

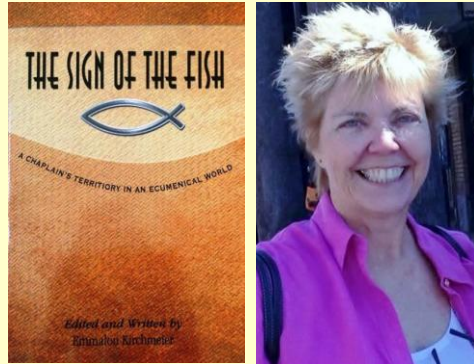


Nature Coast Unitarian Universalists
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Sunday Services 2013

12/29/13 UU Rev Dee Graham: *The Missing Ingredient: Growing Our Faith With Community Ministry*

Growing as welcoming faith communities means more than huddling around a pleasant hearth – it means that we have to spread our love AND social justice. Chaplaincy, community service and serving the neighborhood call for more than individuals. It's an ecumenical, interfaith world out there, so to reach the many who are "UUs who don't know it," we must engage in a ministry of presence. Learn how community ministry puts our faith where humanity is, and why it matters.



12/22/13 NCUU Earth Centered Small Group Ministry: *Witnessing the Re-Birth of the Unconquered Sun*

The Earth Centered Small Group Ministry and the NCUU Players presented a new skit that celebrated ancient Winter Solstice customs which mark the return of the Sun, and thus the beginning of the Light Half of the year. This festival was of tremendous importance to ancient peoples, governing the seasonal cycle of their lives. Ancient civilizations celebrated the solstice and the return of the sun thousands of years ago but many of those ancient customs have translated themselves over the years to the more modern traditions of the holiday season we now know as Christmas.

The NCUU Earth Centered Small Group Ministry shares a path of living in harmony with and maintaining a reverence for nature. Their goal is to help each other reclaim our lost spiritual heritage, our affinity with the earth. They use elements of Native American shamanism and Neo-Pagan contemporary paths rooted in Nature folk religions of other cultures. The NCUU Players are various members of the congregation who generously volunteer their performing skills to both entertain and inform.



12/15/13 [UU Rev Carole Yorke](#): *Christmas Can Be For Everyone*

Christmas ought to be the easiest of holidays for us of this free religious tradition - but no, we naturally mess it up, make it as difficult as possible, trying at once to be literalists, purists, and at the same time open minded. Rev Yorke's intention today is to try to open doors to different belief systems; she will begin with the pagans.

Rev Carole Yorke has been a Unitarian Universalist minister in Florida since 1998, having served [Spirit of Life UUs](#), [UU Church in Stuart](#), and [First UU Congregation of the Palm Beaches](#). She is now retired in Port St Lucie where she lives with her five Pomeranians. She is delighted to return to NCUU once again.

UU Rev Carole Yorke

Christmas Can Be For Everyone



12/08/13 [Greg A. Jones](#): *Meditation and Buddha Nature*

The Buddha had the insight to recognize that in essence all beings have the same potential to become equally realized, and to become fully

awakened Buddhas like himself. Buddhists believe that this potential, or Buddha Nature, is like a treasure hidden from sight but buried within each of us. Unfortunately, we fail to recognize this innate potential. Because of our habitual patterns, we find ourselves constantly involved with and entertained by the superficial appearances of pleasure and happiness. Most of our confusion is caused by our assumption that the causes of liberation must come from somewhere or something outside of ourselves. Our bewilderment derives from our failure to turn inward and really examine the workings of our own minds. It is very important that we have some understanding of our potential to awaken, that we understand the workability of our situation and the richness of our resources. It is only when we begin working with our minds through meditation practice that we can begin to have some idea of who we are and begin to uncover our Buddha Nature.



[Dr. Jones](#) is currently employed as a professor of biology at Santa Fe College in Gainesville where he has been teaching for the past 15 years. He earned his Ph.D. at the Univ. of Florida, a master's and bachelor's degree in biology from the St. Univ. of New York, and a bachelor's degree in music from the Univ. of Miami. He serves as a member of the board of directors and a volunteer instructor at a Tibetan Buddhist Center, [Gainesville Karma Thegsum Choling](#), where he has been a member since 2003. While baptized and raised a Christian (Methodist) he spent many years exploring various religious faiths (Christian, Jewish, Muslim, and Native American) in an effort to find that which resonated true with him. He found that spiritual path that seemed right to him and made sense after meeting a recently ordained Lama in the Tibetan Buddhist tradition whom he has been studying with ever since. Over the past ten years he has had the pleasure of having received teachings from a number of Tibetan Lamas including [H.H. the Dalia Lama](#). As a biologist he has also begun to study the science behind the effect that meditation practice has on brain and body function.

12/01/13 *Giving of Our Gifts*

As Winston Churchill said, "We make a life by what we give." We all have

some sort of gift that we can give, some talent or skill that we are able to share to make our community and the world a better place. Working together for a common goal brings us closer to each other while providing essential services to the whole. This is a time of the year when we are thinking of gift giving and it seems a good time to bring to mind the sometimes intangible gifts that our fellow members contribute year 'round. This "Giving of Our Gifts" service demonstrated how our members serve and support our "Beloved Community" here at NCUU. Click [here](#) to view the many opportunities for personal growth at NCUU.

11/24/13 Liz Perry: *Unity*

What is unity, and what does it mean? Liz Perry spoke to us about Unity and Collaboration. Unity is really comprised of One, Teamwork and Collaboration. Unity is being in harmony or one in spirit, sentiment and agreement. So, let's talk about how to encourage and facilitate unity through collaboration with anyone and everyone; including family, friends, loved ones, fellow NCUU members, colleagues, neighbors and people at work. Liz discussed practical strategies that we can use to create more powerful relationships, which promote inclusion, meaningful participation and power-sharing,

Liz brings over 20 years of experience in healthcare leadership throughout the United States. Liz was vice president with SkyLine Group, a leadership and development consulting firm, out of Silicon Valley, California. Currently, Liz works with the nation's leading senior living organization, Brookdale Senior Living, where she is the director of development and senior solutions specialist throughout the East coast of Florida. Her focus is to optimize living for seniors and their families. Liz has earned a B.S./B.A. from Northeastern University in Boston and is Masters prepared from Harvard University with a degree in Management and Operations. Further, Liz has travelled around the world visiting 83 countries and has seen and experienced much diversity, recognizing what unites all of us, is humanity and our shared time here on the planet.



11/17/13 UU Rev Intern Rachel Christensen:
Unitarian Universalism A Religion for Today

How did we get here, all in the same room together?

Rachel Christensen is the Intern Minister at the Unitarian Universalists of Clearwater. She is a third year student at Meadville Lombard Theological Seminary in Chicago, IL. Rachel is reinventing her life after having been a professional engineer for 30 years.

UU Rev Intern Rachel Christensen

Unitarian Universalism A Religion for Today



11/10/13 Ginny Fitzgerald (et al.): *Annual Hymn Sing*

Many of us were raised in religions other than UU and have fond memories of the hymns we used to sing. Members of the congregation introduced us to some of these hymns and we all had a chance to sing them.

11/03/13 UU Rev Mary Louise DeWolf: *Insight, Reason, and Revelation*

Intuition and reason are both a part of being human. Integrating intuition and reason helps us develop a religion that accepts people as they are, not on what they believe; helps us to accept new scientific discoveries, not deny the facts; helps us to work together to make the world a better place to live and not depend on the belief of life after death for our motivation. The sermon also included understanding our dreams as a source of intuition and revelation.

Rev. Mary Louise is a second generation native Floridian who was raised in the Methodist church and found Unitarianism after she began her teaching career. She taught biology and chemistry in the public schools in Florida, Georgia, California, and England for thirty-three years. This was followed by being a Co-District Executive for the Unitarian Universalist Association for the Florida District and the western half of the Mid-South District. It was during this time that Rev. Mary Louise began her studies for the ministry. Nature Coast Unitarian Universalists engaged her as their part-time minister in 2003. She served in this position until retiring in 2010, after which the congregation voted her the status of Minister Emerita. Since then she has spoken here at least once each year.

UU Rev Mary Louise DeWolf

Insight, Reason, and Revelation



10/27/13 NCUU Earth Centered Small Group Ministry: "*Death- It Brings Good Things to Life*" (Tom Atlee 1990)

The Earth Centered Small Group Ministry presented *Dias de los Meurtos (Day of the Dead)*. This is a ritual that mixes celebration and mourning. It both affirms life and provides an opportunity to share our grief, while understanding that death is a part of life.

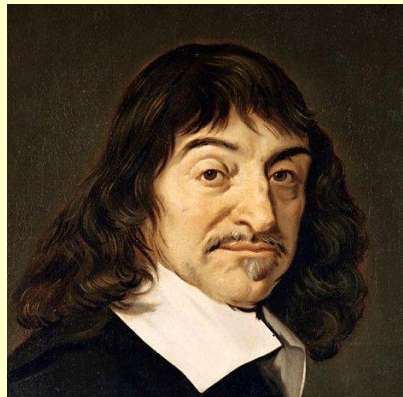
The theme for this *Day of the Dead* service was based on the work of Connie Barlow and Rev. Michael Dowd in *Evolutionary Spirituality*, which provides a profoundly new way of understanding death. A spirituality that is grounded in a modern, evolutionary cosmology, *Evolutionary Spirituality* presents the positive role of death in the universe. *Evolutionary Spirituality* cycles back to ancient earth-centered beliefs that death is part of life, not its opposite, not even its end, but a spiritual and physical evolution; a belief that when we die we become part of something else that lives.

The NCUU Earth Centered Small Group Ministry shares a path of living in harmony with and maintaining a reverence for nature. Our goals are to help each other reclaim our lost spiritual heritage and our affinity with the earth; to help each other in pursuing our spiritual and personal growth; to provide both physical and psychological support as we are able; to have fun and not take ourselves too seriously; to serve the mission of NCUU congregation by providing services and earth-centered events; to contribute to the growing awareness and understanding of the spiritual interconnections of all life; and to seek and respect the common roots of earth-centered philosophies of indigenous peoples around the world.

10/20/13 Joe Wetzel: *What's Descartes Got To Do With Us, Really?*

Most famous for the phrase, "I think, therefore I am", Descartes actually said and did a lot more than that. There were some nice surprises as we heard about a few of the important points about this early "free thinker". Descartes has been not only often misunderstood and sometimes ridiculed; he has been dismissed because of some errors he made. Usually, his tremendous contributions to the Enlightenment and the very way we think have been generally forgotten. Joe Wetzel believes that we owe Descartes a debt of gratitude.

Joe Wetzel, an Air Force veteran, has been a UU since 1963. He had a double major: French and Spanish, with a minor in philosophy. Having taught French Literature at the university level for a number of years, he has read most French philosophers in the original language. In mid-life he entered the business world. There he found it useful and enjoyed becoming fluent in Italian and German. Since his retirement in 2000, following his eclectic taste, he continues to study various subjects and write and speak about topics he feels might be of interest in themselves but also have an uplifting message about the human spirit. His bent seems to be to follow Horace's dictum about what literature (and speaking) should be: dulce et utile; that is (literally) useful but sweet.



10/13/13 Kathy Stevens: *Quilting as Social Justice*

Efforts to create justice in the world can be defined broadly. The manner in which one uses one's talents can also nourish the spirit and minister in surprising ways. How could sewing some scraps of fabric be a social justice effort? Simple answer: the completed quilt keeps a friend or stranger warm and surrounded with love from another person who cares. A more complicated answer will be explored more fully in the message.

Kathy Stevens is a retired medical social worker who became a Unitarian Universalist with her family 13 years ago. She has been involved in a variety of leadership positions in the UU Church in Tarpon Springs and the West Central Cluster of the Florida District, UUA. The quilting group at the Tarpon Springs church won the Jim Barrett Social Justice Award from the FL. District in 2010. She graciously donated a quilt to be auctioned as a fund-raiser for NCUU.

10/06/13 [UU Rev David Etherington](#): *Welcoming the Stranger: Immigration as Moral Issue*

As the Nation is embroiled in the moral and ethical discussion of our immigrant neighbors, families and friends, how do we welcome the strangers in our midst?

Reverend Etherington is the community minister affiliated with UU Fellowship of Marion County. Prior to being ordained, he maintained a law practice for 25 years where he was engaged in the work of social justice and humanitarian aid. For many years, Reverend Etherington assisted immigrants seeking political asylum in the US.



09/29/13 UU Rev Janet Onnie: *Flipping the Script*

The number of people who identify themselves as “spiritual but not religious” is climbing. What does that phrase mean? What has turned people from “religion”? What do we mean by “spiritual”? Can Unitarian Universalism flip the old religion script into something more relevant to the 21st century?

[Reverend Janet Onnie](#) is the Consulting Minister at the UU Fellowship of Marion County and the UU Congregation of Lakeland. She also serves the UUA Florida District as a consultant for developing Lay Pastoral Care Associates programs and a facilitator for leadership development workshops, including collaboration on a webinar and workshop on “Power from the Pews: Influencing and Shaping Congregational Leaders”. Rev. Onnie is the Treasurer of the Florida UU Ministers Association, and also serves the national UUMA as a facilitator for the “Who Are Our Neighbors” program. She has recently been elected as President of the Tri-County Interfaith Alliance.



09/22/13 Earth Centered Small Group Ministry: *Merging Ancient Roots and Divergent Streams*

NCUU's Earth Centered Small Group Ministry presented a very special Water Service as we joined with the liberal Jewish [Congregation Beth Israel of Ocala](#). Together we were able to weave a new tapestry honoring our ancient roots and our divergent streams leading to new understanding of the Earth and each other.

Throughout the ages, water has been a symbol of life and new beginnings celebrated by many traditions. Today we joined with Congregation Beth Israel in honoring the ancient ceremony of Sukkot, a celebration of ingathering and thanksgiving. After the service we had the opportunity to take part in a Sukkot ritual in a Sukkah that Congregation Beth Israel erected on the patio and we also were able to partake of traditional foods of the season.

Located in beautiful Marion County, Florida, [Congregation Beth Israel of Ocala](#) is a liberal, progressive, inclusive congregation. They welcome those of Jewish descent, Jews by choice, people on a Jewish spiritual journey and individuals with Jewish partners.

The NCUU Earth Centered Small Group Ministry shares a path of living in harmony with and maintaining a reverence for nature. Their goal is to help each other reclaim our lost spiritual heritage, our affinity with the earth. They use elements of Native American shamanism and Neo-Pagan contemporary paths rooted in Nature folk religions of other cultures.



09/15/13 Dr. Diana Kanoy: *Dancing as a Spiritual Practice*

The [Dances of Universal Peace](#) offer a shared spiritual practice encouraging balance, serenity, and well-being, while promoting an experience of whole-body aliveness. Social and fun on the surface, going deeper, the Dances build acceptance and community, stirring a place inside that answers the soul's yearning for greater connection to the All. Through rhythmic movement and music, dancers get "out of their minds" and into their bodies, releasing tension, facilitating healing, and opening the senses with heartfelt expression of kindness and joy.

We learned the fascinating multi-faith background, became acquainted with unique visionaries who influenced the beginnings, and explored benefits of Dancing for the individual, the group, and the world. Stories of lives transformed by this mystical path led to the best part: joining hands and dancing to live music under the gentle guidance of Diana Kanoy. We all came with an open heart and allowed the place deep within us that is smiling and loving to emerge and expand.

Honoring the earth's multiple sacred traditions, [Diana Kanoy Ed.D.](#), through participatory song and movement, transmutes her rich academic background in the field of communication into simple and uplifting circle dances, taught in the moment.



09/08/13 Dr. Harry S. Coverston: *Who Is My Neighbor*

This discussion focused on the growing inequalities between first world and developing world peoples. It raised questions of how poverty is generated, how it affects human beings and who benefits from such arrangements. It concluded with questions of response - Should we respond? How so? Are some responses better than others? Could responding make the situation worse? Jesus was confronted by the lawyer with the question "Who is my neighbor" and answered with the Good Samaritan parable. How do we answer the same questions in 2013 America?

[Dr. Harry Coverston](#) is a fifth generation Floridian and a fourth generation

educator. He grew up in nearby Sumter County and spent two years teaching middle school in Inverness in the mid 1970s. He is a lawyer, an Episcopal priest and now teaches religious studies, humanities and the philosophy of law at the University of Central Florida. He has spent a good part of his adult life in Latin America and brings his observations of the developing world to bear on his discussions.

09/01/13 Vrinda Jamuna Shakti: *Goddess: The Ever Present Transformative Energy*

In this brief talk, we listened to the qualities that adorn the Goddess, Divine Feminine, in the Shakta and Vedic ottral traditions. She appears as Kali-Durga, Lakshmi and Saraswati. Each form of Goddess is adorned with the symbolic instruments that are needed at every stage of spiritual development or evolution. The study and practices of the Goddess tradition are steeped in literary beauty. Whether one invokes the grace of Kali, Lakshmi or Saraswati, Goddess emerges from within according to the needs of each individual. As Divine Mother, She knows our innermost desires and illusions. A unique relationship with the Goddess leads the aspirant from darkness to light, final spiritual victory or Liberation.

08/25/13 Rev Kenneth Gordon Hurto: *When Love and Justice Meet*

The [Reverend Kenneth Gordon Hurto](#) is the Lead Executive for the Southern Region of the Unitarian Universalist Association. Rev Kenn has served Unitarian Universalist ministries for 40 years in a variety of settings: congregations in Indiana and Iowa, northern Virginia, Pennsylvania, in New Zealand and Australia — and most recently in Fort Myers, Florida. Widely sought out for his work with systems theory and congregational leadership, Kenn has served as one of seven Congregational Life Consultants since 2006. He leads the field staff who provide organizational development and leadership training for the 216 congregations that make up the Florida, Mid-South, Southeast, and Southwestern Districts.

08/18/13 Nuris Lemire, Taoist priest in training: *History, Philosophy, and Living the Wisdom of the Tao*

Today we learned about the principles of the Tao and how to apply them to our daily lives.

[Nuris Lemire](#) is a licensed occupational therapist. She is also a graduate of the Institute for Functional Medicine's Applying Functional Nutrition for Chronic Disease Prevention and Management course. Nuris is certified in Acupuncture, Lymphatic Drainage, Craniosacral and Heart Center Therapy, Nutrition Consultant, Lifestyle Changes Educator / Advisor. She is a practitioner of The Arvigo Maya Abdominal Technique, Reiki Master Practitioner, [Wudang China](#) External Qi Healer (one of only 6 in Florida), and Certified Qi Gong instructor. Some of Nuris' special projects/interests are: education and support of post-breast cancer patients with immunity-

building programs; homeopathy and energy medicine. She is a medical missions team member and coordinator for international missions. Locally Nuris is president of the Citrus County Family Resource Center. She and Dr. Lemire founded a local free clinic to provide medical services to the homeless and needy in Citrus County. Nuris' journey into Taoism began 13 yrs ago when she met her teacher and mentor Master Yun Xiang Tseng during a period of illness and trauma. She is currently a Taoist priest in training.

08/11/13 *NCUU Traditional Poetry Readings Celebration:* Several members of the congregation read original and other inspiring poems. Muriel Chess, as Service Leader gave a brief history of the NCUU Poetry Reading Tradition. There was an "open-mic" poetry reading after coffee and refreshments.

08/04/13 [Annie Bumgarner](#): *Clarity*

How do we maintain our clarity with all the many challenges of what we see and experience? Can we practice clarity and equanimity by remaining mindful to our purpose?

Annie is the life enrichment consultant at Cedar Creek ALF, Crystal River. She is a Therapeutic Recreation Specialist and has led numerous workshops. She is in the process of learning NVC, Non-violent Communication to help teach a language of love and compassion. She successfully completed the Leadership Program in Spiritual Education and Enrichment at Unity Village, Kansas City, Kansas, addressing the significance of our spiritual journey. Currently she is the Licensed Unity Teacher at Unity of Citrus, Lecanto. In addition she is an owner of an import company with her husband. She thrives on learning and believes that wellness and spiritual growth is a lifelong process of choices and renewal that creates quality of living.

07/28/13 Jonathan Beard: *Standing at the Crossroads*

As we jointly stand at the crossroads of life, we explored how we can learn from the experiences/stories of those who have received spiritual care from Hospice of Citrus County/Hospice of the Nature Coast. Volunteer opportunities were also presented. We were challenged to examine our own crossroads as well.

Jonathan Beard serves as the Grief Services Manager of [Hospice of Citrus County](#). Jonathan was hired as the first full-time chaplain for hospice back in May 2002. He has served as Spiritual Care Coordinator and is actively involved in Community Education. Jonathan holds bachelor and master degrees from Johnson University in Knoxville, TN, and has most recently earned his MBA degree with an emphasis in Healthcare Management from Brenau University. He is an ordained Christian minister and considers his hospice work to be an extension of his ministry.

07/21/13 Tom Hibberd: *Epistemology Forever*

Tom Hibberd, a member of NCUU, presented his thoughts about burning issues, such as: what is real?; does anyone really have free will?; does

God exist?; and is there Buddha-Nature in a chile dog? Thomas Hibberd was born in 1947 in Palo Alto, California, and is still alive. After high school he went to Reed College in Portland, Oregon with the avowed purpose of, "finding out what is real." He researched and wrote an ethnography of American Zen Buddhists for his Bachelor's thesis. Inspired by the works of Carl Jung, he studied clinical psychology at University of Texas Southwestern Medical School. He has been practicing as a psychologist since 1980.

07/14/13 Rev. Jewell Kutzer: *What Religion is God?*

From earliest recorded time, humans have sought to try to understand and explain the forces and mysteries of life around them. The myriad of ideas that were developed to answer those questions became the various "religions" of the world. Given that there are at least forty major established religions, each with millions of followers, how do we know which is correct? The two religions with the largest number of followers are Christianity and Islam. But there are 38,000 separate denominations in the world that call themselves "Christian" and 175 sects that identify as "Islamic." Each of the various Christian denominations claim to be representing the true desires of God, as do the Islamist sects, although their beliefs vary widely even within each religion. Since it is obvious that all of them cannot be right, Kutzer suggests that brings forth another question: "Can all of them be wrong?"

Rev. Jewell Kutzer is an Ordained Minister in the Church of Religious Science (operating as Centers for Spiritual Living). In her 35 years of ministry she has built two churches from a handful of people to over 200 members in cities that were unfamiliar with the denomination. Jewell is known for presenting complex ideas in simple terms and with humor. For the last several years, Rev. Jewell, who lives in St. Augustine, has been the Guest Speaker one Sunday each month for the [Unitarian Universalist Fellowship in Palatka, Florida](#).

07/07/13 [UU Rev. Abhi Janamanchi](#): *Being a Religion For Our Time*

"A Religion for Our Time" has been the refrain of the Rev. Peter Morales, our UUA President. The service will reflect on what Unitarian Universalism - especially as it is embodied in Cedar Lane - needs to be and needs to offer in order to truly be a religion for our time and the future.

Rev. Abhi Janamanchi has been serving as the senior minister of the Unitarian Universalists of Clearwater since 1999. He is a native of India and a third-generation member of a Unitarian Hindu group, the Brahma Samaj. He is actively involved in interfaith work in Pinellas County. He also serves as the UUA Ambassador to the Unitarian Union of Northeast India. He and his family live in Safety Harbor, FL. After serving the UUs of Clearwater for fourteen years, Rev. Abhi Janamanchi is going to Cedar Lane UU Church

in Bethesda, MD as their next senior minister.

06/30/13 NCUU Pianist Sally Smith-Adams and the Music Team

Using a lot of music, we acknowledged our country's 4th of July freedom celebration, our own individual quests for personal freedom and the relationship between them.

This was the grand finale of the NCUU Choir for the season. We heard some of their most memorable songs!

06/23/13 [Hazzan Mordecai Kamlot](#): *From Sinai to Citrus County in just 3300 Years!*

How ethical monotheism spread from a small group of ex-slaves, encamped near a non-descript mountain in the middle of a barren wilderness, to most of Planet Earth.

Hazzan Mordecai Kamlot attended the cantorial school of the Jewish Theological Seminary in New York and served as cantor of Congregation Ezrath Israel (The Actors Temple in midtown Manhattan) for eleven years. In the last two and a half years of his tenure, he also served as Spiritual Leader of the congregation. After leaving Ezrath Israel, for a period of eight years, he was the cantor for the High Holidays and occasional other Shabbat and Festival services at Temple Beth El of Lancaster, PA. Hazzan Mordecai became the Cantor/Spiritual Leader of [Congregation Beth Sholom in Beverly Hills](#) in August, 2008. We welcome him once again to our pulpit.

06/16/13 Richard Curtis: *Being "Dad": What being fathers, grandfathers, and/ or step-fathers/grandfathers, has meant to us.*

In recognition of Father's Day four men from the NCUU congregation shared their feelings about their roles as fathers or grandfathers.

06/09/13 Marcia Hilty ([Guardian Ad Litem](#) Speakers Bureau)

The Florida Guardian ad Litem Program is a partnership of community advocates and professional staff providing a powerful voice on behalf of Florida's abused and neglected children. This program offers the best way to eradicate abuse and give those less fortunate a chance in life. This applies to both the parents and the children who are involved in dependency cases. Today we learned more about this outstanding program and how all of us might be able to help.

06/02/13 [UU Rev Carole Yorke](#): *Truth Telling*

We have all been in the position of being the recipient of a lie. In fact, we all lie every day, although there are social lies and "real lies." This story is about a lie told to me and how it affected my relationship with my sister,

and, and how I failed her. As Unitarian Universalists, must we forgive lies? Let's think about that today.

UU Rev Carole Yorke has been a minister in Florida since 1998. She has just ended a three year contract with North Palm Beach and is looking forward to retirement, when she can spend much more time with her four (yes, 4) Pomeranians. She has, in the past year, learned to play the drums and did so in the jazz band at the [First UU Congregation of the Palm Beaches](#).

05/26/13 [Russell Buddy Helm](#): *Healing Drumming Meditation*

Feeling the steady downbeat of a safe groove creates loving healing energy, empowering the Spirit within to come forward and celebrate life with others who also share the downbeat of life with you. Meditative drumming creates courage to be the whole person that we are capable of being. The steady laid back meditative grooves change reality for the better. The drumming group is an ancient form of group wisdom and prayer capable of manifesting great and wonderful things in our person and also the world. This is the era of the woman drummer as a power symbol and diviner of higher powers. Women, dancing and drumming receive blessings from a higher source of wisdom and distribute blessings to the community using simple elegant drum patterns that have always been conduits of eternal truths. "Let the Goddess Dance" is an invocation to allow the creative in all of us to be reborn and to bring joy and healing into the world.

Classically trained since the age of eight Russell Buddy Helm has drummed and toured with many great musicians of our time: Chuck Berry, Bo Diddley, Frank Zappa, Tim Buckley, Big Joe Turner, Wolfman Jack, Allman Brothers and many others. He wrote the Star Wars Comic Strips for George Lucas in Los Angeles and spent many years in film production and was production supervisor for Lorimar's hit shows Dallas, Falconcrest, Knots Landing. He left the entertainment business to develop a drumming therapy meditation, now used by healers all over the world. He conducts on-line drumming healing meditation workshops in Santa Monica, California three times a week and full moon dolphin drumming cruises on St. Pete Beach.

05/19/13 [UU Rev Brock Leach](#): *Dining in Polite Company*

Widening income inequality is calling into question the American ideal that everyone should be given a fair shot. But it turns out that the simple act of making thoughtful choices about what we eat and where we eat it, can improve not only our own health and the sustainability of the planet, but the economic wellbeing of the 20 million people who grow, prepare and serve our food. The simple act of choosing compassionate consumption

can go a long way to building a fairer and more just economy for all of us.

Rev. Brock Leach is an ordained Unitarian Universalist minister and vice president of mission, strategy and innovation at the Unitarian Universalist Service Committee (UUSC). UUSC's mission is to advance human rights around the world by transcending the boundaries that separate people and becoming allies with those who are the most marginalized. Brock's ministry is centered on strengthening the agency's impact and helping launch the UU College of Social Justice, a collaboration of the UUSC and the Unitarian Universalist Association. Brock is a community minister affiliated with the UU Church of Sarasota and serves on the boards of Children First, the Preventive Medicine Research Institute and the Pastoral Care Advisory Board at Tampa General Hospital.

05/12/13 Members of NCUU: *What I Learned from My Mother*

Our Sunday service centered on Mother's Day with flowers and special music to honor the women in our lives who helped rear and guide us through our childhood and young adulthood, be they our mothers, grandmothers, sisters, aunts, cousins, step-mothers, or foster mothers. Whoever they were or still are, we honored them. NCUU Members Shari Harris, Tom Hibbard, Harry MacLeod, Alan Nusso, and Peg Spencer spoke to the topic, *What I Learned from My Mother*.

05/05/13 Dr Scott Olsen: *Hypatia, Philosopher/Mathematician of Alexandria*

Hypatia, "the woman philosopher of antiquity" promoted interfaith tolerance and respect. She was equally at home teaching Christians, Jews or Neoplatonists. And yet she endured the most savage martyrdom at the hands of followers of the Christian fanatic, Bishop Cyril. Her short life reflects the highest ideals and virtues of the divine feminine, beauty and "Sophia" or wisdom.

Dr. Olsen is professor of philosophy and religion at the College of Central Florida. Scott's first book, *The Golden Section: Nature's Greatest Secret* was awarded first place for design at the New York Book Show in 2007. A life-long student of ancient wisdom, Scott lectures widely on ancient philosophy, theosophy, and transformative states of consciousness. He is now working on his next book, *Divine Proportion: the Mathematical Perfection of the Universe*. This summer he will be lecturing in Sicily, England, Scotland and the Netherlands.

04/28/13 UU Rev Mary Louise DeWolf: *Freedom in Community*

An atheist slogan is "Freedom from Religion." Words from a Unitarian Universalist hymn include "Faith of the Free." Our fourth principle states "A free and responsible search of truth and meaning." The sermon explored how we, as Unitarian Universalists, are free; how Unitarian Universalism is a free church; and how we, as members, are both free and

bound to each other.

Rev DeWolf has graciously provided her sermon. You can read it by clicking [here](#).

Rev. DeWolf is the minister emerita of Nature Coast Unitarian Universalists having served as a quarter time minister from 2003 to 2010. Following thirty-three years as a public school and community college teacher in Florida, Georgia, California, and England, she became a Co-District Executive of the UUA for eight years, serving the UU churches of Florida, the US Virgin Islands, Alabama, part of Georgia, Nashville, TN, and New Orleans, LA. She is a second generation Floridian, receiving a Master of Education from the Univ. of FL and a Master of Religious Studies from the Univ. of South Florida. She is the author of a book entitled "A Cracker Gal Finds Religion", a copy of which can be found in the NCUU library. She is one of the founding members of the Crystal River Democratic Club, and currently is the vice president. She lives in Crystal River with her husband, Bob Campbell, in their Cracker style home that they designed.

04/21/13 [Art Jones](#): *One Rake At A Time/A Unitarian Universalist Earth Day Celebration*

How a local project got started and evolved naturally, improving the lives and environment for all concerned.

Art Jones grew up in the Unitarian Church in Schenectady, NY. When he moved to Oregon he found another UU fellowship there and then when he moved to Florida he found NCUU in 2003. He helped the move into the new building. He served two years on the NCUU Board.

04/14/13 Judi Siegal: *The Holocaust: What We Have Lost, What We Have Learned and Why We Must Not Forget*

Judi Siegal spoke about the impact of the Holocaust upon the Jewish people and the world at large. She delved into the lessons from this tragic era in history and what can be done to prevent future genocide.

04/07/13 NCUU Annual Congregational Meeting

03/31/13 NCUU Earth-Centered Small Group Ministry: *For the Children and the Flowers*

The Unitarian Universalist Flower service symbolizes the spiritual community we create when we join together in our congregations. Everyone brings a flower or green branch of their choice--from garden or field-- and then places that flower in the vase themselves, to signify that it was by their own free will that they join the others. All the flowers held together in one vase are the symbol of the church body. At the conclusion

of the service, participants slowly--one by one--walk up to the table and take a flower other than that which each had brought. This symbolizes firstly that they accept one another and secondly that not only do they give, but they receive from the community. The Sunday school will oversee the gathering and distribution of the flowers. Immediately after the service we proceeded to the Grove to scatter wildflower seeds.

03/24/13 Ray Belanger and Singing Tree: [Lloyd Goldstein](#) on *The Transformative Power of Music*

Music has a unique way of engaging people, focusing awareness, building bridges, uplifting, consoling, and building community. Lloyd Goldstein has been playing music for patients at the Moffitt Cancer Center for seven years and has had the opportunity to observe how live music, offered as a gift, can do all these things and more. Lloyd also spoke about the Moffitt Cancer Center's Arts in Medicine Program where he is a Certified Music Practitioner and Artist in Residence.

03/17/13 UU Rev Dee Graham: *500 Years of Searching*

What WAS Ponce de Leon in search of when he "discovered" la Florida 500 years ago? We looked into rumors and facts that tell us how Unitarianism and Judaism might have played a role in the life of this explorer who got the credit for naming our state.

03/10/13 [Renée Zenaida](#): *Won't You Be My Neighbor: Confronting Religious and Cultural Entitlement in Israel and Palestine*

Viewing the Israeli/Palestinian conflict through the doctrine of discovery lens brings the conflict closer to our own backyard by connecting it to the United States' own treatment of native peoples. Still, what does that mean for us as Unitarian Universalists or even as United States citizens and residents? What do people of our faith have to do with Jews and Muslims half a world away, in a "Holy Land" we no longer aspire to? Often we hear, or maybe even say, they've been fighting since time began; nothing is going to change that. Should we try?

03/03/13 Jillian Alpert: [Planned Parenthood](#): *What We Do, Why It Matters, and What's Ahead*

Many people only concentrate on one service that Planned Parenthood provides: abortion. Planned Parenthood believes that abortion is a deeply personal and often complex decision for a woman, and doesn't believe that you can make that decision for someone else. But more than 90% of what Planned Parenthood does is lifesaving cancer screening, birth control, prevention, testing, and treatment of STDs. Nevertheless, many politicians want to get rid of Planned Parenthood - and we won't let them. Today we learned about the care Planned Parenthood gives, the fight they

are fighting and what's ahead for 2013 in Florida.

02/24/13 [Bonnie Whitehurst](#): *The Mother of All Excuses*

Why do we go to church? Why do some people choose to stay home? Why are we members of a church? Why do others choose not to belong? What are the benefits of attending services? Why do some people spend Sunday mornings doing other things? What are your excuses when you choose to stay away? Let's explore these questions and try to arrive at some answers.

Bonnie Whitehurst is "on loan" to us today from the Unitarian Universalist Church of Tarpon Springs where she is the music director. Ms. Whitehurst is also a musician with Espiritu Santo Catholic Church in Safety Harbor, FL and also the music teacher at its school. Her college degrees are in Ethnomusicology and Music Theory. Bonnie has made ten professional recordings of her original music, world folk material, holiday music and inspirational songs.

02/17/13 Unity Rev Lauri Gist: *Harnessing the Power of Grace through the Practice of Love*

If unlimited abundance, joy, and prosperity are gifts of Divine Grace, is it possible to harness this universal power at all times, even in our own personal darkness? Join a lively discussion to share ideas about how individual and collective consciousness can bring about miraculous change and evolution in our lives and in the world.

Rev Lauri Gist is an ordained Unity Minister and holds a Bachelor's Degree in Comparative Religion. Prior to ministry Lauri owned a health food business specializing in creating menus for health retreats and patients with grave illnesses. Lauri lives in Inverness with her husband of 29 years and enjoys time with their grandchildren as well as conducting spiritual classes and healthy cooking courses.

02/10/13 NCUU Sophia Group: *Animal Blessing*

The Animal Blessing service is to acknowledge how our lives are blessed by all of the animals. Participants are invited to bring their animals to be blessed. If your animals choose not to attend, we will have a table for their photos and for photo's of those who have passed. We are also requesting food donations for the Citrus County Animal Shelter.

02/03/13 UU Rev Susanne Nazian: *UU Sacred Scriptures: Loren Eiseley*

What are sacred texts anyway? Are they the known books: the Holy bible, the Torah, the Book of Mormon, the Vedas and Upanishads, the Sutras? Or are they the places where we find deep truths? Unitarian Universalists

define their own, and none is more eloquent or contemporary an illustration than scientist and poet Loren Eiseley.

01/27/13 UU Rev Intern David Etherington: *Justice Near and Far: what is ours to do?*

In this time of instant and real time communications about the injustices around the planet, what is ours to do?

David Etherington is the intern minister at the Unitarian Universalist congregation in Gainesville. He attended the Meadville Lombard theological school in Chicago. In addition to his theological studies, David has maintained a law practice for the last 25 years and has done the work of justice both here in the US and in developing countries. His most recent engagement in the work of justice was at a UN Refugee Camp in Palestine.

01/20/13 Judy Johnson: *Church and State: How Separate, Really?*

This country was founded by people who sought religious freedom for themselves and perhaps for others. History shows us how religious interests and institutions have significantly impacted our culture and our development as a nation. Yet, the first amendment to our Constitution deals with the limitations placed upon the government's role in religion. What is the contemporary role of religion in American political activism? What is Florida doing in today's struggle between the impact of the state on religion and religion on the state?

Judy Johnson is an attorney, a former county commissioner in Marion County and a former school board member in Alachua County. She has been the president of the Florida League of Women Voters and has a long standing interest in public policy at the local, state and national levels. She has been appointed by three different governors (of both parties) to state-wide commissions. In election years she regularly presents non-partisan information about proposed changes to Florida's Constitution.

01/13/13 Kathy Fleissner: *How is Kwanzaa Relevant for Unitarian Universalists*



On this day we honored the African-American celebration of Kwanzaa. The presentation included a history of the Kwanzaa holiday, as well as a discussion of the seven principles and symbols that are the foundation of Kwanzaa. We were introduced to some of the various ways Kwanzaa is celebrated. In addition to its importance as a celebration of African-American heritage, the message of Kwanzaa is universal and has relevance for Unitarian Universalists.

Kathy Fleissner has been a Unitarian Universalist and a member of NCUU since 2010. She earned her Master's and Ph.D. degrees from the University of Pittsburgh. Prior to moving to Citrus County in 2009, Kathy was a Professor in the Sociology Department at Clarion University of Pennsylvania. In Pennsylvania, she maintained a small farm and was a devoted practitioner/instructor of the martial arts. Nowadays her hobbies include the more sedate activities of reading and caring for several dogs, cats, and birds. Her presentation today will focus on the African-American holiday of Kwanza and how it is relevant for Unitarian Universalists.

01/06/13 Doug Worthington: *How I Went Around the World and Became a Unitarian*

Doug Worthington left the US in 1963, spent two years in Ethiopia, and returned to the States by way of Aden, India, Thailand, and Hong Kong. Although the trip was a physical one, it was also a spiritual journey that introduced him to a wide range of religious beliefs and outlooks. He left the US as a Presbyterian, but returned two years later well on his way to becoming a UU.

Doug Worthington's travels and adventures in the two years after graduating from a Presbyterian college opened his eyes to a different way of looking at the world and at his own theology. Doug has a graduate degree in Public Affairs from the University of Pittsburgh. He worked in independent schools for 30 years as a teacher, coach, and administrator. He is an active member of the UU Fellowship of Marion County.