

## Unitarian Universalist Congregation



**Ormond Beach**

### A WORD FROM OUR MINISTER— On Grief



We seek belonging in order to avoid loneliness but we also seek belonging because of the great joy and happiness that comes from being in right relationship with others. In our congregation, our covenanted relationships offer a deeper, more meaningful belonging. The downside of deeper connection is that, as we widen our circle of belonging, we risk painful feelings of loss when we lose cherished friends in our community. In the last twelve months, the illness and deaths of several beloved members cannot but adversely affect us. I think Unitarian Universalists are the best at celebrating the lives of our deceased and facing our losses with courage. But it doesn't mean that our hearts don't get broken or that we don't grieve.

My colleague Darcey Laine says the death of a loved leaves a hole in our hearts which only grief can mend. Grief takes many forms — tears, sadness, of course, but also anger, denial, numbness. Let's be patient with ourselves and each other. In our congregation, there are those who lost friends and there are those who lost lifetime partners. Let's hold those whose loss is great with tenderness, compassion, and understanding. To those who have lost their beloved, ask not "How are you?" but "I'm sorry for your loss." Expressing sympathy this way can often allow the grieving one to open up as she or he wishes. Be prepared to be a good listener even if anger is the grief emotion in the moment.

The pain of loss and the pain of tragedy can make our hearts hard or soft — I believe we have a choice. Hardened hearts make us fearful, bitter, and resentful. Hardened hearts are made so by denying painful feelings, by avoiding the discomfort of pain. Hardened hearts beat stiffly, make us wary, and do not lend themselves to healing. Softened hearts make us compassionate, caring, and empathetic. Softened hearts are made supple by the acceptance of pain and loss — by leaning into that pain and letting grief wash over us. A soft heart requires courage, but a soft heart also heals faster and more completely. A soft heart has the potential to help be with and heal others in their pain. That is why wounded healers are sometimes the best healers.

Sunday, November 3rd will be our All-Souls service at which we will remember our loved ones who have died. As we recount those deaths, let us be mindful about giving ourselves and each other the space to grieve, and let us be patient and caring towards one another as we heal from the pain of those losses.

Yours in faith and love,

Rev. Kathy

## UPCOMING PULPIT PRESENTATIONS

### November 3—Rev. Kathy Tew Rickey, “All-Souls” Sunday

We will once again be populating our tree with fall-colored leaves which have the names of friends and loved ones in our lives who have died and are missed. We will also honor those in the congregation who have passed from this life in the past twelve months.

### November 10—Rev. Kathy Tew Rickey, Veteran’s Day Sunday

We will honor those in our congregation who have served in the U.S. military and First Responders for that courage and sacrifice on behalf of the rest of us

### November 17—Rev. Kathy Tew Rickey, Transgender Remembrance

Transgender Remembrance Day is November 20. Let’s pay attention to this extremely vulnerable group of people in our community and what we can do to bring about justice for them.

Service Leader: Rita Scheeler

### November 24—Rev. Kathy Tew Rickey, “Attention and Gratitude”

Attention and gratitude: you can’t have one without the other. Let’s explore what we need to expand our attention so that life’s graces don’t escape us.

Service Leader: Denise Carter

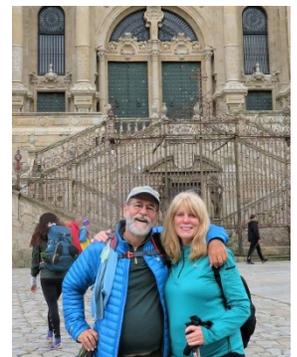
## SHARE THE PLATE— Room at the Inn

In partnership with Halifax Urban Ministries and the Church of the Holy Child, and through the Alliance, our UU congregation will be supporting Room at the Inn as our November Share-the-Plate partner. This small local program provides a cold-weather shelter that opens for homeless families in Volusia County when it is too chilly to sleep outside. About the same size as our UU, the Church of the Holy Child is a small Episcopal church located on Granada in Ormond Beach. Their facility will house homeless families overnight only as an overflow shelter on cold nights during the winter. On those nights, their congregation will mobilize to provide a sleeping area, hot meals and shower facilities. The church has a large kitchen, so volunteers will be able to prepare a hot dinner and breakfast the next day. However, the church will need help with the food budget. They also would love to have volunteers from our congregation to help cook and supervise for the evening.

We have an opportunity to help the homeless while we wait for a larger and more permanent shelter to be built. Helping small local charities like this one is where our UU can make a vital difference in people’s lives. **Please be generous on November 17<sup>th</sup>** when we share our offering with Room at the Inn.

## OUR MEMBERS IN MOTON—Roaming with the Rivers

**Evan and Sara Rivers** are giving us a (virtual) travel tour of their “gap year” European trek, including their September walk along the historical Camino de Santiago. Here they are, at the end of their “pilgrimage”—which was mainly through Spain—celebrating outside the great cathedral at Santiago de Compostela. Via the magic of the Internet, you too can Roam with the Rivers as Evan and Sara continue their year-long travels through Europe. See their blog at <https://roamingwiththerivers.com/>



## THE ALLIANCE—Preparing for the Holidays

The Alliance meets at 11:30 on the first Thursday of each month. You're welcome to bring a bagged lunch to join us at 11:15 a.m. where we can relax and enjoy each other's company before our formal meeting begins.

During the November 7<sup>th</sup> meeting, we will select a new charity to sponsor through our annual Christmas giving project. The two group homes sheltering abused teens that we have sponsored in the past have been shut down due to lease-restrictive environment laws, so we will choose a new local charity to support. Our November Share-the-Plate partner is Room at the Inn, a program that provides cold-weather shelter for homeless families. We are coordinating the congregation's Share-the-Plate offering on November 17<sup>th</sup> to help support this partner.

Meanwhile, our members have been preparing for our annual crafts table and cookie sale to raise money for making Christmas special for our new recipients. These projects allow us to raise money for the charities we support as well as providing a delightful Christmas shopping experience for members of our UU congregation after church on the Sundays leading up to Christmas.

In addition, we have planned some fun activities for our Alliance members and friends. We are looking forward to a bus trip to St Augustine to view the Christmas lights on Tuesday November 26. See Helen Casoli if you are interested in joining us.

Many of us will share celebrations during the upcoming holidays. We will be going to Plantation Bay restaurant on Thanksgiving Day at noon, where we have reserved 24 seats. If you would like to join us, please see the sign-up sheet on the table at the back of the church.

At our November meeting, we will be choosing a restaurant for Christmas Day luncheon. If you have suggestions please bring your ideas to our next meeting on November 7<sup>th</sup> at noon. Hope to see you then.

--Jeanne Young

## LIFE-LONG LEARNING—Program for November

Life Long Learning programs for 2019 will be varied and include topics related to philosophy, history and the arts as well as science and education. Each session includes time for audience questions and comments. LLL programs usually take place in our Room 2 on Wednesdays, from 4:00 to 5:30 p.m.

### Irene Curran—"The Belle of Amherst" 4 p.m. on Wednesday, November 13<sup>th</sup>



Literary lecturer Irene Curran will present a talk on 19<sup>th</sup> Century American poet Emily Dickinson, known as "the Belle of Amherst." Curran will discuss life of Dickinson and her work, reading several examples of Dickinson's poetry.

A retired teacher from New Jersey, Irene Curran presents lectures on various authors and historical figures that she finds interesting, including Eleanor Roosevelt, Mark Twain and Agatha Christie. Curran received her B.A. degree in history from Molloy College in Rockville Centre, NY and her Masters' Degree in Reading from C.W. Post College in Brookville, NY She also earned her supervisor's certification from TCNJ, NJ. She now speaks at libraries, nursing homes and senior centers in New Jersey and Florida.

--Tom Hilburn

## OUR 6<sup>th</sup> ANNUAL MARKETPLACE – Don't Miss Out on the Fun!

Time to visit our Marketplace Donor table! Many of our members are offering useful services, special meals, activities and interesting events for purchase. The Marketplace donor table will be open before and after the Sunday services. You can pick up Donor Forms to indicate the services, meals, parties, or events you wish to offer. Sunday, November 10 will be the final day for submitting donor forms. During past Marketplace offerings, our members have enjoyed cooking lessons, photography, sailing, and musical events as well as other opportunities that even included birding lessons. We've also been able to get help with such chores as shopping, cleaning, driving, power washing and tax preparation assistance that our fellow UU's have offered.

Then the real shopping fun begins. The Marketplace's Purchase tables open on **Sunday, November 17<sup>th</sup>** with the final day for making purchases **Sunday, November 24**, so be sure to sign up early for those unique themed dinners, wine & cheese parties as well as many other exciting events and helpful services that you don't want to miss. If you've participated in past years, you know that these opportunities not only earn money for our UU, but also provide fun activities with interesting people as well as a chance to know each other better. If you have questions about a possible meal, event, or service, please e-mail or call Julie Hilburn or Betty Green.

## OUR UU SINGING CIRCLE—Some Old Favorites

When our choir took a summer break, some singers continued meeting together regularly on Wednesday evenings. The Singing Circle has enjoyed singing warm ups, barbershop tags, harmonies, hymns, and popular music. One favorite was "Farewell My Friend," a piece inspired by several Native American songs and one that contains the phrase, "In our memories we will hold you." Another of our favorites is Hymn #1048 "*Ubi Caritas*," an expression that translates to "Where charity and love abound, God is there." The singers perform this one *a capella*. Janet Stroumpis (on piano) and Jon Sandberg (on violin) joined our circle to perform this music for the memorial service in honor of Sheila McMahon. Our dedicated singers include Helen Casoli, Maureen Cook, Gaia Davies, Ludy Goodson, Cathy Jackson, Linda Kalaydjian, Caryl Koses, Bruce Nelson, Barbara Reed, Jan Taylor, Patty Tugas and Tim Wixted.

## The Don Kennedy Art Show

November at UU will feature an exhibit of the works of our own Don Kennedy, beginning with a reception before the First Friday potluck dinner. Don will also greet members of the public on Saturday, November 2. He is donating all proceeds from the sale of his work to our congregation. Come and enjoy the creativity and beauty of his work, such as this watercolor of the Tomoka River.



## ✻ Join Us for Another Café UU

Our members and friends are invited to bring their talent and/or eyes and ears to the UU Café open mike night at our UU on Friday, **November 8, from 5 to 8 pm**. You can bring finger food to share, and possibly a beverage. (Coffee and soda will be available). Your talent can involve music, song, poetry, acting, comedy, storytelling, dancing. We will draw numbers for order of performance and use a five-minute time limit for each. You can perform more than once, or you can simply sit back and enjoy the entertainment! The first hour will allow our young people to perform, so if you have an adult-themed skit for instance, it would come later in the evening. For more information, talk with or e-mail Jan Taylor or Ludy Goodson.

November 2019

					<p><b>1</b> Kennedy art show opening: 5:30-6 pm <b>Potluck dinner:</b> 6-8:30 pm</p>	<p><b>2</b> Kennedy art show continues: 10 am-1 pm</p>
<p><b>3</b> <b>Daylight Savings Time ends</b> Discussion Group: 9:15-10:15 am Sunday Service: 10:30-11:30 am <b>Marketplace Donors table open</b> Tai Chi: 4-5 pm N Anon: 7-8 pm</p>	<p><b>4</b> Bag lunch w. Rev. Kathy: noon-1 pm Yoga: 6:15-7:45 pm</p>	<p><b>5</b> Mah Jongg: 10 am -noon Meditation: 6:30-8:30 pm N Anon: 7-8 pm</p>	<p><b>6</b> Worship Mtg. 11 am-12:20 pm Choir practice: 6- 7:30 pm</p>	<p><b>7</b> Caring Mtg. 10-11 am Alliance: 11:30 am- 2 pm Democracy Now: 10:30 am- noon Spiritual Growth: 4:30- 6 pm</p>	<p><b>8</b> <b>Game Night: 6- 8 pm</b> <b>UU Café: 5- 8 pm</b></p>	<p><b>9</b></p>
<p><b>10</b> Discussion Group: 9:15-10:15 am Sunday Service: 10:30-11:30 am <b>Marketplace Donors table open</b> Heart 4 Souls: 1:30-3:30 pm Tai Chi: 4-5 pm N Anon: 7-8 pm</p>	<p><b>11</b> Bag lunch w. Rev. Kathy: noon-1 pm Prayer &amp; Meditation: 3-4 pm Yoga: 6:15-7:45 pm</p>	<p><b>12</b> Writers Group: 10 am -noon Mah Jongg: 10 am-noon Meditation: 6:30-8:30 pm N Anon: 7-8 pm</p>	<p><b>13</b> Life Long Learning: 4 - 5:30 pm</p>	<p><b>14</b> Finance Mtg: 10:30-noon Democracy Now: 10:30- noon Spiritual Growth: 4:30-6 pm Democratic Club: 6:30- 8 pm</p>	<p><b>15</b></p>	<p><b>16</b></p>
<p><b>17</b> Discussion Group: 9:15-10:15 am Sunday Service: 10:30-11:30 am <b>(Share the Plate)</b> <b>Marketplace sales table open</b> Tai Chi: 4-5 pm N Anon: 7-8 pm</p>	<p><b>18</b> Bag lunch w. Rev. Kathy: noon-1 pm Yoga: 6:15-7:45 pm</p>	<p><b>19</b> Mah Jongg: 10 am-noon Meditation: 6:30-8:30 pm N Anon: 7-8 pm</p>	<p><b>20</b> Choir Practice: 6- 7:30 pm <b>Jotter articles due</b></p>	<p><b>21</b> Democracy Now: 10:30- noon Membership Mtg: 2:30-4 pm Spiritual Growth: 4:30-6 pm <b>Board of Trustees Mtg: 5:30-7 pm</b></p>	<p><b>22</b> <b>Game Night: 6- 8 pm</b></p>	<p><b>23</b></p>
<p><b>24</b> Discussion Group: 9:15-10:15 am Sunday Service: 10:30-11:30 am <b>Marketplace Sales table open</b> Tai Chi: 4-5 pm N Anon: 7-8 pm</p>	<p><b>25</b> Bag lunch w. Rev. Kathy: noon-1 pm Yoga: 6:15-7:45 pm</p>	<p><b>26</b> Writers Group: 10 am -noon Mah Jongg: 10 am-noon Meditation: 6:30-8:30 pm N Anon: 7-8 pm</p>	<p><b>27</b></p>	<p><b>28</b>  <b>Happy Thanksgiving</b></p>	<p><b>29</b></p>	<p><b>30</b></p>

Upcoming Worship Services

Theme for November—Attention

Date:	Topic:	Presenter:	Service Leader:
November 3—	“All-Souls Celebration”	--Rev. Kathy Rickey and the Congregation	
November 10—	“Veterans’ Day Celebration”	--Rev. Kathy Rickey and the Congregation	
November 17—	“Transgender Remembrance” Share-the-Plate Offering with Room at the Inn	--Rev. Kathy Rickey	--Rita Scheeler
November 24—	“Attention and Gratitude”	--Rev. Kathy Rickey	--Denise Carter

Daylight Savings Time ends at 2 a.m. on Sunday, November 3<sup>rd</sup> —  
Don't forget to turn your clocks BACK one hour.

**November Birthdays**

Kay Kummerow -7 <sup>th</sup>	Barbara Eveleigh -21 <sup>st</sup>
Amanda Attri -8 <sup>th</sup>	Marge Hendra -25 <sup>th</sup>
Joan Thate -9 <sup>th</sup>	Travis Gordon -27 <sup>th</sup>
Bruce Nelson -15 <sup>th</sup>	Marilyn Sapsford -29 <sup>th</sup>
Ludy Goodson -21 <sup>st</sup>	Martha Brandt -30 <sup>th</sup>




The Jotter

Newsletter of the Unitarian Universalist Congregation Ormond Beach

November 2019

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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.**