



# Nature Coast Unitarian Universalist (NCUU) News

7633 N. Florida Ave (Hwy 41)  
Citrus Springs, FL 34434  
352-465-4225

 Nature Coast Unitarian Universalists  
Website: <http://www.ncuu.org>

**August, 2019**

## President's Message

Greetings!

I like to talk about a book I think of often. It is called Being Peace by Thich Nhat Hanh,

Thich Nhat Hanh is a Vietnamese Buddhist monk, teacher, poet and peace activist. He now lives at Plum Village in France. He has written a number of books, but I keep going back to this one. I went online to review his books and I didn't realize he had written so many books all related to peace and meditation.

My favorite passage in the book is a story about his niece who comes in from playing, and asks for some apple juice. Her uncle gets her a glass of apple juice which has pulp and cloudy. She sees that, and says she does not want to drink cloudy apple juice, then goes back out to play. She comes back about an hour later and looks at the same glass of apple juice, and says to her uncle, "Look uncle, the glass of apple is clear just like you. The glass sat there and the clouds settled to the bottom". Hopefully when people sit, their mind will settle just like the apple juice. I often think of this when I would like to settle my mind.

He also talks a lot about how the state of mind and body can affect our personal peace and of course the peace of others. He would like us to learn to transform the very situations that pressure us into moments that we can practice mindfulness and be at peace.

Be at Peace

Thanks,  
Rob

## Sunday Services

### 8/04/19 Speakers: Gaia and Kurtland Davies

**Background:** Kurtland and Gaia Davies are Unitarian Universalists from the Ormond Beach Congregation. They are counselors specializing in community building, reconnecting with nature, and end of life and bereavement.

**Topic: “Deep Listening”**

**Summary:** When was the last time you felt really heard? Or felt that someone had really opened up to you? Our relationships with family and friends and our everyday activities require constant communication. And we don’t mean texting or Facebook! We know how to talk and how to listen. But do we know how to get the best out of our conversations? And how do you talk to someone when your beliefs and opinions seem miles apart? We find that we learn a lot from our communication mistakes and successes, and we look forward to sharing with you.

### 8/11/19 Speaker: Barry Pendry

**Background:** Barry was born and raised in rural North Carolina. He holds a Master’s Degree in Speech-Language Pathology and a Ph.D. in Social & Educational Change Theory. He served 4 years in the U.S. Marine Corps with a tour of duty in Vietnam. He worked in hospital administration at All Children’s Hospital in St. Petersburg, Florida for 38 years and retired in 2012. Barry and his wife Cathi have lived in Floral City, Florida for over 20 years. They divide their time between Floral City and St. Petersburg and are friends of the UU fellowship in Citrus.

Barry is a life member of the Theosophical Society and his current spiritual practice is primarily directed at the study and integration of esoteric Christianity and Zen.

**Topic: “Beyond the homestead in the clearing; transcending the Unitary to Universal for answers to the questions Who am I? And What am I here for?”**

**Summary:** The Religious Education Council of the Unitarian Universalists of Clearwater, Florida entreats us to ask: Who am I? and What am I here for? The Council advises that these age-old mysteries, explored by humans since the dawn of religion are the foundations of a meaningful life. In Unitarian Universalism, we explore these questions.

### 8/18/19 Speaker: Jim Davis

**Background:** One of Jim’s college professors “flipped the switch” lighting up the room of words to decode bits of our common experience through poetry. That was in 1962. He wrote for the campus literary journal and became friends with other writers. After college, he wrote while living in New York City, Missouri, Maine and Florida. Poems come to him, first in scattered words, phrases or images, which he tries to expand or contain “with varying success”. The business of poetry - - publishing - - holds little interest. Poems are personal.

**Topic: “The Spirituality of Poetry.”**

**Summary: TBA**

**8/25/19 Speakers: Rev. Laurie**

**Background:** Laurie is a minister and a former minister of the Unity Church in Beverly Hills. She is also an artist.

**Topic:** "Exploring the Lost Mode of Prayer"

**Summary:** Based on the findings of Dr Greg Braden and current physics research, Rev Lauri will discuss the modes of prayer and meditation throughout the ages and across religions.

## 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	Available
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	Available
Social Justice	Don Wright
Sunday Service	Pam Ricker
Treasurer	John Comer
Website	Gordon Hart, Amy Haiken

### Board of Directors

Our Board meeting is Monday, August 12th at 10:00 AM. 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)

## Announcements and News

### Potluck

Due to so many members and friends taking a vacation this month, the potlucks will start back up once the snowbirds return.



### Crystal Bowl Meditation Service

A Very Special Sunday Treat in September has been planned for us, so be sure to mark your calendar and join us on September 8. Our congregation will enjoy, a Crystal Bowl Meditation service performed by Red Sky. You are invited to bring a yoga mat if you wish, but if you must remain seated, that is okay.

I suggest using a sleep mask as well.

I've been to three such meditations, and they are wonderful. Normally, the session cost \$30 (per person) in some places, but you will be treated by our fellowship.

Wear relaxing, comfort clothes, nothing restricting, and join us for a service of meditation and reflection.

The Sunday Service Committee

PS Let Pam know if you plan to use a yoga mat so that we can arrange the sanctuary chairs accordingly.



### August Birthdays



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

8/4 Scott Forbes



### Newsletter Deadline

Please remember that the deadline for the next Newsletter is **August 24 2019**.

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



### Colossal Book Sale

To all NCUU Members and Friends:

**Start getting ready now for the Colossal Book Sale, on Sept. 27 and 28!!** Keep those books you cannot live without, but create space in your life by donating the rest to NCUU.

Bring books or the sale in boxes as early as you can, and leave in the library.

-----Book Sale Committee

Please see the last page in this newsletter for more information



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



## 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](mailto:sewit67@hotmail.com).

Thank you.  
Judith

## Social Justice

Don Wright has graciously volunteered to chair our Social Justice Committee. If you would like to take part in the Committee, please email Don Wright at [ldwright@bellsouth.net](mailto:ldwright@bellsouth.net).

Don Wright has said Social Justice Meetings will occur regularly, the 4th Saturday of every month at 10:30 AM, starting July 27th.

## Sunday Service Leaders Needed

We have some terrific services planned for the fall, but need Service Leaders. See Jeannie or Pam if you would like to know what is planned, and where the need is.

--- Sunday Service Committee

## 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.

## 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.

## 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



CASA Citrus

Yesterday at 5:47 PM · 🌐

Thank you to the **Nature Coast Unitarian Universalists** for hosting a donation drive and bringing CASA all these much needed items today! #citruscares



👍❤️ 32

👍 Like

💬 Comment

➦ Share

## **Social Activities Committee**

NCUU needs your **help** and **assistance**, especially if you don't presently serve on any committees. Summer is putting stress on our members who are putting in many volunteer hours, as many members are away during this time of year. *Every little bit helps, so...*

**The Social Activities Committee** is in need of volunteers to help plan potlucks and other fun events, bring goodies for after services and take turns cleaning up the kitchen after coffee and discussion. Please make sure you thank Matthew C, Pam R and Judith E as well as several others for their services. Contact Pam or Matthew if you can help in any way even 1 Sunday a month. Thank you!



# Book Sale

Erudite and Regular Book Sale committee requests volunteers to help Tom, Peg and (Julie) get the books together for September 27 and 28.

- ❖ Please continue collecting books for the sale, place them if possible in a stackable box.
- ❖ Bring them to NCUU if you cannot house them at home.
- ❖ Plants for Sale: Elephant Ears, Pagoda Plants, Florida Hydrangea, Coral Bean, Passion Vine, Ruby Red Standard Penta, Golden Sweet potato and Black Sweet Potato, Louisiana Iris (just one potted plant sorry), Others not yet listed
- ❖ Baked Goods Table(s)!! Come One Come All!! Please, please, all our talented members and not far away friends, get out your favorite homemade recipe and prepare to have ingredients ready for the Bake Sale portion of the Bazaar Bake Sale Portion will be located in the Foyer, Sign-up sheet for Bake sale table with the name of your melt in your mouth recipe.
  - \*\*Baked Goods must be securely wrapped, and labeled and priced, please. You might list ingredients for allergy prone.
  - 100% of purchased baked goods will go the NCUU
- ❖ Bazaar tables - Flexible shared pricing, so that artists can make back cost of materials/time.
  - Photographic Art
    - Items from other cultures and places.
    - Handmade crafts/art.
    - Interesting and/or practical/ items or information.
    - Grannies attic or creative table.
    - Plant Peoples Table: (outside table, under the tree to the right of the entrance)

## Rules for Bazaar Tables;

- Table, set up and take down, clean up, removal of all items not sold, completely manned by, cashiered by, the individual Bazaar table artist/ seller or their own chosen representative.
- Sharing of proceeds with NCUU, of table items is flexible. (40% NCUU/60 % vender, is baseline ,Honor System)
- All prices on Items on tables must be clearly, visibly labeled.
- You may wear and are encouraged to wear a costume to go with, or reflect your bazaar table.
- Hours of the Sale are from 10 to 3 Sept 27th and 28th.
- Take down is promptly following 3pm on the 28th or before.

The Book Sale Committee

## Overheard in the NCUU Library

[a sobbing sound]

"Who is that?"

"Oh, that's just one of those spiritual books--they're always so sensitive."

"What's the problem?"

"You theology books are really out of touch! Haven't you noticed? **Hardly anybody is using the library.** A lot of the books are feeling neglected. Now the people are having a book sale and a lot of the books are asking to be sold. At least that way maybe they'll get some attention."

"Yeah, a book is made to to be read and loved, or at lest casually browsed. Otherwise, what's the point?"

"I don't understand it. I thought these U. U. people were intellectuals. We're the best religious literature and social justice library in this part of the state! Don't they appreciate us?"

[more sobbing sounds]

"Yeah, they're smart, but maybe they're a little disoriented. Maybe they don't know that were're here to be checked out and taken home."

"Or maybe they get put off by our door being locked, or by people in here counting money."

[small crashing sound]

'What was that?"

**"Oh No! R. Crumb's graphic novel version of the Book of Genesis has just committed bookie suicide! He threw himself off the shelf!"**

Tom Hibberd