

Unitarian Universalist Fellowship of Bay County
1410 Airport Road
Panama City, FL 32405

UNITARIAN UNIVERSALIST
Fellowship of Bay County  Newsletter

March 15, 2020

- ◇ Welcoming Everyone ◇
- ◇ Growing in Mind & Spirit ◇
- ◇ Empowering People ◇
- ◇ Leading in Social Justice ◇

Any suggestions for news articles for publication in the E-news can be sent to: info@uuofbaycounty.com
If you wish to be removed from this mailing list, please send an email, or contact the UUFBC Office.

Sunday Programs



Tom Neilson

Sunday, March 15th @ 10:30 AM

Singer & Songwriter

Satire & Social Commentary

Tom provides a voice for those who believe in the power of folk music to effect change. His award-winning songs of humor and compassion have been performed in 21 countries over 5 continents. His lyrics are celebrated for their sophistication, political astuteness, and wit.



Scatter Spring

Sunday, March 22nd

@ 10:30 AM

A special service celebrating the arrival of Spring, presented by longtime UUFBC member, Chris May.



The Queering of Religion and The Building of Communities

Presented by Roddy Biggs,

LGBT Activist and Aspiring UU Minister

Sunday, March 29th @ 10:30 AM

“For years religious communities have embraced that of heteronormative culture, and in doing so, religion has both intentionally and unintentionally ignored and effectively worked to erase queer people from religion altogether. If religion is going to flourish in the modern-day, then religion itself must change; religion must become more inclusive and understanding of the vast human experiences that exist, and it must stop dwelling on ideas of the past. Queer people exist, and the fact of the matter is that some of them are religious, just like some non-queer people, and that they, like anyone else, must have a place at the altar. They must feel welcome, and they must be able to say yes, I do belong when it comes to religion. How does a system of religion that has existed for hundreds to thousands of years change?” (Roddy Biggs) Join us on Sunday to find out! You do not want to miss this one.

Special Announcement

Unitarian Universalist Association



The recent rise of a new strain of coronavirus weighs heavy on our hearts and minds. Many of you are thinking about how you can support the people in your congregations and communities who are most vulnerable. You may be worrying about anything from changing rituals to changing travel plans. You are not alone—UUA leadership is in this with you.

The UUA has been closely monitoring COVID-19, the newest in the family of coronaviruses. UUA leaders, including the staff of our UUA Health Plan and the medical advisors for the Plan, are following updates from the Centers for Disease Control and Prevention (CDC) and other sources tracking the developments related to the virus. We will continue to be in touch with you in the weeks and months ahead to share what we know and do our best to support your congregation in its own response.

I want to offer some suggestions for how your congregation can respond to the coronavirus:

- **Follow the guidance from your local public health organizations.** Public health organizations in different parts of the country have different advice based upon the spread of the virus. For example, some local public health organizations might advise canceling large in-person gatherings. We affirm that following the guidance of local public health officials is the best way to protect at-risk people in your community.
- **Share accurate information using your congregation's regular communication tools.** Your church bulletin, emails, website, or social media are great ways to keep your congregation updated about your community's response to coronavirus. [You may want to reference this resource from the CDC about preventing coronavirus.](#)
- **Create ways for people to interact remotely, for everything from meetings to worship.** Prepare as much as you can for people to request remote access to meetings via video conference. If you have the tools, consider streaming your Sunday services for those who may need to stay home. Be prepared for your staff to work from home.
- **Create a culture that centers the concerns of the most vulnerable to coronavirus.** Be sensitive to the concerns of people who don't want to shake hands – try an elbow bump instead. Consider people's feelings about hand-holding, communal cups, or any other ritual that requires potential risk of spreading coronavirus.

- **Continue common practices that prevent transmitting colds or the flu.** Wash or sanitize your hands frequently; stay home if you are sick; try to keep your hands away from your face; and clean surfaces that a lot of people touch. Stock up on hand sanitizer, [put up hand-washing reminders in your restrooms](#), and invite people to wash their hands before coffee hour.
- **Publicly recognize the fear and concern in your congregations.** People in your congregation, especially those who are at risk for illness or over 60, may especially have concerns about their own risk, or the vulnerability of others in their families and personal networks. Leaders in your congregation should publicly acknowledge that you're monitoring coronavirus in your community and make space for questions and suggestions from members about preparedness for the coronavirus.

The UUA is also closely monitoring the situation around each of its sponsored events in the coming weeks and months. We are using the suggestions in this email as a guide for how we approach these events, or any decision to cancel them. If an event needs to be canceled due to the coronavirus, we will communicate that information as soon as possible. If you have specific questions about a specific event, please contact your UUA regional team or the event organizers.

I also encourage all UU leaders to use this situation as a teachable moment in your congregations. Even if the coronavirus' impacts are greatest for older adults or people with pre-existing health concerns, it is still a health crisis for us all. Marginalized people are always the most vulnerable during any period of heightened fear and anxiety. Be mindful that your language does not label anyone as disposable. UUs must also speak up against the anti-Asian sentiment that has emerged when people talk about the coronavirus. Language that suggests Asian people are more likely to have the coronavirus is racist. Asian restaurants and Chinatowns are suffering because of coronavirus paranoia, and many people are eating at these establishments in solidarity with their Asian owners and employees.

I leave you with three pieces to help you reflect on community care:

- [Coronavirus, climate change, and community care](#) by Susan Raffo
- [Wash Your Hands](#) by Dori Midnight
- [Just for Kids: A Comic Exploring the New Coronavirus](#) by NPR

May striving for our collective wellness remind us we are forever connected in body and in spirit.

In faith,
Rev. Susan Frederick-Gray
UUA President



UU Fellowship Yard Day – **RESCHEDULED!**

March 21st @ 9:00 AM
(revised date)

Let's get outside! A day of yard work and fellowship. Bring any tools you think might be helpful, but most of all, your ENERGY and ENTHUSIASM! ☺
We will be planting 3 trees and working on the Peace Garden.
More details will be provided during upcoming Sunday services.

Classifieds



"Has guitar, will travel! 🎵"

Our very own Ken Sizemore is available for special events and house concerts!
Ken has performed folk and early pop music all over the country for over 50 years.
Booking inquiry? Ken can be reached by cell: (850) 276-8633 or E-mail: smilnken@yahoo.com.
Check out his Website at theoldfolkie.com where you can also follow his upcoming events!

TODAY, WE HAVE NO EXCUSE!

YOUR VOICE! YOUR VOTE!

Voting information is below. Contact us for questions or help.

MARCH 9th- MARCH 15th

EARLY VOTING: 10^{AM} – 6^{PM}

MARCH 16th – MARCH 17th

VOTING: 7^{AM}- 7^{PM}

1. Lyndell Conference Center

423 Lyndell Ln.
Panama City Beach, FL 32407'

2. Frank Nelson Building

4201 W. 22nd St.
Panama City, FL 32405

3. Robert's Hall

831 Florida Ave.
Lynn Haven, FL 32444

4. Palo Alto Church of Christ

3119 N. Hwy 231
Panama City, FL 32405

5. Parkway Presbyterian Church

505 S. Tyndall Pkwy
Panama City, FL 32404

6. Bay County Supervisor of Elections

830 W. 11th St.
Panama City, FL 32401

 **Vote**
like your rights
depend on it

Fight for Your Rights!
Felony Conviction? YES, You Can Vote!
For **FREE ASSISTANCE**
in registering to vote, **CALL:**
Attorney Cecile Scoon, Esq.
Office: 850-769-7825

7. Glenwood Community Center

722 E. 9th Ct.
Panama City, FL 32401

8. LaQuinta Inn

7115 Coastal Palms Blvd.
Panama City Beach, FL 32408

9. Woodstock Church of PCB

17495 Panama City Beach Pkwy
Panama City Beach, FL 32413

10. Sand Hills Fire Station

13010 Hwy 77
Southport, FL 32409

11. Youngstown Fire Station

11771 Hwy 231
Youngstown, FL 32466

12. Fountain Fire Station

17822 Center Dr.
Fountain, FL 32438

13. Mexico Beach City Hall

201 Paradise Path
Mexico Beach, FL 32456



What does it mean to be a people of WISDOM?

Our Spiritual Exercise

The Best Advice You've Received

Wisdom is a gift. We pass it on to each other like a precious jewel. None of us want others to make the same mistakes we did, so we generously share our advice.

In other words, wisdom connects us. It's not just something we collect to uplift ourselves. It's something we pass on so we can all make it through together. Or to put it another way, wisdom and kindness are more closely linked than we acknowledge.

To honor this, we're invited this month to remember the wisdom we've received.

To help, we've assembled some awesome videos and articles to jog your memory.

Here are your instructions:

1. Make time to meditate and reflect on the videos and articles below.
2. Let them take you back in time to the best advice you got from others.
3. Then, out of all those memories (and pieces of advice) pick the one you think is most relevant to you currently. Pick the one your life right now needs you to remember.
4. Come to your group ready to share your journey.

Add Ons:

- Make this exercise richer by asking someone close to you about the best advice they received. Maybe even interview a few folks. It's not only a great way to help them remember the gifts of wisdom they've received, but it's also a sneaky way for you to get some more great advice passed on to you! :)
- You might also listen to the videos for new wisdom you need to hear. As you watch and listen, ask yourself, "Is any of this advice, the wisdom I need right now?"

Must Watch!

1. Best Advice You've Received | 0-100: <https://www.youtube.com/watch?v=ZfsyrNKhNTE>
2. The Most Important Lesson You've Learned | 0-100: <https://www.youtube.com/watch?v=F2GsSy8LNxg>
3. How to Age Gracefully | CBC Radio: https://www.youtube.com/watch?v=sycgL3Qg_Ak
4. 12 Truths I Learned from Life | Anne Lamott: <https://www.youtube.com/watch?v=X41iulkRqZU>

Online: Videos & Podcasts

Wisdom - What makes the wise wise?

Video: https://www.youtube.com/watch?v=ox8XlcUppbo&feature=emb_logo

Text: <https://www.theschooloflife.com/thebookoflife/wisdom-a-short-guide/>

Wisdom is woven from many strands...

The Wisdom of Animals - School of Life

https://www.youtube.com/watch?time_continue=98&v=6VGfrDGY8sc&feature=emb_logo

Yoda vs Spock

<https://onwisdompodcast.fireside.fm/4>

“Are emotions simply bugs in the system that prevent us from taking wise decisions? Or do they play an essential role in guiding us towards the wisest path? In short, should we be like hyper-rational cool-headed Mr. Spock, or more like the emotionally sensitive Master Yoda? Are emotionally intelligent geniuses necessarily more moral than the rest of us?”

Wisdom, Class & Inequality

<https://onwisdompodcast.fireside.fm/6>

“How much of a role does your class play in preventing wise decision-making? Are upper and middle-class people especially bad at making wise decisions? Why does more education equate to less wise reasoning in interpersonal affairs? And just how good are we at spotting someone’s class from their shoes or even eyes?”

Krista Tippett on Wisdom - Fuller Studios

<https://fullerstudio.fuller.edu/krista-tippett-wisdom/>

Krista Tippett, founder and host of public radio’s program On Being, reflects with Dr. Labberton on her decades of conversations with cultural leaders and the role of wisdom in shaping public discourse.

9 Life Lessons - Tim Minchin

<https://www.youtube.com/watch?v=yoEezZD71sc&t=722s>

What do you get if you mix wit and wisdom - and a bit of joyful cynicism? Just watch...

More If You Have Time...

- Wisdom from great writers on every year of life - TED Talks , [Joshua Prager](https://www.ted.com/talks/joshua_prager_wisdom_from_great_writers_on_every_year_of_life?language=en)
https://www.ted.com/talks/joshua_prager_wisdom_from_great_writers_on_every_year_of_life?language=en
- Lessons From a Lifetime of Bad Advice
https://www.ted.com/talks/nicole_wilson_lessons_from_a_lifetime_of_bad_advice
- 9 Learnings from 9 Years
https://www.brainpickings.org/2015/10/23/nine-years-of-brain-pickings/?mc_cid=637ca026b4&mc_eid=04e3c8a6e2
- 100 Pieces of Advice from 100-Year-Olds
<https://www.mentalfloss.com/article/54286/100-pieces-advice-100-year-olds>



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