



**NCUU**

NATURE COAST

UNITARIAN UNIVERSALIST

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>

**December, 2019**

## President's Message

I was reading a flyer by His Holiness the XIV Dalai Lama. He was speaking to his members about the three main commitments.

1. To promote human values such as compassion, forgiveness, tolerance, contentment and self-discipline.
2. To promote religious harmony and understanding among the world's major religious traditions.
3. To work to preserve Tibet's Buddhist culture, a culture of peace and non-violence.

After I read the three main commitments, and I then read Unitarian Universalists seven principles. I was struck by the fact they were similar in many ways. They of course were worded differently. Then I read the affirmations 1 thru 4 and saw a lot of the three main commitment in their as well.

The Dali Lama wants us to promote human values, we to say NCUU is a religious community united by our shared values and the covenants, we willingly make to ourselves and to each other in support of our journey towards truth, justice and a better world.

In our covenant we say the goal of world community with peace, liberty and justice for all. The Dali Lama's second commitment to promote harmony and understanding among the world's major religious traditions.

The third commitment to work to preserve Tibet's Buddhist culture, a culture of peace and non-violence. We say mindful of our diversity and our need for greater understanding; we promise to open our hearts and our minds to foster a safe, inviting and loving community.

I find it interesting reading other flyers from other groups, not always religious, and finding similar beliefs and things that are promoted that are similar to the things we believe as well.

Most of the words were taken from the affirmations and the seven principles and the three main commitments

In closing treat each other with the dignity and respect that each of us deserve.

Namaste,  
Rob

# SUNDAY SERVICE

**12/01/19 Speaker:** Annie Bumgarner

**Background:** Annie has been a Certified Therapeutic Recreation Specialist since 1981. She has combined this knowledge with spiritual components by becoming a Licensed Unity Teacher and Prayer Chaplain Trainer. She has recently become fascinated by studying Non Violent Communication, a technique developed by Marshall Rosenberg, and is in the process of becoming an NVC trainer. Annie works at Cedar Creek ALF, teaching classes, gives sermons and is an owner of an import company with her husband, Arbuth. She thrives on learning and believes that wellness and spiritual growth is a lifelong process of choices and renewal that creates quality of living. Annie presently lives with her husband and their two cats Buddy and Elf in Hernando.

**Topic:** "Inner Peace: Possible?"

**Summary:** Have you observed your thinking recently? Would the way you are thinking provide you with inner peace or a ticket for FAST thinking? How can we create a practice for creating inner peace?

**12/08/19 Speaker:** Rev. Dee Graham

**Background:** A Florida native, Rev Dee earned her MDiv from Starr King School for the Ministry, was ordained and awarded denominational fellowship in 1994. Since then, she served Southern congregations plus a number of years as a professional chaplain and community minister. Finishing this church year with her official retirement from active Unitarian Universalist ministry, the Rev Dee Graham looks forward to organizing her library in her new Gulfport FL home, putting into story episodes from her life and the lives of her ancestors, and giving occasional sermons when opportunities arise.

**Topic:** "TBA"

**12/15/19 Speaker:** Judi Siegal

**Background:** Judi has a long 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 husband Phil of 49 years.

**Topic:** "Jews and the American Experience"

**Summary:** A survey history of the Jews in America and how Jewish values shaped American laws and ethics.

**12/22/19 Speaker:** Dr. Tom Hibberd and the NCUU Players

**Background & Topic:** Written by resident NCUU playwright, Tom Hibberd, produced & directed by Tom, Lowell Smith and Maralyn Boysen, the all -star NCUU players will present the age-old Greek myth/story of Demeter, goddess of agriculture and harvest, losing her beloved daughter Persephone who had been abducted by Hades to his underworld. Angry and grief-stricken, Demeter vowed to never let even a stalk of wheat grow again, unless her daughter was returned. Winter and darkness came to the earth; the end of life for everything on the earth would soon follow. So how was this tragic situation resolved? Come to this special Sunday Service and find out!

**12/29/19 Speaker:** Lama Drupon Thinley Rinpoche

**Background:** Drupon Thinley Ningpo Rinpoche was born into a nomadic family in Eastern Tibet during the height of religious and cultural persecution under the Maoist regime. At the age of seventeen he became a school teacher and soon after studied to become a veterinarian. Shortly after Mao's death there was a Buddhist revival in the 1980s throughout Tibet and a period in which many of the destroyed monasteries and holy sites were reconstructed. Tibetans while still under tight political control were allowed to practice their spirituality openly and freely to some extent. During this time Drupon Rinpoche became very inspired to devote his life to the spiritual path. He was very involved in the work of rebuilding the monastery in his local community and soon took monastic ordination. In 1988 he went on a year-long pilgrimage, visiting holy places throughout Tibet which culminated in his dramatic escape, a perilous journey on foot, across the Himalayas from Tibet to India.

Once safely in India, he entered Janchubling Monastery in Dehradun where he studied Buddhist philosophy and served as a disciplinarian for six years. In 1994 he entered a rigorous period of solitary meditation and contemplation known as the traditional Three-Year Retreat. Soon after he was given the title "Drupon" which means "master of spiritual attainment." At the request of his own teacher, he traveled to the United States in 2001 to serve as a spiritual guide and teacher of meditation for western students interested in the Tibetan spiritual practices. He currently resides as the spiritual director at Drong Ngur Jangchubling Buddhist Center in Wesley Chapel, Florida.

**Topic:** "Methods for Developing an Inner Sense of Well-being and Happiness"

**Summary:** He will speak about meditation and mindfulness, dealing with physical and emotional hardship and solutions for cultivating peace and happiness

## NCUU Board of Directors

President	Rob DeRemer
Vice-President	Connie Hart
Clerk	Open
Directors	Tom Hibberd, Bree Hill, Shirley Leonard, Linda Myers, Pam Ricker and Sheila Woods

## NCUU Committees

Audio/Visual	Gordon Hart
Building	Matthew Ciszewski and John Comer
Calendar	Gordon Hart
Caring Committee	Available
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, December 9<sup>th</sup> (Second Monday of the month) at 10:00 AM. If you want to place an item on the Board agenda, please send it to the acting clerk, Holly Alexander, about a week in advance.

## Christmas Potluck

All NCUU members are invited to participate in our "Christmas" celebration on December 25<sup>th</sup> at 5pm. Guests are most welcome! Details will be updated on the website, as well in the Sunday announcements.

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## Community Connections

Community Connections will now be available on the NCUU.org website!

As a Member, do you have events that you are involved in to share with others who visit our website?

Amy Haiken has graciously agreed to add Community Connections to the website and to update events. You may email her at [ahaiken@yahoo.com](mailto:ahaiken@yahoo.com) with your event or notice. Be sure to include the **day, date, time and location**.

These notices can include volunteering, performing, receiving awards and joining or watching sporting events. Please avoid adding events that are during our Sunday services or promote a political candidate. She will add the events to the website once a week.

If you would like to inform others of things you are involved in that others may like to join or attend, please let Amy know two weeks before the event or activity if possible. Keep in mind that all visitors to the website will be able to see these activities and events.

## Let's Connect!

Connie Hart, Vice President

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## December Birthdays



If your birthday is in December, 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.

June Wetzel      Mike Taylor  
Don Wright      Ginny Fitzgerald  
Maralyn Boysen

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## Prepping for Future Sunday Speaker

Our Feb 22 speaker, Teretta Thomas, will refer to Michelle Obama's book *Becoming*.

If you haven't already read it, please read this book in advance.

- Linda

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## Martin Luther King Parade

We need someone to coordinate our participating in the MLK Jr day parade in Crystal River on Jan 20. Sandy and Monique did it last year. See them for tips. "

- Linda

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## Newsletter Deadline

Please remember that the deadline for the next Newsletter is **December 20 2019**. **Please adhere to this deadline, otherwise the newsletter and website won't be updated on-time**. Send to: [ahaiken@yahoo.com](mailto:ahaiken@yahoo.com) and put 'For Newsletter' in the subject line.

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**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](mailto:ContactNCUU@gmail.com) with For Announcements in the subject line. Deadline is the Friday before Sunday service.



### **Sunday Service Leaders Needed**

### **Social Service Help Line**

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.

Wellcare, a health insurance company, has set up a help line for social services. If you need assistance, call 1-866-775-2192.



--- Sunday Service Committee

### **Please Join Us on a Committee. Help Needed!**



NCUU needs your **help** and **assistance**, especially if you don't presently serve on any committees. *Every little bit helps, so...*

### **Social Justice – Climate Change Strike**

Please talk to a BoD member of Committee Chairperson about your interests in joining in the work of our congregation.

### **NCUU Members making a difference!**



### **Social Activities Committee**

**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 and Pam R 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!



## 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



## Kitchen Table Forum Human Trafficking December 7<sup>th</sup>

Melissa Bowermaster, MSW will be giving a presentation on Human Trafficking at the Nature Coast Unitarian Universalist Fellowship, 7633 N. Florida Ave., Citrus Springs, FL 34434 on Saturday, December 7 at 2:00 PM. The presentation will answer questions and provide an introduction covering the basics and a foundational knowledge of the topic.

Ms. Bowermaster is the Executive Director of the Citrus County Children's Advocacy Center, known as Jessie's Place. She also serves on the Tri-County Human Trafficking Task Force.

The presentation will answer questions and provide an introduction covering the basics and a foundational knowledge of the topic.

Ms. Bowermaster may be contacted by phone, 352-270-8814 or by e-mail [melissa@jessiesplacecitrus.org](mailto:melissa@jessiesplacecitrus.org).

This event is one of a series of monthly Kitchen Table Forums focused on social and environmental justice. They will all be taking place at the NCUU and are sponsored by NCUU and the League of Women Voters of Citrus County. The public is invited to this free event. For more information contact [ldwright@bellsouth.net](mailto:ldwright@bellsouth.net).





## **New Year's Eve Celebration and Potluck**

Looking for a low cost and early New Year's Eve? Join the 6 PM Nature Coast Unitarian Universalist celebration at 7633 No Florida Avenue, Citrus Springs. Metaphysical and fun activities will be guided by Shaman Vanessa Fuller-Brown, for a donation.

Bring a pot luck snack and enjoy some punch. Take along a folding chair if you want to drum around a bonfire. Taro cards, readings and perhaps some singing, alongs too. All are welcome. Information: 352-465-4225.

## **Message from Jean Brown**

11-2-2019

To my NCUU friends,

For the past five years I have spent five months of each year with you as a snowbird. This is the first time I will be staying in Pittsburgh and not sharing Thanksgiving, Christmas, New Years, etc. with my NCUU friends. You were a lifeline and a family to me, and I miss you.

I look forward to the monthly newsletters and email blasts and read every word. I remember with fondness the choir rehearsals, the potluck socials, the membership meetings, the wide variety of Sunday services, Sally's weekly "Time for All Ages" talks, and all the rest.

I share your sorrow in the passing of Barbara De Remer and Carol Dinmore.

Many thanks for your love and friendship. I'm sending a love gift to Treasurer, John Comer under separate cover

Love and best wishes,

Jean Brown

