

Unitarian Universalist Congregation



Ormond Beach

A WORD FROM OUR MINISTER—Creating Sanctuary



After many years of urging from a colleague and good friend of mine, this summer I attended SUUSI – Southeast Unitarian Universalist Summer Institute. SUUSI is an annual gathering in July on the campus of Western Carolina University in Cullowhee, North Carolina. Its beautiful setting is in the Blue Ridge Mountains near Asheville. This year, SUUSI gathered over one thousand UU's for a week of workshops, worship, music, entertainment, and a myriad of activities. I took a drumming class, a workshop on anti-racism, served as minister on duty, and led a worship service.

Each year, there is a SUUSI theme. This year it was “Sacred Spaces.” For my worship service, I borrowed from a sermon I preached last year — “Creating Sanctuary.” This month, I want to remind you, my friends, of the importance of creating our own sacred spaces or places of safety from which we can nourish and renew our spirits. Too much of this world we live in often keep us scared, angry, disconnected, and thirsty for meaningless consumption. With a serious climate problem looming, with human rights issues escalating at our borders, with racism, nationalism, and the threat of war a constant drum beat in the background of our living these days, we need to be reminded that there is a well of love and hope which transcends our human being—a well, deep down inside each of us waiting for us to draw its waters to slake our thirsty souls and cool our brows fevered with worry.

Unless you are a person practiced in accessing a transcendent space, you may need help in finding it. But you can find it for it's always there, inside you. As described by author Terry Hershey, a portal can help us define the sacred space we need to find and connect with that deep place within us. My own portal is the memory of my grandmother's porch. When I invoke the memory of sitting on her porch in her glider on a warm sunny day, snapping pole beans and talking, it comforts me with a warm feeling of safety and unconditional love. This feeling is the portal to a place of sanctuary which I can create anywhere, any time when I feel the need to reconnect with what is lasting and enduring— in other words, Love with a capital L.



What is your portal to sanctuary or to a sacred space? I invite you to contemplate this possibility and create a safe place for yourself from which to renew and reconnect when you need to break away from the challenging and often painful wider world where we live. Then go to that sacred space and drink from the well within you which promises nourishment for your thirsty soul. Many blessings in your endeavor.

In Faith and Love,
Rev. Kathy

PRESIDENT'S MESSAGE – Our New Board of Trustees

The 2019-2020 Board of Trustees held its first meeting on Thursday, July 18. Returning members of the board, Joan Thate, Amanda Attri, John Horner, Dr. Betty Green, and Phil Elliott were joined by new members Mike Downey, Kathryn Neel, Helen Casoli, and myself.

Serving as a volunteer member of the Board of Trustees is not an easy task— one that we hope all members of the congregation appreciate and respect. In addition to making an extra time commitment to the congregation, trustees are often required to make difficult and sometimes unpopular decisions necessary for the overall well-being of our church. Certainly, the members of our new Board will be faced with such challenges as we journey through the coming year. We will make every effort to keep the membership informed as we do the work of leading and guiding our congregation forward.

One of the major priorities of the Board during the coming months is to affirm and model the Covenant of Right Relations that was adopted by the outgoing Board of Trustees. We are committed to use that covenant as our guide in all decisions and actions of the Board and encourage our committees and members to do likewise. The first three steps in that process are:

- We will treat each other with dignity, respect, compassion, sensitivity, and appreciation.
- We will seek the Common Good of the community, not our individual preferences.
- We will welcome and embrace all who wish to join our beloved community.

The Board of Trustees meets monthly on the third Thursday of the month, beginning at 5:30 p.m. This fall those dates will be August 15, September 19, and October 17. All congregation members are welcome to attend and observe meetings, and to address the Board if they have a specific issue or concern. In recognition of time constraints, there is a five-minute time limit for such presentations. If you want to present a concern or issue, please notify me <PJGarrisonPJG@aol.com> of your subject no later than one week prior to the meeting you wish to attend. In addition, the minutes of meetings are posted on the “Members” page of the www.uuormond.org website. (Contact Cathy Jackson if you need login information.)

In closing, I want to express the congregation's appreciation to John Horner and Rev. Kathy Tew Rickey on a very successful Pledge Campaign to support our 2019-2020 budget. We also extend a very special thanks to all our members and friends who pledged their ongoing support of our programs and services. The funds pledged will be supplemented by several major fundraising activities over the coming months, including our Autumn Rummage Sale (October 25 – 26) and the UUCOB Marketplace (November 3, 10, 17, and 24). We begin this new fiscal year in strong financial position, thanks to much work and support of many of you. Thank you, and peace be with you.

--Preston Garrison



In Celebration and Thanks

Preston Garrison, our new congregational president, joins with outgoing president Joan Thate and Board treasurer Amanda Attri as our members and friends celebrated Joan's long service to our UU. A delicious special cake dessert featured the theme of rest and relaxation at the beach, but hard-working Joan is willing to continue to serve, this time as secretary of our Board of Trustees. Thank you, Joan!

PULPIT PRESENTATIONS FOR AUGUST

July 28— Kurtland and Gaia Davies, “Caregiver Burnout: Being of Service Without Killing Yourself”

Flight attendants tell you to put your own oxygen mask on before you help someone else. Why? Because a dead helper is not a good helper! We UU’s are famously service-oriented. All over the world, we have caring ministries and community service projects. However, as caregivers and community service leaders, we can sometimes reach the point of burn-out. Gaia and Kurtland know this feeling well: "This late in our lives, we are surprised to find that we are still learning how to manage expectations, define boundaries, know our limits and recognize our need for self-care. Come along with us on our journey!"

August 4 – Rev. Kathy Tew Rickey, “Goodbye Sweet Lady”

From my experience as a hospital chaplain, I would like to share a touching story about dying with dignity.
Service Leader: John Horner

August 11 - Mark Spivey, "Death as a Way of Life"

Exploring the nature of death "as it really is" in order to develop a fearless passion for living your best life.
Service Leader: Rev. Kathy

August 18 – Rev. Dr. James Shoopman, “Making a Life of Meaning”

Even in the pleasant world of Florida suburbs, people inevitably encounter pain, discouragement and reminders of their own mortality. In the face of these forces, Dr. Shoopman will share some thoughts on how we can all find joy, hope and wonderful moments of daily happiness as we live a life of meaning.
Service Leader: Denise Carter

August 25 – Rev. Kathy Tew Rickey, “What Does Right Relationship Look Like?”

Human relationships are complicated to say the least. The irony is that the more we love each other or the closer we are to each other, the easier it is to make mistakes and hurt each other. Let’s examine the pitfalls of being in close relationship and loving one another as family, friends, or lovers.
Service Leader: Linda Kalaydjian

OUR SHARE-THE-PLATE PARTNER FOR AUGUST—Journey's End Animal Sanctuary

Journey's End Animal Sanctuary is a non-profit organization ensuring that the lives of companion animals with special needs have humane surroundings and care. It is the last “forever home” for over 300 cats, dogs, and even some horses and pigs that have been abused, neglected or have special needs. Volunteers who interact with these very appreciative animals find it deeply rewarding. The bucolic grounds are serene and exceptionally well kept by a very dedicated staff. You can learn more and see photos of some of the “clients” at the Glenwood, Florida, sanctuary at their website:
<http://journeysendsanctuary.org/>



Members of our UU Alliance visited the sanctuary and were moved to make it our "Share the Plate" partner. The sanctuary is a 501-c3 charity, and tax-deductible donations are their only income. Please be generous on August 18th as we share our offering with Journey’s End Animal Sanctuary.

–Linda Kalaydjian

Our Café UU on August 10th

On Saturday, August 10th from 5 to 8 pm — come share your talents and/or enjoy those of other performers at our UU at our Café open mic. We'll draw numbers to arrange the order of each five-minute performance. Your talent can involve any entertainment within this time limit, such as music, song, poetry, acting, comedy, storytelling, dancing. Because children may be attending/performing, we ask that no adult themes appear in the first hour. You're invited to bring finger food to share and a personal beverage of your choice. Coffee and soda will also be available. For more information, contact Jan Taylor or Ludy Goodson.

ALL HANDS ARE WELCOME—Join Our Next Work Day on August 17th from 9:00 to 11:30 a.m.



As we approach the new church year, our Building and Grounds Committee is confronting the challenge of making a good first impression on visitors and guests. And of course, we'd like to inspire pride in our members as well. So please come help us refresh and revive our lovely building inside and the special areas outside. A little paint, trimming, cleaning up, and a few bright objects can create a vital and engaging space. If you have any ideas, efforts, or items that might help the cause, please contact Susan Garrison or Cliff Jackson. Please join us for the work day on **Saturday, August 17** — many hands make light work!

We also hope you'll be one of our UUCOB "Table Cloth Elves." Our soiled laundry accumulates after events so the bin in the kitchen gets overloaded. To help out, church events chairs and our members can take home the dirty tablecloths, wash, dry, fold, and return them to the storage area. Sometimes we have just a little to do, but this is Florida— mold and mildew just love damp fabric! Please volunteer to help out on August 17.

CHOIR NEWS— Weekly Singing and Music Circle

For the summer, choir members and others will continue to use the choir's Wednesday time and space as a singing circle and music jam time. We'll start at 6:00 pm ending at 7:30. All are welcome to come sing with us. We will use the time to try out new songs and music, work on hymns from the teal hymnal, and try out some chants according to interests. Ludy Goodson will facilitate so that all who come can participate.

JUSTICE AND INCLUSION: From the Unitarian Universalist Association

"We are called by our faith and our conscience to act for justice and compassion. As the long arc of the universe bends towards justice, it is our spiritual and moral center that keeps us grounded. . . . Many congregations have offered their physical space as 'sanctuary' to people at risk of immediate deportation. However, the need for safety goes beyond deportation, beyond citizenship status, and beyond a congregation's four walls. It is needed on the streets and in neighborhoods, in schools, campuses, city halls and state houses. Today, Unitarian Universalists and other people of faith and conscience are expanding what it means to offer 'sanctuary' to include not only physical sanctuary, but also sanctuary policies, sanctuary campuses, and sanctuary community support networks."



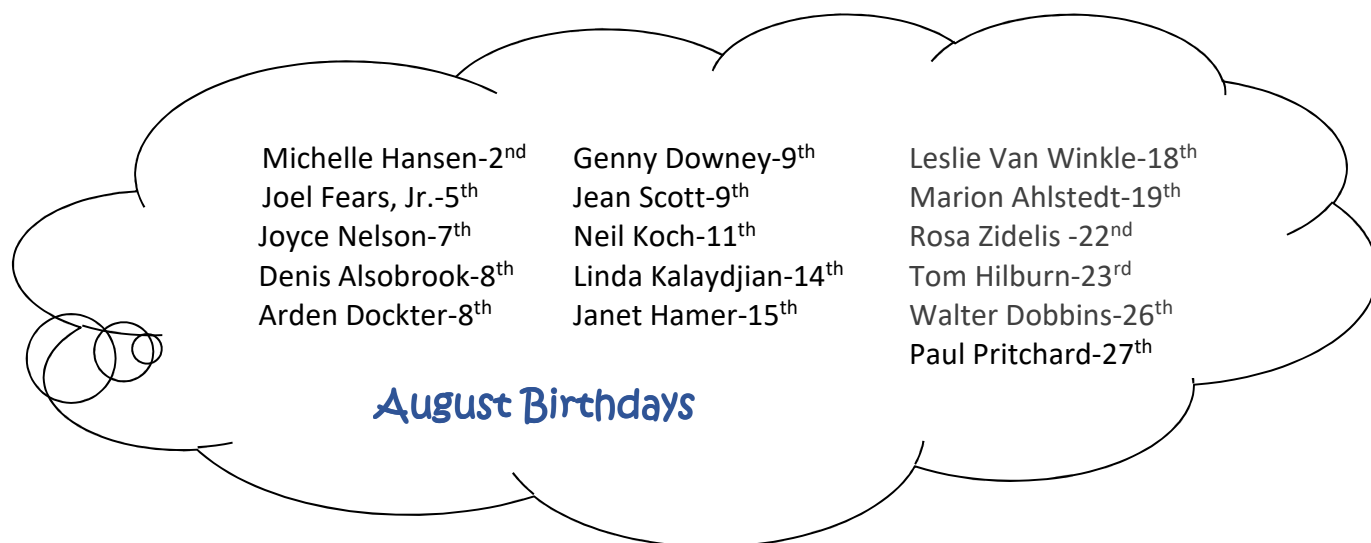
See <https://www.uua.org/justice> for the UUA justice ministries key priorities, including immigration justice. The UUA-UUSC Love Resists campaign helps religious communities respond to the treatment of desperate individuals and families seeking asylum at our southern border.

August 2019

				<p>1</p> <p>Caring Mtg. 10-11 am</p> <p>Democracy Now: 10:30- noon</p> <p>Spiritual Growth: 4:30-6 pm</p> <p>N Anon: 7-8 pm</p>	<p>2</p> <p>Pot Luck Supper 6 - 8:30 pm</p>	<p>3</p> <p>Subud Mtg: 6-9pm</p>
<p>4</p> <p>Discussion Group: 9:15-10:15 am</p> <p>Sunday Service: 10:30-11:30 am</p> <p>Tai Chi: 4-5 pm</p> <p>N Anon: 7-8 pm</p>	<p>5</p> <p>Bag lunch w. Rev. Kathy: noon-1 pm</p> <p>Yoga: 6:15-7:45 pm</p>	<p>6</p> <p>Mah Jongg: 10 am -noon</p> <p>Meditation: 6:30-8:30 pm</p> <p>N Anon: 7-8 pm</p>	<p>7</p> <p>Worship Mtg. 11 am-12:20 pm</p> <p>Singing Circle: 6-7:30 pm</p>	<p>8</p> <p>Finance Mtg: 10:30-noon</p> <p>Democracy Now: 10:30- noon</p> <p>Spiritual Growth: 4:30-6 pm</p> <p>N Anon: 7-8 pm</p>	<p>9</p>	<p>10</p> <p>UU Café 5-8 pm</p>
<p>11</p> <p>Discussion Group: 9:15-10:15 am</p> <p>Sunday Service: 10:30-11:30 am</p> <p>Tai Chi: 4-5 pm</p> <p>N Anon: 7-8 pm</p>	<p>12</p> <p>Bag lunch w. Rev. Kathy: noon-1 pm</p> <p>Prayer & Meditation: 3-4 pm</p> <p>Yoga: 6:15-7:45 pm</p>	<p>13</p> <p>Mah Jongg: 10 am-noon</p> <p>Meditation: 6:30-8:30 pm</p> <p>N Anon: 7-8 pm</p>	<p>14</p> <p>Singing Circle: 6-7:30 pm</p>	<p>15</p> <p>Democracy Now: 10:30- noon</p> <p>Spiritual Growth: 4:30-6 pm</p> <p>Board of Trustees Mtg: 5:30-7 pm</p> <p>N Anon: 7-8 pm</p>	<p>16</p>	<p>17</p> <p>Work Day: 9-11:30 am</p>  <p>Subud Mtg: 6-9pm</p>
<p>18</p> <p>Discussion Group: 9:15-10:15 am</p> <p>Sunday Service: 10:30-11:30 am (Share the Plate)</p> <p>Tai Chi: 4-5 pm</p> <p>N Anon: 7-8 pm</p>	<p>19</p> <p>Bag lunch w. Rev. Kathy: noon-1 pm</p> <p>Yoga: 6:15-7:45 pm</p>	<p>20</p> <p>Mah Jongg: 10 am-noon</p> <p>Meditation: 6:30-8:30 pm</p> <p>N Anon: 7-8 pm</p> <p>Jotter articles due</p>	<p>21</p> <p>Bhagavad Gita study: 2-4 pm</p> <p>Book Discussion "On Being Mortal" 4-5:30 pm</p> <p>Singing Circle: 6-7:30 pm</p>	<p>22</p> <p>Democracy Now: 10:30- noon</p> <p>Membership Mtg: 2:30-4 pm</p> <p>Spiritual Growth: 4:30-6 pm</p> <p>N Anon: 7-8 pm</p> <p>FAITH Board Mtg: 7-8 pm</p>	<p>23</p>	<p>24</p>
<p>25</p> <p>Discussion Group: 9:15-10:15 am</p> <p>Sunday Service: 10:30-11:30 am</p> <p>Tai Chi: 4-5 pm</p> <p>N Anon: 7-8 pm</p>	<p>26</p> <p>Bag lunch w. Rev. Kathy: noon-1 pm</p> <p>Yoga: 6:15-7:45 pm</p>	<p>27</p> <p>Mah Jongg: 10 am-noon</p> <p>Meditation: 6:30-8:30 pm</p> <p>N Anon: 7-8 pm</p>	<p>28</p> <p>Singing Circle: 6-7:30 pm</p> <p>Book Discussion "Five Wishes" 4-5:30 pm</p>	<p>29</p> <p>Democracy Now: 10:30- noon</p> <p>Spiritual Growth: 4:30-6 pm</p> <p>N Anon: 7-8 pm</p>	<p>30</p>	<p>31</p>

Upcoming Worship Services

Date:	Topic:	Presenter:	Service Leader:
July 28	“Caregiver Burnout: Being of Service Without Killing Yourself	--Kurtland and Gaia Davies	
August 4	“Goodbye, Sweet Lady”	--Rev. Kathy Rickey	--John Horner
August 11	"Death as a Way of Life"	--Rev. Mark Spivey	--Rev. Kathy
August 18	“Making a Life of Meaning” Share-the-Plate Offering with Journey's End Animal Sanctuary	--Rev. Jim Shoopman	--Denise Carter
August 25	“What Does Right Relationship Look Like?”	--Rev. Kathy Rickey	--Linda Kalaydjian



The Jotter

Newsletter of the Unitarian Universalist Congregation Ormond Beach

August 2019

Rev. Kathy Tew Rickey, Minister: revk2rickey@gmail.com
 Preston Garrison, President: pjgarrisonpjg@aol.com
 Cathy Jackson, Office Administrator: (386) 677-6172
 Office hours: M/W: 8 a.m. to 1 p.m. & T/Th: 2:00 to 6:30 p.m.

Website: <http://www.uuormond.org>
 Carolyn West: *Jotter* editor (386) 672-9352
 RE teachers: Debra Hanson/Mary Wentzel
 Children’s RE on Sunday 10:15 to 11:45 a.m.
 Discussion Group meets Sunday at 9:15 a.m.
Sunday Service: 10:30 -11:30 a.m.

 Like us on Facebook:
<https://www.facebook.com/www.uuormond.org/>