




# Nature Coast Unitarian Universalist (NCUU) News

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 Nature Coast Unitarian Universalists

Website: <http://www.ncuu.org>

**October, 2018**

## President's Message

We look forward to the startup of the Wine and Cheese Book Club – date to be announced late Oct. Bob Woodward's Book "Fear" Trump in the White House. Please get your copy ASAP. It is a Must Read.

On Sunday September 23, 2018 we honored Valerie and Bill Howat for their long standing service and dedication to the NCUU. They received the President's Award that was matched by President- Joe Verdi and Judith Englert.

We are looking forward to the return of our Snow Birds.

The monthly Birthday Celebration is Growing!!  
Magic Clown date to be Announced.

Hurricane Season: Our Church is open to members and friends as a shelter during a Hurricane. Short Term. It is now pet Friendly.

God Speed,

Joe Verdi President

# Sunday Services

10/07/18 Speaker: Mel Melvin

Background: Ronald E. Melvin, or "Mel" as he prefers to be called, moved to Florida from Rochester, Minnesota in 2000, after thirty years of service at IBM and seven years with the United Way. Mel is an author, professional speaker and magician. He earned his under graduate degree from Concordia, St. Paul and a Masters from St Mary's University, Winona, Wisconsin.

Topic: "Finding Common Ground"

Summary: Today we find ourselves as Americans divided and cataloged in many ways. How do we get past the Wall? We find common ground first.

10/14/18 Speaker: Rev. Carole Yorke

Background: Rev. Carole Yorke is a "retired" UU minister who is one of NCUU's favorite speakers.

Topic: Animal Blessing Service

Summary: All of our pets deserve to be blessed. Bring your pet(s), leashed, crated, or held. Bring a picture of a pet who has died. We will surround ourselves and our pets with good wishes and blessings.

10/21/18 Speakers: Dan Gribben

Background: Dan has retired from college teaching after 37 years. He spent the bulk of his career as Prof. of English at Ferrum College in Virginia, teaching writing, film, and a variety of literature courses. During the past decade, he taught African-American Literature and American Literature at the University of Central Florida.

Topic: "Teaching Tolerance"

Summary: To equip young people with the tools to combat racism and bigotry, the Southern Poverty Law Center has developed a curriculum for teachers called "Teaching Tolerance." Within that curriculum are lessons for us all.

10/28/18 Speaker: NCUU Earth Centered Small Group Ministry

Summary: NCUU Earth Centered Small Group Ministry will present Day of the Dead, a service. There will be an Offrenda, or altar, on which members of our congregation will place mementos of a loved one who has passed on. Photos, food, jewelry, toys, anything with a connection to that loved one is appropriate. This service is not a sad one. It is instead a celebration of the lives of people who are no longer with us.

# NCUU Board of Directors

President	Joe Verdi
Vice-President	Sheila Woods
Clerk	Holly Alexander
Directors	Rob Deremer, Gordon Dinmore, Bree Hill, Linda Myers, Nancy Pettus, Ellen Saunders

## NCUU Committees

Audio/Visual	Gordon Hart
Building	Bill Howat
Calendar	Gordon Hart
Caring Committee	Carol Dinmore
Choir Director	Sally Smith-Adams
Denominational Affairs	Joan Burnett
Facebook	John Comer, Connie Hart, and Nancy Pettus
Finance	Stan Brumaghim
Librarian	Tom Hibberd
Membership	Connie Hart
Music	Sally Smith-Adams
Newsletter	Amy Haiken
Nominating Committee	Joan Burnett, Pam Ricker, Sandy Sondheim
Photographer	Gordon Hart
Piano	Connie Hart, Sally Smith-Adams, Sheila Woods
Publicity	OPEN
Property	Bill Howat
Religious Education	Joan Burnett
Social Activities	John Comer
Social Justice	Available
Sunday Service	Pam Ricker
Treasurer	John Comer
Website	Gordon Hart, Amy Haiken

## Board of Directors

Our Board meeting is Monday, October 8th at 2 PM.  
If you want to place an item on the Board agenda, please send it to the clerk, Holly Alexander, about a week in advance. (Second Monday of the month)

## Religious Education

During the month of January, Lynne Westmoreland will be offering a course on Mindful Communication. The course will meet on 4 Saturdays, January 5th, 12th, 19th, and 26th from 10AM until noon. The first meeting will focus on Marshall Rosenberg's "Non-Violent Communication: Create Your Life, Your Relationships, and Your World in Harmony with Your Values" and will serve as the central theme of our four weeks together. We will, however, build on Rosenberg's pedagogy and include weeks on "Deep Listening and Mindful Speech", "Silence: Complicity or Encouragement?" and "The Practice of Loving Kindness". The course cost will be \$25.00 and each participant is encouraged to have read Rosenberg's book before the January 5th gathering.

And a brief bio:

Lynne Westmoreland is a humane educator, combining education from that field with Buddhist training and indigenous spirituality, and is a long time UU. Her current encore career work includes teaching meditation, facilitating spiritual growth groups, and speaking in churches and local communities about our interdependence and our ability to shape this time in our evolutionary history. She has been a speaker at NCUU twice. Her latest sermon was about kindness.

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## Ladies Luncheon

Our NCUU Ladies' Luncheons will resume the last Tuesday of each month. See details and sign-up sheet on foyer table and come join us.

-- Peg Gotz

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## Membership News

If you are interested in being a member of our congregation, please see Connie Hart. We would love to have you! Our Committee has many functions. If you would like to join the Membership Committee and help us out with your ideas, let Connie know. The next Membership meeting will be Wednesday, October 31st at 9:30 A.M. If you are a "Snow Bird", we miss you. Give me a call or send us an email and let us know how you are faring.

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## "Day of the Dead" Service

Because of the popularity of the recent movie "COCO", the Earth Centered Small Group Ministry decided to bring back the "Day of the Dead" service on October 28. We will celebrate the lives of relatives and friends who are no longer with us. As is the custom, we will have an "Ofrenda" or altar, on which we will place photos, food, any item that was important to the deceased. Everyone is encouraged to bring mementos to place on the altar before the service begins. Remember, this is a celebration, a time to connect with our loved ones and with each other since we have all experienced loss.

Joan Burnett


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## Board of Directors Meeting Minutes

The BoD meeting minutes are now available on our website under Members in our menu.

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## Grounds & Gardens Day

## October Birthdays



If your birthday is in October, and your name is not on this list, please notify the editor:

ahaiken@bellsouth.net. Birthdays will be celebrated the first Sunday of each month acknowledging all birthdays.

10/4 Linda Myers  
10/19 Barbara Ewing-DeRemer  
10/19 Pam Ricker  
10/29 Claude Clavette  
10/30 Geeta Castor

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## Social Service Help Line

Wellcare, a health insurance company, has set up a help line for social services. If you need assistance, call 1-866-775-2192

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## Where There's A Will There's a Way

We all hope to create a durable presence for Unitarian Universalism in Citrus, Marion and other nearby counties that will extend over decades, beyond our lifetimes. Accordingly, please consider including the Nature Coast Unitarian Universalists in your wills. This will help to ensure a lasting legacy, for future generations as well as for ours.

The Finance Committee

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**Wireless amplifying headphones are now available at the rear of the sanctuary. See Gordon Hart or Gordie Dinmore for assistance on Sundays.**

The **First Friday of every month** is **Grounds & Gardens Day** at NCUU.

Do you like to work outside in the yard and garden? Whether weeding, trimming, planting, raking, the NCUU Yard and Garden Crew always needs help. Please come Friday morning. Gordie Dinmore and Bree Hill are usually there by sun-up. (*The rest of us usually are not.*) We're normally done by 10:30 - 11:00.

Sally Smith-Adams

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## Caring Committee

Please inform the Caring Committee if an NCUU member is ill or in need of some cheer. Carol will keep in touch with ailing congregants, as well as our snowbirds.

If you would like to volunteer to help with this very fulfilling job, please contact Carol Dinmore at 352- 419-5515

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## Send Sunday Morning Announcements to:

[ContactNCUU@gmail.com](mailto:ContactNCUU@gmail.com) with For Announcements in the subject line. Deadline is the Friday before Sunday service.

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## Newsletter Deadline

Please remember that the deadline for November's Newsletter is **October 21 2018**.

Send to: [ahaiken@bellsouth.net](mailto:ahaiken@bellsouth.net) and put 'For Newsletter' in the subject line.

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## NCUU Choir Practice

NCUU Choir practice resumes on Sunday morning, Oct. 7th at 9:00 a.m.

## Pay it Forward Story

I am the director of a nonprofit organization that cares for homeless and runaway teenagers and young adults in Burlington, Vermont. On one beautiful Autumn day, I had family in town who were visiting, so I took the day off and we spent the afternoon walking down the main pedestrian walkway, Church Street, having lunch and going into different shops. Toward the end of the day, as we were preparing to get in our cars and head back, I decided to go into my office to get my mail and take it home. I had a key to the rear door and planned to simply slip inside, make my way to the mailroom unbeknownst to anyone, and quietly leave.

My plan went flawlessly until, as I walked towards the mailroom, I glanced toward the front desk, where the office receptionist is usually seated. She greets teenagers and young adults as they arrive to see their counselor. But this time, for some reason she was not present, and I made eye contact with a young man standing there. His facial expression clearly signaled, "Can you help me?" I did not stop, instead proceeding into the mailroom, thinking, *This is my day off. I hardly ever take a day off. I don't want to get pulled into this situation, whatever it may be.*

Then my conscience got the better of me. *He's probably just here to see his counselor, I reasoned. Let me ask him who he is here to see, and I will simply call up, it will take two seconds.*

So I did that, I approached him and asked if I could help, and he surprised me by lifting up a shopping bag full of clothes. "We're here to donate these," he said. It was then that I noticed a young woman by his side.

"That's so nice," I replied. "Thank you very much. Will you please write down your name and address so we can properly thank you?" I passed over a sheet of paper, which the young woman took and on which she started writing.

He stood there while she wrote, fidgeting a bit, and he seemed a little nervous. After a few seconds he said, "You know, I used to come here for help."

"Really?" I replied.

"Yes, to your Drop-In Center around the corner. I'd go there to get meals and clothing. And I lived there too, upstairs."

"In our shelter?" I asked.

"Yes," he replied. "I was homeless then, and you took me in."

I then asked the question I always ask of someone I meet who had previously used our services.

“Did we help you? Did you have a good experience with us?”

He laughed and said, “I sure did.” He pointed at the woman next to him who by now was finished writing, and said, “That’s how I met my wife!”

She had a big smile on her face and said, “That’s right. I was homeless too and you took me in. We met at the shelter, fell in love and this coming St. Patrick’s Day will be our fourth wedding anniversary.”

I’ve worked with homeless and runaway youth for 34 years and had never heard a story like this. I stood there and said, “You’re telling me you were each homeless, got help from us, and now you are coming back to help the kids who are here now?”

They nodded in agreement.

“You’re paying it forward,” I said. “Good for you.”

I shook their hands, thanked them profusely, and they left.

I have thought of this encounter many times since it occurred. There are so many lessons to be learned, but the principal one is really about paying it forward. The phrase became popular in the year 2000 with the release of the movie, *Pay It Forward*, but then really took off a few years ago when customers began paying the bill for the next person in line at a McDonald’s or similar establishment. But what this young man and woman did felt very different from that. It reminded me of the whole idea that while it is important to be appreciative of and thankful to the people who helped you at certain points in your life, and to “pay it back” to them if at all possible, it is equally if not more important to pay it forward, to try and help people you may not even know, perhaps complete strangers, who are now in a similar situation to where you once were and could use your help.

That’s what this young couple was doing. It’s what I think we all should do and parents in particular should teach their children to do. Yes, thank those people who helped you in various ways in your life, be they parents, relatives, coaches, pastors, friends, job supervisors, whomever. But the truest way to honor those people is to turn around and help the people who are struggling now, even if you don’t know their names, and even if they never know yours.