



Unitarian Universalist Fellowship of Charlotte County

1532 Forest Nelson Boulevard, Port Charlotte, Florida 33952
941.627.4303 — www.uufcc.org — www.facebook.com/uufcc

COMMUNIQUE

UNITARIAN UNIVERSALISM promotes **SEVEN PRINCIPLES**

as strong values & moral guides:

1st Principle:

The inherent worth and dignity
of every person;

2nd Principle:

Justice, equity and compassion
in human relations;

3rd Principle:

Acceptance of one another and
encouragement to spiritual
growth in our congregations;

4th Principle:

A free and responsible search
for truth and meaning;

5th Principle:

The right of conscience and the
use of the democratic process
within our congregations
and in society at large;

6th Principle:

The goal of world community
with peace, liberty, and
justice for all;

7th Principle:

Respect for the interdependent
web of all existence
of which we are a part.

SUNDAY SERVICES

are at 10:30 a.m.

Services are hybrid:
in-person &
on YouTube.

www.youtube.com
UUFCC Port Charlotte

A Letter from the President

Dear Ones,

By the time you receive this letter, we will have experienced another holiday season and welcomed a new year. I hope your celebrations were enjoyable!

The highlights of my holidays occurred at the **Christmas Eve and Christmas morning services at the Fellowship**. I am so grateful for **Jim Boyle and the UUFCC Choir**. The music we created lifted my spirits and kindled numerous precious memories.



As 2023 unfolds, I look forward to the many opportunities we will have to come together in play and work.

Thanks to MaryHolly Allison, Mary Jane Williams, Helen Sokalski and me, we will offer the UUA class entitled **"Facing Death with Life."** The first meeting will occur on **Thursday, January 5th at 1 PM**. There will be eight, one-and-a-half hour sessions and participation will be limited. So if you are interested, email me or MaryHolly. There will also be a sign-up sheet posted in the social hall.

I am so grateful that the **Immigration Justice Committee** is hosting the

Garcia family as they seek asylum from the brutality in their home in Venezuela. Please remember that there are numerous ways **you can help** them. Transportation and child care are just two significant needs. I have

been taking the children to play in beautiful parks in North Port once a week. Following UUA rules, I always take another adult with me. If you would like to join us for one or more of these outings, let me know. Contact Betty Barriga if you can help in other ways.

I am also happy to share that Mary Jane Williams is taking a UUA course on providing **lay-led spiritual care**. She intends, upon completion of the course, to teach several other members what she has learned and form a small lay-led pastoral care group.

Finally, it is my hope that the damage we incurred from **Hurricane Ian** will be repaired sooner rather than later. We are making progress and your patience is appreciated.

In faith and gratitude,
Dennis Shaw, President
UUFCC Board of Trustees

Climate Change: Resiliency Measures vs Mitigation



Unitarian Universalists include, but are not limited to, agnostic, atheist, Buddhist, Christian, earth-centered, Hindu, Humanist, Islam, Jewish, Muslim, Pagan, Taoism, believers in God, and more.

www.uua.org/beliefs/who-we-are

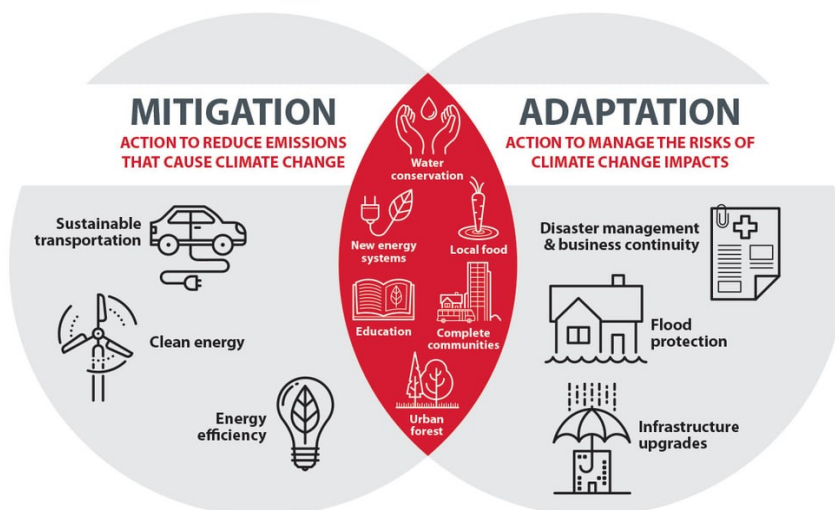
We frequently hear about our needs locally, nationally and globally to combat climate change. The words migration and resilience are often in those conversations. What is the difference between these strategies?

Resilience has been likened to hardening our infrastructure, e.g., stricter building codes, improving waste and storm water catchment and runoff systems, improved seawalls and, of course, rapid response teams to rescue people, quickly rebuilding power, communications, fresh water and food delivery systems, as well as provision for temporary housing in response to catastrophic events. Resilience also includes preservation and rejuvenation of current natural buffers like wetlands, dunes and mangrove forests. Resiliency measures DO NOT address the causative effects of climate change

but are measures intended to support us and our communities as the climate worsens.

Mitigation efforts are intended to slow down increases in global temperature by decreasing production of greenhouse gasses such as carbon dioxide, methane and CFCs (ozone depleters used in refrigerants and in aerosol propellants). Replacing fossil fuels with eco-friendlier solar, wind, hydro and geothermal alternatives are measures that can slow down rising temperatures with their myriad ill affects such as ocean acidification, intolerably hot days, droughts, wildfires, intense rainfall events, catastrophic storms and, well, you get the point. Revamping agricultural techniques and changing our individual diets to emphasize vegan alternatives over meat and dairy are healthy and necessary both for us individually and to maintain current ecosystems.

Building Climate Resilience



So **what is more important:** adoption of resiliency measures or climate change mitigation efforts? The simple answer is that we need to implement BOTH solutions but without mitigation, resiliency measures alone will be insufficient over time in an ever warming and rapidly changing world.

If you are interested in reading more, here are a couple of links:

unfccc.int/topics/adaption-and-resilience/the...

climate.nasa.gov/solutions/adaption-mitigation

— Joseph H. Oyer

THOUGHT-PROVOKING BOOKS

Many years ago, as a new UU, I was introduced to *The Jefferson Bible, The Life and Morals of Jesus of Nazareth*. It has been reissued several times and is available through Beacon Press.

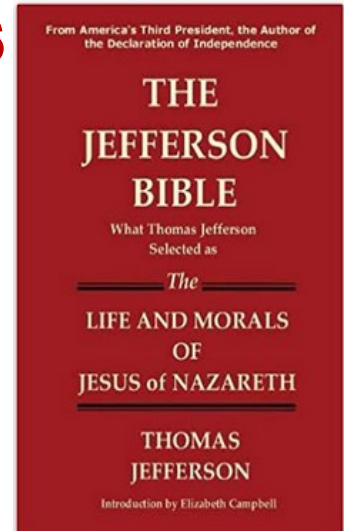
Basically, while U.S. President in 1804, Thomas Jefferson decided to get to the actual words and thoughts of Jesus by editing the four Gospels. All mention of miracles such as the immaculate conception, resurrection, walking on water, etc., were omitted. Blasphemy, which is why folks today thought he was a Unitarian like John Adams.

When I finally got to read the book, which was completed in 1819, it was clear, at least to me, that a creed, dogma or liturgy wasn't needed to preach love, compassion, forgiveness, inclusion. I am reminded that the first European invaders of the 15th-18th century left Europe because of religious persecution. Of course, they in turn

persecuted those of a different faith with the Original People considered heathens.

While Governor of Virginia in 1786, Jefferson introduced and got passed a Bill to establish Religious Freedom — a first of its kind in the nation. We still speak today of religious freedom but I think that concept has warped into “just my kind of belief.” Jefferson tried to undress the hokiest pokiest to get to a guide for living in community, but I ask again: *Whose community?* It didn't include women or people of color who could neither vote, hold office, preach, or hold property. I would like to believe that Jesus would have a problem with religious freedom as exercised today and not be hung up on miracles. *The Jefferson Bible* takes the veil off and at least I saw a clearer meaning.

— Stephanie Garrett



Unitarian Universalism is a liberal religion characterized by a free and responsible search for truth and meaning.

Unitarian Universalists assert no creed, but instead are unified by their shared search for spiritual growth, guided by a dynamic, living tradition.

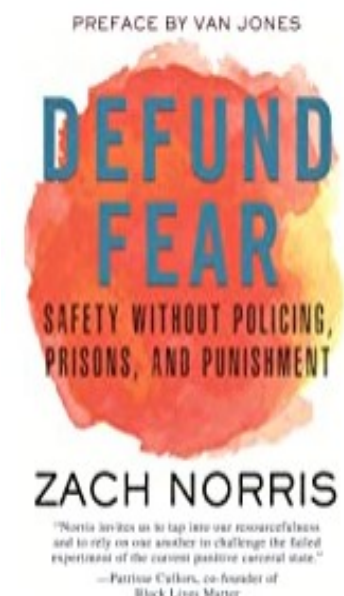
en.wikipedia.org/wiki/Unitarian_Universalism

The Book Group at UUFCC

On **February 22nd at 1:30 pm** the Book Group will be discussing a book that is a UU Common Read for 2021-2022. According to UUA, the UU Common Read builds community in our congregations and our movement by giving diverse people a shared focus for reflection and action. A Common Read can take us on a powerful faith journey into what it means to be human and accountable in a pain-filled world. **UU Common Read 2021-2022:**

Defund Fear: Safety Without Policing, Prisons, and Punishment
by Zach Norris (Beacon Press, 2021)

Norris shifts the conversation about public safety away from fear and punishment and toward support systems for our families and communities. The book explores what has gone wrong and why, and who has been most harmed by repressive and racist policing systems. Norris offers a new blueprint for public safety that holds people accountable while still holding them in community. Mary Jane has the eBook available on a Kindle Reader if you would like to borrow it. There is also one copy of the book available from the UUFCC Library. If you want to borrow either the eBook or hard copy, contact Mary Jane.



IMMIGRATION JUSTICE COMMITTEE

UPDATE REGARDING OUR UUFCC CAPAS FAMILY

— Myrna Charry



What a difference a month makes! Today, our guest family is settled into their new home. Sorangel (Mom) and Zhoemy (five year old) are learning English. Even two year old Luciano can say over ten words in English and understands more. Sorangel is in two English classes each week and two one-on-one English tutoring sessions each week.

Zhoemy has started pre-kindergarten. She loves it. The waiting list is long for two year olds so Luciano is still at home. The family has been on several excursions including many trips to the playground, the beach, and the Poinsettia Parade and Festival. We hope you will sign up to take the family on an outing, or an adventure or out to eat. In addition to the obvious benefits, it is useful to introduce them to US culture. They are game for anything!

The family is moving toward filing asylum papers. Sorangel has completed a lengthy intake interview with Legal Services and now is waiting for an appointment with the Immigration lawyer.

As compassionate Unitarian Universalists, we want to share with you what we have learned.

**Sign up to
take the family
on an outing,
or an adventure
or out to eat.
In addition to the
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it is useful to
introduce them
to US culture.
They are game
for anything!**

Sadly, we have witnessed the difficulty that low income people face when trying to access services. Similarly, asylum seekers (like our guest family) have great difficulty. For example, some programs have accepted a letter from the Fellowship as to this family's indigent status. Another service required a statement from Social Security. Registering the children with Head Start also required many documents. Because the children's vaccine records were from another country, it took four trips to the Immunization Clinic to obtain necessary records required for Head Start enrollment.

And this is where our Fellowship has stepped in — to support this family and help them as they move toward a bright and productive future.



UU ENDOWMENT OF CHARLOTTE COUNTY DONATIONS & AWARDS

The UU Endowment of Charlotte County again thanks all members and friends of UUFCC for their generous donations in honor or memoriam of those departed.

Your donations, invested in the UUA Common Endowment Fund of Socially Responsible Investments, provide financial support for Fellowship programs and wider UUA initiatives in partnership with other organizations.



The UU Endowment of Charlotte County is pleased to announce that our **UUFCC Immigration Justice Committee** has been awarded **\$5,000** as matching funds for the **UUSC CONGREGATIONAL PROJECT FOR ASYLUM SEEKERS (CAPAS)**. This hands-on project illustrates not only our UU Principles but also our commitment to put love into action.

DONATE



In Memory

Of...

NOVEL

"From what he could see she had the legs of a much younger woman. Certainly not what he would have expected of Unitarian legs."

—*Prodigal Summer* (2000)
by Barbara Kingsolver

UU SOURCES OF OUR LIVING TRADITION

UU congregations “live out [their seven] Principles within a ‘living tradition’ of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture and personal experience. These are the six sources our congregations affirm and promote:

- “Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- “Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- “Wisdom from the world’s religions which inspires us in our ethical and spiritual life;
- “Jewish and Christian teachings which call us to respond to God’s love by loving our neighbors as ourselves;
- “Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- “Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.”

<https://www.uua.org/beliefs/what-we-believe/sources>

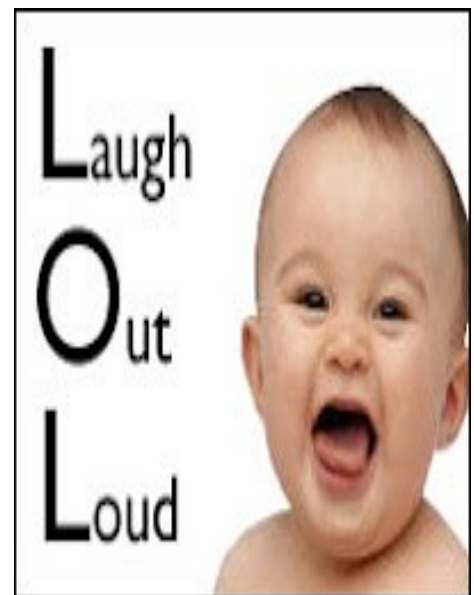
HUMOUR

Three Unitarian Universalists arrive at the Pearly Gates, much to their own surprise and that of Saint Peter, who upon checking his records realizes that these three people have led fully exemplary lives, they aren’t Christian, and Heaven is only for Christians, and they shouldn’t be up here in the first place.

But it’s a slow day, and Saint Peter is in a good mood. So he offers them a deal: “I’m going to ask each of you a question, and if you answer correctly, I’ll let you into heaven. But if you get it wrong, to Hell with you.” They figure this is as good a deal as they’re likely to get, and so Peter asks the first one, “Explain the meaning of Easter.” The guy scratches his head, and says, “Isn’t that where there’s a fat guy in a red suit with reindeer, and you get presents, and — AAARGH!!!” as Saint Peter pushes the big red button and the poor fellow is hurled into the pits of Hell.

So Peter asks the second one the same question. She looks confused and then says, “Um, yeah, you’ve got this bunny hopping around hiding eggs under bushes, and—AAARGH!!!” as Peter hits the button again and she’s cast down to the place of eternal damnation.

The third UU comes up and Peter asks him the same question. He’s prepared for this, however — he took a Comparative Religions course through the RE department at his church, and he knows his stuff. “OK, Jesus was arrested in Gethsemane after Judas betrayed him, he was hauled before Pilate and sentenced to death, he was crucified on the Mount of Calvary and buried in a tomb with a rock rolled in front of the door —” Peter’s relaxing, he’s going to get to let someone in today, he’s already reaching for the green button — “and if he comes out and sees his shadow, there’ll be six more weeks of winter, but — AAARGH!!!”



Ha Ha Ha? Hmm... A UUFCC THINKER Thinks About This Issue's *Humour*



Thoughts on comparative religion:

Saint Peter, a Christian, would think only Christians can go to heaven. It is a place that they invented. So if you are Muslim, Hebrew, Buddhist or Unitarian Universalist (pagan, atheist, agnostic, atheist, Christian — we come in many varieties), being good to others wouldn't count.

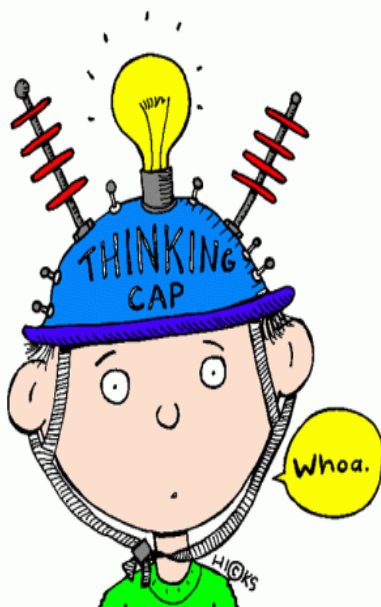
Saint Peter had all the wrong answers. Easter was taken from the name of the pagan Goddess Estero who colored rabbits and eggs for the beginning of spring. Rolling away the stone entrance to a crypt as proof of a second life is like our famous groundhog, Punxsutawney Phil. He is pulled out of his hole on

February 23rd in front of photographers and TV cameras. Depending upon whether he sees his shadow, there may or may not be an early spring.

Many ancient religions spoke of going down under and even took servants and food so as to be comfortable in the afterlife. Hell. Hell is where the action is. Maybe hell is the here and now.

Guess this UU is going to hell.

— Stephanie Garrett



An Elevator Speech

Unitarian Universalists
gather in community
to support one another's
individual spiritual
journeys, trusting that
openness to one
another's experiences
will enhance
their own understanding
of their own links
with the divine,
with history,
and with one another.

—UU Rev. Jonalu Johnston,
Oklahoma City, Oklahoma
[http://archive.uuworld.org/
2003/06/affirmations.html](http://archive.uuworld.org/2003/06/affirmations.html)



UPDATE: WHY IS THE RIGHT TO CLEAN WATER AMENDMENT NEEDED? AND, HOW DOES FOCUSED DISCUSSION ABOUT THE AMENDMENT HELP OUR WATER?

From UU Justice Florida's *Bending Florida Toward Justice* newsletter.
See <https://uujusticeflorida.salsalabs.org/october2022newsletter>.
Reprinted with permission.

Read what the Waterway Advocates said this spring:

The Waterway Advocates, a South Florida-based organization with a holistic approach to habitat restoration and pollution clean-up is, demanding answers and action in a letter sent in May 2022 to the Honorable Secretary Shawn Hamilton at the Florida Department of Environmental Protection and the Honorable Governor Ron DeSantis. A few concerns mentioned in the letter are:

Through email correspondence with ERC staff, Waterway Advocates has confirmed that, **"The Florida Environmental Regulation Commission last met on Feb. 8, 2017."** In this same communication, the agency also claimed, **"There have been no agenda items that have required [ERC] to convene since this time."**

As an organization that is frequently in the field witnessing pollution, its effects, and working to restore habitats, we see many reasons on a daily basis for ERC to meet. We hear it from our community members, read it in the news, and witness it at our events. Here are just a few of our concerns:

In 2021, a record 1,101 Florida manatees died. This was the deadliest year on record, compared to even 2020 when there were 637 manatee losses. Only five months into 2022, and almost 500 have already fallen to this Unusual Mortality Event. If this trend remains at this rate, mathematically, we could see a potential loss of 1,500 manatees — this year!

The Blue Green Algae Task Force urged that health advisories be developed by the Departments of Health and Environmental Protection, 'to inform the public about the **potential health impacts associated with exposure to algae and/or algae toxins.**' Lake Okeechobee and many other bodies of water have

been 'blanketed in blue green algae' within recent years. While our state has a Blue-Green Algae Task Force, the ERC's failure to discuss or even acknowledge this growing issue is concerning.

In March of 2022, Florida ranked first for the highest total acres of lakes too polluted for swimming or healthy aquatic life, in a new study by The Environmental Integrity Project examining water quality across the United States. In the same report, Florida ranked second in the nation for "lakes that cannot be used at all" and "total square miles of impaired estuaries."

The Florida Department of Environmental Protection has determined that "nearly 9,000 miles of streams and rivers designated for recreation are impaired for fecal bacteria." Public contamination warnings have been inadequate at best, and ERC must intervene in this and other water quality issues.

Here is a link to the entire letter at their website:

<https://www.waterwayadvocates.org/post/environmental-resting-commission?gclid=Cj0KCQjwof6WBhD4ARIsAOi65ajhBva6PcDCiVfNPU93C600xNu43oJJEc2&eType=EmailBlastContent&eld=ea995633-13a8-43d4-a93c-4d2060df8c24>

Until state senators and representatives choose to listen to their constituents, Amendments to the state constitution are one of the only ways the majority of Florida voters can be heard on state issues.

UU Justice Florida supports this proposed Amendment to the Florida Constitution establishing the Right to Clean and Healthy Water.

LOSING OUR PRINCIPLES?

— Laura Anderson

What would you think if I told you that Unitarian Universalists are losing their principles? Would that make you less of a UU?

You might be aware that the UUA Article II Study Commission has been working — discussing, drafting, asking for feedback, presenting, editing, asking for feedback — on revising the Bylaws which include the Principles and Purposes. In 2023, the Board of Trustees will receive the recommendations from the Commission and these recommendations are expected to be voted on in the General Assembly — preliminary in 2023 and final in 2024.

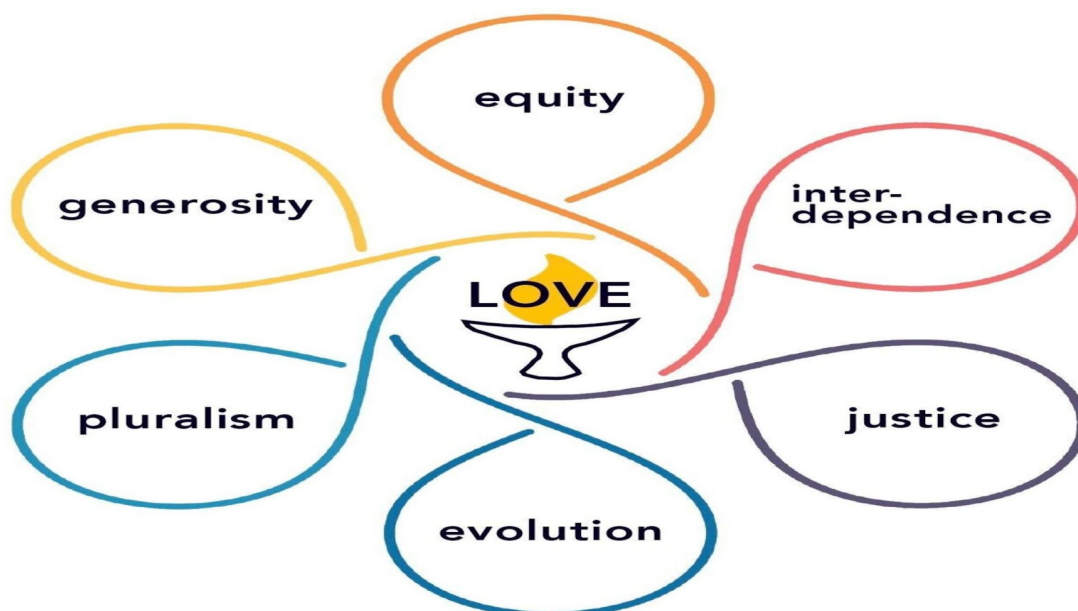
The entire report and process and explanation can be found online:

<https://www.uua.org/uuagovernance/committees/article-ii-study-commission>

The Commission finds a common value among UUs and asserts “that our deepest common theological grounding and value is this: Love.”

This is what new bylaws look like:

Further explanation from the Commission: We find it peeking through the words of the currently existing Principles. We see it in our insistence on the worth and dignity of every person (and the calls by some that this insistence needs to extend to all other beings, as well). We see it in the call for demanding and embodying justice, equity, and compassion in human relations. We hear it in our urging of acceptance of one another and our support for each person's spiritual growth. We discern an accountable love in our call for a responsible search for truth and meaning. Our affirmation of the right of conscience, and the right of every individual to participate in shaping those institutions that govern them, displays a deep respect and love for every person. We hold up the goal of a peaceful, free, and just world community as an expression of what love can and should bring into being. And we believe that our call to respect the interdependent web that we are a part of is an articulation of love for all that is and our own place and role in that web. We see love called out as what demands that we be active in our justice work and justice-making.



MEMBER SPOTLIGHT

on BETTY BARRIGA



FAMOUS UUs

MORRIS DEES
(1936—)

Attorney, co-founder,
Chief Legal Counsel of
Southern Poverty Law Center

DAVID HUBEL
(1926-2013)

Nobel Prize Laureate
In Medicine 1981

SCOTTY McLENNAN
(1948—)

Dean for Religious Life at
Stanford University, Minister
of Stanford Memorial Church,
and inspiration for the
Reverend Scot Sloan character
in the comic strip Doonesbury

PAUL REVERE
(1735-1818)

American silversmith,
industrialist and patriot

JOANNE WOODWARD
(1930—)

Actress, wife of Paul Newman

[https://en.wikipedia.org/wiki/
List of Unitarians Universalists,
and Unitarian Universalists](https://en.wikipedia.org/wiki/List_of_Unitarians_Universalists_and_Unitarian_Universalists)

I came to the United States when I was nine years old speaking no English. It was hard but I quickly learned the language and did well in school. In August 2016, I moved to Port Charlotte with my mother in order to escape the long New England winters. Although I have lived in the US since I was nine years old, I still think of myself as an immigrant from Ecuador.

The year I moved to the South, Donald Trump was running for president and his anti-immigrant platform made me very nervous. As luck would have it, I came across the UUFCC via an ad in the local paper inviting the public to attend lectures. Soon after, I started attending the Sunday services. I felt that I had found a community that was committed to social justice as stated in their seven principles. Before long and with the help of other UU members, we started an Immigration Justice Committee.



This committee sponsored various events such as an immigration film series, and a debate on immigration to which the public was invited. Many people attended and were interested in this topic. We then joined with the Hispanic American Citizens

Council, a local organization, to form a literacy program for those just learning English. I have always thought that our U U F C C Immigration Justice Committee should reach out to other like-minded local groups and work together on

programs and strategies.

We did a lot in our early years but I truly think that everything we did was just a dress rehearsal for where we are now, a CAPAS sponsor.

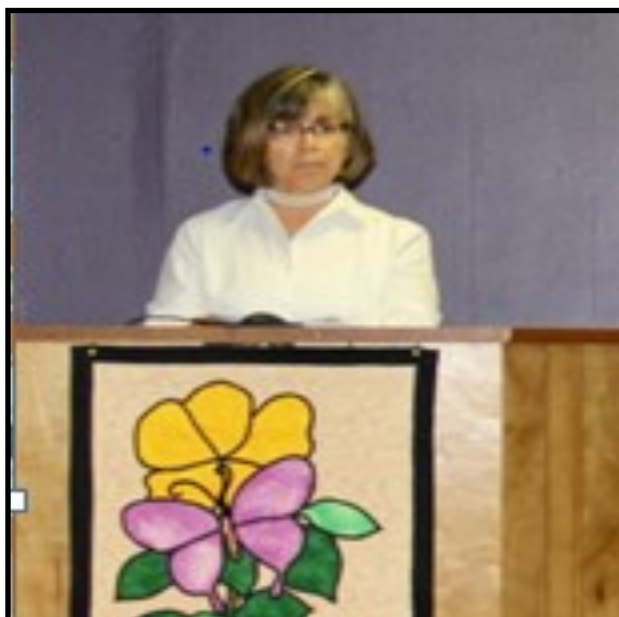
CONTINUED ON PAGE 11

Member Spotlight on **BETTY BARRIGA** continued from page 10

Patricia Lane and Kathy Guilmette, long-term UU members, had read about CAPAS, **UUSC Congregational Project for Asylum Seekers**, and felt strongly that this is the work we should be doing. They said:

**“If we do CAPAS,
we will be living our faith.”**

Our IJC met many times to think and talk about CAPAS. We spoke with the program manager, Jessica Sapalio, and other UU congregations participating in the CAPAS project. And finally, on September 21, 2022, our IJC voted “yes” to participate in the CAPAS project. We reached out to the Fellowship Board advising them of our decision and they quickly approved the plan and have been supportive and encouraging ever since.



In October 2022, before we could get all our ducks in a row, we got a call from the Red Cross Temporary Hurricane Shelter in Englewood asking if we could help a mother from Venezuela and her two children. The Red Cross social worker told us that this family had been allowed into the USA until their asylum petition was decided. We responded quickly and on November 13, 2022 we moved the family into the home of the two IJC members who had initially brought CAPAS to our attention.

We are currently informing the community and building support for CAPAS while at the same time,

We are trying to raise money.

I am pleased to say that in a very short time, **we have accomplished a lot.** We have found English language classes for the mom, Head Start programs for the children, pro bono lawyers for the asylum petition, community clinics for medical attention. We are amassing a cadre of volunteers. To date, volunteer members have taken the children to a nearby park, to the beach and to other places they have enjoyed.

We went into this venture knowing that it would be a long-term commitment — possibly two years —before this family would be able to get their legal and social affairs in place and could stand on their own feet. We also know:

**We cannot do this
alone.**

It makes me proud that my Fellowship is supporting this venture. Not only is this venture the right thing for us to be doing but I can happily say that the church I chose is promoting something that is so close to my heart.

It takes a village and it takes perseverance but we are hopeful that, with the help of our congregation and other organizations interested in justice, we will succeed.

— Betty Barriga

[Pictures by Tom Deuley.]

A Rough Guide to SPOTTING BAD SCIENCE

Being able to evaluate the evidence behind a scientific claim is important. Being able to recognise bad science reporting, or faults in scientific studies, is equally important. These 12 points will help you separate the science from the pseudoscience.

1. SENSATIONALISED HEADLINES



Article headlines are commonly designed to entice viewers into clicking on and reading the article. At times, they can over-simplify the findings of scientific research. At worst, they sensationalise and misrepresent them.

2. MISINTERPRETED RESULTS



News articles can distort or misinterpret the findings of research for the sake of a good story, whether intentionally or otherwise. If possible, try to read the original research, rather than relying on the article based on it for information.

3. CONFLICTS OF INTEREST



Many companies will employ scientists to carry out and publish research - whilst this doesn't necessarily invalidate the research, it should be analysed with this in mind. Research can also be misrepresented for personal or financial gain.

4. CORRELATION & CAUSATION



Be wary of any confusion of correlation and causation. A correlation between variables doesn't always mean one causes the other. Global warming increased since the 1800s, and pirate numbers decreased, but lack of pirates doesn't cause global warming.

5. UNSUPPORTED CONCLUSIONS



Speculation can often help to drive science forward. However, studies should be clear on the facts their study proves, and which conclusions are as yet unsupported ones. A statement framed by speculative language may require further evidence to confirm.

6. PROBLEMS WITH SAMPLE SIZE



In trials, the smaller a sample size, the lower the confidence in the results from that sample. Conclusions drawn can still be valid, and in some cases small samples are unavoidable, but larger samples often give more representative results.

7. UNREPRESENTATIVE SAMPLES USED



In human trials, subjects are selected that are representative of a larger population. If the sample is different from the population as a whole, then the conclusions from the trial may be biased towards a particular outcome.

8. NO CONTROL GROUP USED



In clinical trials, results from test subjects should be compared to a 'control group' not given the substance being tested. Groups should also be allocated randomly. In general experiments, a control test should be used where all variables are controlled.

9. NO BLIND TESTING USED



To try and prevent bias, subjects should not know if they are in the test or the control group. In 'double blind' testing, even researchers don't know which group subjects are in until after testing. Note, blind testing isn't always feasible, or ethical.

10. SELECTIVE REPORTING OF DATA



Also known as 'cherry picking', this involves selecting data from results which supports the conclusion of the research, whilst ignoring those that do not. If a research paper draws conclusions from a selection of its results, not all, it may be guilty of this.

11. UNREPLICABLE RESULTS



Results should be replicable by independent research, and tested over a wide range of conditions (where possible) to ensure they are consistent. Extraordinary claims require extraordinary evidence - that is, much more than one independent study!

12. NON-PEER REVIEWED MATERIAL



Peer review is an important part of the scientific process. Other scientists appraise and critique studies, before publication in a journal. Research that has not gone through this process is not as reputable, and may be flawed.



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January 2023 Recipient of
SJC SECOND HELPING

CONGREGATIONAL COVENANT

*"Covenant" is Latin for "walking together."
This Covenant is a living, dynamic document
describing how we intend to live the Principles
we value in our religious community.*

We, the members of UUFCC,
covenant to support and cherish all
our members and friends and
encourage each other to honor these
high standards of relationship.

We value a free, open, and mutually
respectful exchange of ideas. We
honor all voices and encourage
thoughtful freedom of expression.

We respect each other's views,
backgrounds, and spiritual ideas. We
listen to each other without judgement
or interruption and speak directly with
a person instead of about a person.
We will address issues and behaviors,
rather than people and personalities.

We will be considerate but
courageous in name behavior that
diminishes our community. We offer
forgiveness and understanding and
expect that from each other. In all
situations, we strive to honor
everyone's dignity and wellbeing.

We trust this Covenant will help us
work well together to make decisions,
solve problems, and express
differences of opinion in a consider-
ate, respectful, and genuinely caring
way.

SUNDAY SERVICES

January Theme: FINDING OUR CENTER

01-01-23 Who Are We?

Speaker Laura Anderson.

Worship Associate Dorothy Parmenter.

01-08-23 C.A.R.E. (Center for Abuse and Rape Emergencies)

Speaker Linda Lusk, C.A.R.E. Chief Advancement Officer.

Worship Associate Kay Azar.

01-15-23 The Love of Justice, the Justice of Love (virtual)

Speaker UUA Rev. Kenneth Gordon Hurto.

Worship Associate Lorrie Douglas.

01-22-23 Helper: You don't need to be whole to be loved.

Speaker Rev. D.L. Helfer, UU Cong. of So. County RI.

Worship Associate Joseph Fenty.

01-29-23 Hypnosis and Religion

Speaker Alan Searle, UUFCC Member, Family Physician.

Worship Associate Dennis Shaw.

THE BOOK OF LIFE

Your Book of Life entries or
announcements you would like read
from the pulpit Sunday mornings are
important. Make sure your entry
or announcement gets read on
Sunday morning; send it to:

bookoflife@uufcc.org

by 6:00 p.m. Saturday

If you have an emergent/urgent need
to be announced after that, please
call the worship associate directly.
See info in *Weekly Update*.

Your Worship Associate Committee





01-06 Katheryn Ferry

01-06 John Lee

01-26 Sandy Telander

For a Birthday Shoutout, contact Stephanie Garrett
editorialboard@uufcc.org

Weekly Events

Sundays -- 9:00 am Conversation Among Friends

10:30 am Worship Services

Mondays -- 4:00 pm Spanish for Beginners

Wednesdays -- 7:00 pm Happy Hour with John Lee

Links

Use **UNIVERSAL ZOOM** for most activities

<https://zoom.us/j/93526372148>

To add to **SUNDAY ANNOUNCEMENTS** or **BOOK OF LIFE**
 email bookoflife@uufcc.org by Saturday night

CONVERSATION AMONG FRIENDS

<https://zoom.us/j/95584243345>

CHALICE CIRCLES have their own Zoom links.

Azar Chalice Circle

<https://zoom.us/j/92886172999>

IMMIGRATION JUSTICE COMMITTEE

<https://zoom.us/j/97789863043pwd=c2tUenpGMmhjSExaUINOL3VHNik5UT09>

UUFCC Social Group Sign-Up

social-uufcc@googlegroups.com

Spanish for Beginners

<https://us02web.zoom.us/j/81408957224pwd=cUhGejBuOVVRckU0L1R2SkM2SXhZQT09>

January 2023 Activities

01/01 Sun	Noon	PFLAG General Meeting
01/02 Mon	10:30am	Membership Committee
	02:00pm	Moran Chalice Circle
	03:30pm	Yoga in the Sanctuary
	04:00pm	Azar Chalice Circle
01/03 Wed	05:00pm	Immigration Justice
	06:30pm	Choir Practice
01/04 Thu	01:00pm	Facing Death with Life
01/07 Sat	10:00am	Worship Associates
01/08 Sun	Noon	Social Justice Committee
01/09 Mon	02:00pm	Shaw Chalice Circle
	03:30pm	Yoga in the Sanctuary
01/10 Tue	10:00am	Spanish Class
	01:00pm	Spanish Class
01/11 Wed	10:00am	Policies & Procedures
	01:00pm	Caring Committee
	06:00pm	Choir Practice
01/12 Thu	01:00pm	Facing Death with Life
	03:00pm	Whitehill Chalice Circle
	04:30pm	Buddhist
01/13 Fri	01:00pm	Communications Committee
	06:30pm	Game Night
01/15 Sun	Noon	Art Committee
	Noon	PFLAG Interest Group
	Noon	Steering Committee
01/16 Mon	03:30pm	Yoga in the Sanctuary
	04:00pm	Azar Chalice Circle
01/17 Tue	10:00am	Spanish Class
	01:00pm	Spanish Class
	07:00pm	Sierra Club
01/18 Wed	05:00pm	Immigration Justice Committee
	06:00pm	Choir Practice
01/19 Thu	01:00pm	Facing Death with Life
	04:00pm	Board Meeting
01/23 Mon	02:00pm	Shaw Chalice Circle
	03:30pm	Yoga in the Sanctuary
01/24 Tue	10:00am	Spanish Class
	01:00pm	Spanish Class
	02:00pm	Program Council
01/25 Wed	10:00am	Policies & Procedures
	01:30pm	Book Group
	06:00pm	Choir Practice
01/26 Thu	01:00pm	Facing Death with Life
	03:00pm	Whitehill Chalice Circle
	04:30pm	Buddhist
01/27 Fri	06:30pm	Game Night
01/29 Sun	03:00pm	Secular Community
01/30 Mon	03:30pm	Yoga in the Sanctuary
01/31 Tue	10:00am	Spanish Class
	01:00pm	Spanish Class

MISSION: UUFCC offers a caring and diverse religious community. We are guided by reason and conscience, encourage intellectual inquiry, foster individual spiritual growth, and promote social justice and environmental responsibility. *UUFCC PPM.*

PURPOSE: UUFCC is a religious community committed to diversity and social justice where spirituality, reason, compassion, service and fellowship meet. *UUFCC Bylaws Art. III (Adopted 03-27-22).*

VISION: In five years, we, the Unitarian Universalist Fellowship of Charlotte County, will be a thriving, intergenerational, racially diverse, and Welcoming Congregation. We will have an inspiring minister, committed lay leadership, enhanced facilities, uplifting music and art and vibrant activities and programs that support our mission. *UUFCC PPM.*

WELCOMING: UUFCC strives to practice non-discrimination by embodying what UUFCC hopes to see in the world—a just, loving community in which people are free to be themselves fully and without fear. *UUFCC Bylaws Art. IV (Adopted 03.27.22).*



LENTIL SALAD – DOROTHY PARMENTER

INGREDIENTS FOR LENTILS:

1½ c Le Puy (French Green) Lentils
(dry)—DON'T use regular lentils
as they get mushy and stick.

INGREDIENTS FOR DRESSING:

1/3 c olive oil
1 tsp cumin
1 tbs curry powder
½tsp ground cardamon
½tsp ground nutmeg

INGREDIENTS FOR SALAD:

1 bunch scallions
1 red bell pepper
2 ribs of celery
1 c yellow raisins
¼c fresh parsley
1 c walnuts

INGREDIENTS FOR FINAL MIXING:

1 tsp light soy sauce
Juice from ½ lemon
Salt & Pepper

PREPARATION:

1. Rinse lentils & soak in 6 c water for 1-hour along with 1 tsp salt.
2. When hour is up, simmer lentils (in same water) & start yellow raisins soaking in hot water. Simmer & soak 20 minutes.

3. Preheat oven to 350° F. Arrange walnuts on cookie sheet in single layer. Bake 8-10 minutes, checking frequently. (May use already roasted walnuts.)
4. During 20-minute period, prep salad ingredients by slicing scallions thinly, dicing celery, & chopping parsley & pepper. Put in a large bowl (about size of Dutch oven pan) & mix together with toasted walnuts.
5. After 20-minute period, rinse lentils & raisins. Add both to large bowl & mix.
6. Heat dressing ingredients in small pan over *low* heat for one minute to mellow spices.
7. Pour this pan mixture over the ingredients in the large bowl & add “final mixing” ingredients. Stir well.
8. Cover and refrigerate.

Enjoy!



UUFCC CONTACTS

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