**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: <https://www.ncuu.org>**May 2021**

## President's Message



April 20's verdict was a rare moment of police accountability. Our hearts go out to George Floyd's family. We mourn as his community mourns and as they look to find some degree of solace in this verdict. The jury sent a clear message that police are not above the law. It is an indictment of the system of policing that allowed Chauvin to murder an unarmed and defenseless man in broad daylight before witnesses.

This is a time of national reckoning. Our Unitarian Universalist faith demands that we speak George Floyd's name in remembrance of his life and recognize every Black person who has been harassed, assaulted, or murdered by police. We pray this moment opens the door to a new era in this country, one in which there are always real consequences for police violence and misconduct.

We must work in solidarity with the Black leaders and organizers who have long been fighting for accountability and justice. America is grappling with the reality that our system of policing cannot be truly reformed. We need a fundamental divestment of police spending and a re-investment in our communities and a shared vision of safety. The time is now; the time of piecemeal and ineffective reforms must end.

Policing in this country remains deeply broken. When lives like George Floyd's are stolen, there can be no justice through the legal system—accountability is only the first action towards systemic change. This verdict does not end institutional racism or the long history of lethal over-policing. At its origin, our

nation's policing was designed to hunt down enslaved people who were running towards freedom and organizing to resist. We need a different system of public safety—one that recognizes the humanity of all people at its foundation.

Like so many law enforcement officers before him, Derek Chauvin thought that—without consequence—he could keep his knee on the neck of a prone man who was begging for his life. We acknowledge and honor the twelve Minneapolis citizens who proved him wrong. Chauvin's murder conviction is an unmistakable message that the people will not tolerate the police abuse and killing of Black people with impunity.

America's system of policing is designed to preserve itself at all costs. This unusual breach of the "blue wall of silence" only underlines how invested the system is in portraying this as a case of "bad apples," a specious attempt to divert attention from the rottenness of the entire institution of policing. The culture of law enforcement is so fundamentally dysfunctional that even under intense global scrutiny, police cannot refrain from enacting violence against Black, brown, and Indigenous people.

- UUA.ORG

Yours in service,

John Comer

# SUNDAY SERVICE

**Sunday, May 2, 2021**

Speaker – Dr. Jeffrey Nall



Jeffrey Nall, Ph.D. is a father, professor, and civically engaged scholar. He teaches philosophy and humanities courses for Indian River State College and the University of Central Florida. Nall also teaches courses in Women, Gender, and Sexuality Studies at Florida Atlantic University. He is the author of *Feminism and the Mastery of Childbirth: An Ecofeminist Examination of the Cultural Maiming and Reclaiming of Maternal Agency During Childbirth*. To learn more about his work go to [www.JeffreyNall.com](http://www.JeffreyNall.com).

**Topic:** God is a Mother: The Difference between *Having and Making Babies*, and What it Means for Reproductive Rights

Women do not “have” babies, they create them. In this talk, Jeffrey Nall, Ph.D. argues that ordinary, attitudes, communication, and cultural expression concerning pregnancy and childbirth contribute to the repression of women’s reproductive rights and foster a lack of reverence for creativity and agency of our mothers. Nall contends that we often speak in a manner that envisions women’s creation of new life is a passive and predetermined act. This thinking is rooted in patriarchal consciousness that can unintentionally give credence to misguided anti-abortion arguments. By more mindfully thinking and speaking of childbirth, argues Nall, we can foster a more honest and respectful way of thinking about the women’s reproductive rights, abortion and childbirth.

So often, morally courageous individuals of the past are adulated, while their teachings go unheeded. Too often, that has been the case here. But what lessons and what hope can we derive, can the world derive, from these two martyred figures, the carpenter-prophet from Nazareth and the minister from Atlanta?

**Sunday, May 9, 2021**  
**Speaker – Betty Jean Steinshouer**

Betty Jean Steinshouer has served the people of Florida since 1989 as part of the Speakers Bureau of the Florida Humanities Council, doing costumed portrayals of various authors who came south to help “bind up the wounds of the nation” after the Civil War, and continuing through the Jim Crow era and the Civil Rights and environmental movements. In 2004, she was named a Fellow in Florida Studies at the University of South Florida-St. Petersburg.

She has toured 44 states and Canada, in addition to Florida, and is particularly well known for her popular “Willa Cather Speaks,” for which she did decades of research, leading to her book, *Long Road from Red Cloud: Life Lessons from Willa Cather*, in 2019. It won Book Fest’s International Book Award for Biography in 2020. Her next book, *Florida Journeys*, about twelve “scribbling women” who were in Florida from Reconstruction to Apollo 8, will be published in December 2021.

**Topic: A Mother’s Love: Willa Cather as an Intersex Child**

This Pulitzer Prize-winning author has been as famous for what we don’t know about her – “the thing not named” - as for what we know. Many of her short stories and classic novels such as *My Antonia* and *A Lost Lady* take on a whole new meaning in light of a new book revealing her gender dysphoria and life-long medical issues. She was initially given a boy’s name, which was changed to a girl’s name, with great difficulty, during puberty and her difficult path to a successful adulthood. Her mother’s understanding and support, especially during a five-year period of cross-dressing, made a huge difference in “Willie” being safe and accepted in her family and community.

**Sunday, May 16, 2021**

Speaker – Rev. Brock Leach



Rev. Brock Leach lives in Sarasota and works for the Unitarian Universalist Association as executive consultant for emerging ministries, helping develop and lead denominational efforts to support religious innovators.

In Sarasota, Brock volunteers on the boards of Children First, Sarasota County's Head Start agency, the Education Foundation of Sarasota County, the Sarasota African American Cultural Coalition, and chairs the

Professional Advisory Group for Pastoral Care at Tampa General Hospital. He also serves on the board of the Unitarian Universalist Service Committee (UUSC), the denomination's international human rights agency where he was formerly on staff.

Prior to ministry, Brock had a 24-year career as an executive for PepsiCo. He holds a BA in economics from the University of Colorado Boulder, an MBA in finance and marketing from the University of Chicago, and a Master of Divinity degree from Meadville Lombard Theological School in Chicago. He is currently a Doctor of Ministry student at Boston University's School of Theology.

**Topic:** Building a Multicultural Movement

In this moment of overwhelming divisiveness, it's hard to imagine how we might cross cultural boundaries to tackle our common human challenges. As part of my UUA work supporting religious innovators, I've been interviewing ministers of culturally diverse congregations to learn what they know about building and sustaining multicultural communities. Their answers are hopeful and inspire me to imagine how Unitarian Universalism can show the way forward.

**Sunday, May 23, 2021**

Speaker – Russell Buddy Helm



Classically trained musician, he has recorded and performed with many greats: Chuck Berry, Bo Diddley, Allman Brothers, Bethlehem Asylum, Sting, Big Joe Turner, Baba Olatunji, Frank Zappa, Kanye West, Wolfman Jack and many others. Worked with Aretha Franklin's producer, Jerry Wexler, Lived and performed in Coconut Grove, Florida and toured around the world playing drums with Tim Buckley. A prolific writer, he wrote the Star Wars comic strips for George Lucas, psychic novels and drumming books for spiritual and healing. His Helmtone Healing Drum Protocols is used by many therapists and recovery centers around the U.S., Australia, Japan and Europe. He streams a healing drum workshop on Zoom three times a week posted on Facebook, and teaches online private drum therapy sessions. He was a drum therapist at Bridges to Recovery in Pacific Palisades, Malibu, for 6 years and maintains a healing center and ethnic gift store; Seasons, 1021-A Montana Avenue in Santa Monica, California 90403, with his partner Cathy Javier for thirty five years. He offers a certification program for Helmtone Healing Drum Protocols to therapists, energy workers, Healers, counselors and teachers to augment their own modalities. All inquiries are welcome.

**Topic: “Healing Drum Prayers with Russell Buddy Helm”**

This will be a healing meditation using African Djembe drums with vocal accompaniment. Gentle nurturing rhythms that soothe the soul, putting our good intentions into relaxed manifesting grooves that create a personal connection with the Universe. Drumming prayers connect us to the creative forces around us and within us. This helps release anxiety, fear and tension to embrace Universal blessings and wisdom. It also creates a future for evolution of our personal and cultural higher consciousness. Rhythm is used as a tool for expanded awareness and sense of belonging to the greater elements of consciousness.

**Sunday, May 30, 2021**

Speaker – Sylvie Rokab



Sylvie is a Nature-Therapy Guide and an award-winning filmmaker with 25 years working as a director, producer, cinematographer, editor and writer – for digital platforms, conscious cinema, and television - including *HBO, PBS, Discovery, and Travel Channel*.

Narrated by *Liam Neeson*, her film **LOVE THY NATURE** received 27 awards and had over 300 screenings worldwide – with “view-and-do” events where audiences engage in nature-

connecting and restoring activities such as tree-planting, wildlife-gazing, and forest-bathing.

A certified Nature-Therapy guide, Sylvie leads retreats and expeditions to guide participants to deepen connection – with nature, others, and self. Sylvie’s vision is to shift our paradigm to a nature-inspired civilization and restore our spellbinding world.

**Topic:** “Love Thy Nature – Virtual Forest Bathing”

This webinar will invite participants to discover Forest Bathing (aka Nature Therapy) and learn ways to bring the practice into their daily lives as a way to heal stress, promote well-being, and experience wonder in the simplicity of a nature-guided life. Sylvie will highlight how this practice is an essential tool in times of Covid.

## NCUU Board of Directors

President	John Comer
Vice-President	Connie Hart
Clerk	Margo Wilson
Directors	Amy Haiken, Bree Hill, John Ivens, Shirley Leonard, Lowell Smith and Don Wright

## NCUU Committees

Building	Matthew Ciszewski and John Comer
Bylaws	Amy Haiken and Gordon Hart
Calendar	Gordon Hart
Caring Committee	Connie Hart, Abby Madeiros
Choir Director	Sally Smith-Adams
Denominational Affairs	Bree Hill and Sheila Wood
Facebook	John Comer and Connie Hart
Finance	Shirley Leonard
Grounds	Bree Hill
Librarian	Tom Hibberd
Long-Range Planning	Bob Madeiros
Media and Technology	Gordon Hart and Amy Haiken
Membership	Holly Alexander
Music	Sally Smith-Adams
Newsletter	Amy Haiken
Nominating Committee	Abby Madeiros, Jeanne Wright, and Mike Taylor
Photographer	Gordon Hart
Piano	Connie Hart, Sally Smith-Adams, Sheila Woods
Property	Matthew Ciszewski and John Comer
Religious Education	Available
Social Activities	Matthew Ciszewski and Pam Ricker
Social Justice	Don Wright
Sunday Service	Pam Ricker
Treasurer	Jean McCauley
Website	Gordon Hart, Amy Haiken

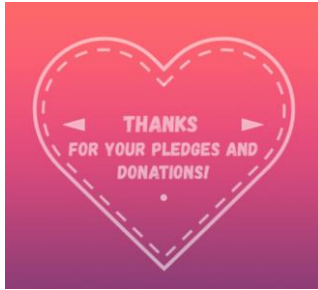
## Board of Directors

Our Board meeting is Monday, May 10 (Second Monday of the month) at 10:30 a.m. If you want to place an item on the Board agenda, please send it to the clerk, Margo Wilson ([clerkatncuu@gmail.com](mailto:clerkatncuu@gmail.com)), about a week in advance.



## Announcements and News

### NCUU Pledges



### [NCUU Pledges and Youtube Video](#)

Our Fellowship is still functioning and has ongoing expenses. Click the above link if you are viewing this on your email to watch the video. We will be “open and up and running” as soon as it is safe. Please find it in your generous hearts to keep your pledges and gifts up to date. Many thanks to all of you. Checks should be sent to:

Nature Coast Unitarian Universalist Fellowship  
P.O. Box 94  
Holder, FL 34445

Connie Hart

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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.

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### Send Sunday Morning Announcements To:

[Contactncuu@gmail.com](mailto:Contactncuu@gmail.com) Write “For Announcements” in the subject line. Deadline Is The Friday Before Sunday Service.

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### May Birthdays



If your birthday is not included, and your name is not on this list, please notify the editor:

ahaiken@yahoo.com. Birthdays will be celebrated for now with a card from the Caring Committee. Please take time to text, call, or email these members this month.

Carole Goodwin  
Ellen Saunders  
Matthew Ciszewski

Julie MacDonald  
John Comer  
Stan Brumaghim

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### New Member



Ana Walker, our newest NCUU Member, is a visual artist and former K-12 art educator with ESE endorsement. She now owns and operates a part time pet sitting and house sitting business. (photo from Gordon Hart)

## Female Veteran Memorial Video

There is a change in our May 23 service. The woman veteran will not be speaking to NCUU, and another speaker has been scheduled.

However, you may watch a video of the local dedication of a memorial to females in the services. This monument was commissioned, and installed, by Citrus County female veterans. It can be visited any time on the grounds of the Inverness historic Courthouse Museum. Link for video: <https://youtu.be/71QYmyxHE0E>

- Linda Myers

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## Connect With Conversation

Each Wednesday from 7-8 p.m., members can join each other for conversation via a recurring Zoom link.

Sometimes we have a topic, sometimes we play a game. We catch up on local events and concerns and learn about each other. It's a great way to get acquainted. You don't have to dress up or clean the house, either. We look forward to "seeing" you.

If you need assistance getting on Zoom, contact Amy or Gordon.

Connie

## Newsletter Deadline

Please Remember That The Deadline For The Next Newsletter Is May 23, 2021. **Please Adhere To This Deadline; Otherwise, The Newsletter And Website Won't Be Updated On Time, or your material won't appear in the issue.** Send To: [ncuu.news@gmail.com](mailto:ncuu.news@gmail.com).

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## BELIZE

Our May 30 speaker, Sylvie Rokab, is guiding a trip to Belize on Oct 31. She is a leader in promoting environmental movements, such as Love Thy Nature and Forest bathing.

For details on the trip: Google: **'Holbrook Travel'**, and search thru their tours. It is their only Belize trip, I believe. It is for relatively active folks, and includes plenty of sensual water activities.

Sylvie is a film maker, and her full length film: ***Love Thy Nature***, with Liam Neesen, shows how we lost touch with nature. The film is inexpensive to view; or can be rented for a congregational viewing. While Googling, it is easy to see the trailer, and we hope you do this before her talk on May 30.

-- Linda Myers

## Newsletter and Website

All request entries should now be sent to the email address [ncuu.news@gmail.com](mailto:ncuu.news@gmail.com). That will make it easier to keep all requests organized in one place. I have been getting emails sent to several of my email accounts, and it makes it very difficult to organize the items to will be in the monthly issues. I can only **guarantee** that it will be in the issue, if it's sent to this email address.

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### NCUU Calendar

Please send additions, deletions, updates and edits to Gordon Hart, [gchshutterbug@gmail.com](mailto:gchshutterbug@gmail.com), so that he may keep the calendar updated on our website, [ncuu.org](http://ncuu.org).

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### Grounds Workday

Even if NCUU is closed right now, plants and weeds keep growing! If you are looking for a way to get out of the house, maintain social distancing (6 feet to whatever you are comfortable with) and get some fresh air and exercise, Sally and I would be happy for you to join us on the first Friday every month between sunup and 11 a.m. Even if it is for just an hour before the heat builds up, you are welcome!

Bree Hill

## Sunday Service Committee

If you would like to give feedback on any or all of our speakers, please click the link and do so at any time. The Sunday Service Committee appreciates your input.

### [Speaker Feedback Form](#)

Thanks,  
Pam Ricker

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### Caring Committee

The Caring Committee is working with the Membership Committee to make calls and keep in touch with you. Since we still can't meet in person, you may be receiving a personal call from a different member of our Fellowship once a month, just to touch base and say, "Hi." Thank you to the Caring Committee and Membership Committee for organizing this!

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### Loving Energy by Pamela Reader

Pamela Reader, one of our newest members, is a nurse, counselor, and hypnotherapist. Pam has created a hypnotherapy session that she would like to share with all of our fellowship, especially with us all going through this stressful time with the coronavirus. The session is highly recommended.

Please click on this [link](#) to her Youtube video.

Thanks, Pam!