



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 so excited that you will read this letter in October, my favorite month. Fall is finally coming! As the temperatures decline, I will be able to spend lots more time working in my yard and on the Fellowship's grounds.

I anticipate that we will see numerous changes on our property as we acquire more flowering plants. These will encourage more pollinators and birds to make to UUFCC their home.

Additionally, the **Port Charlotte Garden Club** will hold their monthly meeting in our sanctuary at 10 AM on the second Thursday of each month. This is a large group that will also work on our property. I encourage you to get involved.

It's exciting to establish new relationships with other community groups. At our September meeting, on behalf of the Fellowship, the Board unanimously voted to join **Harbor Heights Coalition**. This organization's purpose is to acquire building lots that provide safe habitats for native animal and plant life. Once purchased, these lots will never be built upon.



Another major change will occur in our sanctuary during early October. The Board unanimously approved a plan developed by our pianist, Ryan Smith. The piano will be moved across the sanctuary giving our growing choir additional space. As a choir member, I am looking forward to this change.

Another reason I'm excited about the arrival of October is on the 20th, my dear friend, Tim, and I will start a two week road trip. I'm going on a real vacation that will include attending a "Queen Concert" in Nashville, a leisurely drive through the Smoky Mountains, and visits to galleries, museums and sightseeing in Pittsburgh, Richmond, Asheville and Charleston, South Carolina.

I plan to return by November 6th. While I'm gone, our brilliant Vice President,

Laura Liermann, will be in charge. Finally, I'm excited by the arrival of fall because many of our snowbirds will be returning to Charlotte County. It will be so good to spend time with these dear members and friends.

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

**"Our heritage is
a source of pride
and inspiration,
and it reminds
us of the
strength and
resilience of our
ancestors."**

—Source Unknown

WHAT DO MIAMI, SW IRELAND AND THE WEST COAST OF SCOTLAND HAVE IN COMMON?



Alan Searle



“For we know that our patchwork heritage is a strength, not a weakness.”

— Barack Obama, Inaugural Address

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

If you answered by saying that **palm trees** will grow in all three you would be correct. More specifically, all three are in **USDA hardiness zone 10**. USDA rating depends on how cold, not how hot, it gets, and the North Atlantic Current, sometimes known as the Gulf Stream Drift, is warm enough to keep those parts of Northern Europe above freezing in the winter.

Other currents, including the **Atlantic Meridional Overturning Circulation** get involved too. It gets very complicated (at least it seemed to when I looked it up on Wikipedia). For some time there has been concern that climate change will slow or completely stop these currents. As the currents conduct warm water northwards, they contribute to glacier melting. The cold water produced sinks under the warmer water and heads south towards Africa and participates in a global ocean current.

However, with the current increase in the rate of glacier melting there is a lot more cold water around which can slow the exchange of warm water for cold water. At first glance it may seem

good that there is less warm water moving northward because that could slow glacial melting. Unfortunately, it also means it's going to get colder and drier in Northern Europe, threatening the agriculture of that area, and without the cold water moving southward, it will become warmer in Africa and other equatorial regions.

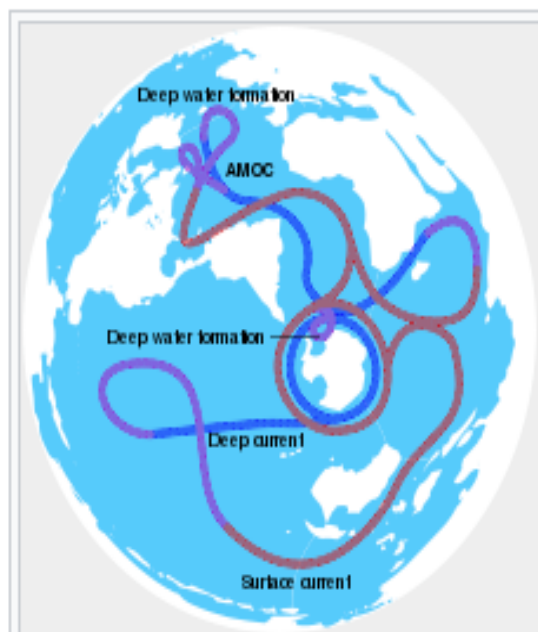
When is this going to happen?

Well, there is some evidence for slowing of the current over the last 200 years, but no one knows if it will ever completely stop. Estimates vary from never, to sometime in the next century, to before 2030. That's a huge variation and the problem is, as humans, we like the figure that disturbs us least.

So let's put off worrying about it for 100 years. Maybe, for once, we'll be right.

Atlantic Meridional Overturning Circulation (AMOC)

Part of a global thermohaline circulation in the oceans and is the zonally integrated component of surface and deep currents in the Atlantic Ocean. Characterized by a northward flow of warm, salty water in the upper layers of the Atlantic, and a southward flow of colder, deep waters. https://en.wikipedia.org/wiki/Atlantic_meridional_overturning_circulation



AMOC in relation to the global thermohaline circulation

THOUGHTS FOR SPIRITUAL ENRICHMENT

For several years I have been collecting the words of others that have resonated with me. Herein are a few tidbits.

**“We either make ourselves miserable,
or we make ourselves strong.
The amount of work is the same.”**

— *Carlos Castaneda*, a writer of hallucinogenics
and ancient knowledge

**“Imagination is more important than knowledge.
Knowledge is limited.
Imagination encircles the world.”**

— *Albert Einstein*, Nobel prize winner in physics

“Those who don’t believe in magic will never find it.”

— *Roald Dahl*, British author of children’s books

**“Fairy tales are more than true:
not because they tell us that dragons exist,
but because they tell us that dragons can be beaten.”**

— *Neil Gaiman*, an English screenwriter and author of short stories

**“In three words I can sum up
everything I’ve learned about life.
It goes on.”**

— *Robert Frost*, American poet

**“This above all: To thine own self be true,
And it must follow, as the night to day,
Thou canst not then be false to any man.”**

— *William Shakespeare*, “Hamlet,” Act 1, Scene 3
(an all time favorite learned in high school)

“Once you choose hope, anything is possible.”

— *Christopher Reeves* (original superman)

“Despite the high cost of living, it remains popular.”

— *Kathleen Norris*, author of “Dakota: A Spiritual Geography”



Stephanie Garrett

**“America’s answer
to the intolerant
man is diversity,
the very diversity
which our
heritage of
religious freedom
has inspired.”**

— *Robert Kennedy*

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



UUFCC WELCOMES OUR NEWEST MEMBERS

Let's introduce ourselves
and say hello!

— *Lynn Ritchie,*
Membership Committee



Ryan Richardson



Ryan Smith



Beverly Stachowicz



Robert Spencer



Cynthia Blake

When we become a member, we are asked to change our postures from guest to host, visitor to steward.

As hosts, we make sure guests find a welcoming and nurturing community.

As stewards, we offer our time and money to sustain and grow our Fellowship.

As members, we agree to serve in these roles and more,
in covenant with one another and with our own personal ideals.

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>

May you embrace
all the rich
Legacies
of your
Heritage.
-Irish Blessing

We Are
who we are
because they were who
They Were.
- author unknown

How
will our children know
who they are
if they don't
know where they
came
from?

**HISTORY is a
NOVEL whose
AUTHOR is
the PEOPLE.**

— Alfred de Vigny

Our most
treasured
family *heirlooms*
are our sweet family.
memories.
-author unknown

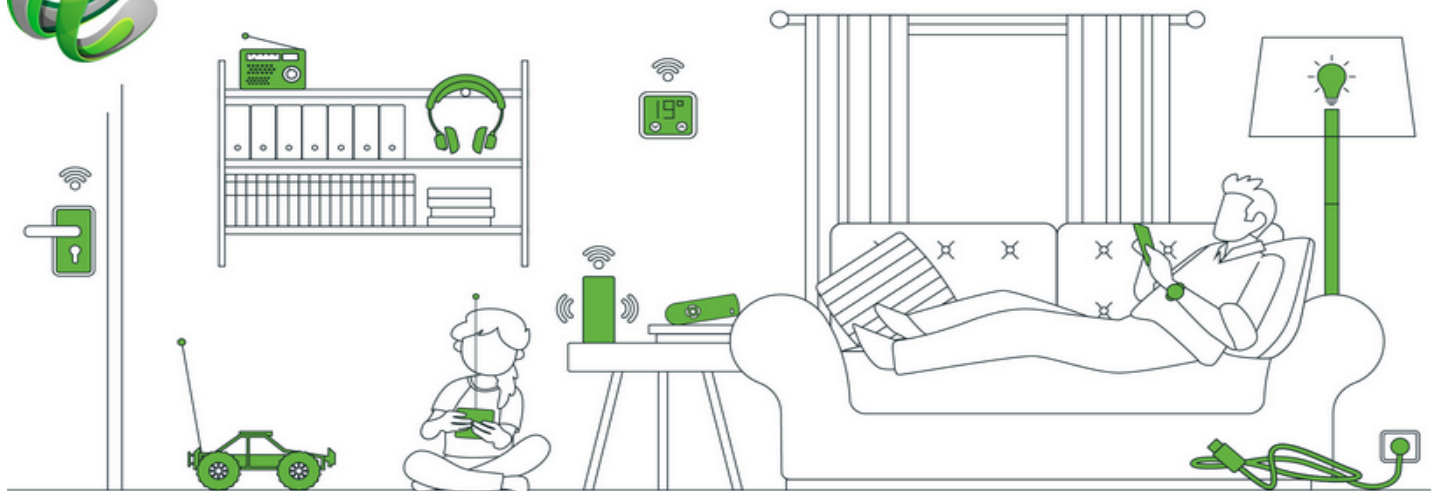
- Old English Proverb



International E-Waste Day

You can recycle anything with a plug, battery or cable!

14 OCTOBER 2023



According to the United Nations, **8kg of e-waste per person will be produced worldwide in 2023**. That's **61.3 million tons of electronic waste** discarded in a year—more than the Great Wall of China weighs. **Only 17.4%** of that mixture of harmful substances and precious materials will be recorded as being properly collected, treated and recycled globally. The remaining **50.6 million tons** will be put in landfill, burned or illegally traded, treated sub-standardly, or simply hoarded in households.

Europe leads the world in e-waste recycling but shows that only 54% of e-waste is collected and recycled.

How did E-Waste Day start?

WEEE Forum* started it to raise awareness and highlight the growing issue of electronic waste and promote responsible e-waste management.

What is the INVISIBLE e-waste?

Electric/electronic toys, e-cigarettes, power tools, smoke detectors, remote controls, wearables, headphones, smart home gadgets, e-bikes, e-scooters, cables, etc.

SHED LIGHT ON "INVISIBLE" ELECTRONIC WASTE



Why is invisible e-waste a problem?

1. Unused e-devices are wasted when left in drawers and cupboards, rendering **lost valuable resources**. Re-enter them into manufacturing.
2. Unused e-devices contain **hazardous substances** like lead, mercury, cadmium, and flame retardants, that can leach into soil and water sources, **pollute ecosystems**, pose risks to humans.

How are they valuable resources?

E-devices also contain precious metals like gold, silver, and copper, and rare and strategic elements also called **Critical Raw Materials** crucial for the green transition and production of new electronic devices. Mining/extracting more *new* resources to **make new e-devices** contributes to depletion of finite resources and intensifies environmental damage.

*WEEE Forum — world's largest multi-national center for management of **Waste Electrical and Electronic Eqpt.** Non-profit founded 2002.
<https://weee-forum.org/who-we-are/>



The UUFCC Book Group

The UUFCC Book Group's first meeting will discuss *Circe* by Madeline Miller:

**Wednesday, October 25th
1:30 pm at the Fellowship**

The New York Times calls the book a "bold and subversive retelling of the goddess's story," this #1 New York Times bestseller is "both epic and intimate in its scope, recasting the most infamous female figure from the Odyssey as a hero in her own right."

Amazon.com described the book as follows. In the house of Helios, god of the sun and mightiest of the Titans, a daughter is born. But Circe is a strange child -- not powerful, like her father, nor viciously alluring like her mother. Turning to the world of mortals for companionship, she discovers that she does possess power -- the power of witchcraft, which can transform rivals into monsters and menace the gods themselves.

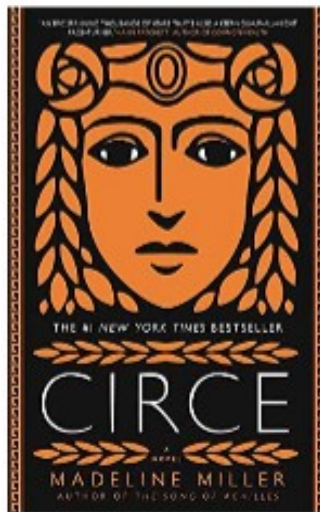
"Threatened, Zeus banishes her to a deserted island, where she hones her occult craft, tames wild beasts and

crosses paths with many of the most famous figures in all of mythology, including the Minotaur, Daedalus and his doomed son Icarus, the murderous Medea, and, of course, wily Odysseus.

"With unforgettably vivid characters, mesmerizing language, and page-turning suspense, *Circe* is a triumph of storytelling, an intoxicating epic of family rivalry, palace intrigue, love and loss, as well as a celebration of indomitable female strength in a man's world."

Published in 2019, *Circe* was named one of the

Best Books of the Year by NPR, the Washington Post, People, Time, Amazon, Entertainment Weekly, Bustle, Newsweek, The A.V. Club, Christian Science Monitor, Refinery 29, BuzzFeed, Paste, Audible, Kirkus, Publishers Weekly, Thrillist, NYPL, Self, Real Simple, Goodreads, Boston Globe, Electric Literature, BookPage, the Guardian, Book Riot, Seattle Times, and Business Insider.



Mary Jane Williams
Chair, UUFCC Book Group
UUFCC Office Admin.

My father used to say that stories are part of the most precious heritage of mankind.

— **Tahir Shah**,
British author,
journalist,
documentary maker,
Afghan-Indian descent

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>

The UUFCC Book Group Schedule Fall 2023 thru Spring 2024

10-25-23	<i>Circe</i>	Madeline Miller	F
11-29-23	<i>Under a White Sky -- The Nature of the Future</i>	Elizabeth Kolbert	NF
12-27-23	<i>The Matzah Ball</i>	Jean Meltzer	F
01-31-24	<i>Book Woman of Troublesome Creek</i>	Kim Michele	F
02-28-24	<i>A Little Devil in America</i> <i>Notes in Praise of Black Performance</i>	Hanif Abdurraqib	NF
03-27-24	<i>The Road Back</i> (sequel to <i>All Quiet on the Western Front</i> but no need to read first)	Erich Maria Remarque	F
04-24-24	<i>The Great Alone</i>	Kristin Hannah	F
05-29-24	<i>The Immortal Life of Henrietta Lacks</i>	Rebecca Skloot	NF

FLORIDA'S CREEPY URBAN LEGENDS — Herb Levin

Every community has urban legends to add to their history and culture. Many are meant to scare, a sensation many enjoy. Florida has its share.

THE FLORIDA SKUNK APE

Since the 1960s, Floridians claim seeing a giant ape-like hominid creature roaming the forests surrounding Dade County, Florida. Named for the foul odor permeating from its body, the dearth of evidence supporting the Skunk Ape's existence has many Floridians swearing that this legend is more fact than fiction.

HELPFUL LOVEBUGS?

Anyone living in Florida is familiar with the annoying Lovebugs that fly aimlessly and land anywhere they fit or smash and die. Rumor is that Lovebugs were genetically engineered by scientists to create a bug that would mate with male mosquitos and sterilize them so that they could no longer reproduce. Would that it were true!

HAUNTED FAIRCHILD OAK

A popular tourist site, Bulow Creek State Park, Ormond Beach FL, has one of the largest live oaks in the SE. And it has apparitions? It's been the site of two deaths. First, James Ormond, who lived nearby, was found dead under the tree, cause unknown. Then, Norman Harwood killed himself under the tree after living nearby only a few years, reason unknown.



The Legend of Spanish Moss

An explorer sailed from the shores of Spain,
looking for land, fortune and fame.
On the shores of America, he found much more:
an Indian maid whom he adored.

In bearded splendor, he approached with pride
to ask for her hand, but she ran to hide.
The brave young noble clung to hope.
He approached the Chief with braid and soap.

Joining the wind-blown men from Spain
might keep his people from untold pain.
Wise with age, the father could see
the young man's worth, so he agreed.

With words of love, the suitor neared,
but his strange voice instilled deep fear.
High up a tree, the maiden escaped.
The noble followed but was too late.

The limbs entangled his belt and beard
as he watched the maiden disappear.
To the river she fell from a deadly height
while branches held the young man tight.

On those very limbs he chose to stay
until he himself did fade away.
The remains, whispering loss
In the swaying drapes of Spanish moss.

PENSACOLA LIGHTHOUSE

Picture tall towers overlooking scenic views, beautiful oceans? Pensacola Lighthouse has people envisioning dread and sorrow. Supposedly, a couple who owned property next to the lighthouse were always arguing. After a decade or so, the woman lost it and killed her husband, chopping him into pieces! People now claim to hear screaming in the tower and see blood appear and disappear in one particular spot there.

BEWARE OF THE DOG?

While on vacation in Florida, a family found a Chihuahua along side the road. They brought it home and introduced it to their cat. It pounced on the cat and ate it. Horrified, the family raced to the vet to see what was wrong with their new pet. Their "Chihuahua" was actually a giant rat!

SPOOK HILL IN LAKE WALES

Legend is that at the foot of Spook Hill a battle ensued between a Native American and a giant gator. After a fierce fight, the alligator and Native American both wound up dead. Now residents claim that when driving along Spook Hill, they experience strange phenomena.

THE CASSADEGA DEVIL'S CHAIR

Cassadaga, aka Florida's spiritual center, is where clairvoyants and psychics gather to exercise their talents—a hotbed of spiritual activity. Legend is that in the spot known as the Devil's Chair of Cassadaga, if you sit in the chair late at night alone, the Devil visits. Have a cold beer on hand, legend also is that Devil will expect one.

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH (DVAM) — October 2023

Domestic violence is prevalent in every community, and affects all people regardless of age, socioeconomic status, sexual orientation, gender, race, religion, or nationality.

An average of **20 people** are physically abused by intimate partners **every minute**. This equates to more than 10 million abuse victims annually. 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner, and 1 in 5 women and 1 in 7 men have been severely physically abused by an intimate partner.



RED FLAG WARNING SIGNS

1. *Love at First Sight* pressure/push for immediate relationship commitment.
2. *Love Bomber*: extremely affectionate, esp. early on; extravagant gift giver.
3. Abusive in previous relationships.
4. Into stereotypical gender roles and/or is domineering.
5. Constantly jealous, possessive and isolating, keeping you from family, friends and work.
6. Two personalities: one others see who's a good person, and another only you see behind closed doors who is angry and aggressive.
7. Most emotions are anger, with difficulty conveying other emotions.
8. Violent temper, rapid mood changer.
9. Cruel to animals or children and insensitive to their suffering.
10. Monitors your whereabouts, your activities and/or your spending.
11. Won't listen if you say "no" or if you assert boundaries.



Charlotte County's local certified shelter & services provider for 40 years.
<https://carefl.org/>

Oct. 17—DVAM LUNCHEON at the Isle Yacht Club with Amanda Price, CEO for the Florida Partnership to End Domestic Violence (FPEDV)

Oct. 19—PURPLE THURSDAY
Purple lights will be provided to businesses in PG to display support of DVAM to light up the month of October

NATIONAL DOMESTIC VIOLENCE HOTLINE

<https://www.thehotline.org/stakeholders/domestic-violence-awareness-month/>

Do the #1Thing Social Media Campaign

Meet them where they are to raise DV awareness.

Make a difference.

Be an advocate.

Work together to create real social change.

Use **#1Thing** on social media to show what you're doing to end DV. Tag us and follow The Hotline on [Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#), and [YouTube](#)!

NACADV

National Coalition Against Domestic Violence

TAKE A STAND — Bring attention to Domestic Violence (DV).

Remind the nation that there are still countless victims and survivors, and their children, families, friends, and communities impacted by DV.

Don't stop until society has zero tolerance for DV and until all victims and survivors are heard.

What can you do to raise awareness about domestic violence?

Check out the NACDV **TAKE A STAND TOOLKIT!**

<https://ncadv.org/take-action>



DRUMS — TELEPHONE PREDECESSORS?

Drums are part of our heritage and a means of communication. Humans communicate via speech, hands, facial expressions, physical gestures, music, and, yes, drums.

Drums have served as long-distance communication. They've been used in ceremonial and religious functions. Drums motivate the troops. They factor in musical artistic expression and aid in music therapy. Cardio drumming is used in aerobic exercise.

Drum circles originated in the US during the late 1960s and early 1970s as an informal gathering of percussionists and dancers who meet in public for the purpose of playing drums and dancing. Often seen at parks and beaches. The music is improvised and co-created by the participants. The music is a group expression, not constrained by genre, or instrumentation. The music is not directed by one person or subgroup. The Drum Circle is headless (leaderless) and tailless and ageless. A drum circle gathers every Saturday night, one hour before sunset, at Port Charlotte Beach Complex. All are welcome.

Legendary drummers are male and female. John Bonham (Led Zeppelin). Sheila E (Prince). Keith Moon (The Who). Karen Carpenter was a drummer before she gained fame for singing.

Remember this Epic Drum Battle?

Louie Bellson and Buddy Rich

Johnny Carson Tonight Show
Originally aired 03-06-1969

Listen. Watch. Enjoy!

<https://youtu.be/14lqINe7Cjk>

— Herb Levin

Drums made with alligator skins have been found in Neolithic cultures located in China, dating to a period of 5500–2350 BC.



Handscroll detail of a Chinese percussionist playing a drum for a dancing woman, from a 12th-century remake of Gu Hongzhong's 10th-century originals, Song dynasty.

<https://en.wikipedia.org/wiki/Drum>

“As you begin to realize that every different type of music, everybody’s individual music, has its own rhythm, life, language and heritage, you realize how life changes, and you learn how to be more open and adaptive to what is around us.”

— Yo-Yo Ma, French-born American cellist

10-01-23: WORLD VEGETARIAN DAY

10-2023: VEGETARIAN AWARENESS MONTH

World Vegetarian Day. Observed annually around the planet as a day of celebration. Established by **North American Vegetarian Society (NAVS)** in 1977. Endorsed in 1978 by the **International Vegetarian Union (IVU)**:

To promote the joy, compassion and life-enhancing possibilities of vegetarianism.

Bring awareness to the ethical, environmental, health, and humanitarian benefits of a vegetarian lifestyle.

World Vegetarian Day initiates October as **Vegetarian Awareness Month** (ends November 1, World Vegan Day). Vegetarian Awareness Month has been known as "Reverence for Life" month, "Month of Vegetarian Food," and more.

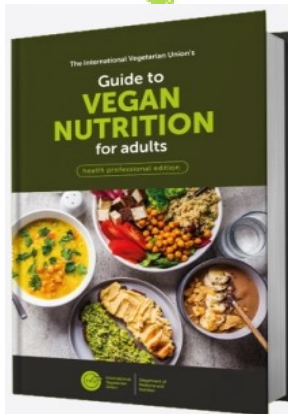
Meatless Mondays? Veggie-Curious? Vegetarian? Vegan wannabe?

Why should non-vegetarians celebrate Vegetarian Awareness Month too?

1. **Tasty, Fast, Easy & Not Boring!** Experimenting with antioxidant-rich herbs, spices and sauces for flavor can be fun.
2. **Meatless Mondays** educate on how meatless meals help save money and time and increase dietary micronutrients & fiber.



<https://navs-online.org/>



Order now or download FREE SAMPLE.
<https://ivu.org/nutrition/nutritional-guide.html>

3. **Save money.** Animal protein costs more than plant-based food. Added savings may come from health benefits of plant-based diets, & less medical care costs.
4. **Statistically higher fiber.** 25-34g fiber recommended per day. 12-15g typical American daily consumption. Increasing whole grains, legumes & fresh produce helps achieve the goal. 1-pound of beef has zero grams of fiber. 1-cup of lentils has 16 grams of fiber.
5. **Protect animals.** Billions of U.S. animals are slaughtered for human consumption each year. Help protect animals. Go vegetarian during October.
6. **Respect environment & sustainability.** From water protection to soil and air quality, raising animals uses more natural resources than growing plants. Studies show that plant-based diets are more environmentally sustainable than those rich in animal foods.
7. **Healthy!** Vegetarian diets are statistically higher in vitamins A, B-2, C and E, beta carotene, calcium and folate than non-vegetarian diets. Research indicates vegetarians have significantly lower overall incidence of cancer, lower blood pressure, lower cholesterol, and reduced risk of ischemic heart disease and Type 2 diabetes than non-vegetarians as well.

Start with Something Free:

Guide for New Vegans

<https://www.veganstreet.com/gfnv-intro.html>

**INTERNATIONAL
VEGETARIAN UNION**

Promoting healthier,
sustainable & ethical diets
since 1908

<https://ivu.org/>



1st Wednesday in October is

RANDOM ACTS OF POETRY DAY

A day to encourage outbursts of poetry!
A day for poets and poet wannabes
to spread random poetry
through art, voice, & the written word!

1. Leave a poem somewhere random!
On UUFCC's entry hall bulletin board?
Chalked on UU's outside sidewalk?
On a UUFCC sanctuary seat?
In a text? Voicemail, snail mail, email?
The sky's the limit! How about
a sky plane letter banner?
2. Write your own poem and share it
on #RandomActsOfPoetryDay.
3. Recite poems in public.
4. Share random acts of poetry on
Twitter's #raopoetryday hashtag.
5. Discuss a favorite poem or poet
or book of poetry.
6. Make an instanthology of poetry:
write poems on the spot, make
copies, and staple them together.
Boom: a new poetry anthology!
7. Learn about different kinds of poems.
8. Write your own poetry and share
it with your Beloved Fellowship!

Poetry



This poem was published online
in *Mosaic – Art & Literary Journal*.

ALMOST BIONIC

Biology is destiny. – Sigmund Freud

I believe I have outsmarted Freud:

**a bounteous bosom replaced
by small silicone gummies
that freed me from binding brassieres,
gleefully burned in a barrel,
which balanced out the subtraction
of maternal mechanics below.**

**Later, hard plastic and batteries
aided amplification
of hammer, anvil, and stirrup,
while metal and polyethylene
supplanted a hip's ball and socket.**

**Today acrylic resin and metal
sit where a tooth used to be,
intraocular plastic lenses
replace the real things.**

**Repaired, reattached, and rebuilt:
artificial in part although functional still.
A destiny Freud was unable to see
in his wildest dreams.**

— Sharon Whitehill

OCTOBER IS 
breast cancer 
awareness month 
Perform self-breast exams
monthly and get screened!



Diwali, Dewali, Divali or Deepavali THE HINDU FESTIVAL OF LIGHTS

**The spiritual "victory of light over darkness,
good over evil, knowledge over ignorance"**

Diwali comes from the Sanskrit **dīpāvali** meaning "row or series of lights." The term is derived from the Sanskrit words **dīpa**, "lamp, light, lantern, candle, that which glows, shines, illuminates or knowledge" and **āvali**, "a row, range, continuous line, series."

Diwali is connected to various religious events, deities and personalities such as:

- The day Rama returned to his kingdom in Ayodhya with his wife Sita and his brother Lakshmana after defeating the demon king Ravana.
- It is also widely associated with Lakshmi, the goddess of prosperity and Ganesha, the god of wisdom and the remover of obstacles.
- Other regional traditions connect the holiday to Vishnu, Krishna, Durga, Shiva, Kali, Hanuman, Kubera, Yama, Yami, Dhantantari, or Vishvakarman.

What faiths celebrate Diwali?

Diwali is primarily a Hindu festival. However:

- Jains observe their own Diwali marking Mahavir's final liberation.
- The Sikhs celebrate Bandi Chhor Divas to mark the release of Guru Hargobind from a Mughal prison.
- Newar Buddhists, unlike other Buddhists, celebrate Diwali by worshipping Lakshmi.



Lighting candle and clay lamp in their house and at temples during Diwali night



Diwali is commonly celebrated in the honour of **Lakshmi**, the goddess of wealth.



A child playing with sparklers during Diwali

- Bangladesh and Hindus of Eastern India generally celebrate Diwali by worshipping the goddess Kali.

How is Diwali celebrated?

- Homes, temples and workspaces are lit with **diyas** (oil lamps), candles and lanterns.
- Hindus, in particular, have a ritual **oil bath at dawn** on each day of the festival.
- Diwali is marked with **fireworks**.
- **Floors are decorated with rangoli designs.**
- Parts of the house are decorated with **jhalars** (long thin strips of colorful fabric).
- Families partake in feasts and sharing mithai. (sweets and desserts).
- The festival is an **annual homecoming** and bonding period not only for families, but also for communities and associations, particularly those in urban areas, which will organize activities, events and gatherings.
- Many towns organize **community parades and fairs with parades or music and dance performances in parks.**
- Some send Diwali greeting cards to family near and far, occasionally with boxes of Indian confectionery.
- Another aspect of the festival is **remembering the ancestors.**

How long does Diwali last? Five days.

<https://en.wikipedia.org/wiki/Diwali>

BURNING AND BANNING

— Stephanie Garrett

Throughout world history, there has been a need to control. Rules based on religious beliefs, the need to dictate behavior or to destroy what is not understood have been more common than not. The ability to read and write was provided to royalty, religious scribes, or the very wealthy. Knowledge has been lost because of the need to eliminate the words of others. Books have been burned that were viewed as offensive. The Middle Ages, also known as the dark ages, is an example of censorship to the extreme. Now, in this the 21st century, history is repeating itself.

The cry has been for parental rights to select what is or is not appropriate for children to read. Perhaps you may not want your child to read certain books. But does anyone have the right to dictate or deny what one thinks is appropriate for their child?

The earliest report of book banning in the American Colonies was in 1650. Massachusetts Bay colonist William Pynchon published "The Meritorious Price of our Redemption," a pamphlet that argued that anyone who followed Christian teachings and was obedient to God would get into heaven. This was contrary to Puritan Calvinists' teachings that only a special few were predestined for God's favor. Pynchon's fellow colonists denounced him as a heretic, and burned and banned his pamphlet.

"A mind is a terrible thing to waste."

**Part of
a campaign slogan
used by the
United Negro College
Education Fund
since 1972 to drive home
the point of the
necessity of education.**



INTELLECTUAL FREEDOM

**The right of every individual
to both seek and receive
information from all points
of view without restriction.**

**It provides for free access
to all expressions of ideas
through which any and all
sides of a question,
cause or movement
may be explored.**

— American Library Association

By the 19th century, books denouncing slavery, particularly in the south, were burned and banned. It was also illegal to teach colored slaves to read and write. By 1873, Congress passed the Comstock Act designed to ban both content about sexuality and birth control, widely available by mail order.

Today schools and libraries have become battlegrounds for both fiction and nonfiction books.

**Florida accounts for 40% of
all books banned in the US.**

Books on race, sex or sexual orientation lead the list. Given access to the internet, laws can be skirted by many. However, in more liberal states, banned books, primarily for children, are being made available free of charge at curbside libraries and at a few UU congregations. Knowledge or the ability to check facts is under threat. I remember well the day, many decades ago, when I was able to get my first library card. It meant freedom to explore and faith in the librarian to ensure my selections were age appropriate.

**"Our whole
constitutional heritage
rebels at the thought of
giving government the power
to control men's minds."**

**— Thurgood Marshall,
Former Associate Justice,
United States Supreme Court**

Watch out for Big Brother.

The True Meanings of Halloween

A Sacred Celebration

With "Rev. Faerie"
Elaine Silver

Sunday, October 29
10:30am Service

**UU Fellowship of
Charlotte County, FL**

Halloween, AKA All Hallows Eve or Samhain, is ancient and well-known in Earth-based Spiritual Paths as a divine honoring of our ancestors. It is also considered the beginning of the New Year as the old year goes out in a blaze of glory. It is when the veil between the living and the gone-by is the thinnest. New insights & ah-ha's.

www.uufcc.org



GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE



YUMMY VEGAN DOUBLE LAYER CHOCOLATE FUDGE CAKE

Provided by Jeri from
**"The Oh She Glows
 Cookbook" by
 Angela Liddon.**

Alan, who says he aspires to be a vegan but most of the time falls short, claims, "This recipe could convert any meat-eater to veganism!"

INGREDIENTS

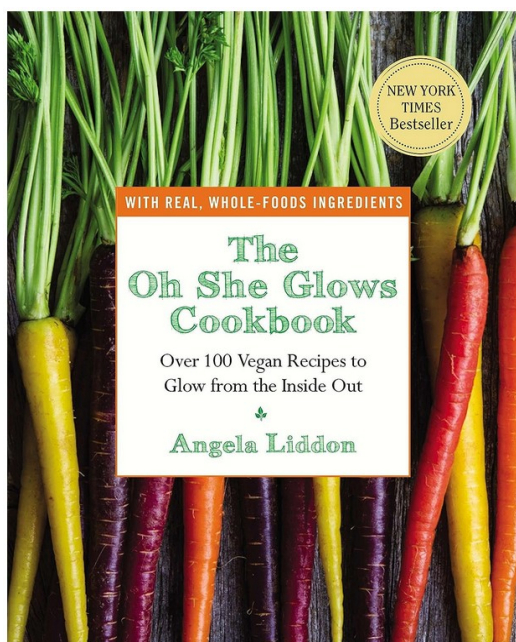
- 2 c non-dairy milk
- 2 TBS apple cider vinegar or white vinegar
- 1½ c natural cane sugar
- 2/3 c melted coconut oil or grapeseed oil
- 2 TBS pure vanilla extract
- 1 c whole wheat pastry flour
- 2 c all-purpose flour
- 2/3 c cocoa powder, sifted
- 2 TBS baking soda
- 1¼ tsp fine-grain sea salt

Frosting ingredients are in paragraph 10.

Adding shaved dark chocolate is optional!



Jeri Searle



DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly grease 8 or 9 inch pans lined with parchment paper.
3. Stir together 2 c non-dairy milk and 2 T apple cider or white vinegar; set aside for 2 min.
4. Add: 1 ½ c sugar, 2/3 c coconut oil, 2 T vanilla (Yes, two tablespoons!) and combine.
5. Add 1 c whole wheat pastry flour, 2 c flour, 2/3 c cocoa powder, 2 tsp baking soda, 1¼ tsp salt.
6. Beat with mixture until smooth.
7. Put in cake pans.
8. Bake 30-35 min.
9. Let cool for 20-25 min; run knife around edges and invert on cooling rack and cool another 45 min. (This is important or cake will fall apart).
10. **CHOCOLATE FROSTING:** ½ c vegan butter, 2½ c confectioners sugar, ¾ c cocoa powder, pinch of salt, 2 tsp vanilla. Mix together. Add 1 to 2 T (up to 4 T) non-dairy milk, adding only enough to make the frosting thick. After frosting the cake, **refrigerate** because frosting will "melt" otherwise.

**LOOK
AT THIS**



**UUFCC
GENEROSITY!**

**MAKE A
DIFFERENCE**

SECOND HELPING

Your JULY 2023 Donations Totaled
\$487.00



High quality, compassionate,
cost effective health care.

<https://www.cbhcf.org>

Wow!

PEACE GARDEN ENGRAVED PAVERS

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

Use **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 to:
UUFCC Endowment Fund
and on check memo line write
"In Memory of [beloved's name]"

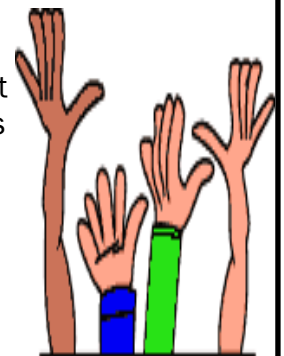


UUSC CAPAS

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

YOU CAN HELP!

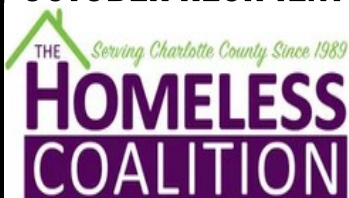
- Donate clothing, diapers, food, filing fees, etc.
- Provide transportation to school, appointments, etc.
- Translate for the host family.
- Plan a recreational outing.



**VOLUNTEERS
NEEDED**



**SECOND SUNDAY
SECOND HELPING
OCTOBER RECIPIENT**



To alleviate and prevent
hunger & homelessness.

941-627-4313

www.cchomelesscoalition.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 consider-
ate, respectful, and genuinely caring
way.*

**October
Theme**

SUNDAY SERVICES

HERITAGE

10-01-23 MAKING A HOME

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

Worship Associate: Sharon Whitehill

10-08-23 CHARLOTTE COUNTY HOMELESS COALITION

Speaker: Kelly Chenault, Director of Development

Worship Associate: Lorrie Douglas

10-15-23 NOW WHAT? THOUGHTS ON TRANSITIONS

Speaker: Rev. Janet Onnie

UU Congregation of Lake County, Eustis FL

Worship Associate: Ryan Richardson

10-22-23 WE ARE IN THIS TOGETHER ... A BUDDHIST VIEW

Speaker: Ryan Smith

Worship Associate: Shelly Canterbury

**10-29-23 SAMHAIN CELEBRATION AND
THE TRUE MEANINGS OF HALLOWEEN**

Speaker: "Rev. Fairie" Elaine Silver

Metaphysical Musical Ministry

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:

bookoflife@uufcc.org

by 6:00 p.m. Saturday



Your
Worship
Associate
Committee



10/02 Mike Krzyzkowski

10/15 Suzi Barbee

**10/15 Kathleen (Kathy)
Guilmette**

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>

OCTOBER 2023 ACTIVITIES

10/02 Mon	Noon	PFLAG Steering Group
	04:00 pm	Azar Chalice Circle
10/03 Tue	08:00 am	Men's Coffee Group
	10:00 am	Spanish Class
	12:15 pm	Spanish Class
10/07 Sat	10:00 am	Worship Assoc. Meeting
10/08 Sun	11:45 am	Social Justice Committee
10/09 Mon	10:30 am	Program Council Meeting
	01:30 pm	Shaw Chalice Circle
10/10 Tue	08:00 am	Men's Coffee Group
	10:00 am	Spanish Class
	12:15 pm	Spanish Class
10/11 Wed	10:00 am	Caring Committee
	01:00 pm	Open Art Studio
	06:00 pm	Choir Rehearsal
10/12 Thu	08:45 am	Port Charlotte Garden Club
	04:30 pm	Buddhist Meditation
10/13 Fri	01:00 pm	Communications Committee
10/14 Sat	10:00 am	Democratic Club Meeting
10/15 Sun	11:30 am	BIRTHDAY CAKE SUNDAY
10/16 Mon	04:00 pm	Azar Chalice Circle
	06:00 pm	PFLAG PC Support Group Mtg
10/17 Tue	08:00 am	Men's Coffee Group
	10:00 am	Spanish Class
	01:15 pm	Spanish Class
	02:00 pm	Democratic Women's Club
10/18 Wed	04:00 pm	Immigration Justice Committee
	06:00 pm	Choir Rehearsal
10/19 Thu	02:00 pm	UUFCC Board Meeting
10/24 Tue	08:00 am	Men's Coffee Group
10/25 Wed	01:00 pm	Open Art Studio
	01:30 pm	Book Group
	04:00 pm	ARRAY Meeting
	06:00 pm	Choir Rehearsal
10/26 Thu	04:30 pm	Buddhist Meditation
	06:00 pm	NAACP General Meeting
10/29 Sun	03:00 pm	Secular Community Meeting
10/31 Tue	08:00 am	Men's Coffee Group



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.

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

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

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

Cherish our Beloved Community.

UUFCC CONTACTS

artcommittee@uufcc.org

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buddhistmeditation@uufcc.org

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choir@uufcc.org

hospitalityandsocial@uufcc.org

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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

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