biographies,
the environment,
classics, & more!

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)

**Dealing with serious neck pain,
hence this brief reminder about February**



February's Soul Matters theme is **LIVING LOVE THROUGH THE PRACTICE OF INCLUSION**

Inclusion means that people across varying identities are and feel valued, welcomed, respected, included, represented, and heard, and that they fully belong,, can be authentic, can contribute to the collective, and have a voice.
— Google AI Overview

When everyone is included, everyone wins.
~Jesse Jackson



Stephanie Garrett

“Somebody once said we never know when enough is enough until it becomes too much.”
— *Billie Holiday*, African American Jazz Singer



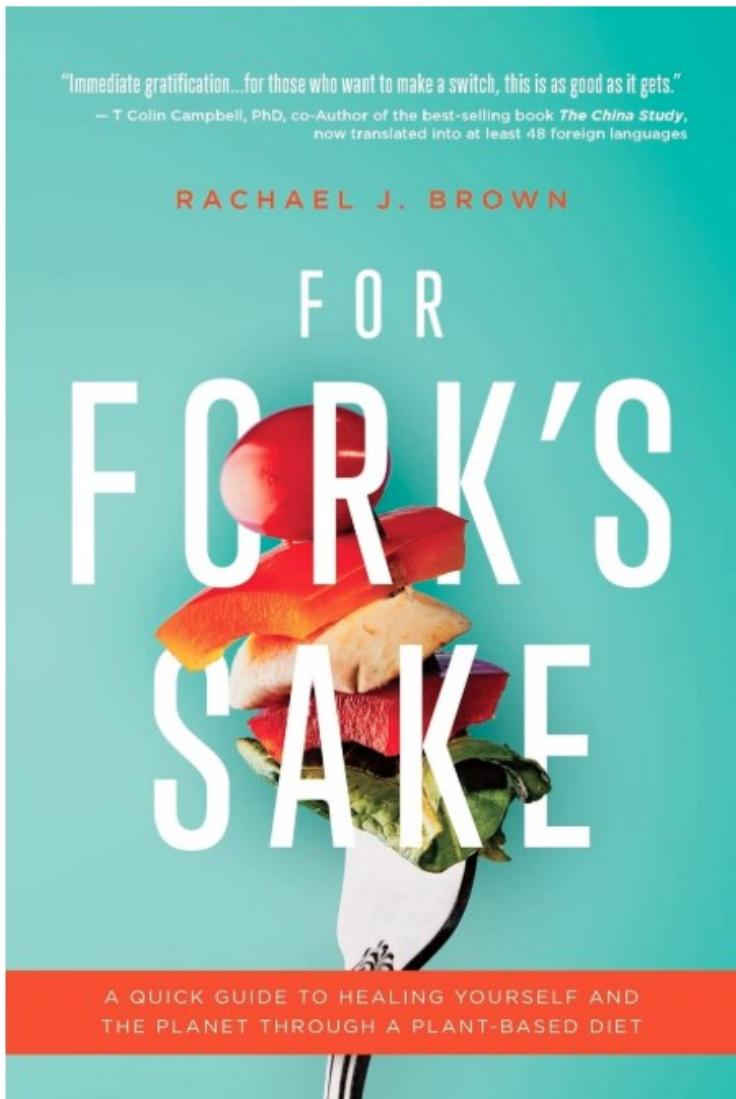
BLACK HISTORY MONTH was initiated in 1915 by African American Carter G. Woodson on the 50th anniversary of the Emancipation Proclamation. US President Gerald Ford in a 1976 proclamation made it a national month of recognition:

“To seize the opportunity to honor the often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”
— US President Gerald Ford

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



Per *The China Study* co-author T. Colin Campbell Ph.D: Immediate gratification. Language for everyone. Speaks to the pleasures of eating the right foods. For those who want to make a switch, this is as good as it gets.

YOU DON'T NEED TO MAKE BIG CHANGES TO CHANGE YOUR FAMILY'S FOOD, HEALTH, AND LIFE FOR THE BETTER.

Transition to healthier, happier Whole Food, Plant-Based, No Oil (WFPBNO) eating with help from a mom who's done it!

This 10-day guide simplifies the science of WFPBNO eating and will jumpstart the journey to better health for you, your family, and the planet. Say goodbye to the Standard American Diet (SAD) and start eating better, feeling better, and saving more money with a HAPPY (healthy and plant-powered—yay!) diet.

YOU'LL DISCOVER THE FOLLOWING:

- ◆ A complete 10-day plan to start eating WFPBNO.
- ◆ Why HAPPY food is your secret weapon against obesity and disease.
- ◆ Simple strategies to help beginners avoid SAD pitfalls.
- ◆ Money-saving ideas and recipe variations both parents and children will love.
- ◆ Tips to get everyone on board with WFPBNO.

Healthier and happier is just 10 days away! Get *For Fork's Sake* and start a clean-eating journey to plant-power your way to better health for you, your family, and the planet.

RACHAEL BROWN earned a plant-based nutrition certificate and food and sustainability certificate from the T. Colin Campbell Center for Nutrition Studies and eCornell. After being diagnosed with high cholesterol in her late 20s, she discovered *The China Study* and transitioned her family to the whole-food, plant-based, no-oil (WFPBNO) lifestyle, and her cholesterol immediately dropped 50 points. She has been an adjunct professor in nutrition and wellness, a certified yoga and Pilates instructor, and a licensed massage practitioner.



1% FOR THE PLANET

ISBN 979-8-9861380-1-5

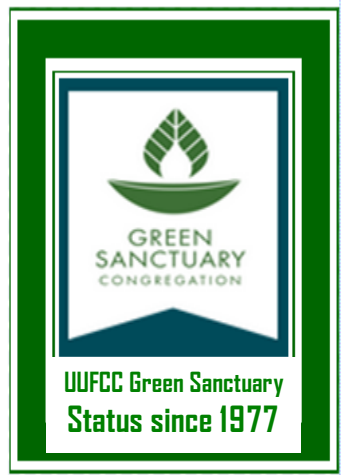


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LEARN MORE AT FORFORKSSAKEBOOK.COM

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



GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

VEGAN GARLIC ALFREDO SAUCE

INGREDIENTS

- 2 pkgs. (10 oz.) frozen onions
- 4 scant TBS minced garlic
- ½ tsp ground black pepper
- 3 cups vegetable broth, divided
- 1½ tsp salt
- 2 TBS lemon juice
- 5 TBS non-fortified nutritional yeast
- 1 heaping cup raw unsalted organic cashews (soaked overnight)

INSTRUCTIONS

1. On medium, sauté onions, garlic and black pepper for 3 or 4 minutes.
2. Add 2 cups of the broth and cook over medium heat for about 8 minutes or until broth has evaporated.
3. Put 1/2 cup of broth in bottom of Vitamix (blender).
4. Add the cooked mixture to Vitamix.
5. Add salt, lemon juice, and nutritional yeast.
6. Drain cashews and add to Vitamix.
7. Blend on high for a couple of minutes until very creamy and smooth. If needed, add another 1/2 cup of broth.
8. Serve over preferred pasta.
9. Add any veggies you like — perhaps broccoli or even peas.

Store leftovers in the fridge.

The sauce will thicken up even more overnight, which you can thin out a little with a touch of broth when reheating, if necessary.

It even freezes well!



Nyna Sykes

**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.

**SEPTEMBER 2024
Donations Totaled
\$765.00 for**



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

**OCTOBER 2024
Donations Totaled
\$402.00 for**



A collective of organizations & individuals committed to trans liberation & joy, and to growing community defense, mutual-aid and alternative systems of care for gender diverse people.
<https://www.pinkhaven.org/>



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

**FEBRUARY
THEME**

**THE PRACTICE
OF INCLUSION**

SECOND SUNDAY SECOND HELPING February 2025 Recipient



**Coalition of
Immokalee Workers**
<https://ciw-online.org/>

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.*

02-02-25 **PORT CHARLOTTE BLANKETED BY OPPRESSION**

Speaker: Rev. Sue Gabrielson
Worship Associate: Laura Anderson

POTLUCK will be after 02-02-25 services

02-09-25 **COALITION OF IMMOKALEE WORKERS**

A worker-based human rights organization internationally recognized for its achievements in fighting human trafficking and gender-based violence at work. Also recognized for pioneering design & development of Worker-Driven Social Responsibility paradigm (worker-led, market-enforced approach to protection of human rights in corporate supply chains). Began in 1993 on foundation of farmworker community.

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

Speaker: TBD
Worship Associate: Shelly Canterbury

02-16-25 **IN THEIR WORLD ON THEIR TERMS**

Speaker: Rev. Ann Barker
Worship Associate: Jackie Williamson

02-23-25 **LGBTQ+ HISTORY**

Speaker: Katelyn from PFLAG
Worship Associate: Dennis Shaw

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

by 6:00 p.m. Saturday



Your
Worship
Associate
Committee



02-01 Peg Stunkard

02-02 Stephanie Garrett

02-05 Helen Sokalski

02-14 Que Burgess

02-26 Herb Levin

02-23 Mona Azar Johnson

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>

FEBRUARY 2025 EVENTS

02/01	Sat	10:00 am	Worship Associates
02/02	Sun		POTLUCK SUNDAY
02/03	Mon	03:00 pm	Yoga
02/04	Tue	08:00 am	Men's Coffee
		10:30 am	Auction Planning Committee
		10:30 am	GETTING TO KNOW YOU—Shaw/Sykes
		02:00 pm	Women's Support Group
02/05	Wed	noon	BROWN BAG SOCIAL LUNCHEON
		01:30 pm	BID EUCHRE—Betty Pritchard
		04:00 pm	Immigration Justice Committee
		04:00 pm	Choir Rehearsal on hiatus
		06:30 pm	OA
02/06	Thu	04:30 pm	Buddhist Meditation
		06:30 pm	AA
02/07	Fri	11:00 am	IMPROV CLASS
02/08	Sat	09:00 am	Democratic Club of Charlotte County
02/09	Sun	11:45 am	Social Justice Committee
02/10	Mon	01:00 pm	Collins Chalice Circle
		01:30 pm	Shaw Chalice Circle
		03:00 pm	Yoga
02/11	Tue	08:00 am	Men's Coffee
02/12	Wed	10:00 am	Caring Committee
		04:00 pm	Choir Rehearsal
		06:30 pm	OA
02/13	Thu	09:00 am	Port Charlotte Garden Club
		04:30 pm	Buddhist Meditation
		06:30 pm	AA
02/14	Fri	10:00 am	RAISED BED GARDENING—M. Krzyzkowski
02/16	Sun		BIRTHDAY CAKE SUNDAY
		11:30 am	Leadership Council
02/17	Mon	10:00 am	Art Committee
		03:00 pm	Yoga
		06:00 pm	PFLAG Support Group
02/18	Tue	08:00 am	Men's Coffee
		01:00 pm	Tidewell Hospice
		02:00 pm	Book Group
		02:00 pm	Women's Support Group
02/19	Wed	04:00 pm	Choir Rehearsal
		06:30 pm	OA
02/20	Thu	04:30 pm	Buddhist Meditation
		06:30 pm	AA
02/21	Fri	10:00 am	DISCUSSION GROUP—Robert Moran
		01:00 pm	ORGANIC MGMT—Bill Stanwood
02/22	Sat	10:00 am	UUFCC BOARD MEETING
02/23	Sun	Noon	PFLAG Steering Committee
		01:00 pm	DHARMA TALK—Christopher Cornell
		03:00 pm	Secular Community of SW FL
02/24	Mon	01:00 pm	Collins Chalice Circle
		01:30 pm	Shaw Chalice Circle
		03:00 pm	Yoga
02/25	Tue	08:00 am	Men's Coffee
02/26	Wed	04:00 pm	Choir Rehearsal
		06:30 pm	OA
02/27	Thu	04:30 pm	Buddhist Meditation
		06:30 pm	AA
02/28	Fri	12:00 am	OPEN MIC & DRUM CIRCLE
		to 01:00 am	w/ John Lee & Doug Mattick
		10:00 am	JOY IN WRITING WITH PROMPTS
			with Peggydawn Moran

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

COMMUNIQUE 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

COMMUNIQUE

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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