



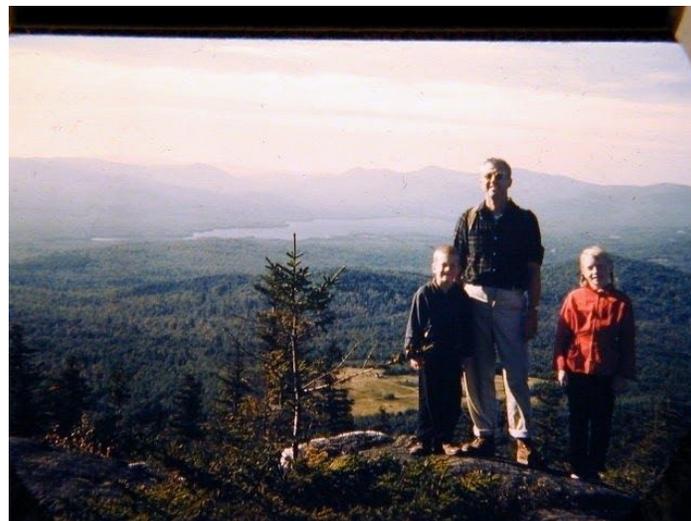
## Newsletter

**June 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](mailto:info@uuofbaycounty.com) If you wish to be removed from this mailing list, please send us an email, or send us a message on Facebook Messenger.

### **From Our President, Heather Ogilvie**



To All my UU Family and Friends,

Greetings from sunny HOT St. Andrews! I was so happy this morning to welcome Cindy Wilker to our Fellowship hall to present a live talk on the activities at our partner organization, the LGBTQ Center, during this

most complicated of Pride months! With Covid-19, the opportunity to address racism and police reform head-on with the Black Lives Matter movement, and a resurgence of violence against trans-people, we may have an unprecedented environment for social change. We asked ourselves, how can we participate effectively in social reform during this crucial time of civil unrest? What can we do???

The first essential tasks are easy.

Register to vote! Don't leave anything to chance. Check the Supervisor of Elections' website to make sure you are up to date. <https://www.bayvotes.org/votersonthego> Right on the front page you will see the tab to Request Vote by Mail. This takes only a moment and is STRONGLY recommended for the 2020 election. When we all vote, we can change the world!

2nd, Fill out the Census and spread the word. It is simple, fast, and safe. Your Census data is protected by law! The Census equals thousands of dollars for each person counted in your community. When we are NOT counted, WE DON'T COUNT!

Beyond these tasks we are Unitarian Universalists, called by our Second Principle to affirm and promote justice, equity, and compassion.

**Educate yourself:** Racism is real and is a part of our everyday lives. Read about racism. Talk about racism. Find or continue on your own path toward antiracism. Share what you are learning with others. Do not look away, do not stop, do not give in to complacency or the myth that we have done enough. It took us 400 YEARS to get where we are now. We have a lot of work in front of us to effect change. There are books and articles everywhere you look.

Some excellent choices are *White Fragility* by Robin DiAngelo, *Between the World and Me* by Ta Nehisi Coates, *How to Be an Antiracist* by Ibram X. Kendi, *Stamped* by Jason Reynolds and Ibram X. Kendi. For inspiration try *Becoming* by Michelle Obama. For perspective try *The Underground Railroad* or *The Nickel Boys*, both by Colson Whitehead.

**Listen to leaders in government and in non-profit organizations:** Attend meetings, read the news, respond to what you see and hear! Write letters to the editor, comments on social media, participate in municipal Zoom meetings. Support our local branch of the NAACP in their law enforcement reform initiative. We need to listen as much, or MORE, than we speak, but we MUST NOT be silent.

**Exercise compassion:** Listen to the stories of people who are not like you. Listen to the stories of people who are suffering right now. Reach out in whatever way you can. If you have money to share, support local charitable organizations. If you have an opportunity to practice kindness, take the chance. Random acts of kindness are powerful in impact. Smile, say hello, offer to help, make a phone call, or send an email. Supercharge your compassion for the world we live in now.

**Be present, be visible, speak up, be the change you want to see in the world.**

In closing, I'll kick off Father's Day Week with a shout out to the most wonderful DAD in the world, Leon Ogilvie! My father believed each of us has extraordinary potential. Life was full of boundless opportunity, when approached with unbridled enthusiasm and absolute resistance to despair. Never was a moment of life left un-lived in our house. Oh yes, we each marched to a different drummer, but no one ever missed a parade. Love you always, Dad!

Stay safe and stay in touch!

With peace and love,

Heather

850-381-0412

## **Special Announcement From the President of the Unitarian Universalist Association**



This is the most heartbreaking, difficult, and important time I have experienced in ministry. The layers of trauma, anger, grief, power, and hope—they are all present in our bodies and souls. As religious leaders, we tend to these in ourselves and we give them voice and space in story, music, reflection, ritual, action, and protest. This is vital, essential ministry and it is exhausting.

To all who work in congregations, in chaplaincy, in community ministry, in organizational and institutional leadership—you all are working so hard right now. I see you and I am with you in how much this time asks of us. It's always been the case that much of what staff and leaders do goes unnoticed by those they serve. This is even more true as we work virtually. For Black leaders, Indigenous leaders, leaders of color, and trans and non-binary leaders—the emotional labor to lead while the impacts of the pandemic and police brutality hit your communities more directly—intensifies this reality of unseen labor.

How are we going to sustain ourselves for the long haul? None of us is functioning at full capacity. And the pastoral and prophetic demands keep rising. Take time off, dear ones!

For congregations, as faithful employers, your investment in staff (programmatic, administrative, and operations staff) is essential for the ministry needed in this time. This

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means making sure staff have what they need for virtual work. It also means ensuring staff aren't compelled to overfunction and are able to take care of themselves.

The resources listed below have been developed in response to the many questions before our congregations as we plan for a year of virtual operations and the growing ministry needs brought by the pandemic, the uprisings, and the economic recession.

How do we unlock greater capacity for the ministry that is needed, while also planning for and being honest about the ways our capacity is reduced? It starts with realizing we are not alone and don't have to do it all on our own.

We have an opportunity to experiment in unlocking capacity by finding partners and sharing the work. In Southern Arizona, four congregations have been doing joint Sunday services. A couple weeks ago, all the UU congregations in Alabama and the Florida Panhandle did a joint service. More and more, I hear stories of congregations experimenting with partnership in leading services and combining youth and children's programming across congregations. This is incredibly exciting and a way of leaning into mission, partnership, and ministry in creative ways that reflect our interdependence.

Partnership and collaboration within and across congregations can help create redundancy so we can take shifts, take turns, and take time to rest. This is a time not for business as usual, but for permission to experiment, to let go, to try new things. This is a time to let go of perfection, to share leadership, to try and fail and try again. Above all, this is a time to find a new balance that means we can care for ourselves, our leaders, our staff, our spirits and continue to offer the life-saving, justice-seeking, liberating ministry of Unitarian Universalism.

Yours,

Rev. Dr. Susan Frederick-Gray



<https://www.uua.org/leadership/library/retaining-staff-pandemic>

<https://www.uua.org/leadership/library/staffing-memo-pandemic>

<https://www.uua.org/leadership/library/employer-pandemic>

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# THE CENTER

*LGBTQ Center of Bay County*

The LGBTQ Center of Bay County put their planning skills to the test this year in order to plan Pride Month festivities around COVID-19.

“We have kind of changed things up a little bit out of what we would normally do with COVID-19,” said William Shurbutt, LGBTQ Center of Bay County events director. “We’ve had to make a lot of changes and some of our events will be digital.”

In addition to the online events, the Center is also hosting a few in-person events. The Center has put together the “Love Feeds Hunger” food drive on June 20th, beginning at 9 a.m. It will run until all 10,000 lbs of food has been distributed. They are also hosting the “Gay the Hathaway” march on June 28. For more details, check out the full article at: <https://www.mypanhandle.com/news/local-news/lgbtq-center-of-bay-county-plans-pride-month/>



## ☯ UUFBC PEACE GARDEN ☯

It’s about time to say goodbye to the sunflowers! We loved them while they lasted. Folks have been observed pulled over on the side of the road, taking a selfie with them and our sign. Right now, they are taller than the average person! We are in the process of selecting permanent plants for the peace garden, with an emphasis on natives.

Check it out!

	<i>Asclepias spp.</i> <b>Milkweed</b> Butterfly Weed		<i>Angelonia angustifolia</i> <b>Angelonia</b>		<i>Helianthus angustifolius</i> <b>Swamp Sunflower</b> Narrowleaf Sunflower
	<i>Canna spp.</i> <b>Canna Lily</b>		<i>Cuphea hyssopifolia</i> <b>Mexican Heather</b> False Heather		<i>Helianthus debilis</i> <b>Beach Sunflower</b>
	<i>Iris virginica</i> <b>Blue Flag Iris</b>		<i>Dianella spp.</i> <b>Flax Lily</b>		<i>Gaillardia spp.</i> <b>Blanket Flower</b>
	<i>Rudbeckia fulgida</i> <b>Rudbeckia</b>		<i>Gaillardia pulchella</i> <b>Blanket Flower</b>		<i>Stachytarpheta spp.</i> <b>Porterweed</b>

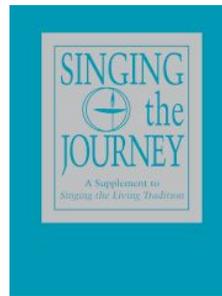
Thanks to a generous neighbor, a supply of Beach Sunflowers and Blanket Flowers are already acquired! These two are rugged, native flowering plants that self-seed themselves.

What plants (not necessarily flowering) have you used in your yard that have done well under tough conditions? Drought tolerant, heat tolerant, sun loving plants are musts!

Send us your suggestions at [info@uofbaycounty.com](mailto:info@uofbaycounty.com). Also, check out [floridayards.org](http://floridayards.org), where this list was made. This valuable resource exists courtesy of UF/IFAS Extension.



## Sunday Programs



**Ron Fennell & Matthew Raver**

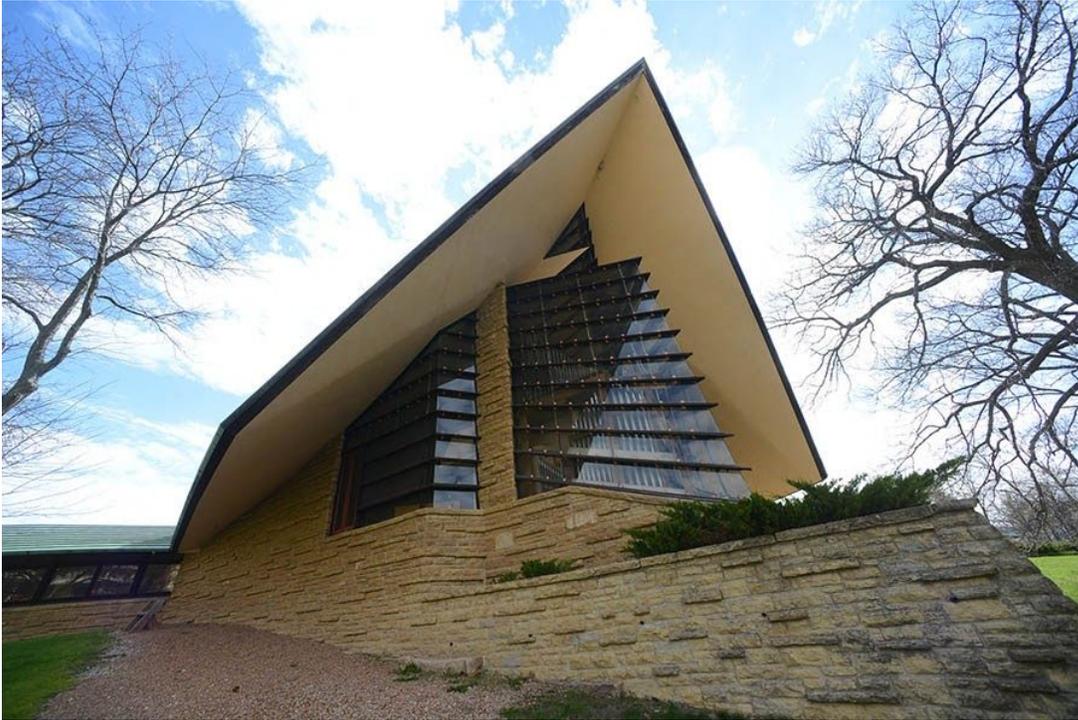
**June 21st, 2020 @ 10:30 AM**

Father's Day Service! Ron and Matt will provide musical accompaniment to our online service. Tune in to **Facebook LIVE** and honor this special day with us. Hope to "see" you there.

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# Frank Lloyd Wright's "Little Country Church"

by Steve Siegfried



Architect Frank Lloyd Wright was born into a Unitarian family. His uncle, the Reverend Jenkin Lloyd James, was a prominent and influential Unitarian minister. Wright had been a member of the Madison, Wisconsin chapter since the 1930's. So when it came time for the Madison parish to build a new church, it made sense for them to turn to Wright for the design.

Composed of limestone and oak, with a copper roof, the building was completed in 1951. Instead of the traditional stained glass, Wright chose to make heavy use of clear glass windows, for unity with nature. He favored using local materials in his designs, so church members hauled over 1,000 tons of limestone from a nearby quarry for the project. As the project had run well over budget, the members also finished the interior themselves.

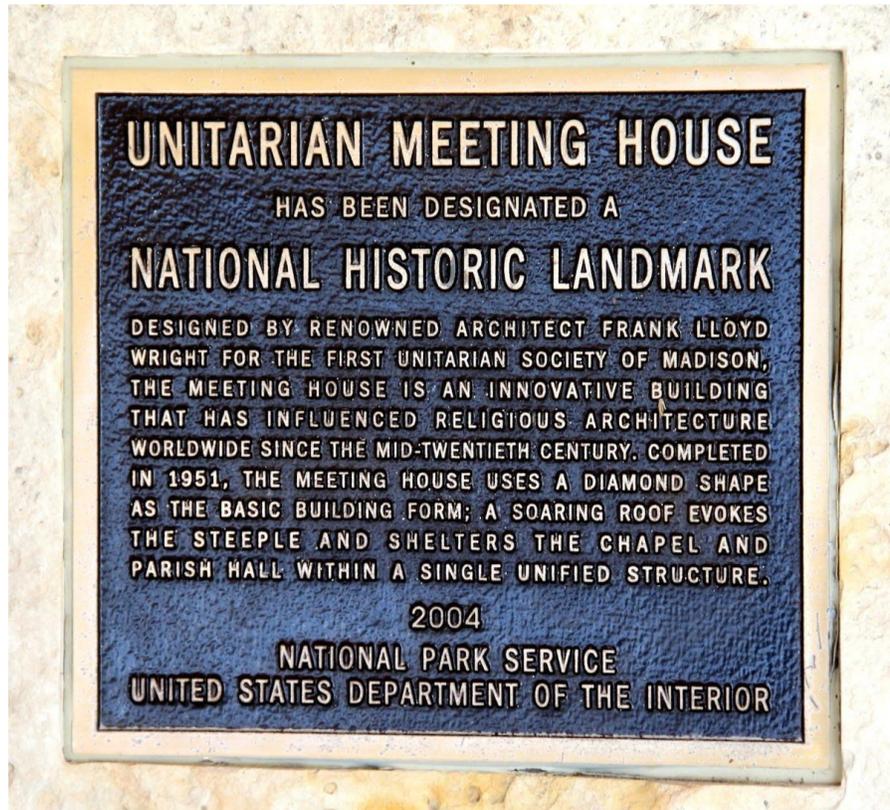
The roof of the building is heavily angled and shaped like a ship's prow, in place of a traditional steeple. The effect resembles praying hands and is meant to invoke transcendence and aspiration.

Upon completion, Wright gave the first sermon in the new First Unitarian Society's Meeting House.

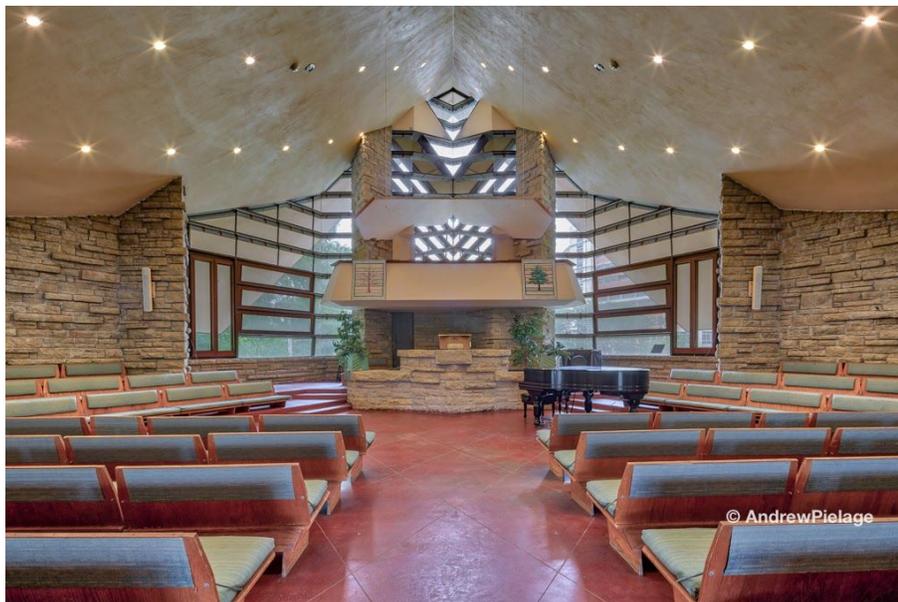
The building has been designated a National Historic Landmark and is one of 17 Wright buildings cited by the American Institute of Architects as an example of his architectural contribution to American culture.

The Meeting House is often cited as a reason why the Madison parish membership has grown so large. With over 1,100 members, the church was expanded in 2008, with a new chapel housing 500 people. This was done under the direction of experts in Frank Lloyd Wright's architecture.

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The Meeting House shares many of the hallmarks of Wright's other Usonian structures.



Wright believed that all activities of a congregation are sacred, so the Wright-designed pews and triangular tables are easily moved to make way for various functions.



# What does it mean to be a people of COMPASSION?

## Our Spiritual Exercises

### *Option A - Guerilla Compassion*

During this time of Covid-19, suffering and struggle are ubiquitous. Whether it comes in the form of sickness and job loss or loneliness, stress and worry, suffering has taken up residence in so many of our homes. Compassion is needed now more than ever. And yet because of social isolation, it's harder than ever for us to extend our kindness and care to those who need it. Or is it?

There are always creative, irregular and even sneaky ways to offer our compassion to others, to let them know they are seen and not alone. You might even call it "guerilla compassion." Imagine leaving an unexpected vase of flowers on a neighbor's porch to brighten their day. Or stealthily going to the house of a neighbor who's been sick and surprising them with a pre-dawn weeding of their flower bed. What about sending a random "You Rock!" note to your child's teacher who is doing their best to learn new online ways of teaching for the sake of your kid and so many others? Are you a photographer? How about inviting folks on your block to step outside their front door for a family portrait with their home that has now become their entire world? (It might at least get people to shower and get out of their pajamas!) Or maybe it's organizing a flash mob-like carpool that drives over and sings Happy Birthday, Happy Anniversary or Happy Graduation to that person who's been cheated out of a real celebration.

All of these things can be done while honoring social distancing. None of them require the removal of our masks. All it takes is some creativity and guerilla tactics.

So, what will your act of "guerilla compassion" be?

## ***Option B - Meditate Your Way into Compassion***

For many, meditation and compassion go hand in hand. The Buddhist practice of [metta meditation](#) (also known as loving-kindness meditation) is a particularly powerful way of directing compassion toward yourself, others close to you and all beings everywhere. Compassion is also a central theme in the prayer and meditation practices of all religious traditions. Common to them all is the idea that bringing others to mind in a compassionate way and with kind intent makes a difference. Just the intention, even without any direct interaction. One can debate whether it makes a difference for others or just ourselves, but as any committed meditation practitioner will tell you, once you've been changed, you change the way you treat others. Once your internal mental frame for others change, so do your outward actions.

So this exercise invites you to give it a try this month: Use a compassion-related meditation practice and see what changes it brings. Below are some resources to help you try out the Buddhist metta meditation (loving kindness meditation). But we've also included a song and video to support some self-care meditation/reflection. Don't overthink it or pressure yourself to do meditation "the right way." Just set aside some time each day for at least a week and monitor the impact it has on your living and loving.

### **Metta Meditation Resources**

- What is Metta Meditation?  
<https://tricycle.org/magazine/metta-practice/>
- Loving-Kindness Meditation for Beginners  
<https://lotusheartmindfulness.com/lotus-heart-blog/2020/3/2/loving-kindness-meditation-for-beginners>
- Extended Loving-Kindness Meditation - Video  
<https://www.youtube.com/watch?v=auS1HtAz6Bs>
- Text Instructions for Metta Meditation  
<http://www.beliefnet.com/Health/2000/07/Opening-The-Heart.aspx>

## ***Option C - Morning Metta on Your Mirror!***

If you're not the meditating type and the Option B exercise just isn't your cup of tea, don't worry, you don't have to give up entirely on exploring the impact of loving-kindness. All this exercise asks you to do is tape the metta/loving-kindness mantra on your bathroom mirror and give it some thought while you brush your teeth! And of course you are free to improvise: taping it on your coffee machine or writing it on 3\*5 card that you read while eating your morning cereal works just as well.

Here are some versions of the traditional metta phrases:

- *May (I/you/all) live in safety, be happy, be healthy, live with ease.*
- *May (I/you/all) be safe and protected. May (I/you/all) be healthy and strong. May(I/you/all) be truly happy.*
- *May (I/you/all) be free from danger. May I have mental happiness. May I have physical happiness. May I have ease of well-being*

Whichever wording you pick, use it to direct compassion into wider and wider circles of relationship: yourself, someone you love, someone you are neutral towards, someone you have difficulty with and finally toward all beings everywhere.

In other words, begin your day by simply calling to mind these various relationships and wishing them well. It's a whole lot better than beginning your day thinking about that challenging co-worker of yours and imagining all the ways you hope they get "what they deserve." Actually, that is kind of the point: When we intentionally reframe our relationships and tell ourselves what everyone *deserves* is compassion, it changes the way we see them, and it changes us.

## ***Option D - A Little Compassion for Yourself***

Most of our exercises invite us to direct our compassion toward others. But, compassion toward others just doesn't work unless we're able to offer it to ourselves. And the truth is we're not always good at doing that. So this month, why not get a little better?

### **Self-Compassion by Counting Up Everything That's on Your Plate**

Don't be fooled by the simplicity of this exercise. The power of it isn't apparent until you're halfway through.

Set aside an evening. Make sure to wall off a good hour where you know you won't be interrupted by anyone. Take the mood seriously; turn on a favorite piece of music and pour a cup or glass of your favorite drink. Then pull out a pen and one sheet of paper. And spend the next 30 minutes writing down everything that is "on your plate." Every responsibility. Every worry. Every source of stress. Every challenge. Every one that depends on you right now. Trust us; it will take at least 30 minutes. There is hardly anyone who's load is light. Even if you think yours is, you'll quickly realize it's not.

And that's exactly the point. Somewhere between #9 and #14 on your list, you will say to yourself, "My God I'm carrying a lot!" And it will be right then that compassion for yourself will start to set in. Keep going. Keep adding to the list. As you do, it will become more than apparent - to your heart, not just your head - that you're not just deserving of compassion but also admiration. That's right, there will be this moment when you finally allow yourself to be surprised at how well you are handling things. It will make all those perfectionist, self-punishing voices in your head seem just plain silly. Let yourself feel that. And in that moment, make yourself say something out loud to yourself. Tell yourself exactly the compassionate thing you would say to a friend whose list is as long as yours.

### ***Option E - Wrestle with Your Niceness***

There's wide [agreement](#) that compassion plays a role in fighting racial injustice and dismantling white supremacy, but it's also true that there's nothing simple about that relationship between compassion and racial justice. One everyday example of this is the way niceness is used to mask, perpetuate and even defend one's unacknowledged racism. For writer and anti-racism coach, Robin diAngelo, one small but important step in dismantling white supremacy is getting clear about the many ways we conflate and confuse niceness with compassion. So as your exercise this month, spend some time with diAngelo's article and use it to offer yourself some challenge and compassion as you bring awareness to your own habits of "problematic niceness."

**White People Assume Niceness Is The Answer To Racial Inequality. It's Not, Robin diAngelo**

<https://www.theguardian.com/commentisfree/2019/jan/16/racial-inequality-niceness-white-people>

### ***Option F - Find Compassion in Our Recommended Resources***

Our recommended resources are full of wisdom about what it means to be a people of and a person of compassion. Engaging these resources and finding the one that especially speaks to you is a spiritual practice in and of itself. So, if none of the above exercises call to you, engage the recommended resources section of this packet as your spiritual exercise for the month.



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