



Volume III, Issue 5

May 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

WELCOME UUFCC 2024 BOARD OF TRUSTEES

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Laura Liermann

Lorrie Douglas

VICE PRESIDENT

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“The challenge of leadership
is to be strong, but not rude;
be kind, but not weak;
be bold, but not bully;
be thoughtful, but not lazy;
be humble, but not timid;
be proud, but not arrogant;
have humor, but without folly.”

— Jim Rohn

“A good Board of Directors team is one
where ideas are flowing fluidly — and
where each idea is met with an initial
welcome, an intellectual challenge,
an expression of gratitude, a rigorous
scrutiny, and a readiness for action.”

— Hendrith Vanlon Smith, Jr.

“Group Thinking” or lack of courage to
ask the tough and strategic questions
is the chief weakness on Boards today.”

— Pearl Zhu, Digitizing Boardroom:

The Multifaceted Aspects
of Digital Ready Boards

“Good leaders organize and align people
around what the team needs to do.

Great leaders motivate and inspire
people with why they’re doing it.

That’s purpose. And that’s the key to
achieving something truly transformational.”

— Marilyn Hewson

“Too many ... believe people are
interchangeable. Truly gifted people never
are. They have unique talents. Such
people cannot be forced into roles they are
not suited for, nor should they be. Effective
leaders allow great people to do the work
they were born to do.” — Warren Bennis

“Before you are a leader,
success is all about growing yourself.

When you become a leader,
success is all about growing others.”

— Jack Welch

(Boards should also invest time
in growing more leaders for succession.)

**Caring for one another is a core spiritual practice for Unitarian Universalists.
Pastoral care is the term we use for the way
we offer support and compassion to each other in community.**

FROM OUR PASTORAL CARE SPECIALIST

Lovely spring weather and several holidays grace the month of May including Mothers' Day and Memorial Day plus graduations and the beginning of "wedding season." However, for some, these days can bring sadness or melancholy. No matter our age, many of us still mourn the loss of our mother though it happened decades ago. We think of those who lost their lives serving our country or those we loved and mourn.



Perhaps it would be helpful to you to talk about the feelings you have about your loss. Maybe you just need a listening ear to tell your story to, sad or happy. I am available to do just that, to listen and reflect on this situation with you.

**Call me at 941-235-0269
or
email at revannbarker@gmail.com
and
we will set up an appointment.**

Rev. Ann Barker

TREES

Theodore L. Zawistowski

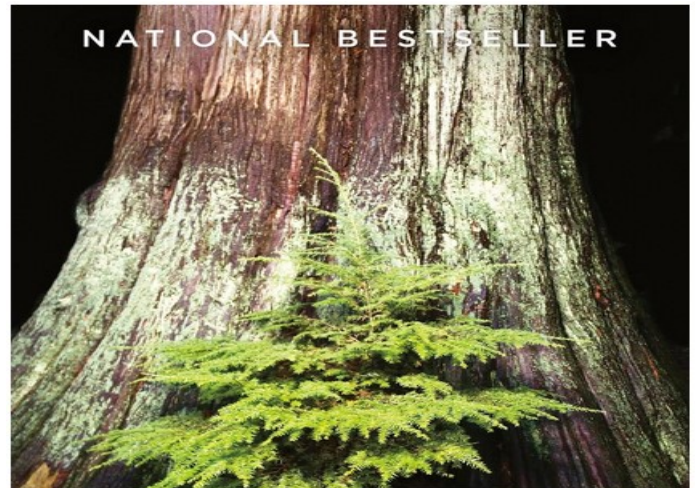
Come visualize with me a broad vast field. In the center is one tree, great, tall, with large branches spread wide. A giant, standing alone. Magnificent, beautiful, inspiring perhaps. A wonderful sight. But it is an orphan. No sign of the tree from which it sprung. No saplings, baby trees, around its roots. An anomaly. A tree where there are no trees.

Visualize a great forest of trees. Thousands covering hills and valleys. Rich, lush. Trees in various stages of life. Seedlings, saplings, young growing trees and great majestic trees hundreds of years old. New trees growing from trunks and branches of fallen trees that died long ago. Trees full of seeds of future trees. A forest full of life.

Visualize yet again a man-made forest of trees standing like soldiers. All in rows, all alike, all the same age. An artificial forest planted and growing to be cut down for lumber. And none of the numerous species of birds, plants, bugs, and various other kinds of trees are seen. Very unnatural.

People who plant trees for lumber have an idea of Darwin's theory of evolution. But it is a distortion of Herbert Spencer's comment about Darwin's theory, that the basis of evolution is the survival of the fittest.

They see all forms of life competing with each other for life's necessities: water, sunlight, minerals, nutrients. When they plant trees, they eliminate as many competitors as they can and keep only the best. Regimented trees grow faster than those in the natural forest. Each chosen tree is a rival to its neighbors, they think. But these trees are not as healthy as wild trees and are more vulnerable to disease, destructive insects and extreme conditions that come now and then.



FINDING THE MOTHER TREE

Discovering the
Wisdom of the Forest

SUZANNE SIMARD

"Elegantly detailed . . . deeply personal. . . A testament to Simard's skill as a science communicator." —*The New York Times*

Forest scientist Suzanna Simard sees trees with different eyes in her wonderful new book:

Finding the Mother Tree: Discovering the Wisdom of the Forest

Born into a family that has been living for generations among the vibrant rain forests of British Columbia, Simard was a child of the forest who always loved trees and grew up studying them. She became a highly trained scientist, creating numerous field experiments to better understand and appreciate what she sees. Simard has published many scientific articles in refereed journals and helped transform our vision of the forest. Prof. Simard has come to feel that too many scientists focus too much research too narrowly to fully grasp the true nature of the forest. Like lumbermen, they overspecialize. The vast complexity of forest life is beyond their view. Her book is as much an autobiography as it is a book about the life of the forest.

For Suzanne Simard, true understanding of the forest must include its unseen life underground, and must reside among the roots.

More TREES p.4

TREES from p.3

Like dendrites of our nerve cells, root tips of different trees don't always come into direct contact with each other. Some species do, others do not. Our nerve synapses are bridged by chemicals. In tree roots, gaps are bridged by fungi. Water, minerals, sugars, nutrients seep through the fungi from one tree root tip to another. One tree serves as a source, another as a sink. Carbon, an essential element of life on earth, is needed by trees. Some fungi specialize in one species of tree, others generalize. Generalizers connect trees of different species. Different carbon isotopes can be injected into chosen trees. The flow of carbon isotopes can be measured.

Depending on the time of day or the season, flow may go in either direction between trees of different species. Trees near salmon streams are impacted when salmon breed and bears, wolves and eagles snatch them from the water and take them to riverbanks. Remains rot among the trees. Among other things, trees need nitrogen to thrive. Salmon nitrogen can be found inside tree trunks. Simard has her graduate students testing how far into the woods salmon nitrogen can be found.

Disease and insects threaten trees. Afflicted trees respond in defense. Other trees in the network sense the response and they too begin to respond, within 24 hours. Healthy forests generally can survive invasions. Big old trees can survive ordinary forest fires. Seedlings rise from the forest floor and, if shaded by large trees, may not get needed sunlight. Large trees nourish small trees.

Simard calls the big old trees mother trees.

She does not suggest their sharing is done consciously or with any emotional content other than her own. Processes are natural, physical, chemical. Their evolution is not based on an individual struggle to survive and thrive among rival competitors, to become the fittest. Fittest do not hoard, they share.



**Our 7th UU Principle:
“Respect for the
interdependent web
of all existence of
which we are a part.”**

All species live in communities where balance is best maintained when all participate.

Forest “Mother Trees” are key species. The wolf is the top predator. Wolves kill and eat deer. Too few wolves leads to too many deer. Deer eat tender twigs in winter. Too many deer weakens trees, allowing tree-boring beetles and diseases to multiply. All become endangered.

In Colorado a few years ago, I saw many trees in the Rocky Mountains. Too many were dead or dying.

In British Columbia, tree clear-cutting has gone on for decades. Everything is cut down, sawed into lumber or burned.

Single species of trees are planted in rows and nourished by man-made fertilizers. Even so, many sicken and die.

Humans have been disturbing nature's balance for thousands of years with ever greater vigor and impact. Not all humans.

Native American tribes for many generations have respected and cherished nature in all its forms.

Woodland Indians annually burned forest underbrush to help trees flourish. The first Europeans to come were amazed to see forests that resembled parks and nut-bearing trees, believing all grew naturally, not realizing that Indians loved nuts and helped plant them. In clumps, not rows. As Native Americans were pushed back, forests were cut down or left to overgrow and fill with dead branches. Wild nut-bearing trees became fewer and fewer. Monoculture agriculture came—miles of only one crop. Soil deteriorated. Artificial fertilizers became necessary. Vast farms produced a lot of food and crops, but not necessarily more per acre than traditional farming with crop rotation, land resting, and animal grazing.

Finally, we are beginning to understand.

FOOD GUILT?

Sharon Whitehill

LITMUS IN THE LUNCHBOX

Their friends at school pretended to gag
as my girls ate sandwiches of sliced beef tongue,
a mild-flavored meat delicious with mustard
or pepper and salt. Though we laugh today,
my children and I, at how closed-minded
the neighbors where they grew up, I remember
my own refusal to sample a chocolate-dipped cricket,
how I still look away as my daughter savors fish eyeballs.
A delicacy, she points out, in multiple cultures
outside the West.

Protein is protein, yes, a fine mantra.
Even when it's pronounced by someone (myself)
who is no more exempt from such insular bias
than those small-town kids
who favored their peanut butter and jelly.
Witness also my uneasy memories of Iceland:
unfeigned revulsion at rotting shark meat,
fermented ram testes, roasted sheep's heads.

Why does the pork sausage I eat with my eggs,
or the tongue I once sliced for our lunch,
feel so remarkably different from the head
of a sheep with its ears, eyes, and tongue
on my plate? Why does the very idea
of eating a face seem so much more disgusting
than the minced form of its various parts?

Perhaps it has something to do with those
smiley-faced M&Ms that didn't sell,
the reluctance to bite off the head
of a gingerbread man. Something to do,
in the case of the pig or the sheep,
with confronting the truth
that I'm eating a creature
that once was alive.

To be published in *The Wise Owl*
July 2024



THE CATTLE TRUCK for Brett

As the cattle truck idles beside him
at a red light, my nephew's eyes
meet another's: long-lashed and deep
as his own. A shock, that lucid gaze.
An exchange so profound it revives
his empathic conscience, long numbed
by his love of beef.

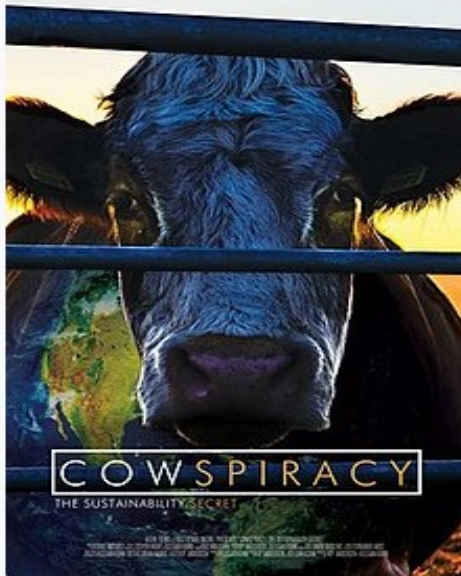
Which he swears off for a year.
Relapsing, he confides he feels
vaguely ashamed, questions whether
he's too sentimental. I reassure him
he's not alone, that his guilt at robbing
another of life for his food is the same
as the guilt that led early cultures
to ritualize their repentance—
which, over time, evolved into modern
religion. I console him as I do myself:
the living must eat other life to survive.
Even if it's only plants.

The relief we both feel at this natural
truth is too brief. Husbandry minus
a heart, heavy human consumption,
and all of us helpless to halt human
greed, miniature specks in the sheer
biomass of our species. Humanity
locked in a driverless truck, dumbly
conveyed to its fate.

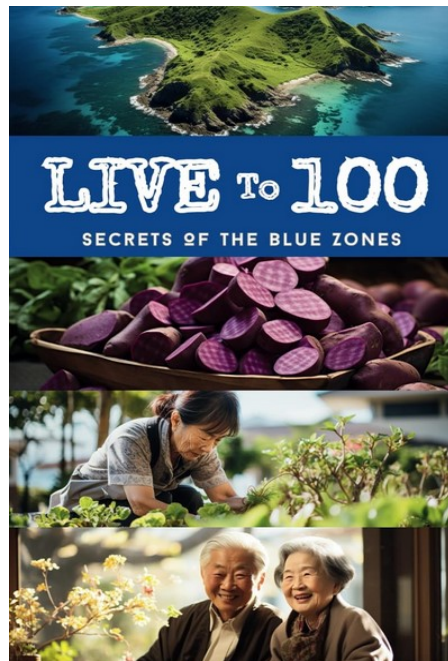
Published in *Adobe Magazine*
Spring 2019

NETFLIX VEGAN DOCUMENTARIES

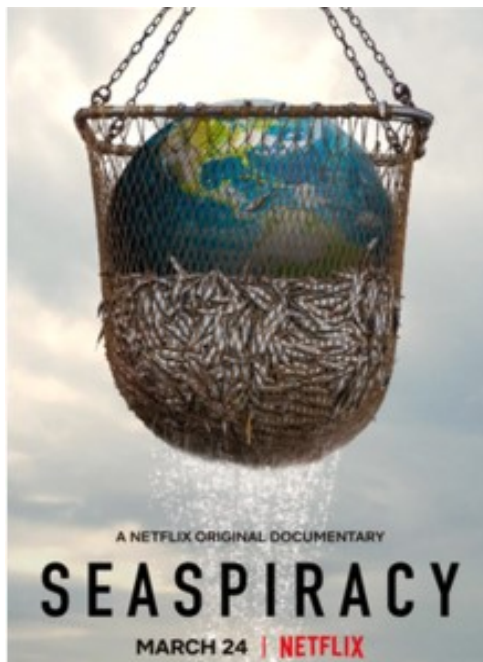
Cowspiracy: The Sustainability Secret



Environmental impact of animal agriculture: climate change, water use, deforestation, ocean dead zones; environmental organization policies.



Regions in the world where people are claimed to live longer than average.



Environmental impact of fishing.
Human impacts on marine life.



Ultimate Fighting Champion's quest to find optimal diet for human performance and health.

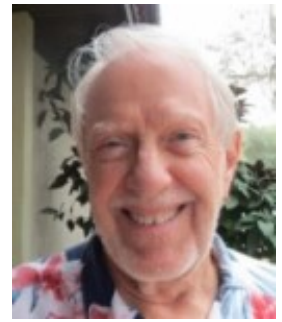
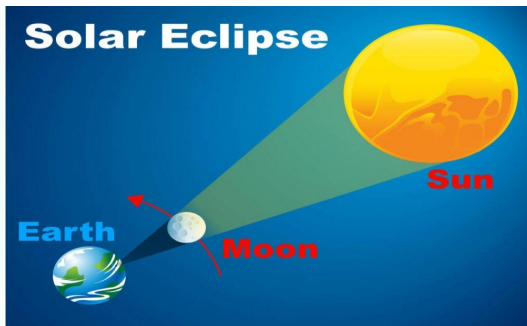
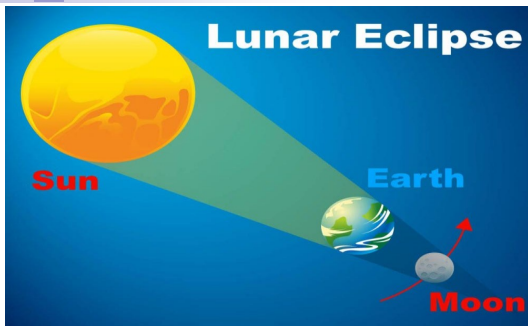


Unitarian Universalists include, but are not limited to, agnostic, atheist, Buddhist, Christian, earth-centered, Hindu, Humanist, Islam, Jewish, Muslim, Pagan, Taoism, believers in God, and more.

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



UUFCC: Green Sanctuary status since 1977



August 21, 2017 versus April 8, 2024 TWO TOTAL SOLAR ECLIPSES IN ONE LIFETIME!?! — Robert Moran

I'm one of the lucky ones. I got to experience being in the center of the path of two solar eclipses in one lifetime.

My first eclipse was with Peggydawn in Newbury, South Carolina. We got there a few hours before the eclipse and found a hill on the south side of town behind the fire department. I had a tripod for my iPad and I set it up overlooking the town of Newbury. I didn't look at the sun during the eclipse, I concentrated on my surroundings ... to my amazement. The excitement began when the moon eclipsed the sun.

Darkness came fast, the wind got brisk; and the temperature dropped several degrees. The streetlights in Newbury and the outside lights at the firehouse came on. The crickets in the woods behind us chirped loudly. I could see daylight way off in the distance, as that was the edge of the moon's shadow moving across the earth at about 700 miles an hour.

Slowly, daytime returned, and everything went in reverse: the wind stopped, the crickets quieted, the streetlights turned off one at a time. Then it was all over, back to normal. That was a first-rate, moving experience in just over two minutes. Without ever looking at the sun.

I loved it.

Then came another solar eclipse, April 8, 2024.

This was a different experience, as there were no hills or woods or streetlights to be seen. So I concentrated on the sun (with the correct type of sunglasses that were safe for viewing the sun). As the moon covered the sun, I could see the solar flares around the outside edge. The temperature dropped and the wind picked up.

This eclipse lasted over four minutes, almost twice as long as the one in 2017, because the moon was closer to the earth. To witness this in real time and understand the movements of our solar system was thrilling. Both eclipses were sensational for me.

My grandson watched the event at a park in Cleveland. He reported that not only did the crickets start chirping, the deer came out of the woods to the grassy area where he stood and stared at the people in their eating area. Humans were not supposed to be there at night.

My father was an amateur astronomer, and when he set up his telescope in our back yard in West Virginia, lots of people came by to look at the planets, stars, and moon. At that time, he had the biggest telescope in West Virginia. So my sister and I went to Willard, Ohio, to my brother's house to experience the 2024 solar eclipse and to remember and celebrate our father. The reunion added another level of joy for all of us.

Three things cannot be long hidden: the Sun, the Moon, and the Truth. — Buddha

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>

Compost (käm pōst)

noun: 1. a mixture that consists largely of decayed organic matter and is used for fertilizing and conditioning land.

2. mixture, compound.

verb: To convert (a material, such as plant debris) to compost.

Food For Thought

**From you I receive, to you I give,
together we share so we both can live.**

— Composed by Joseph & Nathan Segal,
brothers and singing Rabbis
#402 in *Singing the Living Tradition*,
our gray UU Hymnal

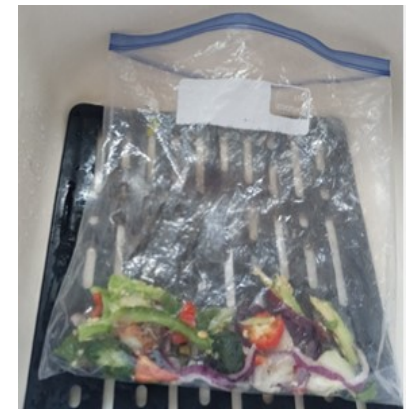
The first time I contributed to the UUFCC compost container was spiritual for me. I felt the warmth from the soil-making process and smiled. There were grass clippings and pieces of shredded paper on top. No plastic baggies or fruit flies that like the dampness.

The second visit was a different experience. After rereading Compost Bill’s article in our March newsletter and speaking with him, I came up with a process that works for me. Periodically add dry grass clippings, straw, paper or twigs.

1. An empty one pound coffee can with top.
2. One gallon plastic storage bag that seals.
3. Plastic sink mat.
4. Plastic bag to wash out, reuse and recycle!

— Stephanie Garrett

**COMPOST
IS PROOF THERE IS
LIFE AFTER DEATH**



The UUFCC Book Group

will discuss

The Immortal Life of Henrietta Lacks by Rebecca Skloot

1:30pm, Wed., 05-29-24, at the Fellowship. All are welcome.

Per Amazon.com:

- #1 New York Times Bestseller.
- Story of modern medicine, bioethics and, indeed, race relations; refracted beautifully, and movingly.”—*Entertainment Weekly*.
- Now a major HBO movie starring Oprah Winfrey and Rose Byrne.
- One of the “most influential” (CNN).
- “Defining” (LITHUB).
- “Best” (*The Philadelphia Inquirer*) Books of the Decade.
- One of *Essence*’s 50 Most Impactful Black Books of the Past 50 Years.
- Winner of the *Chicago Tribune* Heartland Prize for Nonfiction.
- Named One of the Best Books of the Year by *The New York Times* Book Review, *Entertainment Weekly*, *O: The Oprah Magazine*, NPR, *Financial Magazine*, *Independent* (UK), *Times Independent* (U.K.), *Times* (UK), *Publishers Weekly*, *Library Journal*, *Kirkus Reviews*, *Booklist*, *Globe and Mail*.

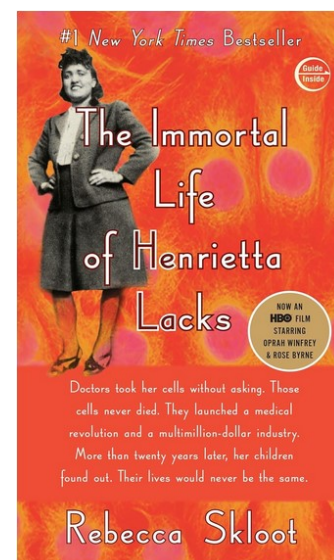
Henrietta Lacks, known as **HeLa** by scientists, was a poor Southern tobacco farmer who worked the same land as her slave ancestors.

Her cells were taken without her knowledge and became one of the most important tools in medicine: the first “immortal” human cells grown in culture, still alive today, though she died over 60 years ago.

HeLa cells were vital for developing the polio vaccine; uncovering secrets of cancer, viruses, & atom bomb effects; advancing IVF, cloning, & gene mapping; &, are still bought & sold by the billions. Yet Henrietta Lacks is virtually unknown, buried in an unmarked grave. Her family didn’t learn of Henrietta’s “immortality” til over 20 years after her death, when scientists investigating HeLa began using Henrietta’s husband and children in research without informed consent.

A multimillion-dollar industry, yet her family never saw any of the profits.

The dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of.



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 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

THE MERRY MONTH OF MAY

May is the fifth month on the Julian and Gregorian calendars. As with most months, some days or weeks stand out. There is:

American Craft Beer Week
(May 13-19)

Be Kind to Animals Week (May 5-11)

Bike to work Week (May 13-19)

Screen Free Week (May 2-8)

What's really different is that in any common or leap year, it is the only month that begins and ends on the same day of the week.

Certain days in May are memories for me from childhood. May 1st, May Day, was the day we danced around the **Maypole**. I know now that it originated with Celts of the British Isles and was the most important day of the year. This Beltane festival was held dividing the year between the light and the dark. A bonfire was part of the ritual helping to celebrate the return of life and fertility. When the Romans took over the British Isles

they brought with them a five day celebration named Floralia devoted to the worship of the goddess of flowers. Dancing around the Maypole, which still took place in the last century, had us kids marching with colored streamers attached to a pole. It was never mentioned that the first maypole dance symbolized the pole as male fertility and the streamers, female fertility.

Mayday was also a call for help, the international distress signal. The code was invented in 1923 by an airport radio officer in London.

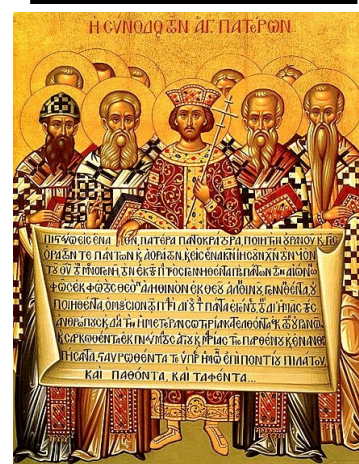
Last but not least was the **Council of Nicaea** held May 20, 325 AD. The council produced the **Nicene Creed**, the belief that God the Father, Jesus the son, and the Holy Spirit were the three aspects of the same God. Today, known as the holy trinity, it is the basis for Christianity. The Unitarian, Jewish and Islam beliefs centered on one God, monotheism.



**MAYDAY
MAYDAY
MAYDAY**



Stephanie Garrett



Constantine I & bishops of First Council of Nicaea (325), holding Niceno-Constantinopolitan Creed of 381. First line translation:

"I believe in one God,
the Father the Almighty,
Maker of heaven and earth."

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)



FAIR FOOD IN SPAIN

Theodore L. Zawistowski



FUNDING HAS BEEN SECURED to support the first exploration of an expansion of the Coalition of Immokalee Workers' **Worker-driven Social Responsibility Model (WSR)** in the European Union. The project will address working conditions for farmworkers, including migrant workers, in Spain's produce industry.

Project partners include:

- Spanish union SOC-SAT Almeria
- US-based CIW
- Worker-driven Social Responsibility Network
- UK-based Ethical Consumer Research Assn.

THIS IS A MAJOR STEP toward implementing the recommendations of the **Produce of Exploitation, UK Supermarkets and Migrant Labor in Southern Spain** report published by Ethical Consumer in 2023 which documented widespread abuses of farmworkers, and underscored the failures of multi-stakeholder initiatives and voluntary corporate commitments to protect workers' rights.

Principal Report Recommendations:

- Address the lack of transparency and access to remedy for workers in the sector.
- Explore WSR model that has "been successful in addressing insidious rights violations."

WSR Model's Six Interconnected Principles (<https://wsr-network.org/about-us/endorsers/>)

1. Labor rights initiatives must be worker-driven.
2. Obligations for global corporations must be binding and enforceable.

3. Buyers must afford suppliers the financial incentive and capacity to comply.
4. Consequences for non-compliant suppliers must be mandatory.
5. Workers gains must be measurable and timely.
6. Verification of workplace compliance must be rigorous and independent.

Bringing together worker-driven codes of conduct, binding agreements between brands, including grocers, at the top of supply chains, and worker-driven enforcement is a holistic combination of worker education coupled with 24/7 complaint support and comprehensive independent monitoring results in a mechanism that is trusted by workers – and **aligned with the United Nations Guiding Principles for Business and Human Rights.**

Together, these mechanisms underpin programs that are gaining global recognition as a powerful new paradigm for protecting workers' fundamental human rights in corporate supply chains.

"When worker organizations lead the creation, design and implementation of solutions, the results are truly transformative," said Rafaela Rodriguez of the WSR Network.

Funding for the Exploration Comes from Healthy Food Healthy Planet.

TRANSITIONS — Stephanie Garrett

For the first time in a few years, I read a book of fiction. Written by former UUFCC member Lenora Rain-Lee Good, it is the third book of hers that I've read. I realized that I missed fantasy. The book, **"Jibutu, Daughter of the Desert,"** is about a girl somewhere in another time and place in a desert tribal culture that becomes a healer and Shaman. I really enjoyed it contrasting the nomadic desert culture and its honesty with a very different slave owning sedentary people. Each chapter begins with a thought such as "The Great Loss is not dying, the Great Loss is not trying."

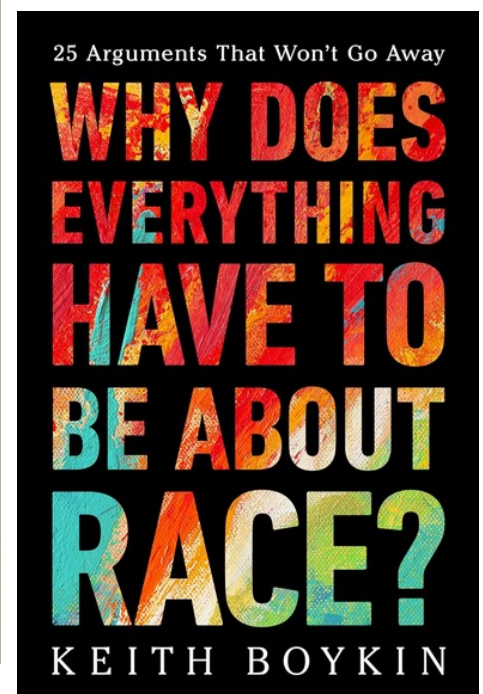
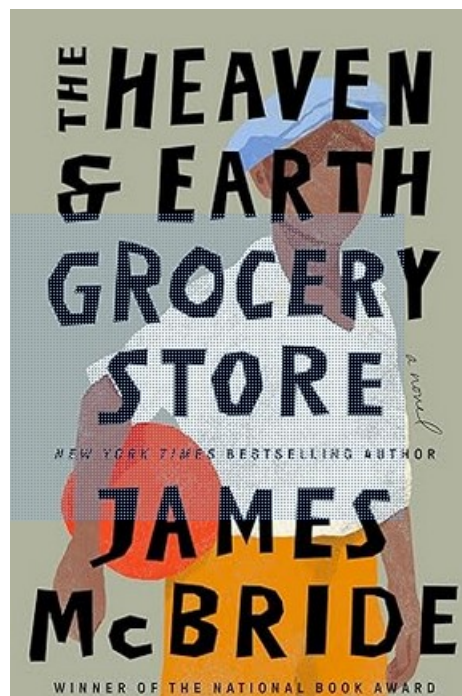
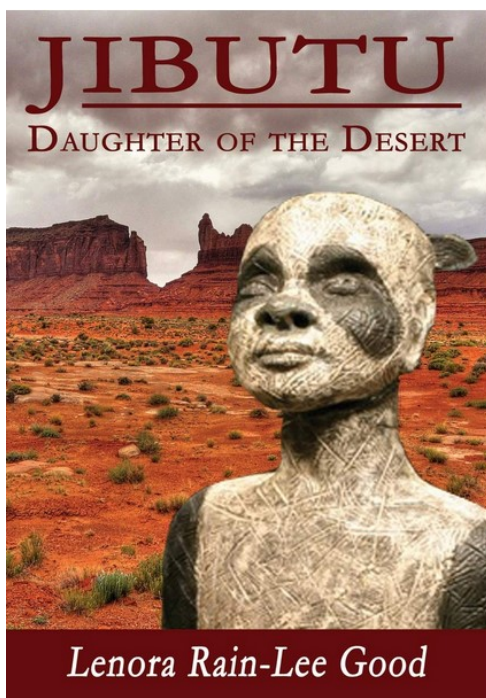
I've decided that I need to transition, take a break, to prepare for my time in New Jersey. As a former minister did in a past congregation, I am leaving you with a list of fiction and nonfiction reading to consider over the summer.

1. **"The Heaven and Earth Grocery Store"** by writer and Jazz musician, James McBride, takes place in 1930 Pottstown PA. It is about

an African American and Jewish community who band together to keep a disabled young boy (deaf) from being placed in a State Institution.

2. A current best seller is **"Why Does Everything Have to Be About Race"** by Keith Boykin. The focus is on 25 arguments about race that won't go away. Myths of Black inferiority, reverse discrimination, the Civil War being about States' Rights, and being color blind, are samples of the issues addressed.
3. And last, any book or series of books by **Octavia Butler**, the first science fiction writer to be awarded a MacArthur Fellowship in 1995. Ms. Butler was a black writer with dyslexia who blended science fiction with African American spirituality.

I won't be silent until I return in the fall but I encourage someone else to suggest thought provoking books.



OLDER AMERICANS MONTH

May is Older Americans Month. There are lots of old folks in Charlotte County and the population of elders is increasing. Life is comfortable for some and difficult for others.

The tradition of Older Americans Month started during the 1960s. In those days, average life expectancy for Americans (male and female) was close to seventy. Retirement was possible but it was often a challenge. Almost a third of Americans lived in poverty.

President Kennedy convened a national conference to help improve the situation. After his death, the Medicare and Medicaid programs appeared, with new initiatives to provide food, housing, legal assistance, and other basics, for low-income people.

The results have been impressive.

**Elder poverty has declined
by about two-thirds
during the past fifty years.**

Although there are some problems on the horizon for senior citizens, and, for some groups, life expectancy has declined. In part, because of the COVID experience since 2019.



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



Charlotte County is on the New Frontier. Residents know that the aging of America is changing everything in the twenty-first century. Including healthcare, the political process, and the practice of organized religion. Keep in mind that there are elders in every racial and ethnic group and in every economic group. Unitarian Universalists are especially concerned about the elders who are often isolated or abused. The list includes many LGBTQ+ people, many immigrants, and people with disabilities. On May 26th, the UU Fellowship of Charlotte County will have a Sunday service that recognizes Older Americans Month. Information about voter rights and caring for others during the hot weather season will be provided.

Editor's Note: Rev. Bob Murphy is a Unitarian Universalist minister emeritus. In April, he received an award from the Senior Hall of Fame for Saint Petersburg, Florida.

**"As aging and death
are rolling in on me,
venerable sir,
what else should be done
but to live by the Dhamma,
to live righteously, and
to do wholesome and
meritorious deeds?"**

— Buddha

GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

ETHIOPIAN CABBAGE DISH

I found this recipe during COVID while looking for things to keep me busy and sort of creative.



Ruth Volpe



INGREDIENTS

- ½ cup olive oil**
- 4 medium carrots, thinly sliced**
- 1 medium onion, thinly sliced**
- ½ head green cabbage, shredded**
- 1 tsp sea salt**
- ½ tsp ground black pepper**
- ½ tsp ground cumin, or to taste**
- ¼ tsp ground turmeric, or to taste**
- 5 medium potatoes, peeled and cut into 1-inch cubes**

DIRECTIONS

1. Heat olive oil in skillet over medium heat. Add carrots and onion; cook and stir until beginning to soften, about 5 minutes. Stir in cabbage, salt, pepper, cumin, turmeric; cook for 15 to 20 minutes.
2. Add potatoes; reduce heat to medium-low, cover, and cook until potatoes are soft, about 20 minutes.

ENJOY!

**LOOK
AT THIS**



**UUFCC
GENEROSITY!**

**MAKE A
DIFFERENCE**

SECOND HELPING

Your JANUARY 2024 Donations Totaled
\$994.00 which was given to:

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

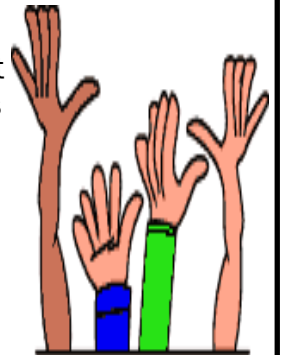


UUSC CAPAS

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

YOU CAN HELP!

- Donate clothing, filing fees, food, money, etc.
- Provide transportation to school, appointments, etc.
- Translate for the host family.
- Plan a recreational outing.
- **HELP TO GET A CAR**



**VOLUNTEERS
NEEDED**



**SECOND SUNDAY
SECOND HELPING**
MAY 2024 RECIPIENT



To serve & support
LGBTQIA+ people and
their parents, families,
and friends.

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

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

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

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

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

SUNDAY SERVICES

May
Theme

PLURALISM

05-05-24 UU-ISM IS A REALLY BIG TENT

Speaker: Rev. Ann Barker

Worship Associate: Dennis Shaw

05-12-24 PFLAG

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

Speaker: Patrick Eaton

Worship Associate: Jackie Williamson

05-19-24 PLURALISM

Speaker: Joseph Fenty

Worship Associate: Lorrie Douglas

05-26-24 CHARLOTTE'S WEB

(Older Americans Month; Hurricane Prep Time)

Speaker: Rev. Robert "Bob" Murphy

Worship Associate: Sharon Whitehill

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

**05/02 Robert Moran****05/06 Sally Milne****05/01 Dave Martin****05/20 Sue Goldson****05/21 Cathy Shea Ross****05/26 Mary Howard**

For Birthday Shoutouts, contact Caring Committee:

office@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>**MAY 2024 EVENTS**

05/01 Wed	11:00 am	Membership Committee
	Noon	Brown Bag Luncheon
	05:00 pm	Immigration Justice Committee
	06:00 pm	Choir Rehearsal
05/02 Thu	04:00 pm	Buddhist Meditation
	07:00 pm	AA
05/04 Sat	10:00 am	Worship Associates
05/05 Sun	09:00 am	Conversation Among Friends
	Noon	PFLAG Steering Committee
05/06 Mon	01:30 pm	Williams/Whitehill Chalice Circle
	04:00 pm	Azar Chalice Circle
05/07 Tue	08:00 am	Men's Coffee Group
05/08 Wed	10:00 am	Caring Committee
	05:00 pm	Choir Rehearsal
05/09 Thu	04:30 pm	Buddhist Meditation
	07:00 pm	AA
05/10 Fri	01:00 pm	Communications Committee
05/11 Sat	09:00 am	Democratic Club of Charlotte County
05/12 Sun	all day	MOTHER'S DAY
	09:00 am	Conversation Among Friends
	11:45 am	Social Justice Committee
05/13 Mon	10:30 am	Program Committee
05/14 Tue	08:00 am	Men's Coffee
	01:00 pm	NAACP Criminal Justice Committee
05/15 Wed	04:00 pm	Immigration Justice Committee
	05:00 pm	Choir Rehearsal
	06:00 pm	NAACP Executive Board Meeting
05/16 Thu	04:30 pm	Buddhist Meditation
	07:00 pm	AA
05/17 Fri	10:00 am	Art Take Down
05/19 Sun		BIRTHDAY CAKE SUNDAY
	09:00 am	Conversation Among Friends
05/20 Mon	10:00 am	Art Committee
	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
05/21 Tue	08:00 am	Men's Coffee
05/22 Wed	05:00 pm	Choir Rehearsal
05/23 Thu	04:30 pm	Buddhist Meditation
	07:00 pm	AA
05/24 Fri	04:00 pm	Art Reception
05/26 Sun	09:00 am	Conversation Among Friends
	03:00 pm	Secular Community
05/25 Sat	10:00 am	UUFCC BOARD MEETING
05/28 Tue	08:00 am	Men's Coffee
05/29 Wed	01:30 pm	Book Group
	04:00 pm	ARAY
	05:00 pm	Choir Rehearsal
05/30 Thu	04:30 pm	Buddhist Meditation
	07:00 pm	AA

MISSION: UUFCC is a liberal religious community committed to justice, a place where spirituality, diversity, reason, compassion, service, and fellowship meet. *(Adopted at 03-24-24 Annual Meeting.)*



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: Using our Covenant as a guide, we will provide expanded opportunities for ministries, programs and fellowship that inspire and support our life journeys. We will affirm: Love is the spirit of this Fellowship, and service is its law. This is our aspiration: To dwell together in peace, To seek truth in love, And to help one another. In the larger community, we will continue to be a strong, relevant voice serving justice and equality. *(Adopted 03-24-24.)*

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: 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!

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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.

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UUFCC

COMM **UU** NIQUÉ

Can you say kuh-myoo-nuh-kay?

EDITORIAL BOARD

Stephanie Garrett

MaryLou Proudfoot Kennedy

Herb Levin

300-word limit articles due

1-wk before last day of month:

editorialboard@uufcc.org

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