



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

Can you say kuh-myoo-nuh-kay?

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 and on YouTube.

www.youtube.com
UUFCC Port Charlotte

A Letter from the President

Dear Ones,

I am going to take this opportunity to request help.

As many of you know that in addition to serving as President of the Board of Trustees, I have been **gardening at UUFCC** for about a decade. However during the last year, due to lower back issues, my regular participation has waned. But, I am still strongly committed to the health and aesthetics of our property.

Ten months post Hurricane Ian, our building looks great! But quite frankly, I think there is much that could be done to enhance our 1.8 acres. I believe that with careful planning, a little creativity, knowledge and coordination, we could make a significant impact, serve as a **model for eco friendly landscaping** and ultimately reduce maintenance. This project could also be documented and serve as a means to **renew our UUA Green Sanctuary status.**

As I write this letter, the sky is darkening and the crashes of thunder are becoming much louder.



It appears that the rainy season really is here and I, like many of you, will be spending much more time indoors escaping the humidity and heat.

However, if we **take advantage of the early morning and evening hours** when the heat indexes are bearable, even pleasant,

we will be sure that new plantings will have adequate rain.

In conclusion, I **am seeking just a few of you that can help plant natives** that will attract the pollinators and improve our street appeal.

If you are interested in helping with planning or digging or contributing plants, let me know at shawdennis@icloud.com.

We could get started with a **Planning Pancake Breakfast** at the Fellowship.

I'll cook.

In faith and gratitude,

Dennis Shaw, President
UUFCC Board of Trustees



El Niño?



Alan Searle

You may have heard that an El Niño is developing and may have wondered what this means to the World, the USA and Florida in particular. And, what's it got to do with climate change?

The term originally came from South American fishermen who noticed the warming change around Christmas and named it after the anniversary of Christ's birth. Strictly speaking, the term is the **El Niño Southern Oscillation (ENSO)** –

a swing in ocean temperatures occurring over years.

Near at home we have the **Atlantic Multidecadal Oscillation** which influences Florida's climate and hurricane formation.

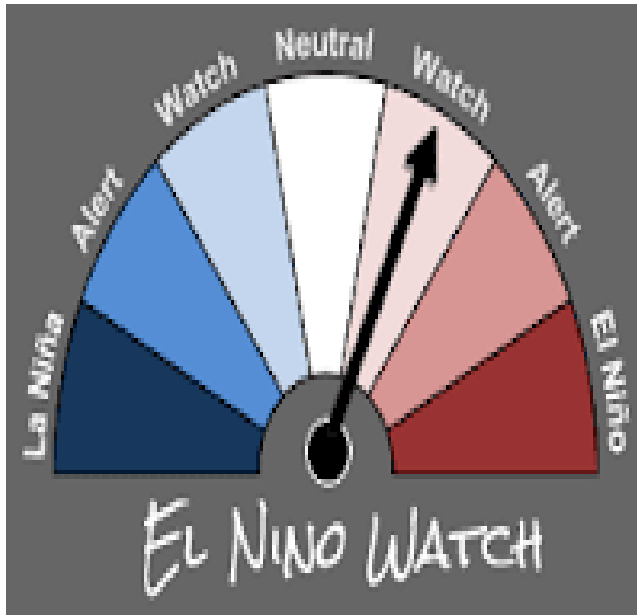
There is evidence these oscillations have been going on for thousands of years.

Scientists have been monitoring ocean temperatures and have concluded:

We are most likely heading for an El Niño.

Water near the equator in the Eastern Pacific warms, the Trade Winds slow, or even change direction and some countries benefit, others do not.

For once, the change in wind patterns may help Florida and make it **less likely that hurricanes can form** and be sustained. The southern USA will get more rain, but that might mean too much rain. Australia and Africa will also have less rain and the monsoon in India, which is so vital for its economy and survival, may be affected. That's a lot of "mays," "mights," and "possibles," but it's climate and it doesn't always follow what the scientists predict.



There are other concerns with ENSO. One is the **increase in global temperature** associated with the phenomenon may push the temperatures next year past those of 2016, currently the hottest year on record. It may even exceed, hopefully only

briefly, the 1.5°C limit the Paris Accord aimed to prevent.

Another concern is the **economic damage** associated with ENSO. The strong El Niño in 1997-98 cost over \$5 trillion worldwide, with around 23,000 deaths from storms and floods. Ref.: "El Niño planet-warming weather phase has begun," BBC News June 8, 2023 (<https://www.bbc.com/news/science-environment-65839060>).



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

THE FORGOTTEN ROOTS OF DEMOCRACY — A Continuation (of an article in the June 2023 issue)

July 4th, also known as Independence Day, marks the passage of the **Declaration of Independence** by the Continental Congress. A separation from the authority of Great Britain. And the formation of a new government within the colonies.

The U.S. Constitution borrowed concepts from the **Iroquois League of Peace** written on a two row **wampum belt** still in existence.

Canassatego, leader of one of the five Iroquois Nations within their Confederacy, said in a speech that **many arrows cannot be broken as easily as one**. Instead of separate colonies, be one nation.



Stephanie Garrett

The First Continental Congress in 1776 commissioned Ben Franklin, Thomas Jefferson and John Adams to create a **National Seal**. After six years and three committees, Secretary of the Continental Congress, Charles Thomas, submitted the final design which was adopted in 1782.



It is of a Bald Eagle with wings spread.

The Eagle clutches 13 arrows in the left talon, and an olive branch in the right.

It stood for war and peace.

In 1961, it was placed in the Exhibit Hall of the Department of State.

Iroquois Confederacy and the Great Law of Peace	United States Constitution
Restricts Members from holding more than one office in the Confederacy	Article I, Section 6, Clause 2 , also known as the Ineligibility Clause or the Emoluments Clause , bars members of serving members of Congress from holding offices established by the federal government while also barring members of the Executive Branch or Judicial Branch from serving in the U.S. House or Senate.
Outlines processes to remove leaders within the Confederacy	Article II, Section 4 , reads: "The President, Vice President, and all civil officers of the United States shall be removed from office on impeachment for, and conviction of, Treason, Bribery, or other High Crimes and Misdemeanors. "
Designates two branches of the legislature with procedures for passing laws	Article I, Section 1 , or the Vesting Clauses , reads: "All Legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives." It goes on to outline their legislative powers.
Delineates who has the power to declare war	Article I, Section 8, Clause 11 , also known as the War Powers Clause , gives Congress the power "To declare War, grant Letters of Marque and Reprisal, and make Rules concerning Captures on Land and Water."
Creates a balance of power between the Iroquois Confederacy and individual tribes	The differing duties assigned to the three branches of the U.S. Government: Legislative (Congress), Executive (President), and Judicial (Supreme Court) act to balance and separate power in government.

NATIONAL CLERIHEW DAY

July 10th

by Sharon Whitehill

A bored student in a science class
(NOT in my mythology class!)
invented the Clerihew and named it
after himself. He caricatured his
professor like this:

Sir Humphry Davy
Abominated gravy.
He lived in the odium
Of having discovered sodium.

The rhymes certainly work, though I
might have marked him down for
lines that didn't properly scan.
However, the form took off—easy
enough with just four lines rhyming
AABB. Usually these little poems
have a literary focus, as follows:

“Dear me!” exclaimed Homer,
“What a delicious aroma!
It smells as if a town
Was being burnt down!”

They also typically make teasing fun
of someone famous, but since you in
the congregation are the most
famous people I know, here are a
few of you immortalized in my verse.

If Mike Krzyzkowski
Is missing his house key
He seeks no one's pardon,
Just looks in his garden.

And if Helen Sokalski
Misplaces *her* house key
She reduces her stress
With a gorgeous new dress.

When Janet Morrill
Had emotions to spill
What reined in her fire
Was leading the choir

Declared Dennis Shaw,
“In my house there's a law
Which Bosco decreed
And to which I've agreed.”

Replied Mary Jane,
“That law can remain
If at church you are ready
To bow down to Teddy.”

Our own Joseph Fenty,
with topics aplenty
To fire up the brain,
Won the prize with Tom Paine.

SEE MORE CLERIHEW, p.6



Sharon Whitehill



Edmund Clerihew Bentley

Edmund Clerihew Bentley was born in 1875.
He was an English author and humorist.
The Clerihew poem is a whimsical four-line biographical poem.
It has also been used for non-biographical verses.
https://en.wikipedia.org/wiki/Edmund_Clerihew_Bentley

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](https://en.wikipedia.org/wiki/Unitarian_Universalism)

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



1. A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"
2. Want to hear a roof joke? The first one's on the house.
3. What should you do if you're attacked by a group of clowns? Go straight for the juggler.
4. I saw a movie about how ships are put together. It was riveting.
5. Why did the taxi driver get fired? Passengers didn't like it when she went the extra mile.
6. How do you look for Will Smith in the snow? Just follow the fresh prints.
7. I couldn't believe that the highway department called my dad a thief. But when I got home, all the signs were there.
8. I submitted 10 puns to a joke-writing competition to see if any of them made the finals. Sadly, no pun in 10 did.
9. Which rock group has four guys who can't sing or play instruments? Mount Rushmore.
10. Why does Humpty Dumpty love autumn? Because he always has a great fall.
11. It's always windy in a sports arena. All those fans.
12. Why should you never trust stairs? They're always up to something.
13. How do mountains stay warm in the winter? Snowcaps.
14. Is this pool safe for diving? It deep ends.
15. I tried to catch fog yesterday. I mist.
16. What do you call a religious person who sleepwalks? A roamin' Catholic.
17. Two windmills are standing on a wind farm. One asks, "What's your favorite kind of music?" The other replies, "I'm a big metal fan."
18. What kind of shorts do clouds wear? Thunderpants.
19. Can February March? No, but April May.
20. What is red and smells like blue paint? Red paint.



MORE CLERICHEW *continued from p.4*

When MaryLou Proudfoot
Requested my newsletter input,
She told me, "Chop-chop!"
But now, how can I stop?

Our feisty Sue Burgess
Is pre-programmed to urge us
Not to show ourselves foolish.
(It makes her quite mulish.)

Just ask Stephanie Garrett:
She's able to parrot
What past members have said
And if they're living or dead.

That handy Tom Deuley
(No fan of patchouli)
Is skilled as both techie and artist—
A rare gift in even the smartest.

Thinking about Liermann, Laura,
Who so artfully poses our flora,
We must add to talents she shares
Our church website and building repairs.

Don't confuse her with Anderson, Laura,
The one with that fine purple aura,
Who has proved so efficient
She seems almost omniscient.

Hats off to Dick Schwarz
For handling financial reports
Bequeathed to him by Ms. Weaver,
Another true overachiever.

Meeting Robert Moran
You learn he's no flash in the pan.
Conversations with him are quite pleasing—
But are they solemn, or teasing?

Tall, handsome John Lee
Traced his own family tree
Back to Henry the Two
Then found it's not true.

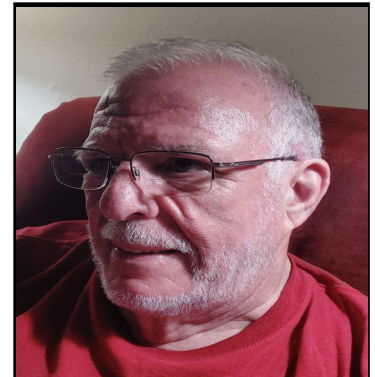
— Sharon Whitehill



Herb Levin ruminates on **FAMOUS DAYS IN HISTORY**

Events that all happened in July:

- 1040: To try to force her husband, the Earl of Mercia, to lower taxes, **Lady Godiva** rides naked on a horse through Coventry.
- 1795: The **U.S. debt is paid off**. The total: \$2,024,899.
- 1796: The U.S. State Department issues the **first passport**.
- 1815: The first natural gas well in the U.S. is discovered while drilling for salt in Charleston, SC.
- 1847: U.S. **postage stamps** went on sale for the first time.
- 1848: **Photos** are first used in a newspaper.
- 1858: **Fingerprints** are first used as a means of identification by Sir William James Herschel of the Indian Civil Service.
- 1862: The **IRS** was established.
- 1865: The UK creates world's **first automobile speed limit**.
- 1874: The Philadelphia Zoo opens, the **first zoo** in the U.S.
- 1902: The **air conditioner** was invented.
- 1903: First **Tour de France** begins.
- 1904: Charles E. Minches of St. Louis, Missouri fills a pastry cone with two scoops of ice cream, thereby inventing the **ice cream cone**.
- 1928: The Chillicothe Baking Company creates and markets **sliced bread**. It is heralded as the greatest invention since... well, since sliced bread!
- 1938: **Howard Hughes** flies around the world in 91 hours.
- 1943: **Taxes begin to be withheld** from paychecks.
- 1946: The **bikini** debuts in Paris.
- 1853: New York State legislature sets aside 750 acres on Manhattan Island for **Central Park**.
- 1955: Congress authorizes putting "**In God We Trust**" on all U.S. currency.
- 1955: The **Lawrence Welk** show premieres on television.
- 1956: **Dick Clark** hosts American Bandstand for the first time.
- 1962: The first Walmart opens.
- 1963: **ZIP codes** go into use.
- 1968: **Medicare** goes into effect.
- 1969: In "one small step for man, **one giant leap for mankind**," Astronaut Neil Armstrong becomes the first person to walk on the moon.
- 1981: Sandra Day O'Connor is the **first female nominated to the U.S. Supreme Court**.
- 1982: The International Whaling Commission votes for a total **ban on commercial whaling**.
- 1985: Coca-Cola brings back its ever-popular **original formula** as "Classic Coke".
- 1994: **Hotmail** begins.
- 1994: Jeff Bezos founds **Amazon**.
- 2011: The space shuttle Atlantis is launched. It is the **last launch** of the space shuttle program.
- 2017: **Volvo is the first** car company to announce that by 2019 their automobiles will all be hybrid or battery-powered.
- 2018: Starbucks announces it will **stop using plastic straws** by 2020, saving over 1 billion straws per year.



Herb Levin



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)

WATER, WATER EVERYWHERE AND ...

Hello, my friends,

We can change the ending of this famous sentence.

Please take a few minutes to read the *Charlotte Sun* Op Ed below. If you agree and are a Florida resident, please **consider signing the attached petition to create a safe water amendment** to the Florida Constitution. This critical amendment would protect Floridians, our water supply, and our wonderful environment.

Also, if a clean water amendment is something that you support, please **consider forwarding this to other Florida residents**. Clean water and clean air are priceless commodities.

The Petition is attached to the back of this newsletter.

Thank you for your time.



Joe Oyer

The Daily Sun — 06/14/2023

https://epaper.thedailysun.com?publink=21ecc5c88_134abfa

Page: B07

Mayday: Florida's water desperately needs help

On May 24, pro-sprawl Florida Senate Bill 540 was signed into law. On May 25, the U.S. Supreme Court limited the ability of the Environmental Protection Agency to protect wetlands. Not a good week!

Both decisions were made despite environmental groups stating the obvious – that water quality, already bad, will only worsen. That will lead to economic and social impacts – what tourists want to vacation on a beach covered with dead fish?

Normally, I would cry out, "We're done!" But we have one last hope to mitigate the damage, at least in Florida, which is the proposed Right to Clean Water state amendment.

Some people think we already have a constitutional right that protects us against water pollution. We do not, not at the federal nor the state level. Article II, section 7(a) of the Florida Constitution states in pertinent part: "Adequate provision shall be made by law for the abatement of air and water pollution ..." This is a policy statement and does not create any enforceable constitutional rights.

And Article II, section 7(b)



CHERYL LASSE
Right to Clean Water

states in part: "Those in the Everglades Agricultural Area who cause water pollution within the Everglades Protection Area or the Everglades Agricultural Areas shall be primarily responsible for paying the costs of abatement of that pollution." However, the Florida Supreme Court determined that it is not self-executing, effectively nullifying its effect. In other words, we have no enforceable constitutional rights to clean water.

Some people think that we need a right to clean water, but it shouldn't be part of the Florida Constitution. It's important to understand the legal hierarchy. At the top is the U.S. Constitution. At the state level, it's followed by the Florida Constitution and then Florida laws.

THE INVADING SEA FLORIDA AND THE CLIMATE CRISIS

If the Legislature were to pass clean water legislation, another Legislature could change or repeal it. However, adding the proposed, self-executing Right to Clean Water amendment to our state constitution makes it infeasible: it cannot be annulled or overturned by the Legislature. That's critical.

The Right to Clean Water amendment creates a fundamental right to clean and healthy waters, clarifies prohibited actions and inactions that harm (or threaten to harm) waters, and defines important terms, such as what "clean and healthy waters" and "harm" mean specifically.

It also allows Floridians to enforce this right through the ability to sue state executive agencies that violate it, empowering courts to look at the science and truth (not politics) of what's going on before deciding to prevent the harm or restore water quality to its previous state.

Let's put this into context. SB 540 is called the "death knell"

because if a developer pitches a bad plan to the local government, who chooses to allow it when it clearly violates their master plan, citizens will be unable to afford to sue to stop it, given that it will wipe them out financially. Many developers are responsible and respect the plans in place, but there are others who clearly are not (see Split Oak).

With the Right to Clean Water, any plans that harm or threaten to harm waters will be prevented from moving forward. Constitutional rights prevail.

Regarding the wetlands decision, without the Right to Clean Water amendment, anyone could fill in a wetland so long as it is not connected to a larger, regulated body of water. Wetlands have two main attributes that protect us: They filter out pollutants, protecting the water that gets into the aquifer/drinking source, and they serve as a sponge, absorbing rainfall (think hurricanes), thereby mitigating flooding.

The proposed amendment includes wetlands, and our fundamental right to clean and healthy wetlands would override the permitted rights of

developers to cause them harm. You'll appreciate that if you live near a former wetland and your house was flooded by a storm.

So, this is my "mayday" cry. We need you – people, businesses, organizations – to help get this amendment on the ballot where we are confident it will pass, because history shows Floridians overwhelmingly support environmental protection initiatives.

We need 900,000 signed petitions by Nov. 30. Go to <https://www.floridarighttocleanwater.org/petition> to print and sign the petition – or do so at one of our many events and petition locations. Get five people to sign one too. Volunteer through our website to help us get this over the finish line.

Mayday: Time is running out to save the waters in our state!

Cheryl Lasse is an independent Florida business owner and Right to Clean Water ambassador. This opinion piece was originally published by The Invading Sea website, which posts news and commentary on climate change and other environmental issues affecting Florida.

JAPANESE MEGA CHOIR — 10,000 STRONG — SINGS BEETHOVEN'S "ODE TO JOY" — aka THE EUROPEAN ANTHEM

A PROTEST ANTHEM ORIGINALLY CALLED AN "ODE TO FREEDOM"

Beethoven's final **Choral Symphony No. 9** was completed between 1822 and 1824, and is more commonly called 'Ode to Joy.' Its lyrics are adapted from a poem written by Friedrich Schiller in 1785, with additional text written by Beethoven. Many consider it Beethoven's greatest work, believed the most frequently performed symphony in the world. [https://en.wikipedia.org/wiki/Symphony_No._9_\(Beethoven\)](https://en.wikipedia.org/wiki/Symphony_No._9_(Beethoven)).

The lyrics are often associated with messages of **freedom, hope and unity** and, when sung by a large chorus to Beethoven's simple melody, have great power and resonance across the world.

In 1972, the Council of Europe adopted it as the **EUROPEAN ANTHEM**. https://en.Wikipedia.org/wiki/Anthem_of_Europe. In 1985, it was adopted by EU leaders as the **OFFICIAL ANTHEM OF THE EUROPEAN UNION**. https://european-union.europa.eu/principles-countries-history/symbols/european-anthem_en.

Every December, 'Ode to Joy' is sung all across Japan. Thousands more than are accepted apply for the mega choir. The mega choir sings it in German, practicing for months. See *infra* classicfm.

During **World War I**, thousands of German soldiers were taken prisoner of war by the Japanese.

"On June 1, 1918, they performed Beethoven's 9th for the first time in Japan — beginning a **Beethoven hype**." <https://artsandculture.google.com/story/this-is-why-beethoven-is-so-popular-in-japan-beethoven-haus-bonn/PQVR753pcF4IYQ?hl=en>.



Ode to Joy is now a **Japanese Christmas Carol**. <https://www.nationalgeographic.co.uk/history-and-civilisation/2020/12/in-japan-beethovens-ode-to-joy-is-a-christmas-carol>.



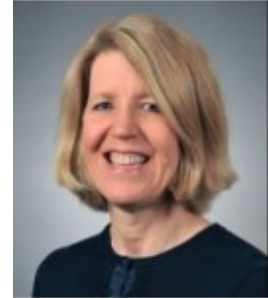
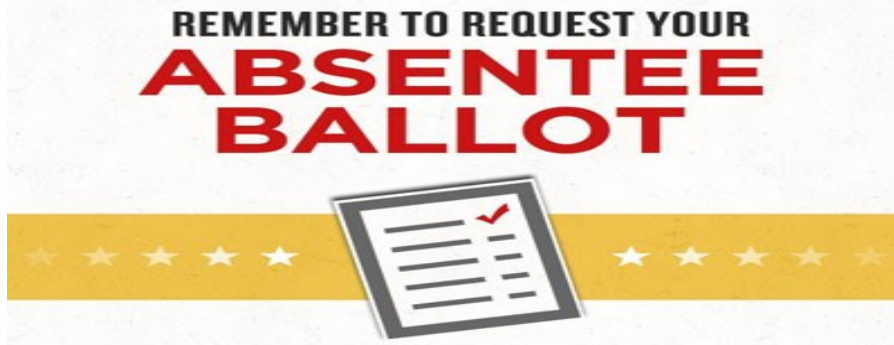
The Japanese call it "**Daiku**" (The Ninth). <https://artsandculture.google.com/story/this-is-why-beethoven-is-so-popular-in-japan-beethoven-haus-bonn/PQVR753pcF4IYQ?hl=en>.

"A performance like this can't accurately be described any other way than by listening.

"This particular performance, recorded in December 2012, was conducted by Yutaka Sado — a Japanese conductor who studied under Leonard Bernstein and Seiji." <https://www.classicfm.com/composers/beethoven/japanese-mega-choir-sings-ode-to-joy/>.

Listen. Watch. Enjoy!

<https://www.classicfm.com/composers/beethoven/japanese-mega-choir-sings-ode-to-joy/>



Nancy Weaver

Did you know that for the first time there is a **new voting law** in place that affects YOU if you are a registered voter?

Due to one of the constantly changing Florida voting laws, voters must request a **Vote by Mail ballot (VBM) every election cycle**. Everyone needs to request their VBM for both the 2024 primaries and November elections because your previous requests have expired.

If you are reading this, why not **do it right now?**

It's easy to do with one click on this link:

www.SoeCharlotteCountyFl.gov

When you get to the website, click on the Vote By Mail button and complete the simple form. It literally **takes less than 5 minutes**.

On this same website, you can also access the ability to register to vote, check your VBM status, find out where your early voting and election day polls are and more.

DO IT NOW and you won't have to worry about it through 2024.

Remind all your friends and family too.

If you have questions and concerns, please reach out to me! **#Just Do It**. Thank you.



<https://pflag.org/>

PFLAG PORT CHARLOTTE!

As of Friday, June 16, 2023, there is a **PFLAG Port Charlotte Chapter!**

PFLAG, founded in 1973, is the first and largest organization dedicated to **supporting, educating, and advocating** for LGBTQ+ people and their families. Prior to 2014, it stood for Parents, Family & Friends of Lesbians and Gays. No longer an acronym, **PFLAG** (pronounced PEE-flag) is now just the name.

PFLAG is creating a caring, just, and affirming world for LGBTQ+ people and those who love them.

PFLAG Port Charlotte hit the ground running:

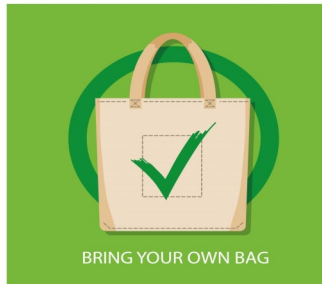
- Attending School Board meetings and speaking out for nondiscrimination against LGBTQ+ youth and their families;
- Attending and joining NAACP meetings;
- Attending an Equality Florida meeting for support and education on current laws being passed;
- Taking facilitator training through **PFLAG** national;
- Planning to meet with Board Members and supporters to plan dates and times for support groups and outreaches;
- Planning to attend Sarasota **PFLAG's** ongoing meeting, who've been supportive.



Patrick Eaton

PFLAG Port Charlotte meets the 1st Sunday each month at noon at UUFCC.

SAVE THE EARTH GO GREEN



July 3rd is International PLASTIC BAG FREE DAY

<https://nationaltoday.com/international-plastic-bag-free-day/>

A global initiative to eliminate plastic bag use. Plastic bags are a grocery shopping convenience that are a **huge strain on the environment**. They make up a large portion of landfills and pollute waterways. They can take **500 years to disintegrate**.

1. **Stop using plastic bags.** Easy peasy.
2. **Reduce, reuse, & recycle!** Don't throw them away. Upcycle! Use them as trash bags or a lunchbox.
3. **Practice your green thumb.** Help Mother Nature and plant a new tree or some flowers.

July 11th is WORLD POPULATION DAY

https://en.wikipedia.org/wiki/World_Population_Day

Overpopulation is a crucial issue, especially considering that **world resources are depleting at an unsustainable rate**.

World population hit **five billion in 1987**, inspiring public interest. UN Development Program Governing Council established day in 1989. Aim: Increase awareness of various population issues like the importance of family planning, gender equality, poverty, maternal health & human rights.



July 26th is UNESCO-Created International Day for CONSERVATION OF THE MANGROVE ECOSYSTEM

<https://nationaltoday.com/international-day-for-the-conservation-of-the-mangrove-ecosystem/>

Mangroves are nurseries for many organisms, protecting them from predators, strong heat, and forceful tides. They **support biodiversity and remove five times more carbon dioxide from the atmosphere** than terrestrial forests. In the last 40 years, mangrove forests have almost halved. The major risk to mangroves is shrimp farming. Others are severe deforestation for coveted wood and river diversions.

WAYS TO OBSERVE THIS DAY?

1. **Plant mangrove trees.** If near a coastal area, plant mangrove trees near the seashore. Learn about suitable plant species that are adaptable to your area.
2. **Teach others about mangrove conservation.** Raise awareness in your community. Motivate others to donate or replant and conserve.
3. **Be a mangrove.** A mangrove reduces atmospheric carbon dioxide, key to preventing climate change. Reduce pollution: walk or bike versus driving, e.g.



CLIMATE CHANGE CAN ADVERSELY AFFECT YOUR HEALTH

As our climate gradually warms, the number of intolerably hot days increases. The increase in these days over time has led to an increase in **Heat Related Illnesses (HRI)**, such as heatstroke, exhaustion, dehydration, muscle cramps, worsening cardiovascular, pulmonary or renal status. All people are at risk for HRI but **predisposing factors include:**

- age over 65 or under 4;
- obesity;
- cardiovascular disease;
- pulmonary disease, both acute and chronic;
- altered kidney function; and,
- an out of doors occupation

to name but a few.

Intolerably hot days are measured using a **heat index formulation compiled using temperature and humidity data**. You might think of this like a wind chill index. For those of us still spending time in the north lands, 20° F isn't so cold, but combine that with a 30 mph steady wind and it feels dramatically colder. Increased humidity adds to misery where heat is concerned.

In humid conditions, sweat evaporates more slowly, heating up the body.

In 30 years, the number of intolerably hot days in Florida is expected, with no significant climate change mitigation, to increase dramatically. According to an 08/16/22 Axios Tampa Bay article, "The Gulf and Southeast Atlantic regions are looking at the highest probability and longest duration of days over 100° F by 2053." And, folks, **intolerably hot days are here now** and have increased over the past decades so please do not think of this as just some problem for future citizens to solve.

SOOOO ... What can you do about this?

On a macro level call, email or otherwise through social media contact your local, state and

federally elected officials **pushing for programs to make our area more resilient** to the effects of climate change. That is helpful but it is not enough. It is imperative that we regularly use the same communication modalities to **push for climate change mitigation**, reducing our dependence on greenhouse gasses and on detrimental industrial and agricultural practices.

On a personal level where heat related illnesses are concerned, here are **important points** to consider, some noted by the Michigan Dept of Health and Human Services:

1. Find a place with A/C to survive the heat.
2. If becoming heat stressed, consider a cooling shower or bath.
3. Wear lightweight, loose fitting, light or white colored clothing.
4. Do not rely on a fan as your primary cooling source.
5. Avoid direct sunlight when possible.
6. Wear a ventilated hat when in the sun and consider one with a neck protective extension or flap.
7. Drink more water than usual, not to excess, but stay ahead of dehydration.
8. If you are experiencing significant sweating, consider a replacement drink, e.g., Gatorade or similar.
9. Avoid alcohol, coffee, caffeinated teas, sugary drinks or other food and drink that may act as a diuretic.
10. Encourage others to do the same.
11. If any questions arise, consult your health care provider.

Remember that **WE are the fortunate ones**. **Climate injustice adversely affects the poor**, so do what you can to **help others survive** these climate related health issues.

— Joe O



ENDOWMENT FUND

— *MaryHolly Allison, Kenneth Brennen, Stephanie Garrett, Mary Howard and Delmar Wooden*

The Unitarian Universalist Endowment of Charlotte County supports UU initiatives both locally and nationally.

Financial support comes from Fellowship members and friends making donations in memory or in honor of those no longer with us.

The Endowment now has a place on the UUFCC website.



Guru Purnima is July 3rd

What is Guru Purnima?

“Guru Purnima (aka Poornima) is a religious Hindu festival dedicated to offering respect to all the spiritual and academic gurus. This festival is traditionally observed to:

Honor one's chosen spiritual teachers or leaders.

“It is also known as **Vyasa Purnima**, for it marks the birthday of Veda Vyasa, the sage who authored the Mahabharata and compiled the Vedas.”

Where is it celebrated?

“It is celebrated as a festival in India, Nepal and Bhutan by Hindus, Jains and Buddhists.”

Who revived the festival?

“Mahatma Gandhi revived it to pay tribute to his spiritual guru, Shrimad Rajchandra.”

What does guru mean?

“The word guru is derived from the Sanskrit root words, gu and ru. Gu means ‘darkness’ or ‘ignorance,’ and ru means ‘dispeller.’ Therefore, a guru is the **dispeller of darkness or ignorance.**”

What are gurus?

“Gurus are considered to be highly enlightened individuals who share their knowledge and their skills with little to no expectation of reward—doing it only to adhere to the principles of Karmic Yoga.”
<https://www.holidayscalendar.com/event/guru-purnima/>.

How is Guru Purnima celebrated?

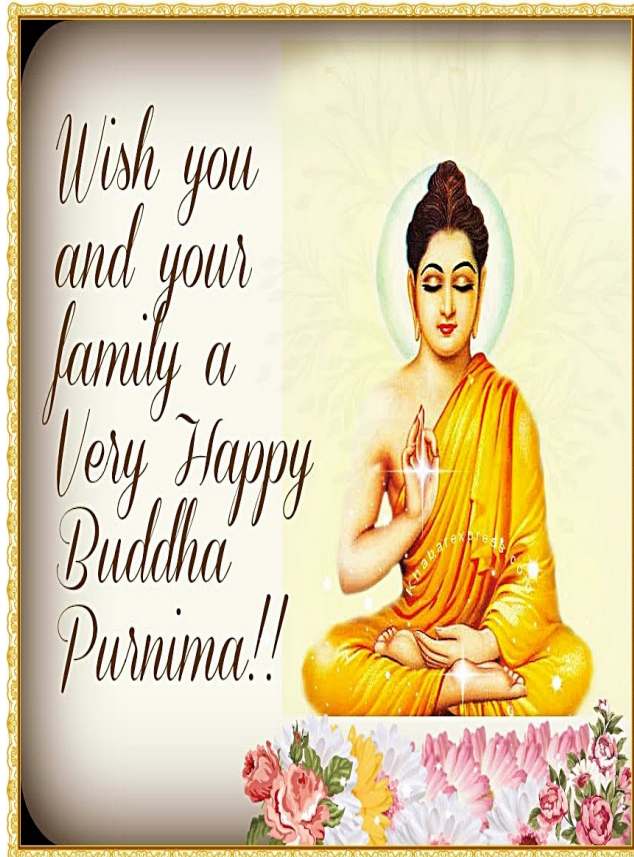
“Buddhists observe **uposatha**, i.e., to observe eight precepts on this day. Vipassana meditators practice meditation on this day under the guidance of their teachers. Many

Buddhist lay people reinvigorate their spiritual training and adopt more ascetic practices, such as giving up meat, alcohol, or smoking.”

How is Purnima celebrated in Nepal?

“This day is teacher's day for Nepalese. Students honor their teachers by offering delicacies, garlands, and **special hats called topi** made with indigenous fabric. Students often organize fanfares in schools to appreciate the hard work done by teachers.

“**This is taken as a great opportunity to consolidate the bond of teacher-student relationships.**”



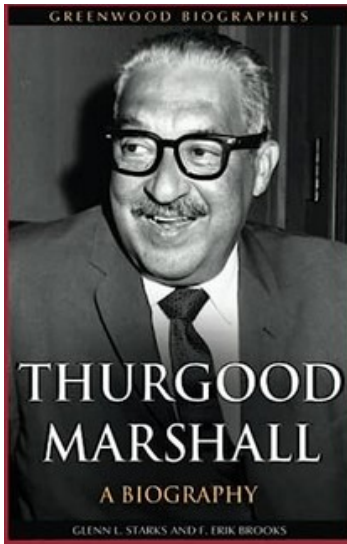
TOPI HAT ▶

To all our UUFCC
 Teachers & Gurus:
THANK YOU!



[Answers/info from Wikipedia
 (https://en.wikipedia.org/wiki/Guru_Purnima).]

JULY SPOTS & THOUGHTS ● Stephanie Garrett



July 2, 1908, is the birthday of **THURGOOD MARSHALL.**

- He was an American civil rights lawyer.
- He lead the NAACP Legal Defense and Education Fund.
- He was a prominent figure in the movement to end racial segregation in American public schools.
- He won 29 of 32 civil rights cases he argued before the Supreme Court, culminating in the Court's landmark 1954 decision in **Brown v. Board of Education** which rejected the separate but equal doctrine and held segregation in public education to be unconstitutional.
- He served as an Associate Justice of the US Supreme Court (1967–1991). He was the **first Black Supreme Court Justice**: a staunch liberal, who frequently dissented as the Court became increasingly conservative.

NAACP meetings are held at UUFCC every 3rd Thursday at 6 pm.

July 12, 1997, is the birthday of **MALALA YOUSAFZAI.**

- At age 11, she wrote a blog detailing life during Taliban occupation.
- At age 15, while on a Pakistani bus after taking an exam, she was shot in the head by a Taliban gunman in an assassination attempt to target her for her activism. Despite being critical and in a coma, she survived.
- At age 17, she was the youngest recipient of the Nobel Peace Prize.

One month after being shot, the United Nations called upon the international community to observe her birthday as

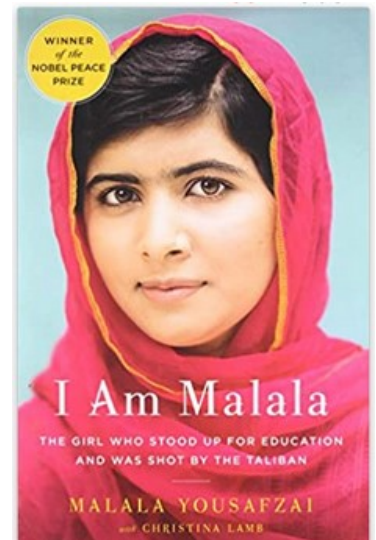
INTERNATIONAL MALALA DAY

to honor the rights of children and women to an education.

Many local groups advocate for women's & children's rights to an education:

AAUW, League of Women Voters, Zonta, etc.

Be an advocate.



July 18, 1918, is the birthday of **NELSON MANDELA.**

- He triumphed over South Africa's apartheid regime.
- He was a human rights lawyer, a prisoner of conscience, and an international peacemaker.
- He was the first democratically elected president of a free South Africa.

The United Nations General Assembly has declared his birthday as

NELSON MANDELA INTERNATIONAL DAY

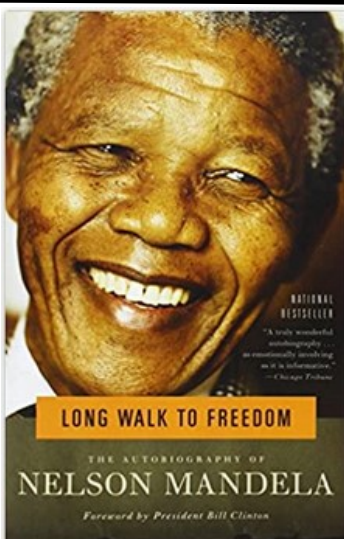
to celebrate the idea that each individual has the power to transform the world and the ability to make an impact.

This year the Nelson Mandela Foundation and the UN ask

in honor of Mandela's 67 years of public service

that you **spend 67 minutes** of your time helping others.

Our UUFCC CAPAS family still needs volunteers for outings.



FAST OF TAMMUZ is July 5th-6th

What is the Fast of Tammuz?

"It is a Jewish fast day commemorating the breach of the walls of Jerusalem before the destruction of the Second Temple.... It marks the beginning of the three-week mourning period leading up to Tisha B'Av."

"The day also traditionally commemorates the destruction of the two tablets of the Ten Commandments and other historical calamities that befell the Jewish people on the same date."

What is the history behind this day?

"The fast of Tammuz, according to Rabbi Akiva's interpretation, is the fast mentioned in the Book of Zechariah as "the fast of the fourth [month]" (Zechariah 8:19). This refers to Tammuz, which is the fourth month of the Hebrew calendar."

"According to the Mishnah, five calamities befell the Jewish people on this day:

1. "Moses broke the two tablets of stone on Mount Sinai;
2. "During the Babylonian siege of Jerusalem, the daily tamid offering ceased to be brought because no sheep were available;
3. "During the Roman siege of Jerusalem, the city walls were breached, leading to the destruction of the Second Temple on Tisha B'Av;
4. "Prior to Bar Kokhba's revolt, Roman military leader Apostomus burned a Torah scroll;
5. "An idol was erected in the Temple."



When does the Fast of Tammuz occur?

"The Seventeenth of Tammuz occurs 40 days after the Jewish holiday of Shavuot. Moses ascended Mount Sinai on Shavuot and remained there for 40 days. The Children of Israel made the Golden Calf on the afternoon of the 16th of Tammuz when it seemed that Moses was not coming down when promised. Moses descended the next day (45 days by his count), saw that the Israelites were violating many of the laws he had received from God, and smashed the tablets."

What are the customs of the Fast of Tammuz?

"As a minor fast day, fasting lasts from dawn to shortly after dusk. It is customary among Ashkenazi Jews to refrain from listening to music, public entertainment, and haircuts on fast days."

"A Torah reading, a special prayer in the Amidah (Aneinu), and in many, but not all, Ashkenazic communities, Avinu Malkenu are added at the morning Shacharit and afternoon Mincha services. Ashkenazi congregations also read a haftarah (from the Book of Isaiah) at Mincha."

"Congregations also recite during Shacharit a series of Selichot (special penitential prayers) reflecting the themes of the day."

"Some customs of mourning, which commemorate the destruction of Jerusalem, are observed from the start of the Three Weeks."

May your fast be easy.

[Answers from Wikipedia (https://en.wikipedia.org/wiki/Seventeenth_of_Tammuz)]

A POLISH MIDSUMMER'S EVE

Theodore Zawistowski

For untold centuries, maidens with flowers in their hair approached lakesides as dusk was gathering carrying small wreaths in their hands decorated with flowers and a lighted candle in the center. Each glowing wreath was placed on the water and gently pushed away as a girl's prayer for a husband was said. Then the maidens slipped into the darkening forest to search for the mythical fern flower.

Soon, youths who had been proving their athleticism and daring by leaping over the nearby bonfire likewise stepped into the woods. Girls would find their hoped-for lovers that night.

**It was the
summer solstice,
the shortest night
of the year.**

When the Christian church became dominant in the lands that had become Poland, the sacred *Kupaly event* was renamed after the biblical John who baptized the faithful by immersing them in living water. On St. John's Day, villagers would



go down to the lake to bathe and immerse themselves in the blessed water. But entering the water predated Christian times. The placing of lighted wreaths on the water continues even into modern times with large musical events in the big cities and towns.

Across Europe, Midsummer Eve was observed under various names with many local rituals and customs, some more spiritual, others less so, as time went on.

Shakespeare's comedy, *A Midsummer Night's Dream*, has been popular for centuries.

Opera versions are performed as well.



Some fifty years ago I saw a partial reenactment of the ritual in Washington, DC, when candlelit wreaths were placed on water in the reflecting pool between the Washington Monument and the Lincoln Memorial. Some young Polish Americans attending a convention in the nation's capital took advantage of the date and opportunity. No bonfire or bathing, however, or going off into the woods.

SPIRITUAL ENRICHMENT

Welcome to a new column to directly address enriching our spirituality.

“Spiritual”

refers to those things of an ecclesiastic or religious nature or to the human soul.

<https://www.merriam-webster.com/dictionary/spiritual>.

“Enrichment”

Is the act of improving the quality of something, often by adding something to it.

<https://www.oxfordlearnersdictionaries.com/us/definition/english/enrichment>

“If we do not actively invest in our spiritual growth, quality of life remains shallow.”

— *Radhanath Swami*,
an American Gaudiya Vaishnava guru, community-builder, activist, and author.



7. Help Others in Need, friends or strangers.

8. Try Something New — physical if work is mentally intense. Bike, sail, boat, fish, go birding, sculpt, paint, woodwork.

9. Learn Something New: a language, a musical instrument, a skill like scuba-diving, etc.

10. Gather with Like-Minded Folk for Spiritual Enrichment.

“At any moment you have a choice that either leads you closer to your spirit or further away from it.”

— *Thich Nhat Hanh*,
Vietnamese Thiền Buddhist monk, peace activist, prolific author, poet and teacher, historically recognized as the main inspiration for engaged Buddhism, known as the "father of mindfulness," and a major influence on Western practices of Buddhism.

So how do we enrich our spirituality?

1. **Read** for relaxation, inspiration, growth.
2. **Listen to Music** (ditto relax, inspire, grow) — notice there's music even called *spirituals*.
3. **Watch Media** to be uplifted, inspired, stretched, or to gain a new perspective.
4. **Go Non-Digital:** Turn it off. Be one with nature. See the stars. Hear the ocean, birds, the rain.
5. **Spend Time Alone** — on purpose — to rest, meditate, pray.
6. **Interact with Positive People** for a lift, fun, encouragement, stimulation, a new perspective.

Do you think our newsletter
“leads you closer to your spirit”?
Does it provide “spiritual growth”?
Spiritual enrichment?

More specifically:

WHAT DOES SPIRITUAL ENRICHMENT MEAN TO YOU?

You are invited to share
your ideas and articles.

On the weekend of 19 May, I traveled to Kalamazoo, Michigan to meet with 20 other UFO researchers, investigators and historians. In addition, we had 10 others on Zoom. We meet twice a year. This meeting had double attendance resulting from our government's recent and new interest in the subject, now referred to as:

**UAPs
(Unidentified Aerial Phenomena)**

Their new interest came about with the release by the New Times of Naval air jet radarscope movies showing an unusual object doing things that we are yet to be able to do.

The result has been the establishment of a government office for the collection of new data and the set up of a short exploration of the subject by NASA, with a report due within several months.

This new interest on the government's part has also increased the interest on the part of this group of old and very old timers.



**WORLD
UFO DAY
July 2nd**



**Tom Deuley, Artist,
UUFCC Sunday Tech Guru,
& Photog Extraordinaire**

This larger meeting seemed to be for the purpose of deep discussion on the subject of the government's intent, and just how open or closed they will be about any new findings.

We do know two things already: one being that they are not going to be transparent about what they are finding, unless it is not of interest; and, two, they are not interested in anything from the past.

There are no less than 10 PhDs and basically 90% college graduates in our group. This is a combined 900 years or more of collected knowledge on the subject. We do not understand why not one of us has been contacted by any of the above to take advantage of the knowledge that already exists.

Regardless of the new information from a whistleblower, among us, and though we can be very patient, there is some consensus that this new government interest, in one way or another, will just fade away.

WORLD UFO DAY is an awareness day for people to gather together and watch the skies for UFOs.

Goal: Raise awareness of UFO existence & encourage governments to declassify UFO sightings files.

65% of Americans believe that intelligent life exists outside of Earth; and, 51% of Americans say UFOs are probably or definitely proof of intelligent life.

<https://www.pewresearch.org/short-reads/2021/06/30/most-americans-believe-in-intelligent-life-beyond-earth-few-see-ufos-as-a-major-national-security-threat/>

Some celebrate World UFO Day on June 24th, others on July 2nd.

June 24th, per reporter Kenneth Arnold, is generally considered the first widely reported UFO in the U.S.

July 2nd is the date of the supposed UFO crash in the 1947 Roswell incident.

July 2nd was declared the official World UFO Day by the World UFO Day Organization.

The first World UFO Day is believed was celebrated in 2001 by UFO researcher Haktan Akdogan.

https://en.wikipedia.org/wiki/World_UFO_Day.

Celebrate by stirring conversations about how and why humans are not the only beings in the Universe.

The truth is out there!

One of Our Own Makes *Sun* Front Page News Bringing History Alive & Commemorating the **FLORIDA EMANCIPATION PROCLAMATION**

UUFCC member MAUREEN PETERS appeared on the front page of *The Daily Sun* Charlotte County newspaper's May 31, 2023 issue.

On Saturday, May 20, 2023, a **FLORIDA PROCLAMATION DAY**

commemorative event was held at the Punta Gorda Charlotte Library where a month-long exhibit "tells the story of Punta Gorda's history and founding by Black pioneers and prominent

residents." The event involved Maureen Peters and Martha Bireda in a skit reenacting a discussion to tell the story about Florida's Emancipation Proclamation experience.

In *The Daily Sun* article, Maureen is pictured alongside Martha Bireda. Both are in costume. Maureen is portraying Lizzie Smith, a newspaper reporter, interviewing Queen Andrews, portrayed by Martha Bireda. Queen Andrews explains why freedom came late for Florida slaves.

Slaveholders refused to acknowledge Lincoln as their president.

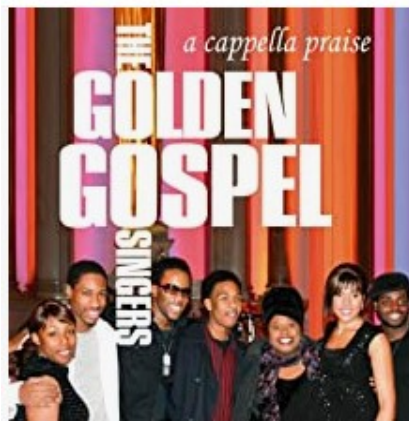
Although the Emancipation Proclamation was signed by President Abraham Lincoln on **January 1, 1863**, slaves in Florida weren't freed until **May 20, 1865**.

Martha Bireda is Director of Blanchard House Museum of African American History and Culture in Punta Gorda. Maureen serves on the Board.



Sun photo by Steve Lineberry, reprinted with permission

The Daily Sun described event attendance as a "packed room." Lyrics were passed out so all could sing *Oh Freedom!* a post-Civil War African-American freedom song. "It is often associated with the Civil Rights Movement; with Odetta, who recorded it as part of the 'Spiritual Trilogy' on her *Odetta Sings Ballads and Blues* album; and, with Joan Baez, who performed the song at the 1963



March on Washington [for Jobs and Freedom]. Baez has since performed the song live numerous times, both during her concerts and at other events. The song was first recorded in 1931 by the E.R. Nance Family as 'Sweet Freedom.' Writer and radio producer Richard Durham used it as an opening in his 1948–1950 radio anthology *Destination Freedom*." https://en.wikipedia.org/wiki/Oh,_Freedom.

While we don't have a recording of Maureen's skit attendees singing *Oh, Freedom*, YouTube has:

The Golden Gospel Singers

described as "one of the best Civil Rights songs," noting that their version was "featured ... in an episode of *American Horror Story: Coven*."

Listen! Watch! Enjoy!

<https://www.youtube.com/watch?v=vejLhXdwn8>

MEMBER SPOTLIGHT

on SHARON WHITEHILL

FAMOUS UUs

JUDY CHU
(1953—)

Congressperson
representing California's
27th District.
First Chinese-American
woman elected to the
U.S. Congress.

JULIA WARD HOWE
(1819—1910)

American Author & Poet.
Author of "The Battle
Hymn of the Republic."
Original 1870 pacifist for
Mother's Day Proclamation
— an appeal for women to
unite for peace in the world.
Advocated for Abolitionism.
Was a Social Activist
particularly for
women's suffrage.

**WILLIAM HAYWARD
PICKERING**
(1910—2004)

Rocket Scientist.
Space Exploration Pioneer.
NASA luminary.

[https://en.wikipedia.org/wiki/
List_of_Unitarians_Universalists,
and_Unitarian_Universalists](https://en.wikipedia.org/wiki/List_of_Unitarians_Universalists_and_Unitarian_Universalists)

Although I grew up in Milwaukee, I always say I'm from Michigan, since that's where I lived my adult life, had my three daughters, divorced and remarried, and spent 30 years as an English professor. Grand Valley State University, where I earned my BA, is also the school I returned to after my PhD from the University of Illinois. My grad school focus was Victorian studies and dissertation on Dickens, but Grand Valley's English department was a generalist's mecca, and I got to teach Shakespeare, Greek literature, Victorian novel, British surveys, mythology, one-time special courses: a favorite of mine was "King Arthur from Mallory to Monty Python."

Eventually, though, I wearied of a profession I'd always loved—not the teaching part, but the endless grading of papers and essay exams. (Some memorable writing errors from freshmen: "it deifies description"; "sitting around raping with others"; and, "the pullet surprise.") After I met my beekeeper husband Jim, I began to yearn for



my own writing time. Which led to becoming snowbirds (beekeepers don't have much to do in the winter), and moving to Florida in 2001, when I changed my status at UUFCC from Friend to Member and eventually taught for and then eventually chaired the Elderwise program at UUFCC. I have since finally achieved a once-

unattainable dream: writing poetry and getting it published. My third chapbook, *This Sad and Tender Time: Memorial Poems*, will be coming out in spring 2024.

A few years after we met, my tall, handsome, and funny Jim developed chronic fatigue, and although later he struggled with a bad knee and liver disease, he continued as jolly and quirky as ever. So it came as a shock to us all when he died in August of 2021. Even without him, however, the life I live now with my two big dogs and two cats—giving talks from the pulpit, serving on committees, teaching adult classes, spending time with family and friends—is far more satisfying than grading freshman papers.

GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

ROASTED BELL PEPPERS STUFFED WITH QUINOA-MUSHROOM PILAF

INGREDIENTS

- 3 medium red, yellow or orange bell peppers (leave stems on)
- 2 TBS olive oil
- ¼ c dry quinoa
- 1¾ c reduced-sodium vegetable broth, divided
- 2 to 3 fresh thyme sprigs
- 1 tsp kosher salt, divided
- 8 oz mushrooms, sliced
- 1 small onion, chopped
- 2 cloves garlic, minced
- ¼ tsp red pepper flakes
- 1 bunch rainbow or Swiss chard (about 6 cups), stems & leaves separated, finely chopped
- 15.5 oz can white beans, rinsed & drained
- 2 TBS nutritional yeast
- Fresh parsley for garnish



Patricia Oyer



INSTRUCTIONS

1. Preheat oven to 400° F. Mist baking sheet with olive spray. Set aside.
2. Slice bell peppers in half lengthwise and remove seeds and membrane. Place pepper halves on baking sheet cut-side up and liberally mist with olive oil spray. Roast for 18 to 20 minutes, until tender. Remove from oven, leaving peppers on baking sheet, and set aside.
3. While bell peppers are in the oven, warm the oil in a medium saucepan over high heat.
 4. While the quinoa is simmering, liberally mist a large skillet with oil spray and warm over medium heat. Add mushrooms and cook for 5 to 7 minutes, until golden brown. Transfer mushrooms to a plate and set aside. Reapply oil spray to the skillet, add onion, and cook for about 5 minutes. Add garlic and red pepper flakes and cook for 1 more minute, stirring constantly (mist with more oil spray if the pan becomes dry). Add chard stems (reserving the leaves) and white beans and cook for 3 minutes, or until chard stems start to soften. Add chard leaves and cook, stirring, until leaves wilt down. Fold in cooked quinoa, cooked mushrooms, and nutritional yeast, add the reserved ¼ cup broth, and season with the remaining ½ teaspoon salt and ¼ teaspoon black pepper, plus additional if needed.
 5. Fill each pepper half with about ¾ cup of the quinoa stuffing, lightly packing the stuffing down to make sure it does not fall out. Place peppers back in oven for about 5 minutes, until everything is heated. Garnish with parsley.

Add quinoa, stir to coat it in the oil, and toast for about 30 seconds. Add 1½ cups of the broth and the thyme sprigs and bring to a boil. Cover, reduce heat to low, and simmer for 15 minutes, or until quinoa has puffed and the broth has absorbed. Remove the thyme sprigs and season with ½ teaspoon of the salt and ¼ teaspoon black pepper.

4. While the quinoa is simmering, liberally mist a large skillet with oil spray and warm over medium heat. Add mushrooms and cook for 5 to 7 minutes, until golden brown. Transfer mushrooms to a plate and set aside. Reapply oil spray to the skillet, add onion, and cook for about 5 minutes. Add garlic and red pepper flakes and cook for 1 more minute, stirring constantly (mist with more oil spray if the pan becomes dry). Add chard stems (reserving the leaves) and white beans and cook for 3 minutes, or until chard stems start to soften. Add chard leaves and cook, stirring, until leaves wilt down. Fold in cooked quinoa, cooked mushrooms, and nutritional yeast, add the reserved ¼ cup broth, and season with the remaining ½ teaspoon salt and ¼ teaspoon black pepper, plus additional if needed.
5. Fill each pepper half with about ¾ cup of the quinoa stuffing, lightly packing the stuffing down to make sure it does not fall out. Place peppers back in oven for about 5 minutes, until everything is heated. Garnish with parsley.

LOOK AT THIS



UUFCC GENEROSITY!

MAKE A DIFFERENCE

SECOND HELPING

Your APRIL 2023 Donations Totaled **\$1,399.00** which was given to:



Unitarian Universalist Service Committee

Wow!

PEACE GARDEN ENGRAVED PAVERS

Honor beloved UUFCC members and friends *AND* help UUFCC. Percentage of proceeds goes to UUFCC. SJC has order form.



ENDOWMENT

Honor beloved Fellowship members and friends *AND* help UUFCC.

Endowment funds assure UUFCC's financial future and further UU principles and practices.

Make contribution payable to **UUFCC Endowment Fund** and on check memo line write "In Memory of [beloved's name]."

In Memory

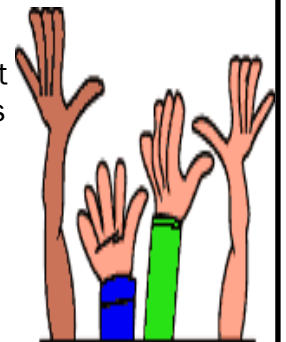
Of...

UUSC CAPAS

Congregational Accompaniment Project for Asylum Seekers *and* UUFCC are assisting a Venezuelan family seeking asylum.

YOU CAN HELP!

- Donate clothing, diapers, food, filing fees, etc.
- Provide transportation to school, appointments, etc.
- Translate for the host family.
- Plan a recreational outing.



VOLUNTEERS NEEDED



SUNDAY SERVICES

July Theme: PHYSICAL, MENTAL, SOCIAL CHALLENGES

**SECOND SUNDAY
SECOND HELPING
JULY RECIPIENT**

CHARLOTTE



Behavioral Health Care

High quality. Compassionate.
Cost effective health care.
<https://www.cbhcf.org>

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 considerate, respectful, and genuinely caring way.

07-02-23 PHYSICAL CHALLENGES IN COMMUNITY

Speaker: Dennis Shaw
Worship Associate: Sharon Whitehill

07-09-23 CHARLOTTE BEHAVIORAL HEALTH CARE

Speaker: Kelly Pomerville, Marketing & PR Director
Worship Associate: Lorrie Douglas

07-16-23 REPRODUCTIVE RIGHTS: A JEWISH PERSPECTIVE

Speaker: Rabbi Jennifer Singer
Congregation HaNeshama, North Port/Sarasota
Worship Associate: Joseph Fenty

07-23-23 FAMILIES & DISABILITY

Speaker: Panel Discussion (Ron, Cory, Ryan)
Worship Associate: Dennis Shaw

07-30-23 DISABILITY IDENTITY OR SOCIAL MODEL OF DISABILITY

Speaker: Rev. Sierra-Marie Gerfao
RE Director, UU Congregation of Danbury, Conn.
Worship Associate: Jackie Williamson

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:

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

bookoflife@uufcc.org

by 6:00 p.m. Saturday



Your
Worship
Associate
Committee



07/06 Cheryl Deuley
 07/07 Delmar Wooden
 07/11 Lorrie Budlong
 07/14 Carolyn Kellar
 07/16 Jack Osborne
 07/21 Sharon Whitehill

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

Weekly Events

Sundays — 09:00 am Conversation Among Friends
10:30 am Worship Services

Wednesdays — 07:00 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>

JULY 2023 ACTIVITIES

07/01 Sat	10:00 am	Worship Associates Meeting
07/02 Sun	Noon	PFLAG Interest Group Meeting
07/03 Mon	10:30 am	Membership Committee
	01:30 pm	Shaw Chalice Circle
	04:00 pm	Azar Chalice Circle
07/04 Tue	10:00 am	Spanish Class
	01:00 pm	Spanish Class
	02:00 pm	Creation Myths in Mythology
07/05 Wed	11:30 am	Brown Bag Social Lunch
	04:00 pm	Immigration Committee
	06:00 pm	Choir Circle Meeting
07/09 Sun	11:45 am	Social Justice Committee
07/10 Mon	10:30 am	Program Council
06/11 Tue	10:00 am	Spanish Class
	01:00 pm	Spanish Class
	02:00 pm	Creation Myths in Mythology
07/12 Wed	10:00 am	Caring Committee
	06:00 pm	Choir Circle Meeting
07/13 Thu	04:30 pm	Buddhist Meditation
07/14 Fri	04:30 pm	Communications Committee
07/16 Sun		BIRTHDAY CAKE SUNDAY
	Noon	PFLAG Steering Committee
	Noon	Art Committee
07/17 Mon	01:30 pm	Shaw Chalice Circle
	04:00 pm	Azar Chalice Circle
07/18 Tue	10:00 am	Spanish Class
	01:00 pm	Spanish Class
	02:00 pm	Creation Myths in Mythology
07/19 Wed	11:30 am	Lunch Bunch Dining Out
	06:00 pm	Choir Circle Meeting
07/20 Thu	04:00 pm	Board Meeting
	06:00 pm	NAACP Meeting
07/26 Wed	01:30 pm	UUFCC Book Group
	04:00 pm	ARAY Meeting
	06:00 pm	Choir Circle Meeting
07/27 Thu	04:30 pm	Buddhist Meditation
07/30 Sun	03:00 pm	Secular Community Meeting
07/31 Mon	01:30 pm	Shaw Chalice Circle



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).* [UUFCC was founded in 1969.]

SUBMISSIONS INFO

COMMUNIQUE welcomes submissions of **300 words or less.**

Submissions may be edited for spelling, grammar, punctuation, clarity, legal ramifications, length, or general taste at the editors' discretion. Editors reserve the right to refuse to publish submissions for the same reasons. While acceptance rules are lenient, the editorial board will reject that deemed potentially libelous, racist, hateful, or a personal attack.

Anonymous submissions are not accepted.

MEMBER SPOTLIGHT SUGGESTIONS & IDEAS

Yes, we'd like to get to know you if we could ... (Spanky & Our Gang flashback?)

Tell us about you. What is your background? Where are you from?

Tell us about your life journey. What brought you to Florida and when?

Tell us about your career paths. Accomplishments? Interests? Hobbies?

How did you come to UUFCC? What keeps you here?

Tell us about current and past UU roles or involvement.

Something else? You decide! You tell us what you want us to know!

UUFCC directory/archives picture is used unless another is provided.

REALITY CHECK — DISCLAIMER — THE FINE PRINT

Views and opinions expressed in submissions are personal and belong solely to the author/submitter.

Views and opinions expressed do not necessarily reflect the official view, policy, Principles, Covenants, or positions of UUFCC or its newsletter editors.

Views and opinions expressed are not intended to malign any religion, ethnic group, organization, individual, or anyone or anything.

Guarantees are not made as to completeness, accuracy, usefulness, or timeliness.

SUPPORT ONE ANOTHER'S INDIVIDUAL SPIRITUAL JOURNEYS

Content is not intended to be negative, divisive, and/or diminishing.

Uphold one another's First Amendment right to free speech.

Encourage and value a free, open, and mutually respectful exchange.

Cherish our Beloved Community.

Take all content kindly and in the spirit in which it was intended.

UUFCC CONTACTS

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UUFCC

COMMUNIQUE

Can you say kuh-myoo-nuh-kay?

EDITORIAL BOARD

Stephanie Garrett

Herb Levin

MaryLou Kennedy

300-word limit articles due

1-wk before last day of month:

editorialboard@uufcc.org

Photos from Tom Deuley, and

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unless otherwise indicated.

CONSTITUTIONAL AMENDMENT INITIATIVE PETITION FORM – VOLUNTEER

Amendment Information

Ballot Title: Right to Clean and Healthy Waters

Ballot Summary: This amendment creates a fundamental right to clean and healthy waters. The amendment may be used to sue State executive agencies for harm or threatened harm to Florida's waters, which include aquatic ecosystems. This amendment defines terms, identifies affected constitutional provisions in Article IV governing the executive branch, provides for civil action enforcement, allows attorney's and expert witness fees to prevailing plaintiffs, and provides equitable remedies including restoration of waters.

See separate document for the full text of the proposed constitutional amendment.

Date Approved 04/22/2022 **Serial Number** 2202



Sponsor's Information (Return all completed petition forms to the address below.)

Name: Florida Right to Clean Water.org

Address: 13300 South Cleveland Avenue Suite 56 Fort Myers, FL 33907

Voter's Information

I am a registered voter of Florida and hereby petition the Secretary of State to place the above proposed amendment to the Florida Constitution on the ballot in the general election.

Name - Last _____ **First** _____ **Middle** _____

Address _____

City _____ **Zip** _____ **County** _____

Update my voter registration record to this address. (check box)

Registration No.

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or **Date of Birth**

M	M
---	---

 /

D	D
---	---

 /

Y	Y	Y	Y
---	---	---	---

Signature _____ **Date Signed**

M	M
---	---

 /

D	D
---	---

 /

Y	Y	Y	Y
---	---	---	---

Petition Circulator's Information



This Petition form is only to be collected by a volunteer or directly by the voter him or herself.

A paid petition circulator must use the DS-DE 155B version of the form. Forms for paid petition circulators can be obtained from the Division's Paid Petition Circulator website.

Visit <https://dos.elections.myflorida.com/InitiativePetitions/> for more information.

Attention

- This form becomes a public record once filed with the Supervisor of Elections.
- It is a first degree misdemeanor to knowingly sign the same petition more than once. [§104.185, F.S.]
- An improperly completed form will not be validated.