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Citrus Springs, FL 34434  
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# Nature Coast Unitarian Universalist (NCUU) News

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

**September, 2019**

## President's Message

Greetings!

This month I would like to talk about Tibetan prayer flags. They are colorful rectangular colors, strung on string or rope. They are used to bless the surrounding area, where they are placed most of the time in high places so they do not drag on the ground. Sometimes on building tops, even from one mountain to another, or on fencing going across meadows.

Legend says Nepal sutra written banners or squares of cloth were originally written on battle flags and carried into battle. The battle flags became prayer flags in 800 CE, when they were carried into Tibet. They were further modified in 1040 CE. The Indian monk, Atisha, introduced the Indian practice of printing on cloth prayer flags to Tibet and Nepal.

Traditionally prayer flags come in sets of five colors: light to bright blue, white, green and yellow. The blue is for sky and space, white is for the air and wind, red is for fire, green is for water and yellow is for earth. Tradition Tibetan medicine, health, and harmony are produced through the balance of the five elements.

Most flags have a strong horse in the center. They bear the three flaming jewels on it back; the Ta is a symbol of speed and transformation of bad to good fortune. The three flaming jewels symbolize the Buddha, the Dharma (Buddhist teachings) and the Sangha (the Buddhist community), which are the three cornerstones of Tibetan tradition.

Prayer flags are used to promote peace, compassion, strength and wisdom. The flags do not carry prayers to G-d. The Tibetans believe the prayers and mantras will be blown in the wind to spread the good will and compassion into the pervading space thus benefiting all.

They say the best time to hang new flags is in the morning on a sunny, windy day.

Thanks for all you do,  
Rob

P.S. Barbara is doing well at this moment. Thanks for all the calls and visits. She enjoys the company.

## Sunday Services

**9/01/19 Speaker: Dan Gribbin**

**Background:** Dan retired from college teaching after 37 years to enjoy the outdoors in Florida and to play folk music. He spent the bulk of his teaching career as Prof. of English at Ferrum College in Virginia, but he has also taught African-American Literature and American Literature at the University of Central Florida. He and his wife Martha live in Daytona Beach Shores and are members of the Unitarian Universalist Congregation of Ormond Beach, where he serves as Co-chair of the Worship Committee.

**Topic: “Huck Finn and Our Racial Divide”**

**Summary:** When Mark Twain published his novel *Huckleberry Finn* in 1885, he posed a moral challenge for Huck. To satisfy legal requirements, as well as the prevailing morality of the day, Huck would be required to turn in Jim, a runaway slave. But what to do with a runaway slave who has become your friend and protector? It's tempting to look back on the position of the law and the church those many years ago and to say that we've come a long way—that Huck would not have to agonize over such a decision today. But just how far have we come? How safe would Jim be in 2019 America? What are the norms under which we are attempting to operate as a diverse society?

**9/08/19 Speaker: Jim Red Sky**

**Background:** After a near death experience while serving in the U.S. army military police corp., Jim realized a calling to help heal and enlighten others to their ability to self-heal. Jim Red Sky's energy work training began formally in the 1970s after his initiation into Shamanism and through the teachings of his mentor Tiger Kim Li-an. In the years that followed, Jim co-founded a spiritual/healing drum circle which he facilitated for over a decade. In 2005, Jim received his Reiki Master attunement & certifications in the Usui method. Jim Red Sky completed Bardic, Ovate, and Druid training/energy healing work through a Druid Order. The hope is to take positive steps towards wellness of our whole while having a hand in the wellbeing of the individual. Red Sky has taught spiritual, trance and meditative drumming, in addition to using sound to help relieve stress & assist in clearing blockages in the body's energy centers. He also employs other ancient sacred healing techniques. Red Sky resides in Hernando county Florida.

**Topic: “Crystal Bowl Service”**

**Summary:** Use of Sound Bath Meditation with Crystal Singing Bowls, Gongs, chimes, Medicine Drum and more to correctly re-tune chakras and open universal healing gateways within our energetic systems.

**9/15/19 Speaker: David O'Brien**

**Background:** Mr. O'Brien has dedicated his life to justice and peace work in locally, nationally and internationally. Most recently, he worked as an international peace builder in Northern Uganda with child soldiers after a 30-year civil war. Currently, he is the regional director of Project LIFT in Dunnellon. David is married with six children.

**Topic:** "Making an Investment/Leaving a Legacy"

**Summary:** We all have been given gifts that can benefit someone, gifts that are meant to be shared. How are you being called to invest in others? Mr. David O'Brien will speak on Project LIFT, the non-profit he oversees that works with at risk 14 - 19 year-olds in Citrus, Marion and Levy counties.

**9/22/19 Speaker: Rev. Phil Schulman**

**Background:** A life-long ecology, peace and justice activist, Rev. Schulman has participated in numerous campaigns for civil and human rights of mental health consumers, survivors and x-patients. After graduating Star King UU Seminary in 1989, he worked as an Addictions Counselor, creating a "Spirituality Assessment" that won praise from the Joint Commission for Accreditation of Hospitals. In 1998, he directed one of the nation's first "Crisis Alternative Programs" to reduce the use of force and violence in mental health crisis response.

Since 2000, he has served as Minister to congregations in Cal., NJ, St. John USVI, San Antonio and Houston TX. He coordinated a project that through the Green Sanctuary Program with 35 congregations planting approximately 3,500 trees. As Guest Minister and UUA consultant Phillip has facilitated "Nonviolent Communication" to UU leadership.

**Topic: " UU Anti-oppression Leadership"**

**Summary:** How can we UU's nurture leadership that breaks from all past models of domination? Many of us were attracted to this UU movement because of its revolutionary spirituality which calls us to withdraw support from all that oppresses the human spirit. How do we foster leadership that enables power to the people? Can we transcend patriarchy and domination? In a time when the same old forms of leadership lead us to ecological destruction and imperil life on the planet, how do we lead humanity to change its ways and live?

**9/29/19 Speaker: Judi Seigal**

**Background:** Judi has a background in Jewish education, is a founding member of Congregation Beth Israel of Ocala, and is a Jewish community leader. She is a member of Ocala Harmony, women's barbershop chorus, loves RVing and has three wonderful grandkids. She lives in Ocala with her husband of 49 years.

**Topic: "What Exactly is Rosh Hashanah All About?"**

**Summary:** We will explore the spiritual components of this important holiday of the Jewish faith as well as the relevance of the customs, prayers and practices for today.

## 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, September 9th 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)

## September Potluck

Saturday, September 21, 5:30 – 7pm. This will be Nancy's last potluck at NCUU. She would like to see everyone. Please plan to come and share dinner with her and our NCUU family.



## Farewell to Nancy Pettus

Our friend Nancy Pettus will be moving to Alabama at the end of September.

Nancy has been a valuable member of the NCUU since 2014. She has served on the Board of Directors for many years, and took on the responsibility of Clerk since last May.

She's been a very helpful member of the Membership Com., and was most helpful in making the "All That Jazz and more" concert the huge success that it was

She was responsible for using the concert money to buy our new hymnals.

I know that all of us here at the NCUU will miss her sweet smile, and wish her well in Alabama where she will be near her family.

We wish you a fond adieu Nancy. Keep in touch.



## 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



## September Birthdays



If your birthday is in September, 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.

Roger Adams

Lora Deck

Judith Englert

Barry Pendry

Joe Verdi



## Newsletter Deadline

Please remember that the deadline for the next Newsletter is **September 22 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 for 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



## 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, comfortable clothing, 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.

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## Wildlife Club Meeting

**SAVE THE DATE REMINDER** - The Wildlife Club will resume their monthly meetings on Tuesday, September 24, 2019, and invites all nature enthusiasts to attend at 7:00PM, at the Nature Coast Unitarian Universalists (NCUU) fellowship hall at 7633 N. Florida Ave (Hwy-41), Citrus Springs, FL 34434, one mile north of RT-491 in Holder. Watch for future emails for our surprise guest speaker.

## 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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## 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

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## 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

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## **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).

The Social Justice Committee is bringing back the "Kitchen Table Forum" on Monday Oct. 7th at 6:30 P.M. Don Wright will present "What Climate Change Means for the Nature Coast and What we Can do to be Resilient". Please plan to attend and invite your friends and neighbors!



## **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.



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



## **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