



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

Nature Coast Unitarian Universalist (NCUU) News

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

July, 2019

President's Message

Greetings!

I would like to talk about the book I read and took to heart and have shared with a number of people. The book is called The Four Agreements by Don Miguel Ruiz.

The first agreement is:
Be impeccable with your word.

I would say most of us live by this agreement already. Everybody I come in contact with gives their word and keeps it.

The second agreement is:
Don't take anything personally.

This one for me has changed a lot of things. I was sure when somebody was telling me something it was about me personally and when I started not taking everything that was said personally, and stepping back from what was said, I realized most of what happens is about the speaker not the person they are speaking to. This is to say, the speaker comes from a different place with their thoughts and actions. By not taking it personally and becoming offended, we can listen and hopefully receive more information and clarify what is being said.

The third agreement is:
Don't make assumptions.

The third agreement made a big difference for me. Everybody is different and has a different back ground and was raised in different part of the country and learned things that made them unique. So you can't assume that they know the same thing you know. That is why communication is key to understanding what is going on.

The fourth agreement:
Always do your best.

This one is possibly the hardest one because it easier to take a shortcut. But I find it a good reminder fore what we need to do each day.

Well in closing the book is very interesting to me and probably the best self-help book I ever read.

Barbara is now home and feeling better. She is still receiving Physical therapy and doing well.

Thanks,
Rob

Sunday Services

7/07/19 Speaker: Frank Curtis

Background: Frank Sunshadow Curtis' Native American background stems from his Penobscot grandmother, Addie Huntoon Curtis and Chippewa grandfather Oscar P. Curtis. While the storytelling comes from his mother, Ruth, and father, Frank Curtis, Sr inspiration also comes from his wife Ellen and son Braden Tan Curtis.

Topic: "Native American Presentation"

Summary: Frank Sunshadow Curtis will discuss the importance of the natural wonders of the earth and playing his Native Flute music. His discussion will include his Native American ancestors, and the Creator's designs of nature that gives all access to rivers, lakes and oceans.

7/14/19 Speaker: Dr. Tom Hibberd

Background: Dr. Tom Hibberd, an honorary Irishman, is a clinical psychologist in private practice in Inverness. He is also a member of NCUU.

Topic: "How the Irish Saved Civilization!"

7/21/19 Speaker: Rod Broker

Background: He is a retired clergyman with a long career of service to Lutheran churches who has left that milieu behind and now fully embraces the values and principles of Humanism.

Topic: "From Christian Minister to Christian Humanist"

Summary: He will be sharing his life journey of service within organized religion now and beyond.

7/28/19 Speakers: Katie Neely

Background: Katie Neely grew up in the Florida Keys where she was an avid reader and explorer. After high school, Katie worked with children internationally and earned a Bachelor of Arts degree in Communications from the University of South Florida. Katie moved to Citrus County in 2007 and helped co-found Aspire, a nonprofit that educates young people on healthy relationships. After ten years in the classroom, Katie moved to Tampa to pursue a career in writing. Katie is currently editing her first book, a memoir on recovering from alcoholism. She and her fiancé live in Tampa, where she continues to write about mental health, addiction, recovery, and relationships

(Katie Neely - continued)

**Topic: “ Life Is Hard, So Make It Beautiful:
Thoughts on addiction, recovery, and
relationships”**

**Summary: Katie will share her story of addiction,
recovery, and the path to spirituality and self-
awareness. She will address ways in which the
community “gets it right” with recovery services,
and offer ideas on ways to improve these services
(especially among young people).**

NCUU Board of Directors

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Social Justice	Don Wright
Sunday Service	Pam Ricker
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Board of Directors

Our Board meeting is Monday, July 1st 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)

Potluck

Due to so many members and friends taking a vacation this month, the July potluck is cancelled.



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



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.



Tidbits

A guest attending NCUU's Memorial Day service on Music in Medicine has decided to join their training program.

The fire department suggests that you unplug your coffee pot when leaving the house.

- Linda Myers



July Birthdays

HAPPY BIRTHDAY

If your birthday is in July, 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.

7/2	Abby Madeiros
7/9	Connie Hart
7/15	Tom Hibberd
7/16	Ned Davis
7/25	Peter Freeman



Newsletter Deadline

Please remember that the deadline for the next Newsletter is **July 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.



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.



Book Sale

Time to start getting ready for the NCUU Colossal Book Sale!!
(Sept 27-28)

Start sorting those old volumes now so that we can find them
happy new homes and make a little cash for the Fellowship.

The Book Sale Committee



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

