



Volume III, Issue 1

January 2024

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

Letter from the President

Dear Ones,

Happy New Year! I hope
your holidays were festive
and bright! As we
begin the new year, I would
appreciate it if you will
spend some of your
precious time thinking
about your experiences
during the past year at
UUFCC. I'm including
several questions for you
to ponder.



During 2023, what were
your most positive experiences
at the Fellowship?

What experiences
left you dissatisfied?

Can you suggest ways in which
these negatives can be eliminated
within the spirit of
our Covenant?

What ways can the
Fellowship expand
its programming
to enhance your
growth and
commitment?

What additional
ways can UUFCC
serve the larger
community?

Please send your thoughts
to me via email.

My address is:

shawdennisg@icloud.com.
I will share your responses
with the Board of Trustees.

Additionally, consider ways
to expand your involvement.
Numerous opportunities for
service exist including
expansion of the
**Caring and Hospitality
Committee and
Patient Advocacy Group.**

More volunteers are needed on the
Building & Grounds Committee.
I would love to see the restoration
of a group committed to
environmental issues.

Consider serving in
a leadership position.
The Nominating Committee
is searching for new
candidates for the Board.
You can let them know
that you are interested in
serving in this capacity by
emailing them at
nominating@uufcc.org.

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

**Per UUA, the most widespread
UU New Year's tradition?**

**FIRE COMMUNION
Burning Bowl**

**On scrap paper, write phrases
that sum up what you wish
to release from the old year.**

**Bring that paper forward.
Burn it (in a fire-retardant bowl
with an extinguisher nearby).**

HAPPY NEW YEAR!

SECRETS OF THE MAYANS

January 14th is an important date for Guatemala. A new president (Bernard Arevalo) has been democratically elected. Political reform has been promised. Maybe the inauguration will happen. Maybe not. Guatemala has a long history of political violence and authoritarian government.

Lyn and I were in Guatemala recently. We saw riot police marching through the streets of Guatemala City to confront a pro-democracy rally. We saw demonstrations in the city of Antigua.

Most of the people in modern Guatemala are Mayan Indians and their culture continues. However, the Mayans no longer build major monuments to celebrate their way of life. We went to the Mayan ruins at Tikal. Long ago, the ruins were part of a major city, with 100,000 residents or more. Urban life for the ancient Mayans ended at Tikal close to the year 900 AD. Disease, overpopulation, climate change, imperialism, civil war, and other problems have been mentioned by the Mayan elders.



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



Emblem glyph for Tikal

The Mayans keep their secrets. Although the Mayans at Tikal have shared some information that will be helpful in the Americas during the year 2024. We were told that community life is not a simple matter. Prosperous cities can become disaster zones. Education and cooperation can make communities work in the right way.

There are simple practices in Mayan religion that are always important. In the morning, **give thanks** as you go into the forest to gather food, medicine, and the other items that you need. At the end of the day, **be grateful** for blessings received. **Take nothing for granted.** Try to **live in harmony** with the natural world and with your neighbors. These are some of the lessons we learned in Guatemala.



Yax Mutal



Tikal Temple I rises 47 meters (154 ft) high



Alan Searle

The U.S. Global Change Research Program (USGCRP) is an interagency program, established by the Global Change Research Act (GCRA) of 1990, mandated by Congress to "assist the Nation and the world to understand, assess, predict, and respond to human-induced and natural processes of global change."

<https://www.nationalacademies.org/our-work/advice-for-the-us-global-change-research-program>

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

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

THE FIFTH CLIMATE ASSESSMENT U.S. Global Change Research Program November 2023

I opened my computer this morning and noticed I had missed **the most important climate reporting event of 2023**: the publication of The Fifth Climate Assessment in November. It's a report, authorized by Congress, to be delivered every four years. According to Bing, these are the **five most salient points**.

1. The United States is taking action on climate change.
2. People in the United States are experiencing increased risks from extreme events.
3. Climate change exacerbates social inequities.
4. Available mitigation strategies can deliver substantial emissions reductions, but additional options are needed to reach net zero.
5. Climate action is an opportunity to create a more resilient and just nation.

In my opinion they read a little like a UU manifesto. Whether the rest of the US will agree with the report's suggestions is debatable. See what you think, here is the website:

Fifth National Climate Assessment (globalchange.gov)

However, this gave me an opportunity to revisit another site, the NOAA Sea Level Rise Viewer. You can **zero in on Charlotte County** and see what will happen with different levels of sea level rise. While all levels of increase are alarming, we only need a foot of rise (projected by "mid-century") to jeopardize our mangrove forests. Mangroves live in the inter-tidal zone, but many will be unable to migrate to higher land because of development. Here is the website:

Sea Level Rise and Coastal Flooding Impacts (noaa.gov)



Fourteen federal entities participate in U.S. Global Change Research Program:

1. USDA (Dept. of Agriculture);
2. DOC (Dept. of Commerce);
3. DOD (Dept. of Defense);
4. DOE (Dept. of Energy);
5. HHS (Health & Human Services);
6. DHS (Dept. of Homeland Security);
7. DOI (Dept. of the Interior);
8. DOS (Dept. of State);
9. DOT (Dept. of Transportation);
10. EPA (Environmental Protection Agency);
11. NASA (National Aeronautics & Space Administration);
12. NSF (National Science Foundation);
13. Smithsonian Institution; and,
14. USAID (US Agency for International Development).

https://en.wikipedia.org/wiki/U.S._Global_Change_Research_Program

THE INQUIRIES OF THE INNOCENT

— Stephanie Garrett

A few weeks ago a friend, a young mother of three, oldest 9, shyly approached me for advice. Her 9-year-old had started her menses and she didn't know how to respond. I asked about what her mother had explained to her. She didn't, she said. There are things it seems that are taboo at least in this culture.

I was lucky. I remember the “now you are a woman” conversation my mother had with me as a young teen. Unfortunately, there are subjects adults really don't want to talk about with their children.

The following is a short summary of three recommended books. The first is “Mummy Laid an Egg” by Babette Cole (Red Fox, 1993). It's a “where do babies come from” book for young children. It is honest and funny dealing with fairy tales desperate parents use to avoid their own discomfort. I think most of us remember that the stork brings the babies to new parents. First published in 1993.

The second is “Are you There, God? It's me Margaret” by Judy Blume (Bradbury Press, 1970).

“That's what it will be like when I'm dead,” Duck thought. “The pond alone, without me.”

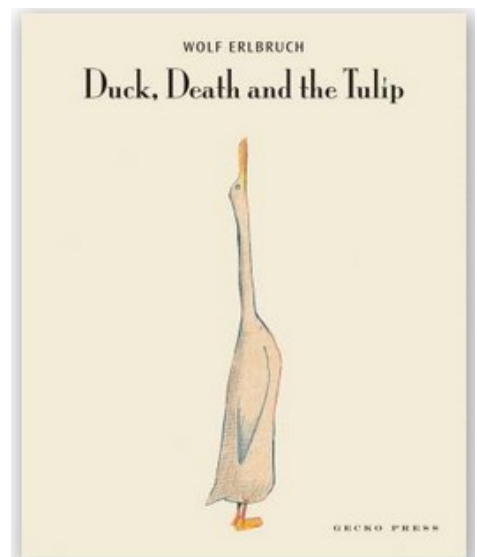
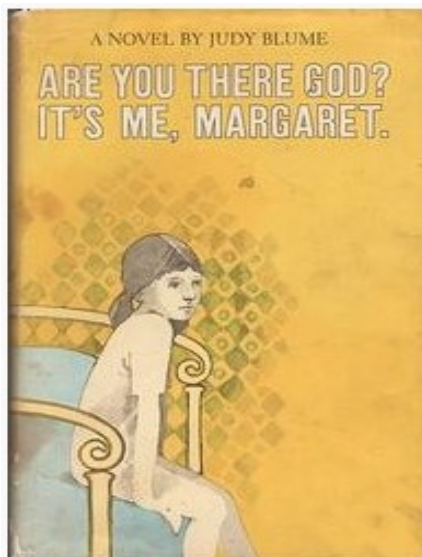
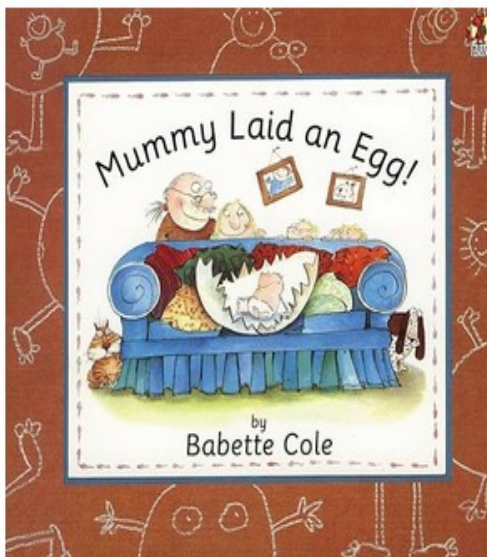
Death sometimes read minds. “When you're dead, the pond will be gone, too — at least for you.”

**— Wolf Erlbruch
Duck, Death and the Tulip**

This is the book I recommended to my friend with the 9-year-old daughter. Margaret, the new girl in town, becomes a member of a secret club of 12-year-old girls. The club members talk about boys, bras, and getting first periods. They even manage to get a look at a Playboy magazine “borrowed” from one of their fathers. I understand it is now a film.

The final difficult conversation is death. A recommendation from a former UUFCC member who is now a death doula. Yes, there is such a thing. For the very young, it is “Duck, Death and the Tulip” by Wolf Erlbruch (Gecko Press, 2011). Duck becomes aware that he is being followed by Death. They become friends. When Duck dies, Death cares. No life after, no heaven, no hell, no afterlife.

Information should be available in all public libraries on these subjects. Banning, as inappropriate reading, is the decision of individual parents. However, if children and teens want to know, the public library is better than social media for accurate information.





Most favored ↓

REDUCE—lower amount of waste produced ↓

REUSE—use materials repeatedly ↓

RECYCLE—use materials for new products ↓

RECOVER—recover energy from waste ↓

LANDFILL — safe disposal ↓

Least favored



Bill Stanwood

I describe myself as a **CONSERVATIONIST**, an advocate for protection and preservation of the environment and wildlife, complying with the UU principle.

UUFCC has earned recognition describing itself as a **GREEN SANCTUARY**. Maintaining that status for ongoing accreditation could include considering these goals:

1. Mitigation
 - a. Eat less meat.
 - b. Engage in climate education, action, and countering contrarians.
2. Adaptation and Resilience
 - a. Adaptation: Reduce vulnerabilities to harmful effects of climate change
 - b. Resilience: Maintain function in the face of external stresses created by climate change crises.



to compost

definition:

to change organic material (such as leaves, vegetable/fruit scraps, coffee grounds, etc.) into a decayed mixture that is used to improve the soil in a lawn or garden

example:

I compost my food waste and mix the composted material into the soil in my garden.



These elements could guide focus on specific improvements in UUFCC as an active and potent influencer in our SWFL environment.

My most current and specific concern requires attention to our waste.

Efficient use of our stuff directly and significantly improves major negative environmental impacts.

It is a relatively easy option.

When organic waste, often called garbage, goes in the trash, it shouldn't.

Composting and (think worms) vermicomposting is practiced by some of us. Expanding and institutionalizing those practices could document our progress, and make us green again. Talk among ourselves may lead to plans.

UUFCC Art Committee
ART ON THE WALL



On display at UUFCC Dec. 3 thru Jan. 12

The UUFCC Art Committee
 is proud to present
 an exhibit entitled:

ART WITH MEANING

displaying the
 abstract work of Bev Yakwitt and
 colorful watercolors of Joanne Stramara

Both of these talented artists teach at the
 Visual Art Center in Punta Gorda.

More of their art can be found at
 Sea Grape Gallery in Punta Gorda.

Please enjoy this exhibit.



Artist Bev Yakwitt

Beverly's work is accompanied
 by poems created by her daughter,
 inspired by each of the paintings.

She describes herself as
 "an abstract/experimental artist".
 She describes her approach as intuitive,
 allowing "the painting to guide her hand."



Artist Joanne Stramara

Joanne also loves to allow
 "the magic of watercolor to unfold."

She says she paints "because of
 the absolute joy and fulfillment that
 sketching and painting bring to her life."

She has described the meaning
 behind her paintings in this exhibit.

More ART SHOW, p.7

ART SHOW, from p.6

The UUFCC Art Committee hosted an
ART RECEPTION
Friday, December 8, 2023,
where attendees met the artists,
JOANNA STRAMARA and BEVERLY YAKWITT,
whose work is on display.



Art enthusiast Sally Milne



Art admirer Ken Brennen speaks
with Artist Joanna Stramara



Art aficionado Katherine Stanwood

"WHAT HATH GOD WROUGHT?" A DIT AND A DAH?

— a Herb Levin contribution



Samuel Morse wanted to send **telegraphic signals** more than a few 100 yards of wire. Breakthrough came from Professor Leonard Gale who taught chemistry at NYU. With Gale's help, Morse introduced extra circuits or relays at frequent intervals and was could send a message through 10 miles of wire. Morse and Gale were joined by Alfred Vail, an enthusiast with excellent skills, insight, and money.

On January 11, 1838, Morse and Vail first publicly demonstrated the **electric telegraph** at Speedwell Ironworks in Morristown NJ. Most of their research and development was done at the ironworks but they chose a nearby factory for the demonstration. Without the repeater, Morse devised a system of **electromagnetic relays** which freed the technology from being limited by distance in sending messages. The range of the telegraph was limited to two miles, and the inventors had pulled two miles of wires inside the factory house through an elaborate scheme. Their first public transmission? **"A patient waiter is no loser."**

Morse went to Washington DC in 1838 seeking **federal sponsorship** for a telegraph line but wasn't successful. He went to Europe, seeking patents and sponsorship, but in London found Cooke and Wheatstone already had priority. He returned to the US and finally got financial backing via Maine congressman Francis Ormand Jonathan Smith, perhaps the first instance of government support to a private researcher, especially for applied, versus theoretical, research.

In December 1842, Morse went to DC, stringing "wires between two committee rooms in the Capitol, and sent messages back and forth" to demonstrate his telegraph system. Congress appropriated \$30,000 (\$942,000 in 2022) in

1843 to construct an experimental 38-mile telegraph line between DC and Baltimore. May 1, 1844, news of the Whig Party nomination of Henry Clay for US President was telegraphed from the Baltimore convention to the DC Capitol Building.

On May 24, 1844, the line was officially opened as Morse sent the now-famous words, **"What**

hath God wrought," from the Supreme Court's chamber in DC to Baltimore's B&O Mount Clare Station. Annie Ellsworth chose the words from the Bible (The Book of Numbers 23:23); her father, US Patent Commissioner Henry Leavitt Ellsworth, championed Morse's invention, getting early funding. It transmitted 30 characters a minute.

In May 1845, the **Magnetic Telegraph Company** formed to build telegraph lines from NYC to Philadelphia, Boston, Buffalo, and the Mississippi. Telegraphic lines rapidly spread throughout the US, with 12,000 miles of wire laid by 1850.

Morse at one time adopted Wheatstone and Carl August von Steinheil's idea of broadcasting an electrical telegraph signal through water or steel railroad tracks or anything conductive. He went to great lengths to win a lawsuit for the right to be called **"inventor of the telegraph"** and promoted himself as an inventor. But Vail also played an important role in developing the **Morse Code** which was based on earlier codes for the electromagnetic telegraph.

How does the Morse Code work?

Different combinations of dots (periods), called DITs, and dashes (horizontal lines) called DAHs, represent different letters in the English language.

January 11th is Morse Code Day.

Did you get this?

.... . .-.. .-.. --- .-..
- . / --- - . /
 . .-.. . /
-..- --- .-.. -..-..

**Answers are welcome.
First correct one in
to the Editorial Board
wins an autographed
copy of the next
commUUniqué!**

The UUFCC Book Group

will discuss

Book *Woman of Troublesome Creek*

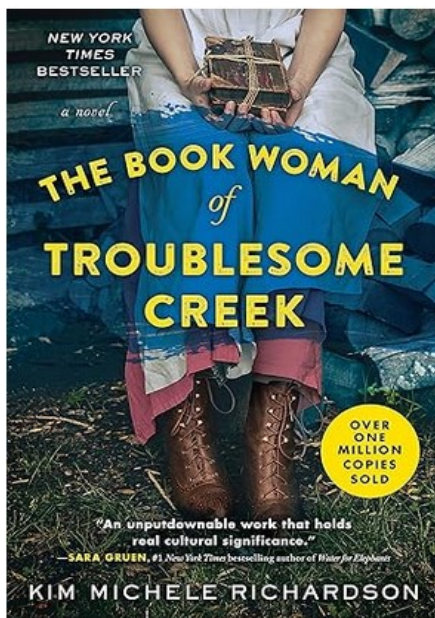
by Kim Michele Richardson

Wednesday, January 31st at 1:30 pm at the Fellowship

Amazon.com says this bestselling historical fiction novel from Kim Michele Richardson follows Cussy Mary, a packhorse librarian and her quest to bring books to the Appalachian community she loves.

The hardscrabble folks of Troublesome Creek have to scrap for everything — everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome has its very own traveling librarian, Cussy Mary Carter.

Cussy is not only a book woman, she's also the last of her kind, her skin a shade of blue unlike most anyone else.



Not everyone is keen on Cussy's family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachians and suspicion as deep as the holler.

Inspired by true blue-skinned people of Kentucky

and the brave and dedicated Kentucky Pack Horse library service of the 1930s, *The Book Woman of Troublesome Creek* is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home.



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

"I never understood why other people thought my color, any color, needed fixing. Those that can't see past a folk's skin color have a hard difference in them. There's a fire in that difference. And when they see you, they'll still see a Blue."

— Kim Michele Richardson
Book Woman of Troublesome Creek

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 Richardson	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

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>

“ONE WORLD. MANY LIVES. OUR CHOICE.”⁴

— compiled by MaryLou Kennedy

JAMA Network Open recently published a study done by **Stanford University School of Medicine Research Center**: “Cardiometabolic Effects of Omnivorous vs Vegan Diets in Identical Twins, A Randomized Clinical Trial.”¹

It found if one twin ate vegan and the other ate omnivore, the vegan had:

- 10% to 15% drop in “bad” cholesterol—LDL, low-density lipoprotein
- 25% drop in insulin (better blood sugar)
- 3% body weight drop

VEGANS don’t eat food derived from animals (no meat, dairy, eggs, or honey) and typically don’t use animal products. They only eat plant foods—fruits, vegetables, beans, grains, nuts and seeds. OMNIVORES eat it all.

The study provided meals for both groups and tried to ensure both ate healthy (i.e., omnivore meals included veggies, fiber, and less fat and sugar).

“Twins on the vegan diet **tested younger** on measures of biological versus chronological age, data which will be presented in a future study,”

Christopher Gardner, lead study author and Stanford research professor.² “To be honest, twins on the vegan diet had less satisfaction

because it was so restrictive. So, there’s certainly the flip side of this: ‘Oh, I could have eaten more, but I just wasn’t hungry for more grains and more vegetables.’”²

“Despite the quick improvement in health, people don’t have to become a vegan to benefit from the findings of the study, Gardner said. Cutting back on eating meat and animal byproducts can be done slowly, bit by bit.”²

Dr. Frank Hu, **Harvard** professor of nutrition and epidemiology and nutrition department chair (not involved in the study): “While this study showed a vegan diet may provide additional advantages compared to a

healthy omnivorous diet, it does not mean that everyone should become a vegan or vegetarian. ‘Dietary choices are influenced by a variety of factors such as individual health conditions, personal preferences, cultural traditions, and ethical and environmental considerations.’”²

Be the twin who wins.

In a new study of 22 sets of identical twins, one of the pair ate a vegan diet and the other ate a standard American diet. After eight weeks, the twin who ate animal-free had lost more weight, reduced their “bad” cholesterol and experienced lower insulin levels.



“About 3% of Americans follow a vegan diet. Some to improve their health. Others because they don’t want to harm animals or the environment.”³

1. JAMA (Journal of the American Medical Association) Network Open is a monthly online open access medical journal published by the American Medical Association covering all aspects of the biomedical sciences. https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2812392?utm_source=For_The_Me-ia&utm_medium=referral&utm_campaign=ftm_links&utm_term=113023.
2. <https://www.cnn.com/2023/11/30/health/vegan-twin-study-wellness/index.html>.
3. <https://www.webmd.com/diet/vegan-diet-overview>.
4. <https://www.vegansociety.com/go-vegan/definition-veganism>.



COALITION OF IMMOKALEE WORKERS ANTI-SLAVERY PROGRAM

— contributed by

Theodore Zawistowski, SJC Interim Chair

“In 1997, Miguel Flores and Sebastian Gomez were sentenced to 15 years each in federal prison following convictions for slavery, extortion, firearms charges, and more. Flores and Gomez had a workforce of over 400 men and women in Florida and South Carolina, harvesting vegetables and citrus. The workers, mostly indigenous Mexicans and Guatemalans, were:

- **Forced to work 10-12 hour days.**
- **Forced to work 6 days per week.**
- **Worked for as little as \$20 per week.**
- **Worked under the watch of armed guards.**

“Those who attempted escape were assaulted, pistol-whipped, and even shot. The case was brought to federal authorities after five years of investigation by escaped farmworkers and members of the Coalition of Immokalee Workers.

“In its 30 years of operations, the CIW’s **Anti-Slavery Program** has uncovered, investigated, and assisted in the prosecution of more than a dozen multi-state, multi-worker farm slavery operations across the Southeastern U.S., helping liberate thousands of workers held against their will and putting dozens of farm bosses behind bars for their crimes. No other non-governmental organization in the United States has been responsible for more successful slavery prosecutions than the CIW — none.

“Further, the U.S. Department of State credits the CIW with **“pioneering” the worker-centered and multi-sectoral approach to prosecutions**, and hails the CIW’s work on some of the earliest cases (including **US vs. Flores**, outlined above) as the “spark” that ignited today’s national anti-slavery movement. In recognition of its pioneering role in uncovering the long-hidden phenomenon of forced labor in US fields, and its unique role in bringing corrupt farm bosses to justice:

The CIW was awarded the Presidential Medal for Extraordinary Efforts to Combat Human Trafficking in Persons by President Obama in 2015.”

But successful prosecutions are not enough. Law enforcement resources are woefully inadequate. Responding after-the-fact does not make victims whole.” We must:

**Take the profit out of slavery.
Prevent forced labor altogether.
Create a new agricultural industry.
Empower workers to identify abuse
without fear of retaliation.
Ensure abusers know that if they
violate worker rights and get caught,
there will be consequences.**

In the “new world” of the **Fair Food Program**, “prevention is the norm, and any case of worker abuse on participating farms is rapidly identified and eliminated through the combined efforts of the **Fair Food Standards Council** and the CIW. In the “old world,” on farms operating beyond the FFP’s reach, the CIW continues to conduct investigations ... and assists with prosecutions ... [as in] the recent case of **US v Moreno**, [where] two farmworkers escaped from a forced labor operation, hid in the trunk of a car, and ... called the CIW for help.”

CIW NEEDS YOUR HELP.
CIW work is sustained by generous donors.
**A \$10 donation goes a long way
to ensuring a world without slavery.**
<https://secure.everyaction.com/f9THa-77t0GfAM0hoVobKQ2>

<https://ciw-online.org/slavery/>
Reprinted with permission of CIW.

JANUARY AND NEW BEGINNINGS

January is the first month of both the Gregorian and Julian calendars. It is the coldest month in the northern hemisphere and a summer month—think July—in the Southern Hemisphere.

The month is named after the Roman god Janus, god of new beginnings.

A head sculpture of Janus has him facing front and backward. Looking to the past and the future.

The religious celebrations of December with families gathering together are over. Memories of good times, family conflict, who passed on and who remains are still on one's mind. It can also be a time of depression and loneliness.

New Year's resolutions abound, many of which are forgotten or put on the back burner within the first two months of the New Year. We speak of "good will toward men (people)" but the ways of the past are still with us.

I hear "Where is the love" by the Black Eyed Peas, 2003. "What's wrong with the world, Mama? People livin' like they ain't got no mamas. I think the whole world is addicted to drama. Only attracted to things that'll bring you trauma. Overseas, yeah, we tryna stop terrorism but we still got terrorists here livin' in the USA.... Take control of your mind and meditate. Let your soul gravitate to love...."

I have hope for the new year. Hope for "A Brighter Coming Day," Francis Ellen Watkins Harper, The Feminist Press at CUNY, 1993 (AAUU).

In the words of Bruce Coville, writer of young adult fiction, "Nothing you love is lost. Not Really. Things, people—

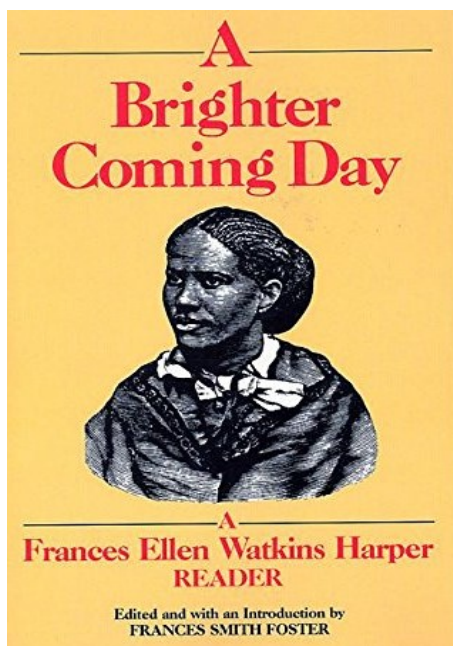
they always go away sooner or later. You can't hold them any more than you can hold moonlight. But if they've touched you, if they're still inside you, then they're still yours. The only things you ever really have are the ones you hold inside your heart."

Love freedom, choice, friends and family. Care for the environment that supports our existence. Love who

you are. Make a positive difference loving, supporting and caring as the only way forward toward world harmony.

Chester Bowels, a former governor of Connecticut who served under four U.S. Presidents in key federal positions, stated: "When you approach a problem, strip yourself of preconceived opinions and prejudice, assemble and learn the facts of the situation, make the decision which seems to you to be the most honest, and then stick to it."

Let the new year make us whole as a people in harmony with the world.



Stephanie Garrett



Statue representing Janus — God of all beginnings, gates, transitions, time, choices, duality, doorways, passages and endings. Vatican Museums

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

MEMBER SPOTLIGHT

on **MARY HOLLY ALLISON**



ANOTHER UU NOTABLE **LAURA PEDERSEN** (1965—)

**American Author,
journalist, playwright,
and humorist.**

**Books and plays
With
humanist themes.
Lifelong UU.
Interfaith minister.**

Worked at American Stock
Exchange before writing her
first book, **Play Money**.

Columnist for
The New York Times
(1995-2002).

Hosted a finance show,
Your Money & Your Life,
on the Oxygen channel
(2001-2002).

Authored numerous books
in both fiction and non-
fiction categories.

President of The Authors
Guild Foundation.

[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 first learned about Unitarian Universalism in 1965 when I was 15. I had just moved to Bethesda MD from Tuba City AZ where I lived on the Navajo Indian reservation. A new high school friend invited me to go to LRY, Liberal Religious Youth at Cedar Lane Unitarian Universalists. I was hooked! I definitely believed that the dignity and worth of every individual was a key value. We all belong to the family of man.

Over the years I participated at Cedar Lane UU: attended services, was involved in Membership and PFLAG, among other activities. I was married there twice! After Ben Crosby and I were married in 2003, I retired after 30 years in Montgomery County Public Schools (18 years as a principal). We moved to Punta Gorda, along with my mother June Barrett who moved into South Port Square.

In 2004 I join the Unitarian Universalist Fellowship of Charlotte County where my mom was already an active member. Very quickly I became involved in services and Social Justice. Rev. Sara was our minister, one of many to follow: Rev. Margaret, Rev. Hannah, Rev. Pam and Rev. Amy. Did I mention I learned a lot about being on Search Committees? It was rewarding!

Our founders and early leaders were my mom's peers: Evelyn and Harold Rapp, Bill and Charlotte



Wharton, Sarah Rains, Art and Mary Howard, Marilyn Reeve, and my contemporaries like Stephanie Garrett, Jan O'Rourke (our co-president who was sadly killed), Bob and Sue Taylor, Sharon Whitehill, among so many other special folks. Mission and Vision statements were created, and folks were engaged in living them. We became a Welcoming Congregation. We wanted to see UUFCC thrive! And it has in spite of challenges.

I enjoy the people at UUFCC, their energy and commitment, and my various roles of the past. In addition to Search Committees, I've been a choir member, worship associate, treasurer, president, and Endowment Trustee.

In 2018 Ben and I moved to Tucson AZ where I attend the UU as well. Last year we bought a Villa at Bobcat Trail. So now I will be a part-time "sunbird" when Ben and I come from Tucson and we're not traveling afar or visiting family.

GO VEGAN



COMPASSION



NONVIOLENCE

FOR THE
ANIMALS

FOR THE PLANET

FOR THE
PEOPLE

VEGAN LENTIL LOAF

INGREDIENTS

- ½ c yellow onion
- 1-¼ c mushrooms roughly chopped
- 1 c red pepper, roughly chopped
- 1 large carrot roughly chopped
- 3 cloves garlic minced
- ½ tsp salt
- ½ tsp pepper
- 2 c brown lentils cooked
- ½ c rolled oats or quick oats
- 2 Tbs flax meal
- ½ c whole wheat bread crumbs
- 2 Tbs tomato paste
- 1 Tbs pure maple syrup
- 1 Tbs yellow mustard
- 1 Tbs fresh parsley chopped

BASTING SAUCE

- 1 Tbs tomato paste
- 1 Tbs pure maple syrup
- Additional water to thin to basting consistency

INSTRUCTIONS

1. Pre-heat oven to 375°F or 190°C Centigrade.
2. Roughly chop the onion, mushrooms, red pepper and carrot, Add them to the blender and pulse until it becomes a chunky slurry.



Marti Rosenberger



**We also like this cold,
sliced on a sandwich—
it is really good!
Just like a cold
meatloaf sandwich!**

3. In a large skillet, add the vegetable slurry with the minced garlic, salt and pepper and cook over medium heat until heated through (5-10 minutes). Set aside.
4. Meanwhile, in a food processor, pulse the lentils, oats, flax, bread crumbs, tomato paste, maple syrup, mustard, and parsley. It should be slightly chunky; do not over pulse. Add lentil mixture to the vegetable slurry and mix to combine and form a "dough."
5. Use a loaf pan lined with parchment paper. If you don't have a loaf pan, you may form the dough into a loaf shape on a baked sheet. Place dough into the loaf pan, and gently press the top to form a bread shape on top.
6. Bake for 40 minutes. A few minutes before the 40 minutes are up, mix together the basting ingredients in a small bowl. When the loaf is ready, drizzle the basting sauce on top and spread it around evenly. Return it to the oven for an additional 10 minutes.
7. When it's done baking, remove from the oven and let stand for 15 minutes before serving.
8. Slice and enjoy!

**LOOK
AT THIS**



**UUFCC
GENEROSITY!**

**MAKE A
DIFFERENCE**

SECOND HELPING

Your SEPTEMBER 2023 Donations Totaled
\$1,061.00 which was given to:



**COALITION OF
IMMOKALEE
WORKERS**

A worker-based
human rights organization.
www.ciw-online.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]"

In Memory

Of...



UUSC CAPAS

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

YOU CAN HELP!

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



**VOLUNTEERS
NEEDED**



SECOND SUNDAY SECOND HELPING JANUARY RECIPIENT



Providing help, healing, & hope to survivors of rape and domestic violence in Charlotte County
www.carefl.org

CONGREGATIONAL COVENANT

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

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

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

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

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

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

SUNDAY SERVICES

January
Theme

LIBERATING LOVE

01-07-24 CIRCLE GAME

Speaker: Rev. Amy Petrie Shaw
Worship Associate: Dennis Shaw

01-14-24 C.A.R.E. (Center for Abuse & Rape Emergencies)

(Second Sunday Second Helpings are for worthy organizations in our community to intentionally support their good work.)

Speaker: Jamie Hufford
Worship Associate: Laura Anderson

01-21-24 LIVING EARTH

Speaker: Bill Stanwood
Worship Associate: Shelly Canterbury

01-28-24 BEACH PARTY! WEAR A TROPICAL SHIRT & HAT! (Potluck after service)

Speaker: Rev. Robert (Bob) Murphy
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



01/06 Kathryn Ferry
01/06 John Lee
01/12 MaryLou Kennedy
01/26 Sandy Telander

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>

JANUARY 2024 EVENTS

01/01 Mon	12:30 pm	Williams/Whitehill Chalice Circle
	01:30 pm	Shaw Chalice Circle
	04:00 pm	Azar Chalice Circle
01/02 Tue	08:00 am	Men's Coffee Group
01/03 Wed	10:00 am	Fred's Class
	11:00 am	Membership Committee
	Noon	Brown Bag Luncheon
	04:00 pm	Immigration Committee
	06:00 pm	Choir Rehearsal
01/06 Sat	10:00 am	Worship Associates
01/07 Sun	Noon	PFLAG
01/08 Mon	10:30 am	Program Committee
01/09 Tue	10:30 am	Men's Coffee Group
01/10 Wed	10:00 am	Caring Committee
	06:00 pm	Choir Rehearsal
01/11 Thu	08:45 am	Port Charlotte Garden Club
	04:00 pm	Buddhist Meditation
01/12 Fri	01:00 pm	Communications Committee
01/14 Sun	11:45 am	Social Justice Committee
01/15 Mon	12:30 pm	Williams/Whitehill Chalice Circle
	01:30 pm	Shaw Chalice Circle
	04:00 pm	Azar Chalice Circle
	06:00 pm	PFLAG Support Group
01/16 Tue	08:00 am	Men's Coffee Group
	07:00 pm	Sierra Club
01/17 Wed	04:00 pm	Immigration Committee
	06:00 pm	Choir Rehearsal
01/18 Thu	02:00 pm	Board Meeting
01/21 Sun		BIRTHDAY CAKE SUNDAY
01/23 Tue	08:00 am	Men's Coffee Group
01/24 Wed	01:00 pm	Open Art Studio
	06:00 pm	Choir Rehearsal
01/25 Thu	04:30 pm	Buddhist Meditation
	06:00 pm	NAACP General Meeting
01/27 Sat		New to UU Breakfast
01/28 Sun	03:00 pm	Secular Community
01/29 Mon	01:30 pm	Shaw Chalice Circle
01/30 Tue	08:00 am	Men's Coffee Group
01/31 Wed	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

COMM **UU NIQUÉ** 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.

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UUFCC

COMM **UU NIQUÉ**

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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