



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 writing from my daughter's home in Richmond, Virginia. Katie is a native wild flower enthusiast. Her yard is a stunning habitat for bees, hummingbirds, butterflies and a wide variety of other fascinating creatures. In less than two years, she has transformed an almost barren, urban lot into a thriving paradise.

Katie inspires me and I am so proud of her obvious commitment to environmental sustainability and justice. Her property is a model for her whole neighborhood.

As we experience record breaking heat waves and ocean temperatures, I am, like so many others, terrified that it is too late to make a difference. Climate change will continue with devastating consequences. But, as I sit in Katie's amazing garden,



I experience hope.

When I return to Port Charlotte next week, I am going to ask the members of our Board of Trustees to re-establish an **Environmental Health Committee**. I want us to evaluate what we can do to make our almost two acres more environmentally friendly and join forces with other communities

and organizations that are committed to addressing climate change.

Ultimately, I want UUFCC to become known throughout Charlotte County as

A Model of Environmental Health and a Center for Environmental Education.

We can do this!

In faith and gratitude,

Dennis Shaw, President
UUFCC Board of Trustees



ATMOSPHERIC CO₂ (CARBON DIOXIDE) LEVELS ARE RISING



Alan Searle

The CO₂ level in the atmosphere has now reached 420 ppm and has no sign of stopping there. We are now halfway to doubling the level found before the industrial revolution—280.

If we can't stop it at source, maybe we should **invest more in capturing CO₂** since the gas can persist in the atmosphere for thousands of years.

Fortunately, not all of the gas does that. Some is absorbed by sea water, but that makes the oceans more acidic, so as well as working on other ways of reducing our emissions of CO₂, we are beginning to capture it too.

How do you catch molecules of gas?

After all, there's only a few hundred of them for every million of other atmospheric gases. Answer: with difficulty. There are currently no economical ways of rounding up those molecules. There are plenty of experimental devices being tested in the hope of making them commercially viable.

Some capture the gas from the air, and others from the sea where concentration of CO₂ is much higher. Some capture the gas from the smokestack where it is being emitted. However:

**What do you do when you've got it?
How much do we really need?**

Making concrete releases a lot of greenhouse gases, but injecting CO₂ into concrete speeds up the setting process, so we can use some that way. It can also be used in many industrial processes. Ammonia can be combined with CO₂ to **make fertilizer** and other substances such as hydrocarbons. Of course, burning hydrocarbons releases

CO₂ back into the atmosphere, so that is not particularly helpful at reducing atmospheric CO₂.

Let's hope some, or all, of these carbon capture devices work. But then:

Would we have a lot of CO₂ on our hands?

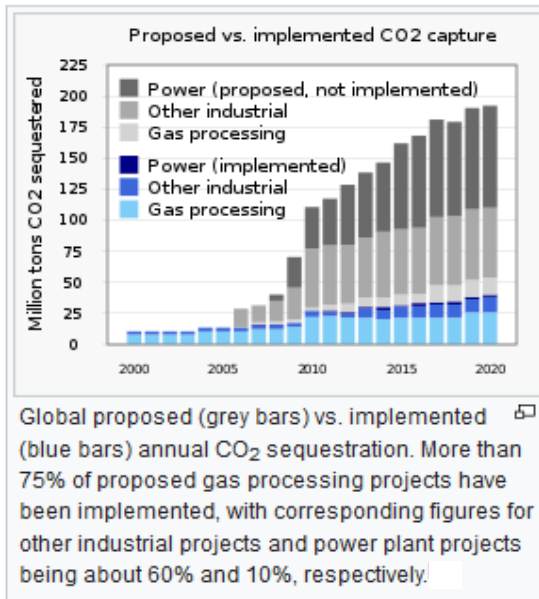
Use some for dry ice to help keep our beer and carbonated beverages cool in hotter summers to

come, and **UUFCC can drink more decaf coffee** (the decaffeinating process uses CO₂) but all these release CO₂ back into the atmosphere.

Some other suggestions are **storing and sealing the gas in old mines and caves**, although I am not sure there are enough sealable holes in the earth's surface to satisfy that demand.

What else would work?

Well, **plant a tree**. Until they became fossil fuels and we dug or pumped them up to the surface, trees did a great job keeping the CO₂ level down for millions of years.



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

IT'S NOT JUST WATER FOUNTAINS

I had decided to address LGBTQ+ issues prior to Gay Pride Month because it is personal to me. As a heterosexual married Black female, I've experienced discrimination based on color and sex.

I have also known people of different races and sexual orientations including transgendered for most of my life. They are and were family, close friends, medical providers, camp counselors, beauticians, musicians, single, married, parents (biological and adopted). People.

Returning to Cape May NJ from Florida at the beginning of Gay Pride Month was a cultural shock. My legal residence, Florida, was at war with people for non-conformance with expectations based on their rules and authoritative sources. Science being excluded.

"It's not about bathrooms as it was never about water fountains."

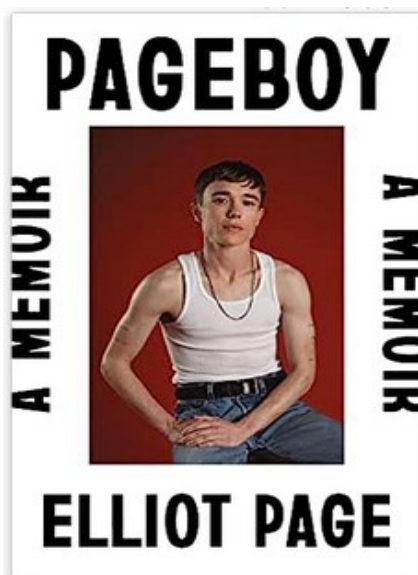
—George Takei, Japanese American, actor, author, gay rights activist best known as Hikaru Sulu, helmsman on the fictional USS Enterprise.

People of color are knowledgeable of racism. Many also face discrimination based on sexual orientation. There is little difference. You are the other. The outsider, made to feel different. Seen as different, while having a need to be included in family and society. Discrimination still based on what you look like rather than who you are and what you could contribute to society.

In Florida over the past year, the legislative body has passed laws making sexual orientation a prohibited subject in the school system which cannot also be addressed medically. Drag, performance art in the theater community, has been translated into sexual inferences. In New Jersey and Philadelphia Pa (former home) there was government support of Gay Pride. Parades, news stories on the "how and who" on television and in newspapers. Information and resources for conversations on inclusion for the queer community and their parents/friends was everywhere.

A decade ago, the Pew Research found that lesbian and bisexual adults said 12 was the median age when they realized they might not be heterosexual. Last year Gallup found that about one in five Gen Z adults self-identity as LGBTQ+.

Sexual identity or orientation is a complex combination of genes. *Pageboy, A Memoir* by Elliot Page (New York, Flatiron Books, 2023) is the true story of one person's self-awareness and transition. He was a child actor from Canada who won breakout roles in Juno and X-Men. The sense that your body is betraying you, a type of dysphoria, is the storyline.



Stephanie Garrett

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

—Ralph Waldo Emerson, unsourced. Or could it be a "misattribution to a passage from E.E. Cummings' *A Poet's Advice*"?
https://en.wikiquote.org/wiki/Talk:Ralph_Waldo_Emerson

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/UnitarianUniversalism



Five-Day Multiplatform (in-person & online)
UUA GENERAL ASSEMBLY
 PITTSBURGH • JUNE 21 - 25, 2023
 UUA's 62nd General Assembly

FIRST-TIMERS' FIRST IMPRESSIONS



**BETTY
BARRIGA**

Others had told me about the General Assembly, so I had some idea of what to expect from the 2023 gathering. I was looking forward to getting a deeper understanding of Unitarian Universalism and reaffirming my passion for social justice. I also hoped to meet other social justice committee members as well as other CAPAS team members.

I was not disappointed. I got to fulfill all my expectations and more.

Here are some of my impressions:

The General Assembly 2023 meeting was unbelievably engulfed in examining the wording of Article II and the suggested amendments. I believe there were 800 proposed amendments but only a handful were brought to a vote. I could not understand why there was so much discussion about the wording of Article II. I have always subscribed to the principle LESS-IS-MORE!

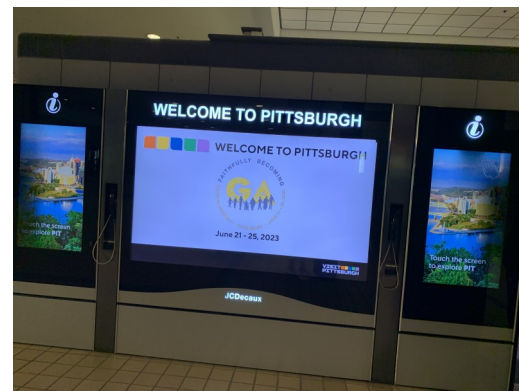
Being around young people was certainly a plus. Living in Florida among retirees, it was heartwarming to see many young people in attendance. The youth representative onstage spoke about climate justice and advocated for the divestment of all UUA funds from the fossil fuel industry. Unfortunately, the divestment resolution failed but the UUA Board of Trustees issued a statement reaffirming their commitment to the work of climate justice. There was also a discussion and a statement issued on reparations.

Another impressive thing was the significant number of people of color and women leaders on stage.

Programs that we at the UUFCC participated in (“Beloved Community” and “Widening the Circle”) were reflected on stage.

And I loved the Banner Parade where representatives from UU congregations from every state including Alaska and Hawaii as well as members from Canada and Mexico triumphantly marched into the hall.

Maybe next year, the UUFCC banner, now neatly folded in a Fellowship closet, will be proudly carried!



GA FIRST-TIMERS continues on page 5

GA FIRST-TIMERS' FIRST IMPRESSIONS continued from page 4



PEGGYDAWN MORAN

What did I like about my first General Assembly experience June 2023 in Pittsburgh PA?

I loved the chance to be in Pennsylvania, my home state, again. I'll always have a little excitement in my heart for the place. Robert Moran, Betty Barriga and I sojourned to the area of the three rivers [where the Allegheny River and the Monongahela River meet to form the Ohio River] during a break. The beauty and energy of the rivers joining, the small sailboats racing, and the Appalachian Mountains scenery renewed me.

The best part of the convention for me was the opportunity to be with people of like mind. Even though there were thousands of us, it felt as though we were all one force — a force to be reckoned with. There was love all around — in the air, in the music, and in the audience. I felt it as we continued our journey to Cleveland to visit relatives, and I was able to spread a little around where needed.



ROBERT MORAN

I was excited to be at my first General Assembly meeting because I've heard so many good stories.

The music was excellent. The talks were interesting, educational and well done. The debates on the Principles were interesting with good points on both sides of the issues being raised, just as Socrates would have done himself.

I did have trouble finding some of the workshops. I am 82 years old and was a bit overwhelmed at times.

I love UU and the Principles as a guide for living a beautiful life.



GA FIRST-TIMERS continues on page 6

GA FIRST-TIMERS' FIRST IMPRESSIONS continued from page 5



Betty shares her Spaghetti Squash recipe with new friends? She shares her recipe with you on page 26.



Betty Barriga faithfully becoming adaptive and resilient!



Rev. Dr. Sofia Betancourt, newly elected 10th president of UUA, the first woman of color and the first openly queer to lead our Association



UUA GA 2023 Banner Parade

GA is UUA's annual meeting & gathering of UUs where they:

- Conduct business of the UUA;
- Explore UU theological underpinnings; and,
- Lean fully into our mission and principles.

Participants worship, witness, learn, connect, and make policy for UUA through democratic process.

Anyone may attend the Unitarian Universalist Association General Assembly.

<https://www.uua.org/ga>

FOR HUMAN RIGHTS HERE



www.ciw-online.org | www.allianceforfairfood.org | www.sfalliance.org

Immokalee is a small Florida farming community with many humble fieldhands who do the hard, hot work of picking crops of food. Mostly immigrants from abroad, only some speak reasonably good English. They labor for low wages and few benefits. They reside in poor housing. Their children go to work early and do not get much education. Often, they get little respect.

Nevertheless, Immokalee has drawn worldwide attention. The people there created the

Coalition of Immokalee Workers and the Alliance for Fair Food

which has brought large corporations to sit and negotiate with them for better working conditions. They have won legal cases to stop abuse and have their rights recognized. They have become a symbol of hope for humble workers around the world. They have been recognized at the United Nations and the White House. Recently a delegation came from Chile to learn how they have done this.

An example ongoing today is to convince **Kroger**, one of the largest supermarket chains, to join



Ted Zawistowski



the Alliance for Fair Food. Kroger, which is about to become the second largest supermarket in the USA, has been resisting. Demonstrations have been organized in Ohio where Kroger is headquartered. **Publix** and **Wendy's** are still resisting too after years of effort. Such demonstrations have already brought 14 large corporations into the alliance. College students have marched and boycotted popular outlets that use Florida-grown tomatoes. In Charlotte County some 26 congregations have been supporting the CIW for many years. Some victories have been won. Improvements have been achieved. But much remains to be done across America and around the world.

In September, our Social Justice Committee is planning a trip to Immokalee

to see for ourselves the conditions that remain, to visit CIW headquarters, and to demonstrate our support and commitment to this ongoing effort to win recognition for the human rights of the humble, hard-laboring workers who bring food to our tables. **Join us.**

Ted Zawistowski, Chair
UUFCC Social Justice Committee

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

Joséphine Baker is often remembered as a trailblazing singer, actress, and dancer of the Jazz Age but few people know that during World War II she supported the Allied cause by working as a spy for the French Resistance. By the start of the war, Baker, born an American, had already been living in France for many years; she had become a French citizen in 1937 after marrying Jewish Frenchman Jean Lion.

Throughout the war, she maintained a busy performance schedule in many of Europe's wartime cities which provided an excellent cover for her covert activities.

Baker served as a sub-lieutenant in the Women's Auxiliary of the Free French Air Force and helped spy for the French government by gathering information at high society events held at embassies. Her fame gave her the unusual ability to visit neutral nations during the war so she



FREDA JOSEPHINE BAKER
06/03/1906 – 04/12/1975

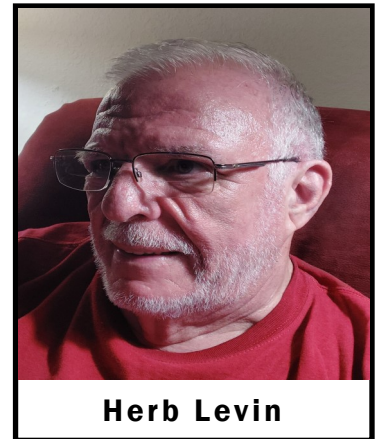


French Resistance with Rosette. She was also made a Chevalier of the Légion d'Honneur – the country's highest decoration – by General Charles de Gaulle. When Baker passed away in 1975, she became the first American-born woman to receive full French military honors at her funeral.

#josephinebaker #blackparis

assisted the French Resistance by smuggling secrets written in invisible ink on her sheet music. She helped other intelligence agents secure travel visas by including them as part of her performance entourage. Baker also helped many people in danger from the Nazis get visas to leave occupied France. Toward the war's end, she performed for liberated prisoners at Buchenwald who were too weak to move.

For her service to France during the war, Baker was awarded the Croix de Guerre and the Medal of the



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>



BANNED BOOK FESTIVAL BEING PLANNED

— Ted Zawistowski

In response to recent book banning activities, a group representing a number of organizations has formed in Venice to hold a book festival to celebrate the freedom of the press and the right to read. Still in the early planning stage, ideas include inviting a broad variety of organizations and individuals to take part. For example: independent bookstores, local authors, poetry reading, religious denominations, civic groups, musical performers, librarians, teachers, and all who are affected by or oppose book-banning being imposed by some on others.

The first meeting was held at the Unitarian Universalist Congregation of Venice. Representing our UUFCC were **Betty Barriga, Myrna Charry, Herb Levin, Helen Sokalski and Ted Zawistowski.**

A target date in February will be chosen. Other details will be announced as they develop.

Volunteers are encouraged to attend our Social Justice Committee meetings to help plan our participation in this festival.



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>



Laugh
Out
Loud



ARRR-GUST IS INTERNATIONAL PIRATE MONTH!

1. What do pirates usually order at Italian restaurants? *Chicken pARRRmesan.*
2. Which style of food do pirates enjoy most? *bARRRbeque!*
3. What’s the difference between a hungry pirate and a drunken pirate? *One has a rumbling tummy and the other’s a tumbling rummy.*
4. What is a pirate’s favorite restaurant? *ARRR-by’s.*
5. What type of grades did the pirate get in school? *High C’s.*
6. Why is pirating so addictive? *Because once ye lose yar first hand, ye are hooked!*
7. Why do pirates love Thanksgiving? *Because they get to cARRRve the turkey!*
8. How are pirates and strawberry farmers different? *A pirate buries his treasure but a farmer treasures his berries.*
9. Where does a buccaneer go out for dinner? *Long John Silvers.*
10. Pirate Pick-Up Line: *I must be a pirate: I am digging your booty!*
11. What do pirates like to put on their toast? *Jelly Roger.*
12. Why do pirates always win dance contests? *They know how to shake their booties.*
13. Why do pirates make great lawyers? *Pirates have very good ARRR-guments.*
14. What kind of socks do pirates wear? *ARRR-gyle.*
15. What’s a pirate’s favorite country? *ARRR-gentina.*
16. What’s a pirate’s favorite vegetable? *ARRR-tichokes!*
17. What’s a pirate’s favorite cookie? *Chips ahoy.*
18. How do you greet a Spanish pirate with a rubber toe? *Hola, Roberto.*
19. Why are pirates called pirates? *They just AAARGH!*
20. To err is human. To ARRR is pirate!



Ahoy, me hearties!
August 16th is
National Tell A Joke Day!
ARRR ye ready? Aye, aye!

YO HO HO?

DID YOU
KNOW

secular student alliance

Secular: Of or relating to worldly things or to things that are not regarded as religious, spiritual, or sacred. Not pertaining to or connected with religion.

<https://www.dictionary.com/browse/secular>

The Secular Student Alliance empowers secular students to proudly express their identity, build welcoming communities, promote secular values, and set a course for lifelong activism. This 501(c)(3) nonprofit is the only national organization dedicated to atheist, humanist, and other non-theist students.

Each year **scholarships** are offered to full-time students enrolled in high school or college in the US, designed to support students who, in addition to pursuing excellence in their academic studies, are **activists for secular values or state/church separation** on their campus and/or in their community. secularstudents.org/scholarships.

In addition to scholarships that apply to all high school and college students nationwide, there are also unique and state-specific scholarships:

- Zora Neale Hurston Scholarship—awarded jointly by Black Nonbelievers
- Dr. Hector Avalos Scholarship—awarded jointly by Hispanic American Freethinkers
- Cliff Richards Memorial/FFRF Scholarships for students attending an HBCU
- Yip Harburg Lyric Foundation/FFRF Scholarship for a student in the Arts or arts-related degree
- Al Luneman/FFRF Student Activist Award for a student who is outspoken on state/church separation
- The Military Association of Atheists and Freethinkers (militaryatheists.org) sponsors a scholarship for a student who is active duty military or a veteran
- The Society for Humanistic Judaism sponsors a scholarship for a Jewish student

For students enrolled in schools in specific states:

- The Florida Humanist Association for a student enrolled in a Florida college.
- The Humanists of Sarasota Bay sponsors a scholarship for a student enrolled in college in Sarasota County or nearby counties.
- The Humanists of North Central Florida sponsors a scholarship for a student enrolled in college in North Central Florida.
- The Central Florida Freethought Community sponsors a scholarship for a student enrolled in high school or college in Florida.
- Texas Houston Oasis sponsors a scholarship for a student enrolled in college in Texas.
- Freethinkers Association of Central Texas in San Antonio sponsors a scholarship for a student enrolled in college in Texas.
- Jefferson Humanists, a chapter of the American Humanist Association, sponsors one scholarship for a student enrolled in Colorado.
- FFRF Metro Denver Chapter sponsors a scholarship for a student in Colorado.
- The Freethought Society sponsors a scholarship for a student enrolled in Pennsylvania.
- HumanistsMN and HMN members Craig Luedemann and Mary Robischon sponsor scholarships for students enrolled in Minnesota.
- The Rationalist Society of Saint Louis sponsors a scholarship for a student enrolled in Missouri.
- Atheists United, Inland Empire Atheists Agnostics and Humanists, and the Humanist Society of Santa Barbara for a student enrolled in Southern California.
- The New Jersey Humanist Network for a student enrolled in New Jersey.

— Ted Zawistowski

Local Secular Community meets 3 pm
last Sunday each month at UUFCC.

**CAPAS — UUSC's
Congregational
Accompaniment Project
for Asylum-Seekers —
GUEST FAMILY UPDATE**



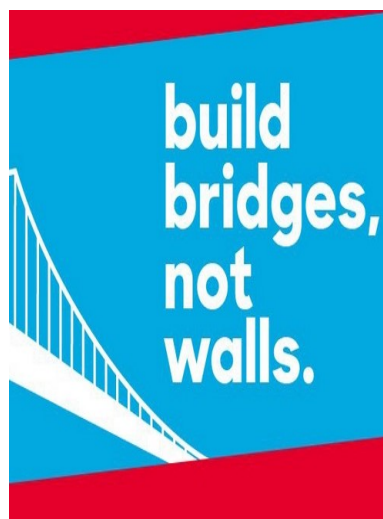
We are happy to report that on 7/8/2023:

The CAPAS guest family submitted their asylum application.

The law requires that the mother wait 150 days before she can apply for a work visa.

The mother and her two little ones are continuing their education as they are eager to master English to build their lives here.

We are currently looking for a **small affordable apartment** for our guest family because the host family only committed for one year and that is coming to an end. Because there are few affordable housing units, we are going the private route and hoping to find something for \$1000/month. In addition to the rent, we will have to pay for utilities and, of course, we will continue the food stipend.



Once the mother is allowed to work, she will be able to cover a good portion of her needs but, until then, we will continue to cover all expenses with the funds we have already managed to raise.

We are seeking leads, suggestions, donations and prayers to find housing

for our asylum seeking family and we ask you to once again partner with us in this endeavor.

Please forward any housing lead you might have to immigrationjusticeuu@gmail.com or call/text 941-258-8473.

Thank you for your continued support for our CAPAS guest family.

BUILDING BRIDGES NOT WALLS

Betty C. Barriga

<https://www.uusc.org/initiatives/asylum-is-a-human-right-uuscs-congregational-accompaniment-project-for-asylum-seekers-capas/>

August is National WATER QUALITY MONTH

Founded in 2005 by the Environmental Protection Agency (EPA)
and backed by the United Nations.

**“Not all water is created equal and
having immediate access to clean water
is a privilege, not a right.”**



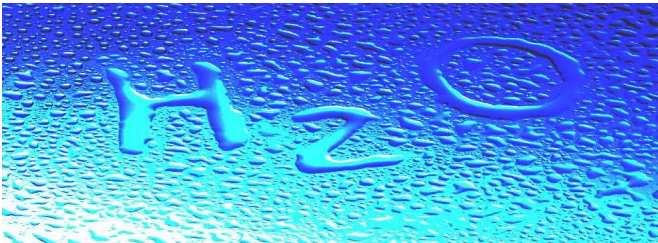
GOAL: Make the most of the relatively small amount of fresh water we have.

WHY: Clean water is vital to individual health, collective agricultural needs, & the needs of our environment. We still can't manufacture water, so it's vitally important to protect our limited water sources.

PAST: **1972 CLEAN WATER ACT** makes it illegal to dump high amounts of toxic materials into bodies of water, & ensures surface water is up to certain standards before human consumption & use.

1974 SAFE DRINKING WATER ACT protects groundwater and public water systems quality.

FUTURE? **FLORIDA RIGHT TO CLEAN & HEALTHY WATER?** Consider signing Petition. Print page 31.



**“Water makes up over 70% of Earth's
surface area, but the total amount of
freshwater found on Earth only makes
up around 3% of the water supply, and
only 1% of that is easily accessible.”**

“Sustaining the needs of Earth's over 7 billion people is not easy.”

THINGS TO DO AT HOME TO PROTECT WATER

1. Wash your car at a car wash. It might cost more but it saves water and prevents toxic chemicals being flushed down storm drains that eventually empty into lakes, rivers, streams & oceans. Professional car washes are legally required to drain into sewer systems to treat water before re-use.
 2. Pick up pet poo. Animal waste nitrogen removes oxygen from H₂O making it unusable for aquatic life.
 3. Don't hose your driveway, use a broom to clean to clean it.
 4. Don't use phosphorous-based fertilizers that may leak into nearby groundwater sources. Use organic materials or wait for drier weather. Charlotte County banned phosphorous & nitrogen fertilizer until 09/30.
 5. Do not flush toxic chemicals like expired/unwanted medicine in toilets.
 6. Take used oil or antifreeze to a service station or recycling center.
 7. Avoid antibacterial soaps/cleaning products: they're toxic to marine life.
- Collect rainwater in a rain barrel and use it to water your lawn.

**“207 of our 397 national parks – 52% – have waterways that
are considered “impaired” under the Clean Water Act.”**

– The National Parks Conservation Association

<https://nationalwaterqualitymonth.org/>





WHO IS THIS BUSKER? WHERE IS HE? IS IT A LOVE SONG OR ONE OF PRAISE? DID YOU GET KIPPENVEL?

In 2001, Norwegian composer Rolf Undsæt Løvland composed the instrumental piece "Silent Story." He later approached Irish novelist and songwriter Brendan Graham to write the lyrics, after reading Graham's novels. The very first time "You Raise Me Up" was performed was at the funeral of Løvland's mother.

The original version was not a major hit. It has since been recorded by more than 100 artists, most notably American singer **Josh Groban** (in 2003).

Groban has performed the song at Super Bowl XXXVIII, in a special NASA commemoration for the crew of the Space Shuttle Columbia disaster, at a special surprise performance for Oprah Winfrey's 50th birthday, at the first Idol Gives Back Concert (04-25-2007) along with the African Children's Choir, on The Ellen DeGeneres Show (08-10-2007) with the African Children's Choir, and on BBC's talent show Any Dream Will Do (05-26-2007) with one contestant Groban selected to perform the song with him with the other contestants as the backup singers.

Dispute: In April 2018 Icelandic composer Jóhann Helgason claimed the song infringed the copyright of his 1977 work "Söknuður" ("Into the Light") sung by Vilhjálmur Vilhjálmsson, saying Løvland would have heard the song while living in Iceland. The Performing Rights Society of Iceland analyzed both songs and found a 97% similarity between them, stating that the songs are "musically identical" except for two notes. It was disclosed at a press

conference that Groban had "Söknuður" played for him in 2007, and reacted in an 'alarmed' fashion, admitting that the two songs were similar and he didn't know where the inspiration came from. Later, singer Edgar Smári performed "Söknuður" in English to outline the similarities.

BUSKER:

One who sings or plays music for money in streets and other public places.

<https://www.collinsdictionary.com/us/dictionary/english/busker>

KIPPENVEL:

Dutch for gooseflesh, small bumps on skin.

<https://dictionary.cambridge.org/dictionary/dutch-english/kippenvel>

However, in April 2019 the US District Court of the Central District of California granted summary judgment in favor of Løvland and Graham. The court acknowledged similarities, but accepted the argument that the similar parts were not necessarily Helgason's own work in the first place, as substantially the same material is in "Danny Boy" and other old public-domain songs.

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

Controversy: Is it a love song or a religious song of praise? Groban was raised an Episcopalian (with a Jewish father who converted). He seems not to be publicly religious, and he also gives no indication of what he's thinking when singing it.

Interpretation is left to each listener, as is experiencing this spectacular performance.

Listen. Watch. Enjoy!

And let us know if you recognize the busker or the locale!

https://fb.watch/lq5nD53pog/?mibextid=HC2ilH_to-joy/

CLIMATE -vs- WEATHER

— Alan Searle

Climate is what you expect, weather is what you get. That's the simplest way I have found of telling the difference.

So, what about the floods, scorching temperatures and fires in North America and the other parts of the world? Aren't they caused by climate change?

You might think so, but to quote my daughter, a biologist, "You know, Dad, scientists never prove anything."

And she's right. Let me give you an example. Do cigarettes cause lung cancer? Most of us would say they do. However, taking one smoker with cancer we cannot say unequivocally that their cancer was caused by cigarettes. There is an association with the two, especially if you compare large populations of smokers and non-smokers, but no definite proof.

The same problem occurs with attributing very hot days, hurricanes, forest fires, etc., to climate change. They have happened before and will happen again.

So how do you know thunderstorm A is due to climate change, but thunderstorm B is not?

Climate Central

CLIMATE CENTRAL	
Type of site	News website
Available in	English
Headquarters	Princeton, New Jersey
Owner	Climate Central, Inc.
URL	www.climatecentral.org
Commercial	No
Launched	2008; 15 years ago
2018 NCSE Friend of the Planet Award ^[1]	

Well, historically, you would have to wait. Climate has usually been assessed in 30 year chunks, but with an apparently rapidly changing climate **is there another way?**

Climate Central thinks there is and has developed a **Climate Shift Index**.

It is rated -5 to +5 and ranks changes (temperature changes only so far) on the scale. A number on the scale of +3 indicates this temperature is 3x more likely to occur because

of climate change. This approach has been peer-reviewed, but they acknowledge that the index doesn't prove an event is caused by climate change, just that it's more likely. For July in Fort Myers there were some 3's and 5's.

You can assess this yourself at climatecentral.org.

CLIMATE CENTRAL

A nonprofit news organization that analyzes and reports on climate science.
Composed of scientists and science journalists.

Conducts scientific research on climate change and energy issues.

Produces multimedia content that is distributed via their website and media partners.

Featured in many prominent U.S. news sources, including The New York Times, the Associated Press, Reuters, NBC Nightly News, Time, National Public Radio, PBS, Scientific American, and The Washington Post.

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

SAVE THE PLANET— EAT WHAT'S PLANTED?

Our UUFCC is a **Green Sanctuary**. According to UUA as noted in the April 2023 *commUUniqué* (p. 10), being a Green Sanctuary **requires** our UUFCC Fellowship to engage in **mitigation** which we are to do by:

- I. **Promoting eating less meat; and,**
- II. **Engaging in climate education, action and countering contrarians.**

Well, now, thanks to a recent study published July 20, 2023 in the *Nature Food* journal, it's possible to satisfy both simultaneously. [Nature.com/articles/s43016-023-00795-w](https://www.nature.com/articles/s43016-023-00795-w).

“Eating a vegan diet massively reduces the damage to the environment caused by food production.”
<https://www.theguardian.com/environment/2023/jul/20/vegan-diet-cuts-environmental-damage-climate-heating-emissions-study>.

According to the article, the study involved 55,000 people in the UK along with data from 38,000 farms in 119 countries, to ensure the inclusion of what, where and how food was produced as well as eaten.

Oxford University Professor Peter Scarborough led the research that was published in the *Nature Food* journal. He is quoted in *The Guardian, supra*, as saying:

“Our dietary choices have a big impact on the planet. Cutting down the amount of meat and dairy in your diet can make a big difference to your dietary footprint.”



For our health.

For our Green Sanctuary status.

For our Planet.



The Guardian article, *supra*, noted the following:

1. One third of total greenhouse gas emissions are from the global food system.
2. 70% of the world's freshwater is used by the global food system.
3. 80% of pollution in rivers and lakes is caused by the global food system.
4. “75% of Earth's land is used by humans, largely for farming, and the destruction of forests is the major cause of the huge losses in biodiversity.”

University of Anglia Professor Neil Ward is quoted as saying:

This “significant set of findings ... scientifically reinforces the point made by the Climate Change Committee and the National Food Strategy ... that **dietary shifts away from animal-based foods can make a major contribution to reducing the ... environmental footprint.**”

The Guardian, supra.

“The biggest difference seen in the study was for **emissions of methane**, a potent greenhouse gas produced by cattle and sheep, which were **93% lower for vegan diets** compared with high-meat diets.”

The Guardian, supra.

So, let's see how we're **mitigating**:

Promoting eating less meat? Check.
Engaging in climate education? Check.
August Save the Planet Theme? Check.

Now check out a vegan recipe, here (p. 24), there and everywhere. Share a favorite vegan purchase.



UUFCC Art Committee's "In-House" EXHIBITION
of our UUFCC Members & Friends!
On display now thru August 2023

Looking Into the old Work Shop
Tom Deuley

Untitled
Joseph M Fenty

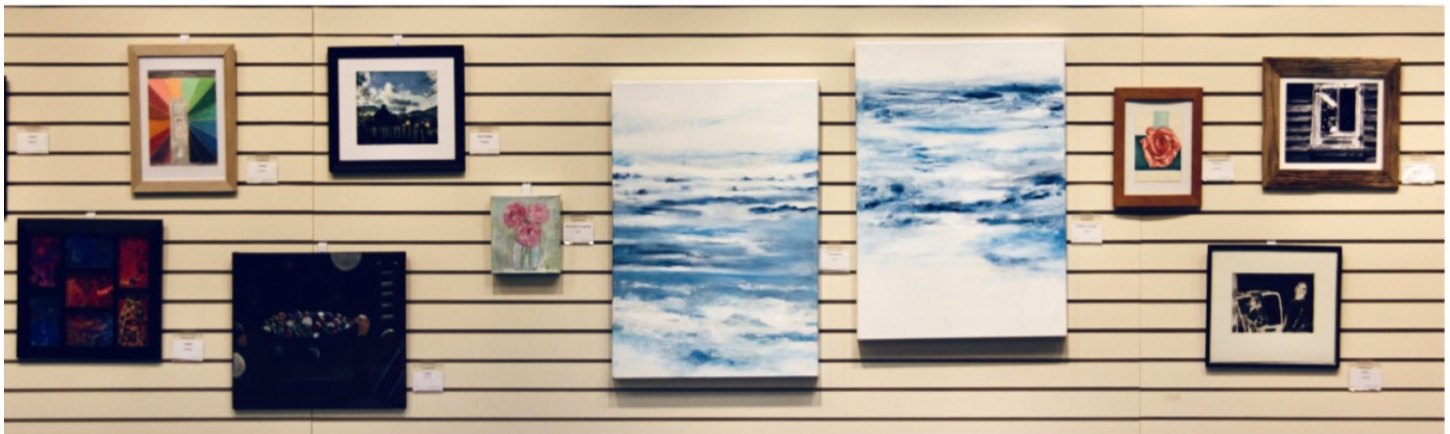
Farm Museum
Ryan Smith

Three Flowers
Gina Battle

Contemplation
Gina Battle

Serenity Lives Here
Gina Battle

Flower Alan
Lane



Untitled
Dennis Shaw

Untitled
Joseph M Fenty

Sailors
Sandy Telander

Donna's Bandana
Trudy Gerhardt

Untitled (2)
Dennis Shaw

Chef Inspired
Trudy Gerhardt

Tom Deuley

Trudy Gerhardt

Orchid
Cheryl Deuley

Post no Bills
Tom Deuley



Winter Walk
Mary Jane Williams

Dennis Shaw
Untitled

Sarasota Bay
Ryan Smith

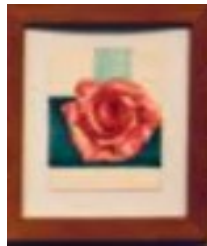
Dennis Shaw
Untitled

ART SHOW continues on page 18

ART SHOW EXHIBITION continued from page 17



Winter Scene
Sandy Telander



Untitled
Joseph M Fenty



Summer Walk
Mary Jane Williams

Landscape
Sandy Telander
(Etching)



Landscape
Sandy Telander
(Lithograph)

Untitled
Dennis Shaw

Untitled
Joseph M Fenty



Cheryl's Flower
Cheryl Deuley

Beach Children
Sandy Telander

Bunka Japanese Embroidery
Mary Jane Williams

Great Smokey Mts
Ryan Smith

Monarch Migration
Eastern Gap Toronto
Jim Mline

Untitled
Dennis Shaw



SPOTS & THOUGHTS • STEPHANIE GARRETT

August 9th: INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

An estimated 476 million indigenous peoples in the world are living across 90 countries. They make up less than 5% of the world's population, but account for 15% of the poorest. They speak an overwhelming majority of the world's estimated 7,000 languages. They represent 5,000 different cultures.

https://en.wikipedia.org/wiki/International_Day_of_the_World%27s_Indigenous_Peoples.

GOAL

- To raise awareness and protect the rights of the world's indigenous population.
- To recognize the achievements and contributions that indigenous people make to improve world issues like environmental protection.
- To educate the public on issues of concern, mobilize political will and resources to address global problems, and celebrate and reinforce achievements of humanity.

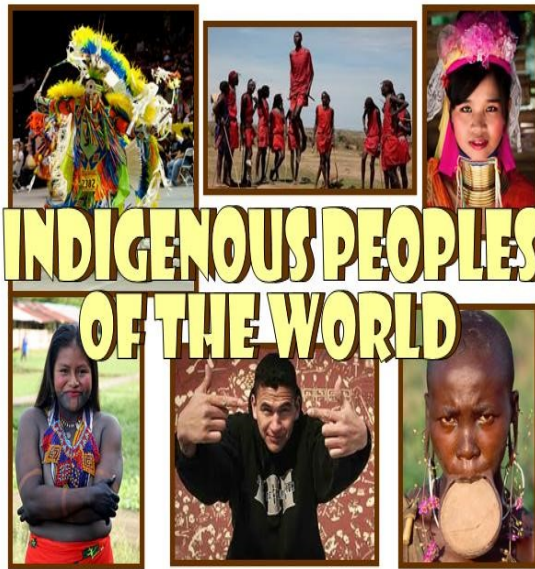
BACKGROUND

In 2016, 2,680 indigenous languages were in danger and on the verge of becoming extinct. The United Nations designated 2019

International Year of Indigenous Languages to persuade, convince and create awareness to people about indigenous languages.

THE DAY WAS FIRST PRONOUNCED

by the United Nations General Assembly in December 1994, marking the day of the first meeting of the United Nations Working Group



on Indigenous Populations of the Sub-Commission on the Promotion and Protection of Human Rights in 1982.

COLUMBUS DAY DIFFERS

as it celebrates America's beginning heritage. It doesn't celebrate those who first called this land home. Remember their struggles and tragedies. Honor their contributions.

While Indigenous Peoples' Day is relatively well known, it is not a federally recognized holiday.

HOW TO OBSERVE THIS DAY

1. Learn about indigenous history, beliefs, nature connections, languages, customs & lifestyles.
2. Acknowledge the land you're on.
2. Rebuild local ecosystems with native plants.
3. Support Indigenous groups, businesses, authors, & craftspeople, now and year-round.
4. Visit an indigenous history & culture museum.
5. Share in the art of storytelling.
6. Learn an indigenous language. Bring dying languages to the fore. Language loss means losing important facets of indigenous history and culture.

2022-2032 is the DECADE OF INDIGENOUS LANGUAGES

At least 40% of the 7,000 languages used worldwide are at some level of endangerment. Indigenous languages are particularly vulnerable because many of them are not taught at school or used in the public sphere.

<https://www.un.org/en/observances/indigenous-day>

AUGUST BIRTHDAY TAKEAWAY

“And in the end, it’s not the years in your life that count, it’s the life in your years.” —Abraham Lincoln

08-03-1905—Birthdate of **MARGARET ELIZA “MAGGIE” KUHN**

- She was an American activist known for founding the Gray Panthers movement, after she was forced to retire from her job at the then-mandatory retirement age of 65.
- **GRAY PANTHERS** became known for advocating nursing home reform and fighting ageism, claiming that:
"Old people and women constitute America's biggest untapped and undervalued human energy source."
- She dedicated her life to fighting for human rights, social and economic justice, global peace, integration, & understanding mental health issues.
- For decades, she combined her activism with caring for her disabled mother and a brother who suffered from mental illness.

Check it out: <https://www.graypanthersnyc.org/>



08-11-1921—Birthdate of **ALEXANDER MURRAY PALMER HALEY**

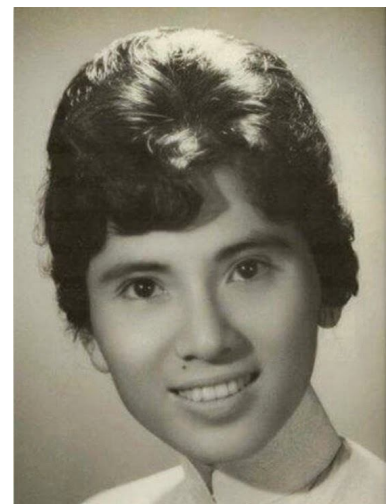
- He was an American writer whose works of historical fiction and reportage depicted the struggles of African Americans.
- He spent 20 years in the US Coast Guard & has a cutter dedicated to him. The **USCGC Alex Haley** is currently serving from Kodiak, Alaska.
- He ghostwrote his first book: *The Autobiography of Malcolm X* (1965).
- He wrote ***Roots: The Saga of an American Family*** (1976).
- 1977 *Roots* TV miniseries aired to record-breaking audiences of 130 million.
- **He triggered widespread ancestral searching.**
- In 1977, Haley earned the **Pulitzer Prize** for *Roots*.
- He worked with Disney to develop **Epcot Equatorial Africa** pavilion(1980s).
- He is one of the top ten United States’ best-selling black authors.
- After his 1992 death, his Tennessee farm was sold to No-Child-Left-Behind Children’s Defense Fund for training and retreats at **Alex Haley Farm**.



08-26-1910—Birthdate of **ANJEZE (AGNES) GONXE (ROSEBUD) BOJAXHIU**

- In 1928, at age 18, she became an Albanian-Indian Catholic nun.
- She is best known as **MOTHER TERESA.**
- In 1950, she founded **Missionaries of Charity**: homes for people dying of HIV/AIDS, leprosy and tuberculosis. They also run dispensaries, soup kitchens, mobile clinics, children's and family counseling programs, orphanages and schools. Members take vows of chastity, obedience, poverty & to give "wholehearted free service to the poorest of the poor."
- In 1962, she was awarded the **Ramon Magsaysay Peace Prize**.
- In 1979, she was awarded the **Nobel Peace Prize**.
- In 1997, she died. Sept. 5th is her Feast Day anniversary of her death.
- In 2016, she was canonized as **Saint Teresa of Calcutta**.

Volunteer. Help others. Help your community. Enrich your soul.





TU B'AV — A JOYOUS HOLIDAY OF LOVE

Evening of Tuesday, Aug. 1, 2023 thru Wednesday, Aug. 2, 2023



What is Tu B'Av?

In modern-day Israel, it is celebrated as a **holiday of love**. It is considered to be a good day for weddings.

According to the Mishna [the first major written collection of the Jewish oral traditions that are known as the Oral Torah], Tu B'Av was a joyous holiday in the days of the Temple in Jerusalem, **marking the beginning of the grape harvest**.

The Talmud (the central text of Rabbinic Judaism and the primary source of Jewish religious law [halakha] and Jewish theology) states that:

There were no holy days as happy for the Jews as Tu B'Av and Yom Kippur.

The Tu B'Av holiday celebrated the wood-offering brought in the Temple (see Nehemiah 13:31). Josephus refers to it as the Feast of Xylophory ("wood-bearing")."

How is Tu B'Av celebrated?

Unmarried girls of Jerusalem dress in white garments and go out to dance in the vineyards.

It is a day for **matchmaking, weddings, and proposing**, as well as increasing Torah study.

Tu B'Av's day of joy follows Tisha B'Av, the saddest day in the Jewish calendar, by six days. Tu B'Av does not have many established religious rituals associated with its celebration except that the

Tachanun prayer is not said—either at Mincha the day before or on the day itself—and a bride and groom traditionally do not fast if their wedding falls on Tu B'Av. These customs commemorate the happy events that occurred in the history of the Jewish People.

How is Tu B'Av celebrated in modern times?

It has become a **romantic Jewish holiday** among secular Jews who mostly see it as the **Jewish equivalent of Valentine's Day** and comparable to **Sadie Hawkins Day**. After experiencing a surge in popularity in modern Israel, Israelis prefer to celebrate love on Tu B'Av and North American Jewish organizations throw celebrations and offer teachings on Tu B'Av.

Tu B'Av



Dancing girls on Tu B'Av

Tu B'Av is more popular than Valentine's Day since secular Jews and Haredi celebrate Tu B'Av while Haredi are less likely to be aware of Valentine's Day.

"May your inscription and seal be for good."

[Answers/info/picture from Wikipedia (https://en.wikipedia.org/wiki/Tu_B%27Av).]

RAKSHA BANDHAN — THE BOND OF PROTECTION

A Hindu Sister's Day — August 30th — with Charm Tying

What is Raksha Bandhan?

It is an annual HINDU festival where sisters of all ages tie a talisman or amulet called the RAKHI around their brothers' wrists to symbolically protect them. They receive a gift in return, and traditionally invest their brothers with a share of the responsibility of their potential care.

While traditional North Indian families may not have a Father's or Mother's Day, or even the equivalent of Valentine's Day, there is Sister's Day called Raksha Bandhan.

When is it?

It is observed on the last day of the Hindu lunar calendar month of Shraavana, often August.

Where is it celebrated?

It is celebrated in the Indian Subcontinent and in other parts of the world significantly influenced by the HINDU culture, including Nepal, Fiji, Pakistan and Mauritius.

What does Raksha Bandhan mean?

Raksha (protection) Bandhan (bond) is Sanskrit for "the bond of protection, obligation or care."

What is its history?

Until the mid-20th century, in the ancient Hindu ritual, a domestic priest tied amulets, charms, or threads on the wrists of patrons, or changed their sacred thread, and received gifts of money. Some still do.

By contrast, the **sister-brother festival**, with origins in folk culture, had names which varied with location. Some were rendered as saluno,

silono, and rakri. Saluno included sisters placing shoots of barley behind the ears of their brothers.

What are the customs of Raksha Bandhan?

Raksha Bandhan is rooted in the practice of EXOGAMY (marrying outside your community). The bride marries outside her hometown, and her

parents by custom do not visit her in her married home. In rural North India, where exogamy is prevalent, many married Hindu women go to their parents' homes every year for the ceremony. Their brothers, who typically live with their parents or nearby, go to their sisters' married home to escort them. Many younger married women arrive a few weeks earlier at their natal homes and stay until the ceremony. Brothers serve as lifelong intermediaries between sisters' married and parental homes, and potential security stewards.

No exogamy? No siblings? No problem. Today the

festival is more symbolic but still popular. Festivals now go beyond traditional rituals due to movies, technology, migration, social interactions, etc.

Among females and males who are not blood relatives, the act of tying the **RAKHI AMULETS** has given rise to a new Raksha Bandhan tradition of **voluntary kin relations**, which sometimes cut across lines of caste, class, and religion. Authority figures may even be included in such a ceremony.

Friends are the family we choose.

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



**Be kind
whenever possible.
It's always possible.**

— *The 14th Dalai Lama*

**Think of your fellow man.
Lend him a helping hand.
Put a Little Love in Your Heart**

(Song originally performed in 1969
by Jackie DeShannon, who composed it with
her brother Randy Myers and Jimmy Holiday.)

Love is eternal and goes a long way.

In 1988, two young men in Toms River NJ
flipped over in their rowboat.

Two ladies from another boat pulled them out
but their boat wasn't motorized and
they didn't have a radio to call for help.

Two boats with radio antennas passed
and did not stop to help.

A person from one of those boats apparently
even said, "We don't want to be bothered."

One of the two boaters who fell in the water died.

Honor the memory of the deceased man.

Celebrate people and the kind acts
they perform all across the globe.

<https://bk2hk.org/week/>

**August 25th thru 31st
BE KIND TO HUMANKIND WEEK**

**An annual worldwide
celebration of kindness**

**A time to reflect on what we can do
to make the world a better place.**

**Start with making the lives of
those around us happier.**

SHOW KINDNESS TO OTHERS

Say a kind word.

Help someone with a chore.

Call someone in need of conversation.

**Set aside a few hours each day and
do something nice for others.**

Why wait for this week?

Why not every day?

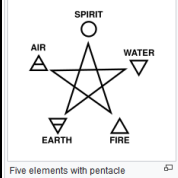
Our CAPAS family still has needs!



Wicca



CAT NIGHTS begin August 17th



Goodbye, Dog Days of Summer. Hello, Cat Nights!

The Dog Days of Summer end in August when the **Dog Star Sirius** is no longer visible in the wee hours of the morning. Then Cat Nights begin!

“Cat nights go back to when most people believed in witches.”

“Cat Nights are also tied to pre-Christian harvest rites.”

santaynevalleystar.com/holiday-history-august-story-of-sextillis-an-extra-day-and-cat-nights/.

The date is of note on the **PAGAN** calendar. https://shirleytwofeathers.com/The_Blog/pagancalendar/cat-nights-begin/.

“Cat Nights” are thought to be based on **Irish legend**. There are many folk tales about a cat named **Cait Sidhe** in Ireland and **Cait Sith** in Scotland (both pronounced “caught shee”), literally translated as “cat of the mound.” “The mound refers to neolithic burial mounds found throughout the British Isles, considered to be fairy mounds and residences.” *santaynevalleystar, supra.*

“Cait Sidhe is a large black cat with a white spot on its chest. Cait Sidhe is fearsome but also capable of bringing blessings.” *santaynevalleystar, supra.*

Irish legend is that witches can turn themselves into a cat eight times. But if they change a ninth time, they are unable to change back to human form, likely prompting the saying:

A cat has nine lives.

An **Old English Proverb** says: A cat has nine lives. For three he plays, for three he strays and for the last three he stays. Unknown origin or date. <https://www.newsweek.com/cats-nine-lives-myth-explained-1643381>.

But what’s it’s got to do with witches? August nights tend to be longer and cooler, not just not just

to humans, but animals too. Animals become livelier, especially cats. *santaynevalleystar, supra.* Livelier cats yowl more.

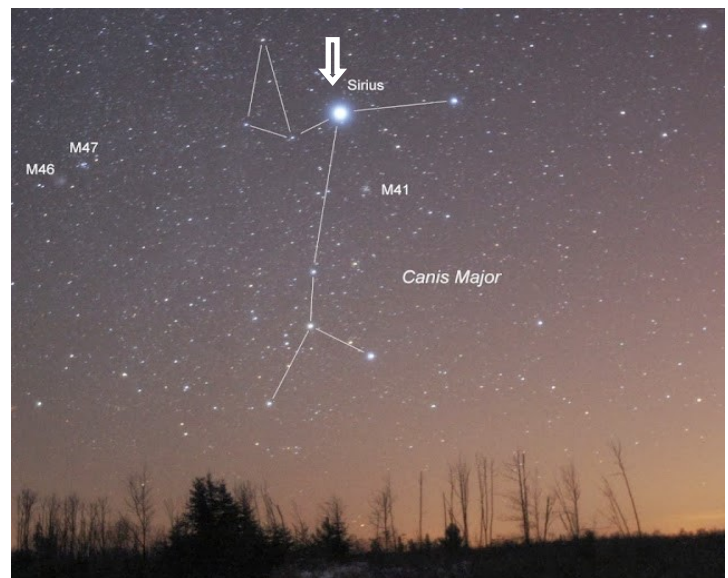
When cats yowl, witches prowl?

More yowling cats in August is believed what “may have prompted speculation that witches were on the prowl.” <https://www.almanac.com/fact/cat-nights-begin-the-term-cat-nights-holiday>.

In 1584, the book, “**Beware the Cat,**” had “an ancient superstition warning that **cats were witches in disguise.**” <https://www.savannahnow.com/story/entertainment/columns/2017/08/04/spot-s-corner-why-cats-are-thought-have-nine-lives/13357891007/>.

In 1597, **Shakespeare’s Romeo and Juliet**, Act 3, Scene 1, Tybalt asks: “What wouldst thou have with me?” Mercutio replies, “Good prince of cats, nothing but one of your nine lives.” A nod to the British folktale regarding Tybalt the Cat. <https://curiositydamsel.wordpress.com/2017/04/05/reynard-the-fox-and-tybalt-prince-of-cats/>.

Nine lives? In the UK or USA, it’s usually nine lives. In Spain, Brazil, Greece, or Germany, it’s seven lives. <https://petcube.com/blog/how-many-lives-do-cats-have/>.



MEMBER SPOTLIGHT

on SUE & QUE BURGESS



ANOTHER FAMOUS UU

MARC ESTRIN (1939—)

American novelist. Political activist. Born in Brooklyn. Studied biology & chemistry at Queens. Studied theatre directing at UCLA.

Became politically active during Viet Nam War.

Helped found and was first coordinator of Burlington Peace & Justice Center working anti-war campaigns.

Most recently stood M-F for 7 years in all weather with peace vigil in Burlington.

Current political work: a just settlement between Palestine & Israel; and, unanswered 9/11 Qs.

1985 Starr King Ministry School.

1988 ordained UU minister.

Cellist and vocalist (Vermont Philharmonic, Vermont Symphony Orchestras, & Lyric Theater Orchestra).

2002 Wrote *Insect Dreams* (Kafka's insect-man meets historical literary figures).

Worked 35 years with Bread & Puppet Theatre.

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

I [Sue Burgess] became a UU by way of Methodism and a brief flirtation with Buddhism. At about age 12, I began a spiritual journey by way of sampling various churches, primarily Protestant.



I [James Quentin "Que" Burgess] joined the UUs a long time ago after being told to pick a religious group.

I went to the local library and read about UUs and found they didn't claim to be "saved." They

weren't into being SAVED and your spiritual development was your own business.

My sister-in-law, Reenie Burgess, came from the Shoshone tradition in Nevada. She saw my letter as a gender-crosser with PFLAG at Ohio State University and sent me \$2000, while her husband, my brother, cut me out of his family.

At UUFCC, I have spoken from the pulpit an occasional Sunday. I also participated in the UUFCC Mystical Experiences Group. Before hearing issues impeded full participation, I was instrumental in starting and coordinating Conversation Among Friends at UUFCC on Sundays just prior to services. I immensely enjoyed those discussions and am pleased to see they continue.

In '61-'62, I went to the public library in Greeley, Colorado, and found out about the Unitarians and that they were joining forces with the Universalists. They appealed to me because they espoused no creed. Their principles seemed to me ethical practices to which I could adhere. At that time, I was married to a Catholic. That religion was one to which neither one of us could subscribe. I liked the UU's open way of thinking and inquisitiveness.

Over the years, I have been a worship associate, a choir member, and a participant in both minister (Rev. Amy) and lay led groups.

Currently, I am secretary for the Social Justice Committee.

I stay because the Fellowship is close to home and to my mind.

GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

SPAGHETTI SQUASH A LA FREESTYLE

INGREDIENTS

Spaghetti squash
Olive oil
Salt and pepper
Marinade (for the carnivore option)
Ground beef, cooked (for carnivores)
Mozzarella, shredded (for carnivores)
Parmesan cheese, grated (carnivores)
Quinoa, cooked (Go Vegan)
Wild rice, cooked (Go Vegan)
Soy sauce (Go Vegan)
Fresh parsley, chopped (Go Vegan)

DIRECTIONS

1. Pre-heat the oven at 400°F.
2. Cut squash in half lengthwise.
Scoop out the seeds.
3. Drizzle insides lightly with olive oil.
Sprinkle with salt and pepper, lightly please.
4. Place both halves cut-side down on baking pan. Poke a few holes in the skin of the squash. Pop it in a pre-heated 400°F oven for about 40 minutes.
5. Remove from oven and let it cool for a little bit.
6. Use a fork to scrape the strands.
Pull and fluff the strands away from the shell.
Keep it all in the shell.

Now for the fun part!



Betty Barriga



CARNIVORE? A HUGE MISSED STEAK?

If you want, you can make it Italian meat-eater style and mix a little bit of marinade sauce with already cooked ground beef in the shell with the cooked, pulled and fluffed spaghetti squash. Sprinkle the top with shredded mozzarella and some grated Parmesan cheese. Bake another 10-15 minutes at 400°F. Remove from oven.

GO VEGAN! To the already cooked, pulled and fluffed spaghetti squash, add cooked quinoa and wild rice, and sprinkle with some soy sauce. Mix everything together a little in the shell. Bake at 400°F for 10-15 minutes. Remove from oven. Sprinkle with chopped fresh parsley.

Serve and enjoy!

Once the squash is baked be as creative as you please!

My suggestion is that the ingredients that you add at the end be already cooked since you are mixing them in with the already baked squash before putting it back in the oven for about another 10-15 minutes.

Bon Appétit

LOOK AT THIS



UUFCC GENEROSITY!

MAKE A DIFFERENCE

SECOND HELPING

Your MAY 2023 Donations Totaled **\$612.00** which was given to:



So no child grieves alone.

Wow!

PEACE GARDEN ENGRAVED PAVERS

Honor beloved UUFCC members and friends AND help UUFCC. Percentage of proceeds goes to UUFCC.

ORDER FORM IN *WEEKLY UPDATE*



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

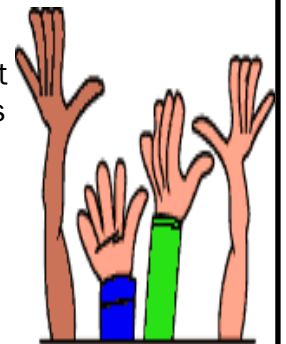
Of...

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



**SECOND SUNDAY
SECOND HELPING
AUGUST RECIPIENT**



Heal our Harbor

Dedicated to protecting & restoring the waters of Charlotte Harbor

www.healourharbor.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.

SUNDAY SERVICES

**August Theme: SAVE THE PLANET—
7th UU PRINCIPLE**

08-06-23 FROM LEGOS TO LOGOS:

PLAYING WITH THE BUILDING BLOCKS

Speaker: Rev. Amy Petri Shaw, (Interim) Minister
UU Congregation of Venice

Worship Associate: Lorrie Douglas

08-13-23 SECOND SUNDAY: HEAL OUR HARBOR

Speaker: David Schutz,
Treasurer/Director of Heal Our Harbor

Worship Associate: Joseph Fenty

08-20-23 HEALTH EQUITY & GREEN SANCTUARY

Speaker: Rev. Bob Murphy, Retired
Emeritus UU Church of Tarpon Springs

Worship Associate: MaryHolly Allison

08-27-23 SAVE THE PLANET — ONE UU AT A TIME

Speaker: Alan J. Searle, 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:

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



08/04 Linda Himes
08/20 Norma Jock
08/23 Bill Howat
08/25 Rosemary Hagen

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>

AUGUST 2023 ACTIVITIES

08/02 Wed 11:30 am Brown Bag Social Lunch
 04:00 pm Immigration Committee
 06:00 pm Choir Circle Meeting

08/05 Sat 10:00 am Worship Associates Meeting

08/06 Sun 11:45 am PFLAG Meeting

08/07 Mon 04:00 pm Azar Chalice Circle

08/09 Wed 10:00 am Caring Committee
 06:00 pm Choir Circle Meeting

08/10 Thu 04:30 pm Buddhist Meditation

08/11 Fri 04:30 pm Communications Committee

08/13 Sun 11:45 am Social Justice Committee

08/14 Mon 10:30 am Program Council Meeting
 01:30 pm Shaw Chalice Circle
 06:00 pm PFLAG Interest Meeting

08/16 Wed 11:30 am Lunch Bunch Dines Out
 06:00 pm Choir Circle

08/17 Thu 04:00 pm UUFCC Board Meeting
 06:00 pm NAACP Meeting

08/20 Sun BIRTHDAY CAKE SUNDAY
 Noon Art Committee

08/23 Wed 06:00 pm Choir Circle Meeting

08/24 Thu 04:00 pm Buddhist Meditation

08/27 Sun 03:00 pm Secular Community Meeting

08/28 Mon 01:30 pm Shaw Chalice Circle

08/30 Wed 04:00 pm ARRAY Meeting
 06:00 pm Choir Circle Meeting



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

- artcommittee@uufcc.org
- board@uufcc.org
- bookgroup@uufcc.org
- bookoflife@uufcc.org
- buddhistmeditation@uufcc.org
- caring@uufcc.org
- choir@uufcc.org
- hospitalityandsocial@uufcc.org
- membership@uufcc.org
- office@uufcc.org
- patientadvocacy@uufcc.org
- pflag@uufcc.org
- president@uufcc.org
- socialjustice@uufcc.org
- sundaytech@uufcc.org
- worship@uufcc.org

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

Clipart from Creative Commons,

unless otherwise indicated.

