



NEW OUTLOOK

UNITARIAN UNIVERSALIST FELLOWSHIP OF CHARLOTTE COUNTY

A spiritual home where religion and reason meet

OCTOBER 2020



Chalice Chatter from Rev. Dan

We have now passed the six-month mark of living in a pandemic. It seems pretty obvious that we'll be living like this for at least another six months. We are well past the "Crisis Management" mode and into the "Long-Term Adjustment" mode. This is true personally as well as for our work at UUFCC.

I'd like to encourage you to be aware of your stress level. Before March we all were living with whatever our normal daily stress level was. We had learned to function pretty well at that level. Now, however, COVID-19 realities have changed our daily stress level.

If you think about stress being a scale of 1-10, with 1 being very relaxed and stress free, and 10 being a loss of control of our emotions and ability to cope due to stress, most of us functioned pre-pandemic at about a 3 or 4 (mostly relaxed, recognizing stress, but able to focus and function). Any unusual stress, such as a flat tire or medical problem or an argument with a loved one, raised us to maybe a 6 or 7 (more effort to focus and function, possibly with an inability to focus at times).

Living in a pandemic for six months has changed our baseline of daily stress. We can't live as we did back in February. We can't travel, we can't go out shopping or to a movie or to have dinner with friends like we used to. We have to wear masks everywhere. We are more conscious of surfaces we touch. The holiday season is coming up, and we know we won't have large Thanksgiving meals or other traditional holiday celebrations like we used to. That raises our stress level on a daily basis.

While we used to start most days at a 3-4 on the stress scale, now we often start days at a 6 or 7 and have to make a special effort to focus and function. So now when an added stressor comes our way, such as getting bad news, or our air conditioner goes out, or we can't visit a friend who's sick, we jump to an 8 or 9 on the stress scale pretty easily (getting defensive, raising our voice, overreacting). We find ourselves losing control more quickly or getting angry more easily.

This is why it is so important to take extra effort to be good to yourself. Spend more time outside now that the days are not as hot. Call friends and family just to chat. Watch movies you loved 20 years ago. Learn a new hobby. Stop watching the news. Make new recipes. Meditate. Write. Be silent.

There's not much we can control even in the best of times. Today it seems like there's even less we can control. You can always control you, however. You can control your time, your activities, your actions, your words, and yes, even your stress level.

If you find that you're extra stressed and just want to chat, please let me know. I am here to help. I do not have all this pandemic stuff figured out, so I can commiserate if nothing else. Please do email or text me if you would like to talk. That's why I'm here!

And remember to be a blessing to everyone you meet.

Rev. Dan

Dear Loving Community



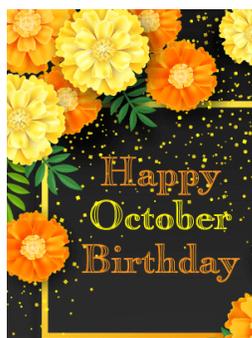
We are doing the work. See our Chalice logo appearing, our delightful new website, our transforming beautiful grounds. Note our Immigration Discussion series in the paper, Rev. Dan and others sharing our dissent in solidarity with those struck down in Immokalee, Kentucky, and elsewhere. We are evaluating our bylaws and policies to hold us to love and justice. Our leaders and volunteers are spending many hours behind the scenes studying, arranging, and planning so that we can have the most safe and nurturing space (physical, virtual, social, spiritual), with most effective connections and fiscally sound base that we can achieve under the current conditions. From this base, we are able to reach out to the best of our current ability, to support

the community, country and the world in which we live during these tumultuous times. Did we ever think we could do these things in such a setting? (a virtual art show, a virtual open community discussion group on a vital social justice topic, continue to financially help the local food banks!) There are so many of us at this work, I can no longer list you all. *If you haven't had the opportunity yet and would like to find a spot to join in a new way, we will find one for you. Please contact me.*

As we move into fall, we also leave a restless, frustrated & fearful, anxious & angry passing of days...missing our summer cookouts, beach parties, poolside gatherings. We have been soothed by moments of shared laughter and gratitude on Zoom, careful encounters with neighbors, knowing exchanges with masked store workers, caring phone calls; joys of children, pets, nature where we can find them. These seemingly two dimensional and often brief encounters have become more important. We work hard to find ways to stay fit, patient, focused, loving and forgiving. We have learned more about ourselves in these past couple of months, closer on the edge of uncertainty more often than we want to experience.

Personally, I find myself not wanting to look at the holidays ahead and do the work that I need to do to adapt to these changes. At the same time, the heaviness of this election and unacceptable political decisions weigh on us, day to day, as we make room for caring for ourselves and others, as we go. At UUFCC, like many others, we celebrate the changing seasons, our important moments, the various secular and religious holidays, in community; playfully, joyously, reverently, with each other. Let us continue to buoy each other up at these times! It takes a community of dedicated, loving people, each doing our own little bit at a time, to hold each other up, shine the light ahead, remind each other of the strength and determination of John Lewis and Ruth Bader Ginsburg, share a quiet moment, or some raucous laughter. We can get through this, and we can "make some good trouble."

In peace,
Lorrie Douglas
Board President



*Happy Birthday
to*

*Marilyn Reeve 10/20
Debbie Meyers 10/22*

If you would like recognition for your special day please contact Stephanie Garrett at garwalsr@gmail.com

Sunday Mornings on Zoom

Conversation Among Friends - 9 am - Meeting ID: 955 8424 3345; Passcode: uufcc

Worship - 10:30 am - <https://zoom.us/j/93632314034>

Log in a few minutes early. You will need to be admitted through a waiting room.



October 4 "Our Broken Contract"

The Rev. Khleber Van Zandt of UU Venice will be our guest in the pulpit.

October 11 "A History of Social Justice" – Rev. Dan Lambert

UUs have a long history of social justice, but just what is social justice and why is it so important?



October 18 "UUs & the 60s" – Rev. Dan Lambert

This decade started with the Big Merger and ended with cultural upheaval, and UUs were right in the middle of it all.

October 25 "UUism in 2020" – Rev. Dan Lambert

What is happening around our denomination and why?



Immigration Justice Committee

END ISOLATION! Watch the Netflix six-part series, "Immigration Nation" at home and join a community "Zoom discussion" days later and online.

The first discussion of episodes 1 and 2 went well. There was good attendance, minimal mechanical problems, and thoughtful opinions.

Please view episodes 3 and 4 and join the next group discussion on Wednesday, Oct. 7, 6-7 PM. You MUST pre-register on the Unitarian Universalist Fellowship website - uufcc.org. Scroll down and "click" on the "Immigration Nation" flyer and follow the prompts.

This series was made in cooperation with the US Immigration and Customs Enforcement Agency (ICE) and offers a frightening inside view of the current deportation system.

DISCUSSION SCHEDULE:

- Episodes 1 & 2 – COMPLETED.
- Episodes 3 & 4 - will be discussed on Wed. Oct. 7th – 6-7 PM
- Episodes 5 & 6 - will be discussed on Wed. Oct. 21th – 6-7 PM

For more information: 941-258-8473

Unitarian Universalist Endowment of Charlotte County (UUE)



The UUE, established in 1991 by two “non-members” at the time, is an autonomous affiliate of UUFCC and the UUA. It has its own set of bylaws and Board of Trustees with the purpose of assuring the financial future of a liberal religious presence through support of growth initiatives and to further the principles and practices of Unitarian Universalism.

The UUE is financed through donations from members and friends of UUFCC or those outside of the Fellowship who would like to honor a loved one. Donations are invested through the UUA in socially responsible initiatives.

Grants from the UUE have provided support in the past for Celebration of Life Services, mission/vision programs of the Fellowship, and Black Lives UU (BLUU) at the national level.

During this time of fluctuating finances due to pandemic impact, the UUE Board of Trustees would like to thank George and Alice Clattenberg for their generous donation toward the general support of our Trust Fund.

Library News

Did you know that you can check out books from the UUFCC Library during the pandemic?

The UUFCC Library Catalog may be accessed from the new UUFCC Website under the "How to Plug In" menu item.



Here is a direct link to the catalog <https://www.librarycat.org/lib/maryjanewms>

During the pandemic, while you do not have access to the building, email the office (or call) to request a book and we will arrange for you to safely pick it up. There is never a time limit on a checkout. If someone else requests the same book, you may be notified to return it so that another reader may use it.

Your friendly office administrator/librarian can suggest titles or assist you with searching the catalog if you have any trouble finding a book.

Book Group

The UUFCC Book Group will be meeting on Zoom until it is safe to meet in person again. All of the books chosen for this season are readily available at the public library or inexpensively from Amazon. Mary Jane often has the book in Kindle format and can lend you a reader with the book on it if you can pick it up at the Fellowship. Contact her if you want one of the books in electronic format. The link will be emailed to members of the Book Group prior to the meetings each month. Contact the office at office@uufcc.org if you would like to receive the Zoom link or to be added to the email list.

Book Group Schedule for Fall 2020 thru Spring 2021

- October 28 at 1:30 p.m.** Gulliver's Travels by Jonathan Swift
- December 2 at 1:30 p.m.** March (a graphic novel) by John Lewis
- January 27 at 1:30 p.m.** The Nickel Boys by Colson Whitehead
- February 24 at 1:30 p.m.** So You Want To Talk About Race by Ijeoma Oluo
- March 24 at 1:30 p.m.** Gilead by Marilynne Robinson
- April 28 at 1:30 p.m.** The True Believer by Eric Hoffer
- May 26 at 1:30 p.m.** The Dutch House by Ann Patchett

SECOND HELPINGS

We want to remind everyone that all Second Helping contributions for the months of September thru November will be split evenly between Harry Chapin Food Bank, C.H.A.P.S, and Meals on Wheels. You may contribute at any time of the month, and as often as you wish. If writing a check, be sure to annotate "for Second Helping", to assure it is channeled in the correct fashion.

CLEANING HELP WANTED

We have a few in our UUFCC family who are having increased physical challenges keeping their home clean. If you could volunteer a few hours each month to help someone with regular household cleaning, please email Rev Dan (minister@uufcc.org). Also, if you or someone you know needs help, please let him know that as well.

Please Test Drive our NEW WEBSITE!! www.uufcc.org

Great thanks to our Web Weavers for their many hours of detailed work in creation & transition: *Laura Anderson & Laura Liermann: design, content & technical; Tom Deuley: graphics; Mary Jane Williams: technical.*
What a talented & successful team!

Designed for easy & quick access to stay up-to-date; enjoyment of the content and graphics, clear access to the calendar, events, links to tons of important info, experiences of past services & music; all in a beautiful expression of who we are and what we do!

This is only the beginning. This site will continue to expand including items such as more Committee & Interest Group info & a full Member section.

Art on the Wall

The Art on the Wall Committee is calling for submissions for a fall show that will be shared only on our website and Facebook page.

Titled "Pandemic Art," the show will feature works created since March of 2020 that are either a result of the COVID-19 pandemic or that reflect something relevant to the pandemic.

Digital images of pieces must be submitted by following the instructions below. Art submitted may be paintings, photography, needlework, sculpture, pottery, drawings, digital art, or any other art form that can be captured in a still image. Items submitted must not have been part of any other curated art show, and artists must agree to have these images shared online in a public forum.

Artists will be able to sell their work but will be responsible for making arrangements with buyers individually. A donation of 20% of the sales to UUFCC is requested.

Thank you for your interest, and we look forward to the wonderful variety of art we'll be able to share! Artists may submit up to five images for consideration. To submit items, click this link and fill out the information requested. You can upload images using that link as well.

<https://forms.gle/E9hpLZTEQyGrHfX89>

The deadline for submissions is Thursday, October 15. We look forward to your creative contributions!

Creatively Yours,
UUFCC Art on the Wall Committee



Art on the Wall is Back!! Thanks to the work of the Art on the Wall committee, the magic of the internet, the art of Dennis Shaw, and the tech skills of Tom Deuley, we have a new Art on the Wall show on our YouTube channel. Click the link below to see it. A few important notes:

- * The show is created in PowerPoint and the images change automatically.
- * If the slides are too fast, you can click on the image and it will pause. Click it again to resume.
- * To watch the show in the larger "Full Screen" display, go to the bottom right corner of the video and click on the icon that looks like a box with four corners. (Hit your Esc button to leave the Full Screen display.)
- * You may contact Dennis directly to purchase any items he is willing to sell. UUFCC receives 20% of the proceeds for this online Art on the Wall show.

To watch the show either go to our uufcc.org homepage or click this link:

<https://www.youtube.com/watch?v=DV2eUiglfwU&feature=youtu.be>

Zoom Calendar

Weekly Events

Mondays – Spanish for Beginners – 4 pm
Wednesdays – Happy Hour with John Lee – 7 pm
Thursdays – Choir Chat – 6 pm

- Oct. 2** Southern Leadership Study Group 1:30 pm
- 5** Moran Chalice Circle 2 pm
- 7** Immigration Justice Committee 5 pm
Immigration Nation Netflix Discussion 6 pm
(see p.)
- 8** Buddhist Meditation 4:30 pm
- 9** Whitehill Chalice Circle 10:30 am
- 11** Social Justice Committee 12 pm
- 12** Shaw Chalice Circle 2 pm
- 13** Program Council 2 pm
Azar Chalice Circle 4 pm
- 14** Caring Committee 1 pm
- 15** Policies and Procedures Task Force 12 pm
- 18** “What Are You Reading?” Book Group 7:30 pm
- 19** Moran Chalice Circle 2 pm
- 20** UUFCC Board Meeting 6 pm
- 21** Immigration Justice Meeting 5 pm
Immigration Nation Netflix Discussion 6 pm
(see p.)
- 22** Buddhist Meditation 4:30 pm
- 23** Whitehill Chalice Circle 10:30 am

- Oct. 25** Crafting Circle 7:30 pm
- 26** Shaw Chalice Circle 2 pm
- 27** Azar Chalice Circle 4 pm
- 28** Book Group 1:30 pm

To access most activities,
log in to Zoom
Meeting ID: 935 2637 2148;
Passcode: uufcc

Members of Chalice Circles should
already have their Zoom links.

Immigration Justice Committee
Meeting ID: 977 8986 3043
Passcode: uufcc

Program Council
Meeting ID: 924 0263 9114
Passcode: uufcc