



Nature Coast Unitarian Universalist (NCUU) News

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

October, 2019

President's Message

Greetings!

This month I would like to talk about my wife's favorite book, which she reads this almost every morning. She has found that you can just open it up and read a section, and it will inspire you to think of the world in a different way. The book is written by Pema Chodron, a Buddhist nun. She also the resident teacher at Gampo Abby, Cape Breton, Nova Scotia. It's the first Tibetan monastery in North America established for Westerners.

This book offers standalone readings to help cultivate compassion and awareness of everyday life. They were compiled from her teachings at the abbey. She has written a number of other books including *When Things Fall Apart*, *Heart Advice for Different Times*, and *The Places that Scare You*.

One of my favorite sections in this is 'Communicating from the Heart'. This is a quote taken from the book, "We have a strong tendency to distance ourselves from our experience because it hurts, but the dharma provides encouragement to move closer to the experience." Although there are lots of words that could be used to explain compassionate action. I'd like to stress the word communication-in particular, communication from the heart.

There are 65 sections to this book, and each section is very to the point and easily understood. Each can be used in our daily life. This book has helped me focus on everyday life. I hope that this is helpful to you.

Thanks for all you do at NCUU,
Rob

Sunday Services

10/06/19 Speaker: Santosh Kamath

Background: Raised to be generally “self-reliant”, Santosh has academic education mostly in STEM subjects, with degrees in Chemistry (Synthetic and Theoretical Organic focus) and Mathematics (statistics minor), leading to careers in Aerospace (Technical and Management, designing and developing radar software and firmware for military), Appropriate Technology (Agriculture, Aquaculture, Alternative Energy), Speculative Trading, Teaching (Math, Chemistry, Physics, conversations German and Russian), and Higher Education Administration (Adaptive Technology and Institutional Research).

Topic: “CREDO”

Summary: Credo (*New Oxford American Dictionary*) – Statement of the beliefs or aims which guide someone’s actions. Why? Our words and actions are based on our belief systems, generally inherited osmotically from family, society, affiliations (secular, political, religious, etc.). Unless we consciously explore our beliefs, we operate in a knee-jerk fashion to stimuli and voices in our heads.

10/13/19 Speaker: Melina Rayna Barratt

Background: Melina, a longtime activist for feminist and LGBTQ issues, is a Legislative Director for the Florida National Organization for Women and President of the Gainesville Area NOW.

Topic: “An Update on the ERA in Florida.”

10/20/19 Speaker: Lucille Tomkins Davis

Background: Born and raised in Washington, DC., worked as a Speech Language Pathologist and Educational advocate for the District of Columbia Public Schools and the Prince George’s County Maryland Public Schools. Retired after forty years in public education. She is now happily, retired in Florida with her husband Larry Davis.

Topic: “The Diary of a Slave”

Summary: Her great-great Uncle Adam Francis Plummer was a slave in Prince George’s County Maryland. He kept a diary for 64 years, from 1841 until his death in 1905. He wrote in this journal during and after his bondage. In her presentation, she shares her life-changing and life-defining experience of connecting and finding family members through this document. For nearly a century no one knew for sure that the diary – a personal history of the Maryland slave named Adam Francis Plummer really existed. But on August 13, 2003 this priceless work was presented to the Smithsonian Institution in Washington, DC. The event also marked a homecoming for extended Plummer family, a group torn apart by slavery and reconnected through his writings.

10/27/19 Speaker: Dr. Tom Hibberd

Background: Tom is a clinical psychologist in private practice in Inverness, Florida. He is also a member and official playwright of NCUU.

Topic: “Making an Investment/Leaving a Legacy”

Summary: “The Mexican Day of the Dead Ceremony: What Can We Learn and Use From It?”

NCUU Board of Directors

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Vice-President	Connie Hart
Clerk	Lora Deck
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NCUU Committees

Audio/Visual	Gordon Hart
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Choir Director	Sally Smith-Adams
Denominational Affairs	Available
Facebook	John Comer and Connie Hart
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, October 14th at 10:00 AM.

If you want to place an item on the Board agenda, please send it to the clerk, Lora Deck, about a week in advance. (Second Monday of the month)

Announcements and News

October Potluck

All NCUU members are invited to participate in our "Day of the Dead" celebration, as a combined Sunday Service and potluck on October 27.

Day of the Dead

All NCUU members are invited to participate in our "Day of the Dead" celebration, as a combined Sunday Service and potluck on October 27.

In Mexico people celebrate this version of Halloween by taking the whole family for a picnic to the local graveyard to share a meal with their departed loved one. It is a way of experiencing the love that holds a family (or friends) together, even beyond the separation of death.

For our "Day of the Dead" ceremony, please bring a dish of food or a quantity of drink, to share with the community, just as you would for a Potluck. However make this offering something special a beloved deceased relative or friend would have loved to share in. Place your offering on the table around our Altar.

During the service each participant will be called upon to tell the community, in one or two sentences, what food they have brought, which loved one is being honored, and why that food was selected.

Example: "I brought a steak and mushroom pie for my Dad, Robert Hibberd, because he always loved pie."

As soon as the service is over we will all sit and eat together, as in a regular potluck, in love and fellowship.

We hope you will find this to be meaningful and rewarding.-----The Sunday Service Committee and Tom Hibberd

October Birthdays



If your birthday is in October, 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.

Barbara Ewing-DeRemer
Claude Clavette
Pam Ricker

Newsletter Deadline

Please remember that the deadline for the next Newsletter is **October 25 2019**.
Send to: ahaiken@yahoo.com and put 'For Newsletter' in the subject line.

Send Sunday Morning Announcements to:

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

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 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.

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.



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

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 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!