



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;

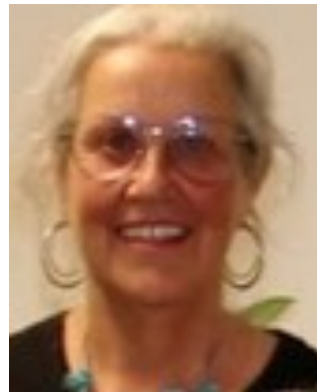
7th Principle

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

Message from the Secretary



Laura Anderson
UUFCC Board of Trustees Secretary

Dennis is off on a well-deserved vacation so this month, I thought I'd share what's up at the Fellowship.

We sent a survey in the spring about worship — we asked what people liked and didn't, what we should do more of and what we should do less of. People like professional ministry (88%) and also like lay speakers from the Fellowship (73%). A majority (78%) are satisfied with our mix of ministers twice a month, Second Sunday speaker from a community organization, and lay speakers. People asked for more interactivity and the worship associates have added more meditation, responsive readings, and sharing our life milestones aloud. We are trying to have the ritual of dropping stones in water weekly. Overall (88%) believe we are doing a good job of fulfilling our mission of providing meaningful services.

Some of you remember an earlier survey which asked why people were drawn to the Fellowship and why they stay. There are a few areas that stand out from both questions and you won't be surprised: 1) celebrating common values, 2) intellectual stimulation, 3) community; and, 4) Unitarian Universalist beliefs are all major attractions. Social action/service activities and spiritual growth are also important to many of us. All of these were listed by about 70% of friends and members.

About 50% of us answered that a minister was important. You may know UUFCC has been lay-led for about half of our existence and it is important to note that we have made the conscious decision to be lay-led at this time.

What will the future bring? The Board has been and continues to consider what all this means to UUFCC.

**With gentleness,
overcome anger.**
**With generosity,
overcome meanness.**
**With truth,
overcome delusion.**
— *Siddhārtha Gautama*
The Buddha

THREE DAYS IN NOVEMBER

Three holidays in November have special importance.

FIRST: Start with Election Day.

No, it's not an official holiday for the United States government, although nineteen states have some form of Election Day holiday. In Florida, the situation is confusing. Election Day is a state holiday for some purposes but not for others. A national holiday may be helpful for American voters.

While waiting for Congress to take action, religious organizations can celebrate democracy with appropriate activities.

Congregations can help with voter education. On Election Day, volunteers can take voters to the polls.

Democracy is in danger in many places in today's world. In Hong Kong, the yellow umbrella has become a symbol of the pro-democracy movement. In Florida, some volunteers **use yellow umbrellas to protect voters from the rain and the heat on Election Day. Drinking water is provided to the thirsty and people with disabilities receive assistance.**

SECOND: Think about Veterans Day.

If you want to understand why peace is precious, look around in your community in early November. For some Americans, the conflicts in Southeast Asia, in Europe, and in other places, have never ended. For many veterans, and for their families, the suffering continues.

As a Unitarian Universalist minister in New England, I waited while a young



Rev.
Robert (Bob) Murphy
Unitarian Universalist
Community Minister,
Florida

woman enlisted in the military. Our congregation was supportive and we sent gift boxes to her military unit in Iraq. She returned two years later with physical and emotional wounds and she had problems speaking. The recovery process can be long and hard.

Congregations can talk about the need for government services, and it will be an important discussion. However, we make a mistake when we leave everything to Uncle Sam. **We need to know what has happened in our community, we need to provide support in the healing process, and we need to work for peace with justice.**

THIRD: Reclaim and recycle the American Thanksgiving Day. Unitarian Universalists can ask:

**"Who or what are we celebrating at the end of November?
Who's invited to the feast day?
What's appropriate behavior?"**

Tell the truth about Thanksgiving Day. The American Thanksgiving Day doesn't belong to one race, one religion, one geographic area, or one moment in history. It's not a day to honor colonialism and imperialism. Congress has called, repeatedly, for a national day to **acknowledge blessings received during recent months.**

Again, it's possible for religious organizations to provide leadership. We can **develop interfaith and multicultural celebrations. We can share healthy food with our neighbors, and we can grow some of the food in our community gardens.** We have a four-day weekend and **much of the weekend can be devoted to community service.**



**DID YOU
KNOW?**

THE MOST EFFECTIVE ACTION MANKIND HAS TAKEN TO REDUCE CLIMATE CHANGE



Alan Searle

If you wonder what is the most effective action mankind has taken to reduce climate change you might be surprised by the answer which is:

We fixed the Ozone Hole.

And we did it in 1987 — way before carbon dioxide emissions became a major concern. Beginning in the 1970s, scientists were concerned that the development of a hole in the ozone layer (which protects us from much of the sun's ultraviolet radiation) was related to the emission of **chlorinated fluorocarbons (CFCs)**. In a rare example of multilateral cooperation, governments around the world met in Montreal and agreed to phase out CFCs. They were used extensively in heating and refrigeration units.

Not only did this prevent thousands of skin cancers, it took these gases out of the atmosphere. They have a **Global Warming Potential (GWP)** thousands of times higher than carbon dioxide. Their common replacement, **hydrofluorocarbons (HFCs)**, don't affect the ozone layer, but still have a GWP in the thousands compared to carbon dioxide, and leaking HVAC systems are a significant cause of greenhouse gas emissions.

HFCs also have the problem of not being able to heat water much above 55 Centigrade (130 Fahrenheit). That's not a problem if you only need hot water for your bathtub, but if you want to successfully heat older buildings in northern climates you may have to retrofit insulation and replace windows before installing a HFC system.

Alternatives to HFCs are being sought.

One of these is **propane**. It has about the same GWP as carbon dioxide and can produce temperatures up to 70C (160F).

Of course, the one major drawback of propane is it is flammable, so efforts are being made to use the smallest volume of the gas possible in new units.

What has happened with the ozone layer?

It is slowly improving, and it looks like by the middle of this century the hole in the layer will have healed.

**We can celebrate
at least one
great example of
international cooperation.**



**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](http://www.uua.org/beliefs/who-we-are)

UUFCC MEMBERS & FRIENDS STAND UP & SPEAK OUT

As reported in an October 11, 2023, article in *The Daily Sun*, Charlotte, DeSoto and Sarasota Counties:

“Crowd packs Charlotte County School Board meeting [held Tuesday, October 10, 2023] in furor over LGBTQ+ books.” *Sun*, p. 1A.

At least 20 were UUFCC members and friends. Our own Patrick Eaton is reported to have ‘driven the point home’ when he said that **“he recently heard of a teacher who was afraid to assign the classic novel *To Kill A Mockingbird*.”** Patrick noted that **“the people taking away these books are not professional educators,”** and **“banning books only encourages a climate of bullying and fear.”** *Sun*, p. 8A.

Ed Conrad, former clinical psychiatrist, college professor and a UUFCC Member’s spouse, also spoke noting **“it’s pointless to ban books when children can use their phones to find any book they want in 10 seconds.”** He said debates over culture-war issues like LGBTQ+ books are **‘false flags’** to ‘keep us from talking to each other and finding common ground.’” *Sun*, p. 8A.

Other UUFCC members and friends who also spoke include Betty Munford, Linda Richardson and Gurio Vincenti. PFLAG Port Charlotte coordinated efforts with ARAY and Equality Florida.



Hal Trejo, Founder/President, ARAY
(All Rainbow & Allied Youth):

“We are a country going through a reckoning of whether we will let the fear of the unknown rule us or enjoy seeing the world in full color.” *Sun*, p. 1A.

See also:

WINK: <https://www.youtube.com/watch?v=aoEX3UmmmXs>.

WGCU: <https://news.wgcu.org/top-story/2023-10-13/nearly-80-book-titles-pulled-from-charlotte-county-public-school-libraries-for-district-review>.

YAHOO: NewsLink featured article nationally.



Back row (furthest from podium) L-R: Lorrie Douglas, Jackie Williamson, Carolyn Kellar, and Debbie Conrad.
Middle row: Ginger Abraham and Sharon Whitehill.
Front row nearest podium, second from L (to right): Betty Munford, Ruth Volpe, and Dennis Shaw.



Back row L-R: Gurio Vincenti, Sue Burgess, Jonathan Panzer, and Maureen Peters.
Middle row: Suzi Barbee in purple top.

Pictures provided by Lynn Ritchie

WHITE IS RIGHT — Stephanie Garrett

When I was a child in the 1950s, I remember chanting the words:

**“If you’re white, be all right,
if you’re brown, stick around,
if you’re black, get back.”**

My paraphrased words were written and sung by blues guitarist/singer Big Bill Broonzy recorded in Paris in 1951. I had to have heard it on the radio but I don’t remember when we children said the chant. But I knew what it meant.

I remember singing in my Black Baptist church and at a White Christian Scout camp:

**“What can wash away my sin?
Nothing but the blood of Jesus.”**

And the refrain,

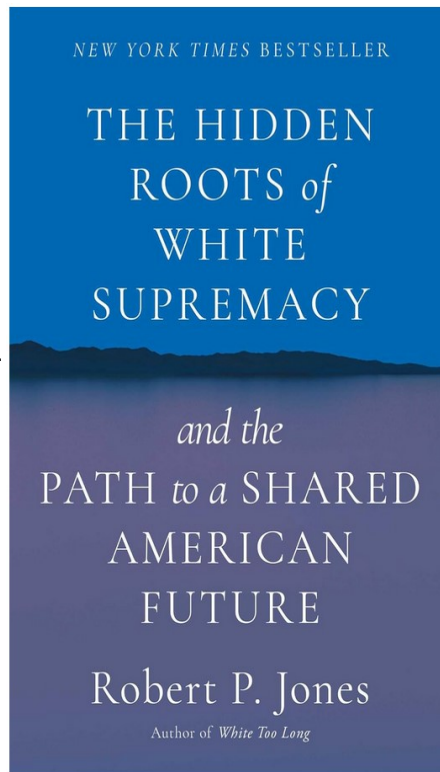
**“Oh precious is the flow
that makes me white as snow.”**

This hymn was written in 1876 by Robert Lowry, a white Baptist minister, based on Hebrews 9:22 and 1 John 1:17. God’s word.

**Where did this idea of
racial superiority
of the Caucasian come from?**

The book by Robert P. Jones, “The Hidden Roots of White Supremacy and the Path to a Shared American Future,” provides insight. Dr. Jones is a founder and CEO of the Public Religion Institute who also authored “The End of White Christian America.”

With a focus on the African American and Native American diaspora, the author takes us back to 15th century Europe and the Colombian Encounter. In 1492,



“We have to come to grips with history.”
“The most vehement and visceral fights to come will likely center not on policy but on historical narratives, public rituals, and civic spaces.”
“The creativity of our solutions is directly proportional to, and a measure of, the strength of our convictions.”

— Robert P. Jones
The Hidden Roots of White Supremacy

Christopher Columbus, from the old world of Europe, discovered the New World and set in motion the intermingling of people, plants, animals and items. The old world also sent diseases like the small pox and the measles which wiped out much of the New World population it encountered.

In 1493, in the aftermath of the discovery of a new world, Pope Alexander VI issued an edict to Columbus for extending **“European dominion to lands not previously possessed by any Christian owner.”** The edict became known as the **“Doctrine of Discovery”** which validated the European appropriation of the Western Hemisphere and its colonization by force. Racism, according to Jones, helped fuel the rise of the United States and is still part of our society 500 years later. It is culturally ingrained particularly in **white Christian nationalism** defined as having a goal of absolute Christian theocracy within our society. It is to be viewed as a part of this country’s identity.

Europe, as we know, during the Middle Ages had a long history of warfare over land ownership and religion. Europe became synonymous with Christianity and today with “whiteness.”

This was an enlightening read. And if you really want to get a handle on race, look up the **Mitochondrial Eve**. The DNA results of actor Lupita Nyong’O presented on the program “Finding Your Roots” is the final word on the concept of race.

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>



WHAT: RIGHT TO READ FESTIVAL

WHEN: Saturday, February 24, 2024

**WHERE: Unitarian Universalist Congregation of Venice
1971 Pinebrook Road, Venice, FL 34292**

WHO: Various individuals and groups will be participating.

RIGHT TO READ FESTIVAL MISSION STATEMENT

Freedom to read is essential to our democracy.

Our mission is to promote productive discussions about intellectual freedom and censorship, to help support librarians, teachers, authors, publishers, booksellers, and others fighting book censorship, and to foster a society that embraces diversity of thought, encourages critical thinking, and upholds the constitutional rights that are essential for free communities.



**UUFCC Art Committee
ART ON THE WALL**

ART SHOW



On display at UUFCC Oct. 5 thru Nov. 2

**ARTISAN'S
ATELIER**
WORKING ARTISTS STUDIOS & GALLERY

**117 Herald Court Centre
Unit #113 (under the parking garage)
Punta Gorda FL 33950
artisansatelier@yahoo.com
941-637-8484**

**Artisan's
Atelier**
is a group of
10 artists
who create,
exhibit and
sell their
artwork in
downtown
Punta Gorda.



Three
**Artisan's
Atelier**
artists,
SUSAN GOLDSON,
TONI McNULTY
and
BECKY VAN PELT,
have their
artwork on display
at UUFCC
thru Nov. 2nd.

L-R: Toni McNulty, Gina Battle, Unidentified Patron, Sue Goldson, & Becky Van Pelt



More ART SHOW, p.8

ART SHOW, from p.7



FIBONACCI DAY — Easy as 1,1,2,3?

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

When written in mm/dd format (11/23), November 23rd (Fibonacci Day) forms a **Fibonacci sequence, 1,1,2,3:**

A series of numbers where a number is the sum of the two numbers before it

The Fibonacci Sequence is named after Leonardo Pisano Bigollo, an Italian mathematician from Pisa, born circa 1170 CE, aka Leonardo of Pisa, Leonardo Bonacci, and **Leonardo Fibonacci** ("son of Bonacci" or "son of the Bonacci clan").

Fibonacci is one of the great mathematicians of the Middle Ages, best known for authoring *Liber Abaci* ("The Book of Calculation") which popularized Hindu-Arabic numerals in Europe. His 1228 expanded edition (the version we know today) introduced the basis of modern arithmetic to the Western world.

Although named after Fibonacci, the sequence was not invented by Fibonacci. It had been known to Indian mathematicians since the 6th century. Fibonacci simply shared it in *Liber Abaci* with his **Rabbit Math Problem:**

PROBLEM: A certain man put a pair of rabbits in a place surrounded by walls.

QUESTION: How many pairs of rabbits can be produced from that pair in a year if it is supposed that every month each pair begets a new pair, which from the second month on becomes productive?

ANSWER: 144. To solve, Fibonacci used a never-ending series of numbers. Each number in the sequence is found by adding together the two numbers before it.

$$F_{n+2} = F_{n+1} + F_n$$



The path isn't a straight line; it's a spiral. You continually come back to things you thought you understood and see deeper truths.

— Barry H. Gillespie
Mind Journal



Petra Paffenholz:
Fibonacci Cubes



HOW TO CELEBRATE FIBONACCI DAY?

1. Check out the **Fibonacci Association**. They study Fibonacci sequences, etc. They publish *Fibonacci Quarterly*, a scientific journal with research, math problems and solutions, etc. <https://www.mathstat.dal.ca/fibonacci/>
2. **Find Fibonacci in nature**, like leaves, petals, pinecones, and seeds.
3. **Count by Fibonacci sequences** in your head! How far can you go?
4. **Bake Fibonacci spiral cookies** for Sunday snacks!
5. **Check out or create Fibonacci art**. Draw a Fibonacci spiral.
6. **Read**
 - a. *Liber Abaci* (1202) by Fibonacci.
 - b. *Finding Fibonacci: The Quest to Rediscover the Forgotten Mathematical Genius Who Changed the World* (2017) by Keith Devlin.
 - c. *The Da Vinci Code* (2009) (where Fibonacci numbers unlock a safe, & show a message is out of order) by Dan Brown.
7. **Listen to hip hop!** Black Star's song "Astronomy (8th Light)" from the 1998 *Mos Def & Talib Kweli Are Black Star* album has in **its chorus a Fibonacci sequence:**

Now everybody hop on the one,
the sounds of the two
It's the third eye vision,
five side dimension
The 8th Light, is gonna
shine bright tonight
8. **EAT FIBO-NACHOS!** In 02-08-09 edition of Bill Amend's FoxTrot comic strip, characters eat one nacho from a bowl, one more, then two, three, five, eight nachos, and so on.

The UUFCC Book Group

November's UUFCC Book Group will discuss:

Under a White Sky: The Nature of the Future
by Elizabeth Kolbert

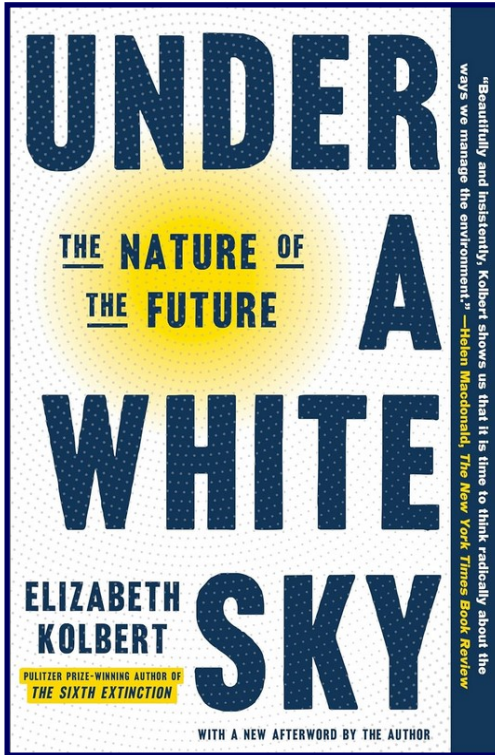
Wednesday, November 29th, at 1:30 pm at the Fellowship

The book is described by amazon.com as a national bestseller by the Pulitzer Prize-winning author of *The Sixth Extinction*.

In *Under a White Sky*, Kolbert asks:

After doing
so much damage,
can we
change nature,
this time
to save it?

Amazon.com further notes that the book is recommended by President Obama and Bill Gates; shortlisted for the Wainwright Prize for Writing; one of the Ten Best Books of the Year per *The Washington Post*; and, one of the



Best Books of the Year per *Time*, *Esquire*, *Publishers Weekly*, and *Kirkus Reviews*.

In *Under a White Sky*, Kolbert takes a hard look at the new world we are creating. She examines how the very sorts of interventions that have imperiled our planet are increasingly seen as the only hope for its salvation.

By turns inspiring, terrifying, and darkly comic, *Under a White Sky* is an utterly original examination of the challenges we face.



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

“If we want everything to remain as it is, everything must change.”
— Elizabeth Kolbert

Under a White Sky: The Nature of the Future

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

The antithesis of consumer culture and a way to give back

— contributed by Herb Levin

GivingTuesday is a "global generosity movement unleashing the power of people and organizations to transform their communities and the world." The organization of the same name is an independent 501(c)(3) nonprofit that supports the global movement.

GivingTuesday was initiated in 2012 by Henry Timms at the 92nd Street Y in New York. The co-founding organization was the United Nations Foundation, with support from BLK SHP (Black Sheep).

The date range is November 27 to December 3 and is always the Tuesday after Thanksgiving, i.e., five days after Thanksgiving.

GivingTuesday has received support from The Bill & Melinda Gates Foundation, Craig Newmark Philanthropies, Emerson Collective, Fidelity Charitable, the Ford Foundation, the Ford Motor Company, PayPal, and the William and Flora Hewlett Foundation.

It promotes the concept of:

"generosity, not as a benevolence that the haves show to the have-nots, but rather an expression of mutuality, solidarity, and reciprocity."

GIVING TUESDAY

A day that encourages people to do good. Everyone has something to give and every act of generosity counts. Join the movement. Reimagine a world built upon shared humanity and radical generosity. Find GivingTuesday in your country or community and give.

GivingTuesday has a global presence through **75 country movements**. Each represents their own cultures and needs, while remaining united in mobilizing countries around generosity and shared humanity.

In each country, entrepreneurial leaders work with their own ecosystems of communities, nonprofits, platforms, religious institutions, families, schools, and private sector partners to drive increased giving, connection, and innovation.

GivingTuesday communities are led by a range of hand raisers: community foundations, nonprofits, giving groups, giving circles, and social activists.

More than 240 US GivingTuesday communities and coalitions drive generosity among people with a common connection of geography, cause, culture or identity.

Organizations like Google, Skype, Microsoft, Cisco, UNICEF, the Case Foundation, Save the Children, and others are joining as partners.

GivingTuesday involves many different nonprofits and many donation processing platforms, all focusing on a single day to coordinate efforts to raise awareness and publicity.

<https://www.givingtuesday.org/>



I was born in Connecticut but grew up in Rhode Island around sailboats. My cousins raced an Ensign 22 sailboat for which I was crew a few seasons. I was never taught much but I began to dream of owning my own boat, of sailing it to the Bahamas.

When I moved to the Florida Keys, I joined the Upper Keys Sailing Club in Key Largo. My love of sailing continued on a Flying Scot. I graduated to solo sailing – the club was, obviously, very lax about members using club boats.

In 2004, I bought a Bristol 29.9. **Tess!** I sailed her solo! I loved it! Racing solo was tricky but I muddled along, usually coming in last. My dream of sailing to the Bahamas was in sight! Only now I wanted to do it solo.

So when club members came in due to rough conditions, I went out, especially in high winds, staying out in storms, seeing how much I could handle. I did that for one year, while also learning everything I could about the boat, the diesel engine, plumbing, electrical, navigation, etc. I became confident that while at sea I could fix anything (almost) and sail anywhere. With my CQR35 working anchor and its 90 feet of chain and 120 feet of rope, I developed a very strong back – that's another story.

Finally! Time to sail to the Bahamas! But now there was pushback from the mostly male club sailors: **Don't go solo.** The few female club sailors hadn't sailed solo. A novice female club sailor, Donna, volunteered. So, reluctantly, I took her on the Gulf Stream crossing.

THINGS I DO IN MY SPARE TIME

**Go sailing.
Look at sailboats.
Think about sailboats.
Talk about sailboats.
Dream about sailboats.
— Katheryn Ferry**



The journey to Green Turtle in the Abacos takes four days. I followed an experienced sailor – I had advanced navigation skills but he knew the local waters and the good anchorages.

Just leaving Miami for Palm Beach (where we'd make our crossing) was already rocky with uncomfortable swells. Donna lost confidence. She began talking about disembarking. If she wanted out, although I'd miss her, I was willing to drop her off. However: **Nothing was going to stop me.**

I was determined to make this journey. Donna found the courage to continue. Twelve hours later, we arrived at West End. We docked to meet Immigration and a Dock Master who asked where the men were. I turned to Donna:

“What did you do with the men?”

She smiled, and we then both laughed. Three days later, we arrived at Green Turtle. I dropped Donna off, and met up with eight boats from the club who sailed in the Abacos Races. I didn't race, just enjoyed the calm serenity. Returning that summer, my proudest moment was being honored with:

**“Sailor of the Year”
Perpetual Trophy Award**

**I was the first woman in the history
of the club to receive this honor.**

When I retired in 2018, I looked up sailing clubs and found the Sarasota Sailing Squadron Club. I decided to try SSS. I volunteered on a race committee boat where I was told about their **Luffing Lassies.** I've finally found a place where women are dedicated to sailing and the sky is the limit. I am home.

**Sometimes I wonder
if my sailboat is thinking
about me too.**

A TALE OF TWO TORCH SONGS

— contributed by Herb Levin

According to an article by Bill de Main, the original “**Les Feuilles Mortes**” (dead leaves) was written in French as a song about lost love.

In 1945, it began as a poem written by Jacques Prévert for a ballet called *Le Rendezvous*.

In 1947, a film was made of the ballet and that poem was set to music by Joseph Kosma.

The film flopped, but lead actor Yves Montand began singing the song and within a couple of years it became his most requested song.

In 1950, the song was translated into English as “**Autumn Leaves.**” However, while the original was about all-consuming passion, the translation was about fleeting attachment. It was more nostalgic and less bitter.

In 1955, **Nat King Cole** took it to **No. 1**, making it a nightclub song for the likes of Frank Sinatra, Tony Bennett and Eartha Kitt. Chick Corea, Stanley Jordan and Leonie Smith also sang versions of it.

<https://performingsongwriter.com/back-issues/2004-back-issues/issue-81-november-2004/>

Listen. Watch. Enjoy!

<https://www.youtube.com/watch?v=aJYCp-qEh1A>





UUFCC SJC IMMOKALEE TRIP

— Theodore Zawistowski, SJC Interim Chair
Pictures provided by Betty Barriga & Lorrie Douglas

On September 28, 2023, our UUFCC Social Justice Committee sponsored a trip to Immokalee. Twenty-two members and friends of UUFCC and UUCOV carpoled for an informative and eye-opening experience to visit the headquarters of the **Coalition of Immokalee Workers**, tour their new museum, drop in on other helping organizations across the street, and have lunch at a restaurant.

The historic journey of the **CIW** and the **Alliance for Fair Food** from 1993 to the present has grown from a few unknown, abused and friendless but determined workers who, via demonstrations, marches, court cases and countless letters, have drawn together thousands of supporters all the way up to the corporate officers of 14 major corporations to make significant improvements in working conditions.

Today the CIW is a model and inspiration for the lowest level workers throughout the Americas and into Africa and the fishermen in the North Sea. It was the most moving period in our visit.



Sister Maureen Kelleher, a retired Legal Aid Office immigration attorney, described aspects of her 37 years serving Immokalee area immigrants. Immokalee falls within Broward County on Florida's east coast; eventually, an Immokalee auxiliary office was established, eliminating much long-distance travel. Currently, the Legal Aid Office is understaffed. Young lawyers can't afford to serve due to time-consuming paperwork and school loan debts. The available lawyer resides in Tallahassee, serving by phone and Zoom.



UUFCC SJC presented a placard and letter of respect, signed by many, to acknowledge the remarkable and extraordinary CIW and Alliance for Fair Food achievements for themselves and for workers like them across the Americas, in Africa and in England.



Having lunch.

More IMMOKALEE TRIP, p.15

IMMOKALEE TRIP, from p.14

In the parking lot between the buildings is an authentic cargo truck from when men from Mexico and Guatemala, ten or twelve at a time, were locked in at night so they could not run away.

They were only provided with a bucket.

Inside the truck are displayed documents of the court cases won by the CIW as well as artifacts of the brutality routinely inflicted on fieldhands, both men and women.

See *US v. Navarrete*, US District Court, Middle District of Florida, 2008.

This **Florida Modern Slavery Museum** toured Florida intensively for six weeks prior to the 2010 Farmworker Freedom March; exhibited in the Northeast in 2010; tours Southeast universities, churches, and conferences; and, visited UUFCC in 2013.



Our group of 22 members and friends of Port Charlotte and Venice was well-received by CIW Community Outreach Worker Marley Monacello, CIW Staff Nely Rodriguez, and Joashilia JeanMaria.

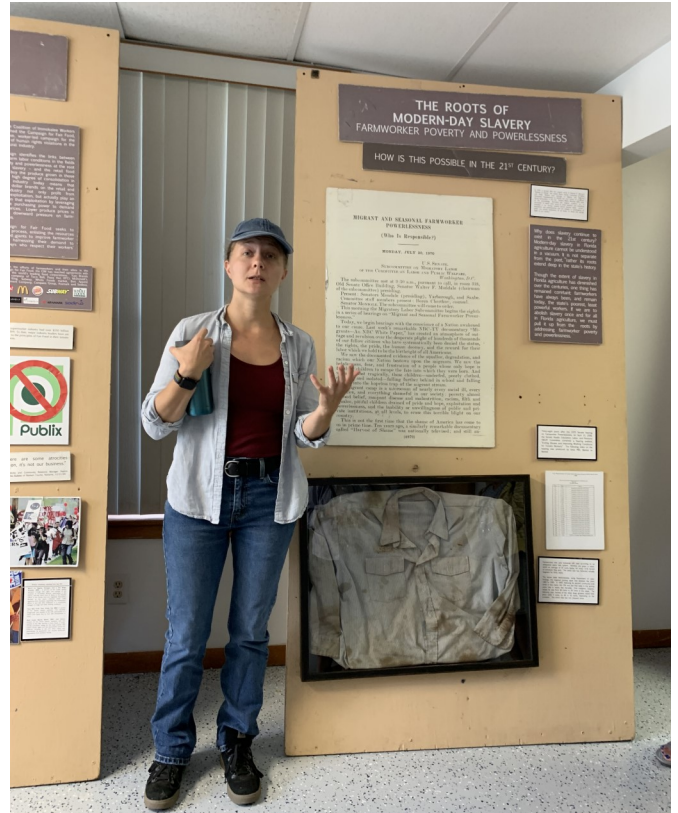
All three spoke about the conditions they have experienced working in the farm fields, including sexual harassment and fear.

More IMMOKALEE TRIP, p.16

IMMOKALEE TRIP, from p.15



Marley Monacello describing the story boards in the new museum.



The infamous bloody shirt worn by a young man severely beaten for walking off the field to get some water — water was not provided for workers. For a time, the shirt was a rallying symbol. It has since been cleaned to prevent decay.



Next door to the CIW headquarters is a recently acquired building with the beginnings of a museum. We UUs are the first to view the display boards inside on which the history of slave and slave-like conditions have persisted in Florida since the early 1700s until today.



SPIRITUALITY AS A MEASURE OF SELF

Reading and listening to the news and seeing brutality here and abroad has made me more reflective than usual. The words to a song by Black rhythm and blues singer Marvin Gaye, circa 1971, "What's Going On," kept repeating in my head. The final line of the first verse, "You know we've got to find a way to bring some loving here today," seems almost impossible.

This nation and its people are in discord, but it isn't only on this continent. Race, ethnic origin, culture, religion, gender, how you see yourself, the have and have not, including land, food, water, and the world is in crisis. A look backward in 50 year intervals, 1971, 1921, 1871, shows nothing has been learned. Same old stuff, only today's losses are to me unimaginable.

My grandmother would quote Bible verses for comfort and direction. The following are measuring sticks that help me stay in tune with myself.

"One step forward is all it takes."
— My grandmother

"Remember, no one can make you feel inferior without your consent."
— Eleanor Roosevelt
Former First Lady

"Freedom is from within."
— Frank Lloyd Wright
American Architect and Designer

**"When you complain,
you make yourself a victim.
Leave the situation,
change the situation,
or accept it.
All else is madness."**
— Eckhart Tolle
German born self-help author

**"If you think you are too small
to make a difference,
try sleeping with a mosquito."**
— Dalai Lama XIV

"What goes around comes around."
A favorite of my mother.
It's rooted in the ancient belief of Karma which originated in India.
It became popular in the 70s.

But then there is:
"As you sow, so shall you reap."
— Galatians 6:7.

"Put up or shut up."
— Mark Twain, *Connecticut Yankee in King Arthur's Court* (1889)

"I know why the caged bird sings"
comes from the poem
"Sympathy" (1899) by black poet
Paul Laurence Dunbar.
In Maya Angelou's poem,
"Caged Bird," from her book of
poetry, *Shaker, Why Don't You Sing?*
(1983), she says:

"The caged bird sings of freedom."
**"Courage is what it takes
to stand up and speak;
courage is also what it takes
to sit down and listen."**
— Winston Churchill



Stephanie Garrett



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

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

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



INTERNATIONAL AURA AWARENESS DAY



Fourth Saturday in November

When did this day begin?

Spiritual life coach and author Cynthia Sue Larson began International Aura Awareness Day in 2002.

What is an aura?

An aura is a distinctive feeling or character, the air of a person or place, perceived by those who encounter or experience them. In Latin and Ancient Greek, the literal word, 'aura,' means wind, breeze, or breath. In medieval English, it also meant 'a gentle breeze.'

What does the day celebrate?

International Aura Awareness Day is to:

- ▶ Recognize the belief in the existence of auras as energy around all creatures of this world;
- ▶ Spread awareness of the human aura; and,
- ▶ Promote education about how our physical and mental health affects our auras.

What's the history behind the day?

People have long been aware of auras surrounding all living things. Indian religions such as **Hinduism** and **Buddhism** have mentioned 'auras' since time immemorial, connecting them to chakras and kundalini.

In the 19th century, 'aura' described a quality or energy emitting from someone or something, particularly with the rise of **New Age Religions**.

Charles Webster Leadbeater was first to talk about auras that way. A Church of England priest who studied theosophy in India, he claimed he had mystic powers he could use to make scientific investigations. In his book, "**Man Visible and Invisible**," published in 1902, he illustrated man's aura in various stages.

W.E. Butler, a 20th century British occultist, was first to link auras with clairvoyance after discovering they helped measure the body's physical health.

Where are auras found?

All humans, plants and animals are believed to have aura energy fields around them.

Can you see auras?

Some do. Children see them easily, unintentionally adding them to their art. Some cameras capture auras, showing them as halos or light projections around the body. Seeing can be learned with practice by squinting in a mirror per Healthline.com.

Why are auras important?

Auras may provide insight into a person's beliefs, thoughts, personalities, and health. Vibes come from auras. Auras may define your superpower.

What do the aura colors mean?

Auras come in different colors. Colors may change over time. Each color has a different meaning.

RED – fearless and passionate

PINK – Deeply sensitive and gentle in nature

ORANGE – creative, imaginative & full of emotion

YELLOW – Confident, high self-esteem, happy

TAN – Practical and detail-oriented

GREEN – Healers, drawn to nature and animals

BLUE – Caring, nurturing, and protective

PURPLE – Powerful charismatic personality

WHITE – Spiritually motivated, positive, uplifting

Can problematic auras be seen? Healed?

Dark or damaged auras may indicate a physical, emotional, or psychological problem. Positive affirmations, meditation, visualization, and energy balancing may help cleanse and heal.

How is Aura Awareness Day celebrated?

—Aura readers and spiritual healers do **teachings, readings and workshops** to help people realize the connection between the mind, body, and spirit, and to learn how to see and read auras.

—**Get an aura portrait**, have it read. Per Portland-based conceptual artist **Christina Lonsdale**: "As human beings, we radiate a very low level of electricity that's otherwise known as an electromagnetic field." She became famous with her **Aura Camera lab "Radiant Human,"** in 2014, using a Guy Coggins hand-built 70s Polaroid.

<https://nationaltoday.com/aura-awareness-day/>

MEMBER SPOTLIGHT

on MARY HOWARD



ANOTHER UU NOTABLE

WALTER BRADFORD CANNON (1871-1945)

Experimental physiologist.
Harvard Medical School
Physiology Dept Prof/Chair.

**Coined the term
"fight or flight response."**

Developed

Theory of Homeostasis.

Popularized his theories
in his 1932 book

The Wisdom of the Body.

On their honeymoon, he &
wife Comelia James Cannon
(best-selling author &
feminist reformer), were
**first people to reach the
summit** of the unclimbed
8716' SW peak of Goat
Mountain, between Lake
McDonald & Logan Pass —
now Glacier National Park.

US Geological Survey
renamed peak Mount Cannon.

Dr. Cannon turned down a
Mayo Clinic job offer for 2x
his Harvard salary: "I don't
need twice as much money.
All I need is 50 cents for a
haircut once a month, & 50
cents a day to get lunch."

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

I was born in 1936 into
a working class family
in a small hamlet in
rural NE Pennsylvania.

My early years were
influenced by effects
of shortages and
rationing for WWII. Our
small 50 acre farm's
animals and gardens
provided for ourselves
and relatives. It also
introduced me at an
early age to hard work
and responsibility for others.

Six years of my early education
were at a one-room schoolhouse.
Always an avid reader and good
student, I excelled in school which
earned me a scholarship to attend
nursing school.

My career as a registered nurse was
varied: 20 years with Pennsylvania
Department of Welfare working in
the field of the mentally
handicapped, also public school
nursing, surgical operating room
and obstetrics.

I was introduced to Unitarian
Universalism in 1978 when I met
and subsequently married my late
husband, Arthur Howard (a lifelong
Unitarian Universalist).

I first attended UUFCC in 1991
after moving to Port Charlotte. Even
though not becoming a member
until 1995, I now have the



distinction of being the
longest active member.

I've had many roles
here. For many years,
I introduced myself as
the "Kitchen Witch."

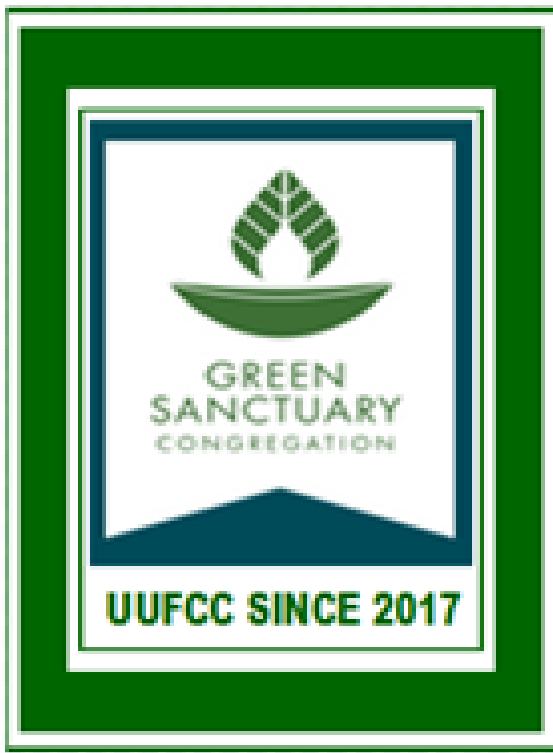
Along with two friends,
Judy Norton and Beth
Morrison, we founded
the Caring Committee.
In those days, "caring"
included hospitality,
membership, home

visits, memorial services, holiday
meals, and much more. I just
retired this past year from the
committee and I am very proud of
the job they continue to do.

Though life has handed me a good
share of challenges, I still consider
myself very fortunate. A highlight of
my life has been the opportunity of
interesting travel experiences—both
vacation and adventure—most
especially, international
caravanning, including six months
in Europe, two months in South
Africa, two months in Mexico and
six months in Alaska and Canada.
Drove many thousands of miles.

UUFCC has been my spiritual home
for over 30 years. (I personally knew
both of the founders.) My role here
is now mostly passive. Presently,
I am a trustee of the Endowment
Fund. I look forward to a continued
loving relationship with you all.

GO
VEGAN



Happy
Thanksgiving

GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

SWEET POTATO, KALE & CHICKPEA SOUP

INGREDIENTS

- 2 Tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 red bell pepper, chopped
- 1 lb. sweet potatoes (2 small to medium or 1 large), peeled & diced (about 3 cups)
- ¼ teaspoon salt, more to taste
- 2 Tablespoons Thai red curry paste
- 1 cup uncooked farro, rinsed (or 3 cups cooked whole grains, like wheat berries, spelt berries or Kamut)
- 4 cups (32 oz) vegetable broth
- 2 cups water
- 1 can (15 oz) chickpeas, rinsed and drained, or 1½ c cooked chickpeas
- ½ bunch of kale (4 oz), chopped (about 3 cups)
- ¼ teaspoon cayenne pepper, to taste (optional — if you like it extra spicy like me)



Joseph Fenty



INSTRUCTIONS

1. In a large soup pot, heat the oil over medium heat until shimmering.
2. Stir in the onion, bell pepper, sweet potato and salt. Sauté for five minutes, stirring occasionally, until the onion starts to soften.
3. Add the curry paste and stir until the vegetables are coated and the curry is fragrant, about 1 minute.

4. Add the farro, or your grain of choice.
5. Add the vegetable broth & water, and stir to combine.
6. Bring the mixture to a boil, then reduce the heat to a simmer and cook for 25 minutes.
7. Test the farro for doneness — if it's tender and cooked through, add the chickpeas and kale. Stir to combine, and cook for 5 more minutes, or until the kale is cooked to your liking.
8. If you chose to use pre-cooked whole grains, add them now. (If the farro is not done cooking yet, continue simmering until it's tender, then proceed with the kale. This could take another 20 minutes, depending on the farro.)
9. Taste, and season with more salt as needed. I usually add about ½ tsp — if the soup tastes flat, add more salt. To kick up the flavor a notch and balance the sweetness of the sweet potatoes, stir in the optional cayenne pepper.

Ladle the soup into bowls and serve.

I like it even more the next day!

Leftovers keep well, covered and refrigerated, for about 4 days.

This soup freezes well, too.

LOOK AT THIS

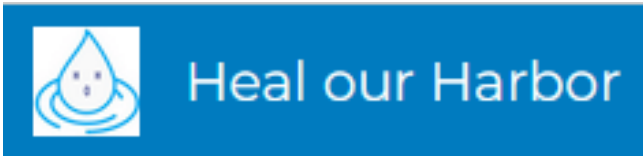


UUFCC GENEROSITY!

MAKE A DIFFERENCE

SECOND HELPING

Your AUGUST 2023 Donations Totaled **\$617.00** which was given to:



Dedicated to protecting & restoring the waters of Charlotte Harbor
www.healourharbor.org

Wow!

PEACE GARDEN ENGRAVED PAVERS

Honor beloved UUFCC members and friends AND help UUFCC.

\$75 buys one paver of which \$45 gets donated 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.
- **DONATE A LAPTOP!**



VOLUNTEERS NEEDED



**SECOND SUNDAY
SECOND HELPING
NOVEMBER RECIPIENT**



Free food & hygiene items
for those in need living with
HIV/AIDS & their dependents.
chapsfoodpantry.com
941-625-2552

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 judgment
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

November
Theme

GENEROSITY

11-05-23 FEMINIST SPIRITUALITY EMBODIED

Speaker: Rev. Ann Barker
Worship Associate: Laura Anderson

11-12-23 CHAPS (Charlotte HIV/AIDS People Support)

Speaker: Dennis Shaw
Worship Associate: Sharon Whitehill

11-19-23 SPIRIT OF GENEROSITY

Speaker: Laura Anderson
Worship Associate: Kay Azar

**11-26-23 THANKSGIVING AND EXPRESSIONS OF GRATITUDE
(Potluck after service)**

Speakers: Members and Friends
Worship Assoc.: Shelly Canterbury & Ryan Richardson

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



11/03 Katherine Stanwood

11/05 Mark Ellefson

11/06 Nancy Weaver

11/08 Linda Quinn

11/17 Kay Azar

11/27 Ted Zawistowski

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>

NOVEMBER 2023 EVENTS

11/01 Wed	11:00 am	Membership Committee
	Noon	Brown Bag Social Lunch
	04:00 pm	Immigration Committee
	06:00 pm	Choir Rehearsal
11/03 Fri		Art Takedown
11/04 Sat	10:00 am	Worship Assoc. Meeting
	Noon	Board Retreat
11/05 Sun	Noon	PFLAG Steering Cmte
11/06 Mon	01:30 pm	Shaw Chalice Circle
	04:00 pm	Azar Chalice Circle
11/07 Tue	08:00 am	Men's Coffee Group
11/08 Wed	10:00 am	Caring Committee
	01:00 pm	Open Art Studio
	06:00 pm	Choir Rehearsal
11/09 Thu	08:45 am	Port Charlotte Garden Club
	04:30 pm	Buddhist Meditation
11/10 Fri	01:00 pm	Communications Committee
11/12 Sun	11:45 am	Social Justice Committee
11/13 Mon	10:30 am	Program Committee
11/14 Tue	10:30 am	Men's Coffee Group
11/15 Wed	10:00 am	Fred's Class
	04:00 pm	Immigration Justice Cmte
	06:00 pm	Choir Rehearsal
11/16 Thu	02:00 pm	UUFCC Board Meeting
	06:00 pm	NAACP General Meeting
11/19 Sun		BIRTHDAY CAKE SUNDAY
11/20 Mon	01:30 pm	Shaw Chalice Circle
	04:00 pm	Azar Chalice Circle
	06:00 pm	PFLAG Support Group
11/21 Tue	08:00 am	Men's Coffee Group
	07:00 pm	Sierra Club
11/22 Wed	10:00 am	Fred's Class
	01:00 pm	Open Art Studio
	06:00 pm	Choir Rehearsal
11/23 Thu	04:30 pm	Buddhist Meditation
	06:00 pm	NAACP General Meeting
11/26 Sun	03:00 pm	Secular Community Meeting
11/28 Tue	08:00 am	Men's Coffee Group
11/29 Wed	10:00 am	Fred's Class
	01:30 pm	Book Group
	04:00 pm	ARAY
	06:00 pm	Choir Rehearsal



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

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UUFCC

COMMUNIQUE

Can you say kuh-myoo-nuh-kay?

EDITORIAL BOARD

Stephanie Garrett

Herb Levin

MaryLou Kennedy

300-word limit articles due

1-wk before last day of month:

editorialboard@uufcc.org

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