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Nature Coast Unitarian Universalist (NCUU) News

 Nature Coast Unitarian Universalists

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

May, 2019

President's Message

I like to thank Joe for his service to NCUU and look forward to sitting on the board with him as he serves out Gordon's term as Board Director. I also like to thank Holly for her service as secretary, she always had or could find the answer to any question the board had. Thank you Holly.

I like to take a moment to thank everybody who attended the annual meeting. We now have a new vice president, Connie Hart and three new Board members Tom Hibbard, Shirley Leonard and Don Wright. We also have a new nominating committee Judy Capone, Jeanne Wright and Peter Freeman. The Budget was passed along with the By Law changes. There was a good discussion on how the budget is made and I have received a number of emails about how we do our annual meeting, which I will discuss with the new board of director.

This Month, I would like to discuss loving kindness. It's Buddhist term which relations to mindful practice designed to increase love and compassion first to ourselves, and then to our love ones and the to our friends.

Practicing loving kindness is like saying a prayer for yourself or someone else. You actively send loving and kind wishes to yourself or others, and recite in your mind words and phrases that express *good will* toward yourself or other. When I have a negative thought about a loved one, I then try to think of a positive thought to balance the negative thought. To start, choose a person to send loving kindness toward. You can start with yourself or with somebody you love. You can sit stand or lie down, begin by breathing slowly and deeply. Open the palm of your hands, and then bring the person to mind. Radiate loving kindness by reciting a set of warm wishes, such as 'May you be happy' or a phrase of your choosing. Repeat the phrase slowly continue until you feel the loving kindness toward that person. Start with the people you love and then you can expand to friends and difficult people and finally to all beings.

Some of this is a paraphrase from a hand out by Martha M Linehan.

Thanks,
Rob

Sunday Services

5/05/19 Speaker: Robyn Kelly

Background: Robyn Kelly retired from over 30 years of Government service specializing in systems analysis for Air Force Intelligence operations, Naval recruit education and Army simulation contract management. She received a Masters Degree in Human Relations from the University of Oklahoma and has spent several years as a group counselor/facilitator. Robyn regularly speaks on conditions faced by members of the transgender community and answers questions on LGBTQ issues.

Topic: “Transgender 101”

Summary: A short summary of things the average person, and parent, should know about living in a world inhabited by other human beings a little different than they are.

5/12/19 Speaker: Peter Freeman

Background: Peter is a member of our NCUU congregation and needs no further introduction. He was an engineering manager at Procter and Gamble and became a life coach in retirement.

Topic: “A Bright Future”

Summary: How you can help create a bright new future and improve your own lives while you are doing that.

5/19/19 Speakers: Mike Goss

Background: Michael Goss is a former Central Intelligence Agency officer who served 24 years in various senior leadership capacities across the CIA. He achieved Senior Intelligence Service rank, which is CIA’s version of a Flag Officer. He is also a former Naval Intelligence Officer who commanded several Navy intelligence units. His first exposure to Islam was as Executive Officer, US Navy Anti-Terrorist Alert Center in 1989.

He earned a Bachelor of Science from Texas A&M and an MBA from UCLA. He also did graduate work in advanced computer science for a year at Carnegie Mellon.

Topic: “Political Islam – Implications for Unitarians”

Summary: Islam is a religious, cultural and political system. It’s based on core beliefs followed by its adherents, but with varying degrees of devotion, as is the case for any religion. The presentation focuses on Political Islam, which is that part of Islam that impacts non-Muslims such as Christians, Jews, and atheists.

5/26/19 Speaker: Adele Jacobson with Cheryl Black

Background: Adele was raised in Colorado by parents who loved music and who encouraged her to play in the school band. This essentially led her to the classical guitar and now the mountain dulcimer. As a college student, she was intending to go on to medical school, but life got in the way and she ended up in a business career. However, in retirement, she is able to combine her love of music with her interest in medicine. The members of the Nature Coast Dulcimers were her mentors in learning to play the dulcimer.

Topic: “Music in Medicine”

Summary: The power of therapeutic music and how it is used effectively in the medical environment. Cheryl will demonstrate the music on her dulcimer.

NCUU Board of Directors

President	Rob DeRemer
Vice-President	Connie Hart
Clerk	Nancy Pettus
Directors	Tom Hibberd, Bree Hill, Shirley Leonard, Linda Myers, Nancy Pettus, Joe Verdi, and Don Wright

NCUU Committees

Audio/Visual	Gordon Hart
Building	Matthew Ciszewski and John Comer
Calendar	Gordon Hart
Caring Committee	Judith Englert
Choir Director	Sally Smith-Adams
Denominational Affairs	Available
Facebook	John Comer, Connie Hart, and Nancy Pettus
Finance	Stan Brumaghim
Grounds	Bree Hill
Librarian	Tom Hibberd
Long Range Planning	Bob Madeiros
Membership	Holly Alexander
Music	Sally Smith-Adams
Newsletter	Amy Haiken
Nominating Committee	Judy Capone, Jeanne Wright and Peter Freeman
Photographer	Gordon Hart
Piano	Connie Hart, Sally Smith-Adams, Sheila Woods
Publicity	Available
Property	Matthew Ciszewski and John Comer
Religious Education	Available
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, May 6th at 2 PM.
If you want to place an item on the Board agenda, please send it to the clerk, Nancy Pettus, about a week in advance. (Second Monday of the month)

Caring Committee

Judith is now the "Caring Committee" chairperson. So, anyone that needs a card, call or visit should contact me at 954-288-4994 or sewit67@hotmail.com.

Thank you.
Judith

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

Grounds & Gardens Day

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.

Bree Hill and others 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

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

May Birthdays



If your birthday is in May, and your name is not on this list, please notify the editor: ahaiken@yahoo.com. Birthdays will be celebrated the first Sunday of each month acknowledging all birthdays.

5/3	Gordon Dinmore
5/4	Ellen Saunders
5/13	Matthew Ciszewski
5/18	Julie MacDonald
5/21	John Comer
5/21	Karen Fournie
5/24	Stan Brumaghim

Newsletter Deadline

Please remember that the deadline for June's Newsletter is **May 21 2019**.
Send to: ahaiken@yahoo.com and put 'For Newsletter' in the subject line.

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

Send Sunday Morning Announcements to:

ContactNCUU@gmail.com with For Announcements in the subject line. Deadline is the Friday before Sunday service.
