**NCUU****NATURE COAST****UNITARIAN UNIVERSALIST**

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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>**March, 2020**

## President's Message

Sometimes people ask me what I do when I meditate. I read one of Pema Chodron's teachings in her book "Comfortable with Uncertainty", and practice her meditative method. So I will relay part of her teachings. It's called 'On the Spot Equanimity Practice.' While walking down the street with the intention of staying awake as possible to whomever we meet. This is training in being emotionally honest with ourselves and becoming more available to others. As we pass people we simply notice whether we open up or shut down. We notice if aversion, or indifference, without adding anything extra like self-judgment. We might feel compassion toward someone who looks depressed, or cheered up by someone who's smiling to himself. We might feel fear and aversion for another person without even knowing why. Notice where we open up and where shut down- without blame or praise-is the basic of our practice. Practicing this way for even one block of a city street can be an eye-opener. We can take the practice even further by using what comes up as basis for empathy and understanding. Our own closed

feelings like fear or revulsion thus become an opportunity to remember that others get caught this way. Our open states like friendliness and delight can connect us very personally with the people that we pass on the streets. Either way, we are stretching our hearts.

The long and short of what she saying is be aware of what is going on around us on a daily basis. Be in the moment where ever you are.

Thanks for all you do,  
Rob

# SUNDAY SERVICE

**3/1/20 Speaker:** Cathy DeWitt

**Background:** Well-versed in many musical genres, Cathy DeWitt is an award-winning singer/songwriter, pianist, guitarist, and harp therapist. She has been a Unity Music Director and touring New Thought musician for over twenty years, working with Revs. Sharon Connor, Marciah McCartney, Peggy Hostetler, and more. She has been a guest musician and speaker at churches, spiritual retreats and events throughout the country. She has been an activist for environmental and human rights causes for many years, playing and writing songs for Save Our Springs, Veterans for Peace, Civic Media Center, Stetson Kennedy Foundation, and many other organizations and groups. Her songs and recordings have won awards in Songwriting, Composition and Jazz Performance in national and international contests. She is the senior Musician in Residence for Shands Arts in Medicine, having started the music program there twenty years ago, and gives talks and workshops throughout the country on music and healing.

**Topic:** *"Music of Women"*

**Summary:** Celebrating Women's History Month, we will present a program of Women's in Music. Women have always used music as a way to express their love, give people a way to grieve, and connect with a higher realm. From singing lullabies for babies to leading church choirs, from memorials and tributes to political movements, women's voices have led the way in emotional musical expression. And their generosity of spirit in sharing their art is boundless. Just ask Sally! From my own personal story, I've always felt a responsibility to use my talent for good, to create community and hope with music whenever I can.

**3/8/19 Speaker:** Bob Benner

**Background:** Bob and wife Jean travel back and forth to Florida during the winter months. They leave a hectic lifestyle for one that is more linear and relaxing, working on projects, reading, planning and enjoying few phone calls, intrusions or you 'shoulds'. Bob has had many hats and loves trying unfamiliar options. His latest venture is working up a Model TT, (Model T truck), for use on and around their homestead on Long Island. (Don't get him started!) BA from Drew University, MA from NYU, Farmer, 43 years, educator, 60 years. Lives organically as life presents itself.

**Topic:** "Group Participation"

**Summary:** (Getting to know you, 2) Our world is changing. Rapidly!

I'd like to probe the congregation on developments that you feel have changed your world in your lifetime. After some discussion, we'll look into what possibilities the future might bring.

Potential themes: Life expectancy, travel, communication, wage equity, race, population, prices, education, immigration, guns, drugs, incarceration, leisure time, cursive, workplace, shopping, games, birth control, garbage, climate, parenting, religion, trade, conflicts, politics, water, marriage, internet, food, tattoos, music, terrorism, dating, transportation, space, family.

**3/15/20 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 '98, 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: "Salvation, Evolution and all that Jazz; UU a contemporary expression of a fundamentally human endeavor"**

**3/22/20 Speaker: Lynne Westmoreland**

**Background:** Lynne Westmoreland grew up as a Southern Baptist and is still in recovery. One of the gods that saved her in her original alcoholic family was music. She taught piano and was a professional pianist and accompanist for 30 years, mostly in the D.C. area. Her encore career is in humane education which examines the intersectionality of human rights, animal protection, environmental responsibility and stewardship, and how media and culture often collude to entice us to live contrary to our most deeply held values. Lynne completed training as an end of life doula last July and will be working toward certification in that field when she returns to NY in the spring.

**Topic: "God's Pronoun is They"**

**Summary:** We tend to limit our conception of God to a much smaller version of that mystery than is possibly true. In our binary culture of either/or, black/white, male/female, right/wrong, war/peace, love/hate, we lose all of the beautiful shades and layers of this life manifested in us here on earth. Young people are beginning to identify themselves with pronouns and fluid identities that are probably much more appropriate to the fullness of an individual. And we are each, as individuals, legion - containing many emerging and remembered personas. If we as humans are so complex and evolving, then can God be simplified to a He or She, nurturing or punitive, all powerful but allowing such earthly suffering? How might God, when interviewed, describe the fullness of being "the name whose radiance makes the spheres to dance".

### **3/29/20 Speaker: Gaia and Kurtland Davies**

**Background:** At 75 and 80, Gaia and Kurtland Davies are surprised to find themselves still asking, “What do I want to be when I grow up?” Our bodies may be slowing down a bit, although Kurtland still plays tennis 3 times a week and spends every Tuesday morning weeding, trimming and hauling trash out of the natural woodland hammock at our UU and Gaia manages to work out a few times a week. And it seems sometimes that our brains are getting so full that every time we put something in, something else has to fall out. But our willingness to keep on learning is stronger than ever. We continue exploring new paths and doing our work of service and remembering to play a bit along the way.

**Topic:** “Escaping the Boxes of Life”

**Summary:** Forty years ago, in the popular book *The Three Boxes of Life*, Richard Bolles suggested that as we move through stages of life, society tries to trap us into specific limited experiences. In youth we must study and learn. As adults we have to work hard. And when we become elders, we are allowed to retire and play. We know, of course, that we must make room for all these experiences throughout all the stages of our lives. But how we play, learn and work changes over our lifespan. As elders, how will we find work, play and learning that fit who we want to be as we move toward the end of our lives? How can we escape the boxes of life and move on to our journey inward to the heart?

# NCUU Board of Directors

President	Rob DeRemer
Vice-President	Connie Hart
Clerk	Jean McCauley
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	Connie Hart, Abby Madeiros
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, March 9<sup>th</sup> (Second Monday of the month) at 10:30 AM.

If you want to place an item on the Board agenda, please send it to the clerk, Jean McCauley, about a week in advance.

## Announcements and News

### St Patrick's Day Luncheon

The NCUU Social Activities Committee announces its plans for their annual St. Patrick's corned beef and cabbage luncheon. It is scheduled for March 15, right after the service.

It features a generous portion of corned beef, cabbage, potatoes, carrots, rutabaga, and onions. There will be bread, butter, dessert, and beverage, all for only \$10 a plate. Take home containers are available. Be sure to mark your calendars and sign the sign-up sheet for this amazing, annual event.

Sorry, no shepherd's pie this year.  
Pam and Matt

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### Service Leader Training

There will be a Service Leader Training on Saturday March 14 and again on Thursday March 19 from 10:00 am to 12:00 pm each day. If you are interested in becoming a service leader please plan to attend one of these sessions. Contact Jean McCauley at [jeaniebeanencuu@yahoo.com](mailto:jeaniebeanencuu@yahoo.com) for more information.

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### 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.

### March Birthdays



If Your Birthday Is In March, 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.

Charlotte Langlely	A. Rob Deremer
Holly Alexander	Peg Gotz
John Rushong	Jean McCauley

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### Newsletter Deadline

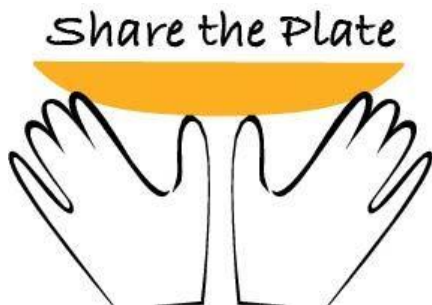
Please Remember That The Deadline For The Next Newsletter Is **March 22 2020**. **Please Adhere To This Deadline, Otherwise The Newsletter And Website Won't Be Updated On-Time**. Send To: [Ahaiken@Yahoo.Com](mailto:Ahaiken@Yahoo.Com) And Put 'For Newsletter' In The Subject Line.

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### 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.

## **“Share the Plate” to be Initiated by NCUU**



On the second Sunday of each month we will take a second offering that will be donated to a different local charity every month. Charities will be selected by the Social Justice Committee. “Share the Plate” is practiced by many UU fellowships, suggested and sanctioned by the UUA, and will promote more visibility in our community.

## **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

## **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...***

Please Talk To A Bod Member Of Committee Chairperson About Your Interests In Joining In The Work Of Our Congregation.



Unitarian Universalists have been part of every movement in US history, and we are ready to show up for the 2020 election like never before. Our forebears and ancestors gave us the blueprints for seeking justice in the world and speaking truth to power.

Press the control key and click on the image to view the following video.



## 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?

Please email Amy 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



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



## Wildlife Club Meeting

Reminder The Wildlife Club's Next Meeting Is March 24, 2020, 7:00pm, At The Nature Coast Unitarian Universalists (NCUU) Fellowship.

The guest speaker will be Sue Silber, from Nature World Rescue, who will be doing a presentation about rescue procedures and stories. She will tell how they helped and general information about some local rescues.

Door Prize - 50/50 Drawing -Free Wildlife Handouts And Refreshments.

For More Wildlife Club Information Contact:

Brenda L. Roberts, Wildlife Club President  
[Blr768@Tampabay.Rr.Com](mailto:Blr768@Tampabay.Rr.Com)  
(352)746-2384

Thanks To All - Brenda



## 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!



## New Members



**Carole Goodwin**

Carole Goodwin was born in California to parents serving in the U.S.Navy, but grew up and lived most of her adult life near Chicago. She graduated from University of Illinois and earned a Ph.D in Sociology from the University of Chicago. After a few years of teaching, she decided to follow a long held dream of owning a bookstore, which she operated for 19 years. After closing the bookstore, she worked in various positions at Replogle Globes, Inc., a manufacturer of geographic globes, retiring in 2009. In 2011, when same-sex marriage had become legal in Illinois, she and her partner Renee DeMar were married. In 2016, after several years of being snowbirds, Carole and Renee made Inverness their permanent home. They enjoy camping and other outdoor activities. Carole is an avid fan of the blues and plays guitar a little. She was drawn to NCUU because she found a good “fit” in the warm, open, and spirited character of this Fellowship as well as the seven UU principles.



**Art Jones**

Art Jones is the founder and president of One Rake at a Time Inc., a nonprofit that physically removes Lyngbya algae, Hydrilla and other invasive weeds clogging up our springs and replanting native eel grass.

## Special Announcement - UUA

Hello! My name is Davis Senseman and I am honored to be supporting the important work of UU the Vote by providing legal counsel regarding how congregations can engage in bold, effective electoral work fully within your rights and IRS status as 501c3 religious organizations.

I'm collaborating with the #UUTheVote team to provide comprehensive guidance around the issue throughout the campaign.

Here are four key questions that we've already heard from several congregational leaders:

**Question 1:** Can we openly preach, teach, or act about being opposed to war, or supporting the Green New Deal? Have these become partisan issues?

**Response:** YES YOU CAN. Unless you are persuading people to vote for/against a specific candidate, you are absolutely allowed to take a definitive stance on issues, including issues regarding actions of the current administration. Opposition to war, combating climate change, resisting oppression in all forms—these are foundational UU beliefs. They can and should be at the center of sermons and congregational work.

**Question 2:** Can we partner with an organization if they are not a 501(c)3?

**Response:** YES YOU CAN. Congregations can partner with c(4) organizations or unions to carry out charitable, nonpartisan activities consistent with the church's 501(c)3 status and mission. For UU congregations, that includes activities advocating for foundational UU beliefs.

**Question 3:** Can Individuals from the congregation (especially the minister) publicly endorse candidates?

**Response:** YES THEY CAN. So long as the individual is not speaking at an official church function, in an official church publication, or otherwise using the church's assets, and does not claim to speak as a representative of the church, they are free to endorse and speak publicly on behalf of any candidate.

**Question 4:** Can we ever host partisan activities in the congregation?

**Response:** YES YOU CAN, as long as the event is consistent with pre-existing space use policies (i.e. - you don't charge for space use and aren't charging the folks holding the partisan event, or you only allow groups invited by a member to use the building). Furthermore, your policies can include a requirement that any group using the space hold similar values to UU principles to avoid having to host groups whose partisan activities are contrary to UU beliefs.

The UU the Vote team is here for your questions and looks forward to helping all UU congregations engage in prophetic, nonpartisan work in support of our values in 2020. Join us at our January 12 launch!

Best,

Davis Senseman, Esq.