

Unitarian Universalist Congregation



Ormond Beach

A WORD FROM OUR MINISTER— Our Covenant



August 1st begins my fifth year with the congregation. I look forward to what I consider a milestone year in any settled ministry— year five means the relationship is working. I feel that way, and I hope you do, as well. The minister-congregation relationship is a covenantal one in which we promise each other to walk in a religious life together. Covenant simply means a promise and is foundational to our faith tradition. No doctrine or creed binds us. Rather it is our commitment to be in right relationship with each other — member to member, minister to congregation, congregation to minister, and congregation to congregation — these relationships hold us together as we search for what it means to be Unitarian Universalists.

It follows then, that right relationship is of prime importance in our congregational life. A few years ago, we hammered out a Covenant of Right Relations (see page 6) to describe how we are to be in relationship with each other. We strive to live up to this promise, knowing that we will inevitably fall short of the high standards we set for ourselves, knowing that we will make mistakes with each other. And that is OK because we have forgiveness and we have our beautiful and unique covenant to call us back into right relationship.

I think sometimes, we are so afraid of making mistakes with each other that we altogether avoid addressing our differences, our misunderstandings, and our conflicts of interest. Left unresolved, our minor differences, which are normal and expected in any communal life, can become injurious to the whole community – it's like a minor wound that left unattended can infect the entire body. Herein lies the irony of right relationship: **Conflict is Good!** It should not be ignored. Conflict is nothing to be afraid of as long as it is tended to in healthy and timely ways.

Our Covenant of Right Relations anticipates conflict to be a normal part of congregational life. The aspirations appearing under “In Moments of Conflict” mean that if we find ourselves at odds with the minister or another congregant or group, we go directly to that person or persons and speak our mind and hearts openly and honestly while seeking to understand their mind and hearts. We seek agreeable resolution and give or seek forgiveness, as needed. Throughout this process, we are called to examine our own role in the conflict and take responsibility for our actions accordingly.

I know that in the history of this congregation, there has been painful conflict, but we are no longer that congregation of ten plus years ago. We have grown in the wisdom that being in right relationship with each other is foundational to our religious life together. We now know the importance of being called back again and again to our Covenant of Right Relations which is at the heart of our Beloved Community. Let us know and honor this document as we move into the next five years of congregational life together.

In faith and love,
Rev. Kathy

NOTE: Rev. Kathy will be on study leave for the month of August and on vacation the first week in September. While on study leave, Rev. Kathy will be available for administrative and pastoral emergencies. If either arises, please contact President Julie Hilburn first. During her week of vacation, there will be a nearby UU minister on call for Rev. Kathy. Again, contact Julie Hilburn first if an acute situation arises.

In Rev. Kathy's absence, Cathy Jackson will be launching the Sunday morning Discussion Group and Worship Service Zoom. Unfortunately, Cathy and Rev. Kathy could not find a way around having to change the Zoom link for Sundays in August. Please refer to the E-news and the website for updated Zoom link information beginning August 2. Finally, the Zoom Lunch with the Minister will be suspended for all Mondays in August and the first Monday in September.

OUR PRESIDENT'S PEN—When Artists Go to Work

Through her poetry and novels, Toni Morrison has changed forever my understanding of generational pain. In her novel *Beloved*, I felt the depth of sorrow and despair which has affected generations of people in our society. In her poetry, I find sorrow but also the hope which she found in the world today. Her poem "Rise" tells us to celebrate kindness and excellence in everyone.

Together, here in our UU, we personally make small differences in our world with acts of kindness and support and encouragement to those we meet. So often, I see selfless acts in our congregation as folks give of their time, intellect and compassion to our own UU members and friends as well as to the greater community. As we think, learn, and spiritually evolve, we are doing our best, and we have the spirit to continue this work.

But introspection is a challenge. Learning is a challenge. Evolving — how we think about ourselves and our world— is a challenge. When talking with other members in our congregation, I often find them considering new adventures of self-awareness that have been inspired by a random letter to the editor, book, poem, or sermon by Rev. Kathy. We are keeping up with the times in our own way and making a difference in each and every interaction we have with others. I am so glad that I found our UU!

--Julie Hilburn

"This is precisely the time when artists go to work. There is no time for despair, no place for self-pity, no need for silence, no room for fear. We speak, we write, we do language. That is how civilizations heal."

--Toni Morrison



A NOTE FROM DAN KERR—Our Choir Back in Action (Virtually)

We are all well aware that the COVID-19 virus isn't going anywhere any time soon. Yet we can come together each week to celebrate our UU community through our virtual Sunday services. We are blessed with the talents of so many who add music that enhances each service. Martha, Janet, Dan Gribbin, Bruce, Barbara Reed, Felix, Jan Taylor and even yours truly have shared their time and talent.

However, many have missed the uplifting choral sounds of our choir, so Felix and I are putting together a file of our choir anthems of the past several years. We'll retrieve and select some of the best and most appropriate to convert to the MP3 format necessary to transmit over ZOOM.

I can't promise how soon the wonderful sounds of the choir will be incorporated into our weekly services, but we'll make available about twenty of our very best anthems to use for them. So be a little patient, for we all will have something additional to look forward to when we "ZOOM" in on Sunday morning.

--Dan Kerr

UPCOMING WORSHIP SERVICES

August 2—Cliff Jackson, “Cognitive Dissonance, Black Lives Matter and Coronavirus”

Cliff first experienced cognitive dissonance long before he heard of the term. When he was a teen, one of his core beliefs was challenged to the core. As often happens, the challenging belief was modified to restore his sense of balance. However, over time cracks began to form until his belief was shattered with George Floyd's death. Corona virus and Black Lives Matter became intertwined in his new understanding of these events.

August 9—Joe Donatone, "We Are a Gentle, Angry People"

As the beloved hymn suggests, now is the time for us to sing for our lives and for the lives of our siblings of color. Over the past weeks, we have seen a new era of anti-racism work unfolding before us. We are gentle, we are angry, and we have a duty to help shape a more just future. Ministerial Candidate Joe Donatone will share 10 ways to do just that.

August 16—Ellen Nielsen and others, Living with Cancer”.

Four members of the congregation, Ludy Goodson, Linda Kalaydjian, Harry White, and Ellen Nielsen will discuss their recent or ongoing experience with cancer.

August 23—Rita Scheeler, “Hunger: Then and Now, What's Next”

Comparing the Great Depression with now and how we together can help ourselves and others.

August 30—Dr. Barry Pendry, “The Mystical Brain”

Dr. Pendry will discuss Neurotheology and the Spiritual experience, with its implications for Unitarian Universalists. Currently, there is worldwide interest in Neurotheology, also known as the Science of Religion. Dr. Pendry will review Neurotheology from a UU perspective with emphasis on the spiritual/mystical experience. At the core of being, we are all mystics with opportunities to live the awakened life. Proponents say that Neurotheology is providing us with a Cliff Notes version of how to encounter the divine.

Although we will NOT be meeting in person as a congregation for these Sunday services, they will be live streamed on Zoom each appropriate Sunday at 10:30 a.m. Please join us and tune in then.

You can also access the link for them on our website at <http://www.uuormond.org/>

Making Our Voices Heard

“Community Voices— ‘You Already Know’ About Affordable Housing Needs” —Rev. Kathy’s excellent editorial appeared in the July 12, 2020 edition of the *Daytona Beach News-Journal*. A copy of it appears on our UUCOB website at <http://www.uuormond.org/more/letters-editor/> In it, Rev. Kathy appeals to the Volusia County Council members to work with F.A.I.T.H. in order to create an Affordable Housing Trust Fund. Other recent letters to the editor by Tom Hilburn, Ed Kolaska, Barbara Sandburg, and Joanne Kennedy also appear there.

LIFE LONG LEARNING—Zooming in September

The Life Long Learning Committee will tentatively try out Zoom for presenting a 2020 fall speaker series. The first program is scheduled for the fourth Wednesday at the usual 4 p.m. time on September 23. The program title and presenter are yet to be decided.

--Dan Kennedy

GOOD READS— Library Committee Start-up

Our congregation is blessed with many donated books and a place to put them—the built-in shelves in Room 2 in our building. In the past, members of the congregation, especially our former congregational president Joan Thate, worked hard to keep our collection organized. In order to continue this work, our current president, Julie Hilburn, has asked Ellen Nielsen to chair a Library Committee.

To get started, Ellen will survey the library to determine what needs to be done. One part of this project will involve building a collection of books about racial justice, which will be available to members of the congregation who want to learn more about this subject.

At this time, because of the coronavirus emergency, we are not ready to have in-person Library Committee meetings or group work sessions. However, if you are interested in working on this committee, please get in touch with Ellen at enielsen514@gmail.com.

COMPOSTING— Making a World of Difference

When you think about ways to fight climate change, what comes to mind? Maybe you said "planting trees"? But adding organic matter to the soil is another powerful way to fight climate change. By composting your kitchen scraps and yard trimmings instead of sending them to landfill, you become a strong climate ally.

If you do it properly, compost is not messy or smelly. (In fact, it's a lot less messy and smelly than putting your food scraps in the trash.) And it doesn't require hard labor — you don't even need a yard or garden. Whether you choose to collect your kitchen scraps in a tidy bin that fits under your kitchen sink, or carry them out to a bin or pile in your yard, the basic principle is the same.

Compost requires just four ingredients: air, water, greens and browns. "Greens" are kitchen scraps (vegetables, meat, cheese, coffee grounds, shrimp tails, etc.), and fresh yard trimmings. "Browns" are dried grass clippings or leaves, paper, cardboard scraps. Greens are rich in nitrogen while browns are rich in carbon. Together with air and water, they break down into a rich material that fertilizes the soil while sequestering carbon. Believe it or not, the soil sequesters four times as much carbon as do trees and other plants.

If composting seems like a lot of trouble to you, maybe you don't realize how easy it is, or how much good it does the planet. At our UU, we have lots of composting expertise. Our Green Team members will be happy to help you research the best compost system for your circumstances and help you set it up. One of the best ways we can show love for our kids and grandkids is by making sure we leave the world in better shape for them than we found it. We can back up that love with strong eco action at home.

--Jenny Nazak

COVID-19— Report on UUCOB Congregational Survey

A survey was sent on June 10, 2020, via the UUCOB e-mail list to our members and friends, asking them to select options for conditions under which they would be willing to return to in-person services either in our building or outside. It asked respondents to rank order the importance of a list of church activities which are currently unavailable to them. Finally, the survey asked the respondents to respond to questions about their experiences with the use of live streaming (e.g. Zoom) of services or other activities and add comments. Individuals returned total of 57 survey responses and 3 verbal response out of a potential of about 140.

The following sections summarize the findings:

Conditions for Returning to In-person Services: The frequency of response to each question was determined and responses grouped into three categories:

(1) How many respondents would return to services only in the event of a vaccine or cessation of virus infections in Volusia County? — A total of 60% of respondents indicated they would not return to services in the building until there was a vaccine or cessation of infections. Nearly half of the respondents indicated via written comments that they would want time to pass before they would be comfortable about the efficacy of a vaccine or the durability of an infection cessation.

(2) How many respondents would attend services if precautions such as wearing a mask or temperature monitoring were in place? — Some 37% of respondents indicated they would return to services in the building under the listed precautions. Not all respondents listed all the precautions, but the frequency count for each precaution was similar. One respondent cited the opening of some other area churches.

(3) How many respondents would attend services outside the building? —A total of 46% of respondents said they would be willing to attend services outside our building. Appropriate precautions (group size and social distancing) were implied in the questions. A concern about hot weather was expressed in comments.

Because the survey was sent prior to the current resurgence of infections, it is not unreasonable to assume that the same survey sent now would yield more conservative results.

Rank Order of Importance of Congregational Activities: The frequency of each rank order for each activity was recorded and average ranking of each calculated. This calculation was complicated by the fact that respondents were allowed a “no opinion” option. Thus, some rankings had fewer responses to average. The frequency of the “no opinion” responses were recorded along with the ranking. The results can be roughly grouped into three categories.

Most important (i.e. most desirous of a return), unsurprisingly, were the three aspects of the service: the in-person service, music, and sermon. These categories also had the fewest “no opinion” responses.

The middle ranking of importance included committee work, Life Long Learning, the Sunday morning discussion group, and the Soul Matters groups. The “no opinion” responses were uniformly higher for this last category, perhaps reflecting the lack of participation in the activities by some respondents. Note that the Alliance (committee work) includes substantial social outreach which, as noted below, falls into the lowest importance ranking. We assumed that our members identify the category Social Outreach primarily with our UUCOB congregational participation in the F.A.I.T.H. organization

Lastly, lowest ranking included potluck suppers, social outreach and religious education. Religious education is understandably lower because of the limited participation. Potluck supper’s ranking is somewhat surprising, given its longevity and regular attendance. The number of “no opinion” responses to this activity was high, which may indicate the respondents to this survey are not representative of the potluck attendees.

Experience with and Future Use of Live Streaming: Respondents unequivocally favored the use of live streaming now and in the future. A total of 91% of respondents have attended services via Zoom. Over ¾ of respondents were satisfied with the experience and felt that at least some aspect of their sense of community needs met. Approximately half of respondents recommended continued use after services return to the UUCOB building. Some 70% favored using Zoom for other activities, such as committee meetings. Some respondents commented positively on the convenience for those who live a distance from the building, who were ill or who are away for the summer. Other comments indicated Zoom service needs improvement.

A Covenant of Right Relations for Unitarian Universalist Congregation of Ormond Beach

- **Love is the spirit of our congregation, and service is our aim. To dwell together in peace and freedom, to seek the truth, and to help one another: These are our goals.**

Preamble:

As we strive to build our Beloved Community, we affirm the **Covenant of Right Relations** to help us realize that **Spirit of Love** in action, to create a welcoming and supportive atmosphere of honesty, trust, gratitude, loyalty, forgiveness, appreciation, acceptance, and compassion. Conflicts will occasionally challenge us, but we welcome them as opportunities to seek greater understanding and to build an even stronger community. As imperfect humans, of course we will sometimes fall short. Nevertheless, by embracing this Covenant, we aspire to live up to these ideals and to treat others, within this congregation and beyond, with dignity, respect, and love.

- 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.

When Others Speak:

- We will listen carefully to one another, keeping an open mind and an open heart.
- We will listen attentively, seeking to learn and to better understand one another.
- We will listen respectfully, even to those who voice different religious or political views.
- We will listen thoughtfully and reflectively before seeking to respond.

When We Speak:

- Before speaking, we will check our own assumptions and motivations.
- Before speaking, we will THINK by asking ourselves if our words will be:
 - Truthful, Helpful, Inspiring, Necessary, or Kind.
- We will speak for ourselves using “I” statements, not presuming to speak for others.
- We will speak our own truths bravely, trusting that we are in a safe and gracious space where we respect and accept one another.
- We will speak to share our appreciation and gratitude for each other.

In Moments of Conflict:

- We will seek to better understand others and to find common ground, always assuming that others too have good intentions.
- We will seek to build consensus and find mutually acceptable agreements, rather than win/lose, binary, or “majority rules” solutions.
- We will speak directly to others with whom we have personal conflicts, choosing an appropriate time and place to re-connect and find resolution.
- We will forgive each other and ourselves, accepting responsibility for our own behavior, and then move on.

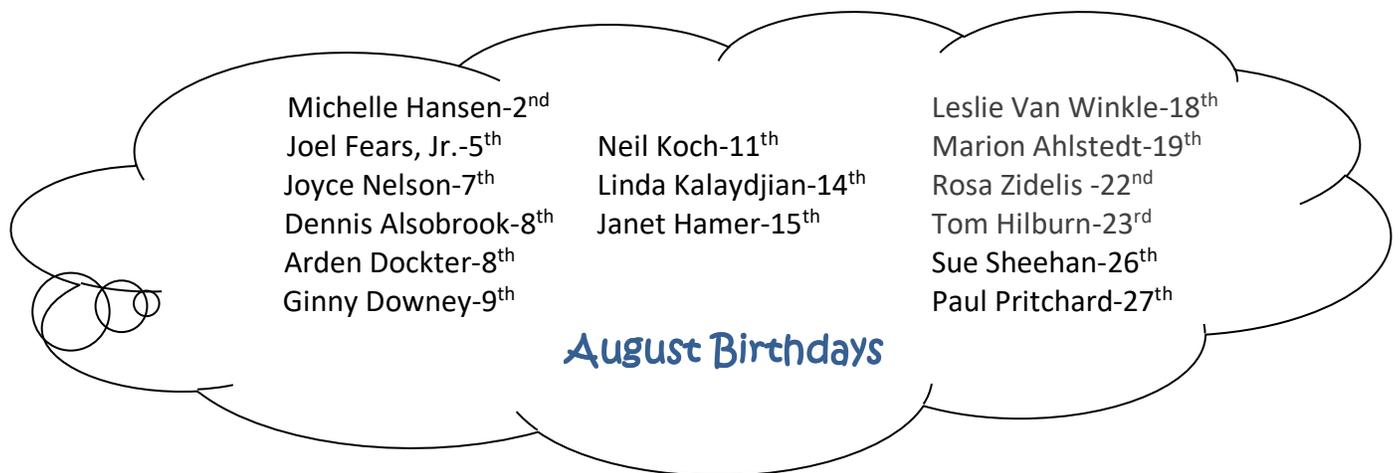
Calendar for August

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|---|---------------------------------------|
| <p>2</p> <p>Discussion Group: 9:15-10:15 am & Sunday Service: 10:30-11:30 am both via Zoom</p> <p>Tai Chi: Postponed</p> <p>N Anon: 7-8 pm</p> | <p>3</p> <p>Yoga: 5:30-7 pm</p> | <p>4</p> <p>Mah Jongg: Postponed</p> <p>Meditation: 6:30-8:30 pm via Zoom</p> <p>N Anon: 7-8 pm</p> | <p>5</p> <p>Worship mtg.: 11 am-Noon via Zoom</p> | <p>6</p> <p>Caring mtg. Postponed</p> <p>Democracy Now: Postponed</p> <p>Spiritual Growth: 4:30 – 6 pm via Zoom</p> | <p>7</p> <p>Potluck dinner: Cancelled</p> | <p>1</p> <hr/> <p>8</p> |
| <p>9</p> <p>Discussion Group: 9:15-10:15 am & Sunday Service: 10:30-11:30 am both via Zoom</p> <p>Tai Chi: Postponed</p> <p>N Anon: 7-8 pm</p> | <p>10</p> <p>Finance mtg.: 10:30-noon via Zoom</p> <p>Prayer Circle: Postponed</p> <p>Yoga: 5:30-7 pm</p> | <p>11</p> <p>Mah Jongg: Postponed</p> <p>Meditation: 6:30-8:30 pm via Zoom</p> <p>N Anon: 7-8 pm</p> | <p>12</p> | <p>13</p> <p>Writers Group: Postponed</p> <p>Democracy Now: Postponed</p> <p>Spiritual Growth: 4:30 - 6 pm via Zoom</p> <p>Democratic Club: via Zoom</p> | <p>14</p> | <p>15</p> |
| <p>16</p> <p>Discussion Group: 9:15-10:15 am & Sunday Service: 10:30-11:30 am both via Zoom</p> <p>Tai Chi: Postponed</p> <p>N Anon: 7-8 pm</p> | <p>17</p> <p>Yoga: 5:30-7 pm</p> | <p>18</p> <p>Mah Jongg: Postponed</p> <p>Meditation: 6:30-8:30 pm via Zoom</p> <p>N Anon: 7-8 pm</p> | <p>19</p> <p>Bhagavad-Gita study: Postponed</p> | <p>20</p> <p>Writers Group: Postponed</p> <p>Democracy Now: Postponed</p> <p>Spiritual Growth: 4:30 - 6 pm via Zoom</p> <p>Board of Trustees mtg: 5:30- 7 pm via Zoom</p> | <p>21</p> <p><i>Jotter articles due</i></p> | <p>22</p> |
| <p>23</p> <p>Discussion Group: 9:15-10:15 am & Sunday Service: 10:30-11:30 am both via Zoom</p> <p>Tai Chi: 4-5 pm Postponed</p> <p>N Anon: 7-8 pm</p> | <p>24</p> <p>Yoga: 5:30-7 pm</p> | <p>25</p> <p>Mah Jongg: Postponed</p> <p>Meditation: 6:30-8:30 pm via Zoom</p> <p>N Anon: 7-8 pm</p> | <p>26</p> | <p>27</p> <p>Writers Group: Postponed</p> <p>Democracy Now: Postponed</p> <p>Membership mtg: Postponed</p> <p>Spiritual Growth: 4:30 – 6 pm via Zoom</p> | <p>28</p> | <p>29</p> |
| <p>30</p> <p>Discussion Group: 9:15-10:15 am & Sunday Service: 10:30-11:30 am both via Zoom</p> <p>Tai Chi: 4-5 pm Postponed</p> <p>N Anon: 7-8 pm</p> | <p>31</p> <p>Yoga: 5:30-7 pm</p> | | | | | |

Upcoming Worship Services

| Date: | Topic: | Presenter: | Service Leader: |
|------------|--|--------------------------|-----------------|
| July 26— | "The Daring of Dietrich Bonhoeffer" | --Dan Gribbin | --Cliff Jackson |
| August 2— | "Cognitive Dissonance, Black Lives Matter & Coronavirus" | --Cliff Jackson | --Dan Gribbin |
| August 9— | "We Are a Gentle, Angry People" | --Joe Donatone | --Dan Gribbin |
| August 16— | "Living with Cancer" | --Ellen Nielsen & others | --Ludy Goodson |
| August 23— | "Hunger: Then & Now, What's Next?" | --Rita Scheeler | --Dan Gribbin |
| August 30— | "The Mystical Brain" | --Barry Pendry | --Dan Gribbin |

Although we will not be meeting together in our church building this month, you can join us for these services, which will be live streamed on Zoom at 10:30 a.m. on each appropriate Sunday. We appreciate our musicians and technical folks who are helping to facilitate these Zoom sessions! You can also access the link for them on our website at <http://www.uuormond.org/>



The Jotter

Newsletter of the Unitarian Universalist Congregation Ormond Beach

August 2020

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 (See UU website above for links)

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Church administrator Cathy Jackson will be working from home; you can e-mail her or leave a message at 677-6172.