

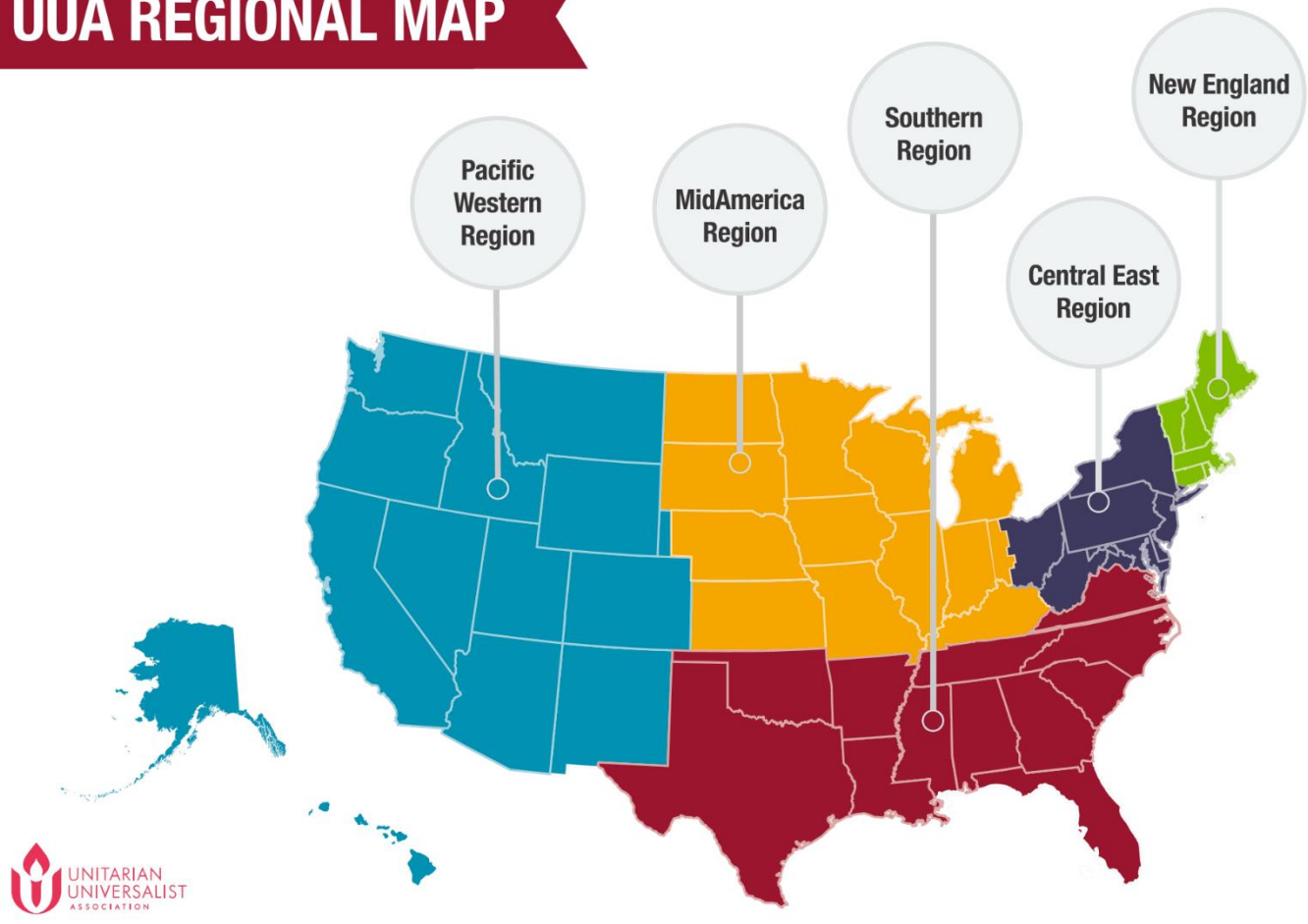


May 31, 2020

- ◇ 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.

UUA REGIONAL MAP





Special Announcement Unitarian Universalist Association

As we plan for an extended period of virtual gatherings, we recognize now more than ever just how much we need each other. Your Congregational Life staff of the UUA is grateful for the opportunity to share President Susan Frederick-Gray's weekly message because it is important to us that you know how closely we hold you in our hearts.

The significance and accompanying grief around the recommendations shared last week for congregations to prepare for virtual operations until May 2021 continues to be in all our hearts. At the UUA, as we imagine being in virtual mode for the next year, senior leadership are taking the time to sort out what decisions need to come next and how to best support staff and serve our mission faithfully.

Over the next few months, your Congregational Life Staff will host online gatherings for leaders to process together what it could mean to move forward into a year of physical distancing. We will commiserate, wonder, dream, and support one another. We will connect, share ideas, ask questions, hope, and pray with one another.

To connect with these conversations and opportunities, sign up for your region's monthly newsletter as well as your region's calendar. Using the map on the previous page, you can find the region where your congregation is located. Next, scroll down the page to find more information from your region, connect with staff members, and subscribe to your region's newsletter.

We can't know fully what is ahead for the next six months or a year. These times pose exceptional challenges for leaders, and reaching out for support and connection is more important than ever. We—your regional staff—are here to faithfully partner with you as we all find our way forward. Whatever we do, we will do it together. You are not alone.

We look forward to connecting with you soon,

UUA Congregational Life Staff Group

Jessica York, Director of [Congregational Life](#)
Woullard Lett, Lead for the [New England Region](#)
Rev. Megan Foley, Lead for the [Central East Region](#)
Connie Goodbread, Co-Lead for the [Southern Region](#),
Temporary Lead for the [Pacific Western Region](#)
Natalie Briscoe, Co-Lead for the [Southern Region](#)
Rev. David Pyle, Lead for the [Mid-America Region](#)



Southern
Region

<https://www.uua.org/southern>



COMMUNITY SPOTLIGHT *Things to know about services in our community...*

Community Medical Clinics Open: Some physicians' offices are closed, offering limited services, or serving only those patients who were their clients prior to the COVID-19 pandemic. If you or someone you know needs medical assistance or a less expensive alternative to address an illness or obtain medications, these community medical clinics are open. They offer services on-site and by telephone.

St. Andrews Community Clinic: The clinic remains open in its original location at 1301 W. Highway 98 (15th Street) in Panama City. The clinic provides general primary medical care and dispenses medication in non-emergency situations. Call the clinic at 850-238-5223.

Avicenna Clinic: The clinic is open in its new location, 1838 Frankford Avenue in Panama City. Its hours are Monday through Friday from 8 AM until 4 PM. The clinic is dispensing medication, arranging for labs and seeing new patients. Call 850-215-8200.

Contact Jo Shaffer by email, jinshaffer@aol.com.



SOCIAL JUSTICE UPDATE *Wear Orange!*

June 5th is National Gun Violence Awareness Day and those in support of nonviolence will be wearing orange. This annual day of remembrance was set aside six years ago to honor all victims shot and killed or wounded by gun violence. Through the weekend of June 6th and 7th supporters of nonviolence will continue to wear orange as a peaceful way to protest ongoing gun violence nationwide.

June is the month when Florida had one of its worst gun violence events. The mass shooting that took place on June 12, 2016 at the Pulse Nightclub in Orlando left 50 dead and 53 injured. Just the year before, on June 17, 2015, nine members of the Emmanuel AME Church in Charleston, South Carolina were killed inside the church following a bible study and prayer meeting.

Because gun violence continues to impact communities across the country, even during the COVID-19 pandemic, let's honor the victims and renew our commitment to ending gun violence in America by taking action and taking part in the Wear Orange weekend.

"Wear orange" is a national movement sponsored by Every Town, a nonprofit advocacy organization. For more information and suggested actions, see everytown.org or wearorange.org.



LOVE BEATS HUNGER

**Saturday,
June 20th**

Drive-thru Food Pantry

Delivery is at 6:30 am. Distribution starts at 9 am and will continue until all the food boxes are gone.

10,000 lbs of food will be distributed to over 300 cars!

Volunteers are needed for this special event.

The LGBTQ Center of Bay County has become an official partner for Feeding the Gulf Coast. UUFBC is co-sponsoring the event! This is an excellent opportunity to serve the community and share our values. A variety of volunteer jobs will be available as well as first, second, and third shifts throughout the day. Save the date!



If you are interested in signing up, please e-mail jnshaffer@aol.com
If you would like more information, e-mail info@uufbaycounty.com

Sunday Programs



Facebook Live



June 7th, 2020 @ 11 AM

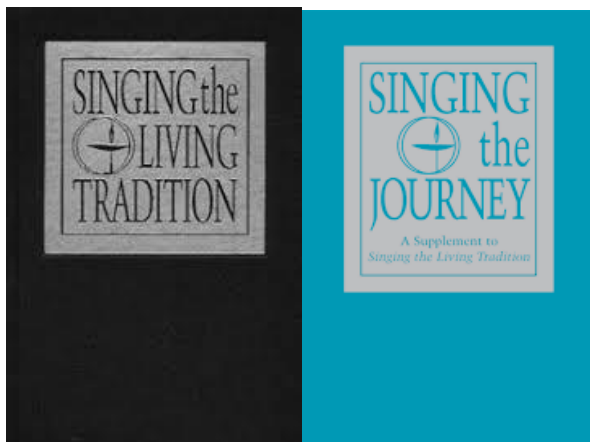
Reverend Maggie Lovins

Rev. Maggie Lovins serves as the Community Minister for the Unitarian Universalist Church of Pensacola. She started her calling in Unitarian Universalism by serving as her home congregation's Office Administrator and Children's RE Coordinator along with many other roles and titles.

"We are better together, we can only change the world together, and every day is a new chance to live fully in to those ideals, embrace our diversity and join in building the Beloved Community together!" ~ Reverend Maggie Lovins



Facebook Live



Ron Fennell and **Matthew Raver**



Musical Service

Sunday June 7th and

Sunday June 20th

10:30 AM



What does it mean to be a people of COMPASSION?

It might seem like one of our easier monthly themes. After all, compassion sounds...well, nice. It conjures up a bunch of warm feelings. Images come to mind of people telling each other they are keeping them in their thoughts. It would seem to be all about emotional connection and empathetic *feeling*.

But then along comes a quote like this:

"Compassion hurts. When you feel connected to everything, you also feel responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others." -Andrew Boyd

Or this:

"True compassion is to engage in the suffering of others."

- The Charter for Compassion

Both are reminders that compassion is not just a matter of niceness and thoughtful feelings. It's a deeper type of feeling that drives us to *action*.

Indeed, that may be compassion's defining characteristic; it is distinguished by *doing*. To feel the pain of another, well, the word "empathy" has that covered. But compassion takes it a step further. Compassion calls us to *do* something about that pain.

In other words, compassion calls us to change things! It's not just about comforting others; it's about our comfort getting disturbed. It's about connecting with another's pain and struggle so deeply that we can't rest until they rest. When we feel compassion - real compassion - we don't just *understand* another's pain, we want it to stop. And then we do what's needed to make it stop.

It makes one wonder: Maybe the true test of compassion is justice.

And if that's close to the mark, then maybe compassion's question for us this month isn't what we thought it was. Instead of asking us, "Are you able to feel?" maybe it's asking, "What are you prepared to do?"

Companion Pieces

Recommended Resources for Personal Exploration & Reflection

Word Roots & Definitions

Compassion is the heart's response to suffering. Compassion — from the roots *passio* (suffering) and *com* (with) — means to suffer with another. Compassion is an innate part of human response to suffering, which is comprised of a three-part experience of noticing another's pain, feeling with another, *and responding in some way*.

Compassion [is] concern to enhance the welfare of another who suffers or is in need. This is different from empathy, which is the "mirroring or understanding of another's emotion." So empathy is feeling; compassion is *action*.

[Jeremy Smith](#)

Wise Words

The value of compassion cannot be over-emphasized. Anyone can criticize. It takes a true believer to be compassionate. No greater burden can be borne by an individual than to know no one cares or understands.

Arthur H. Stainback

It is in compassion that we feel most at home and feel most whole. We feel that we are where we should be.

Ingrid Mattson

If your compassion does not include yourself, it is incomplete.

Jack Kornfield

The judged self can only be judged but not known.

[Adam Phillips](#)

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome

[Derek Walcott](#)

Don't meditate to fix yourself, to improve yourself, to redeem yourself; rather, do it as an act of love, of deep warm friendship to yourself. In this way there is no longer any need for the subtle aggression of self-improvement, for the endless guilt of not doing enough. It offers the possibility of an end to the ceaseless round of trying so hard that wraps so many people's lives in a knot.

[Bob Sharples](#)

The curious paradox is that when I accept myself as I am, then I can change.

Carl Rogers

We must remember that if we are to give compassion to others, we must first be compassionate with ourselves. Today, I urge you to take a moment, notice your breath, and search your depths. Is there anything about yourself—a failure, an insecurity, a bad habit, a negative emotion—for which you are very hard on yourself? When you find that thing, say the following words. I will use 'anger' for the example, but insert your own hang-up:

"I see my anger. I care about my anger. I desire an end to my anger. May I hold my anger with tenderness."

[Terence Stone](#)

Enough

Danna Faulds

Full poem at <http://shreeyogathemes.blogspot.com/2015/03/enough-is-enough.html>

It's enough to be
and breathe, to feel the
touch of wind on the skin.
It's enough to take the
day as it comes...
It's enough to
be buffeted by the winds
of change and not blown
over. I and you and all
of us, more than enough.

Were we to meet this figure socially, as it were, this accusatory character, this internal critic, we would think there was something wrong with him. He would just be boring and cruel. We might think that something terrible had happened to him. That he was living in the aftermath, in the fallout of some catastrophe. And we would be right.

[Adam Phillips](#)

A great deal of chaos in the world occurs because people don't appreciate themselves. Having never developed sympathy or gentleness toward themselves, they cannot experience harmony or peace within themselves, and therefore, what they project to others is also inharmonious and confused.

Chogyam Trungpa

There appears to be a vast amount of confusion on this point, but I do not know many Negroes who are eager to be "accepted" by white people, still less to be loved by them; they, the blacks, simply don't wish to be beaten over the head by the whites every instant of our brief passage on this planet. White people in this country will have quite enough to do in learning how to accept and love themselves and each other, and when they have achieved this — which will not be tomorrow and will not be today and may very well be never — the Negro problem will no longer exist, for it will no longer be needed.

James Baldwin, The Fire Next Time

Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.

Pema Chödrön

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because someday in life you will have been all of these.

George Washington Carver

The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another and all involved in one another.

Thomas Merton

Compassion allows us to use our own pain and the pain of others as a vehicle for connection.

Sharon Salzberg in The Kindness Handbook

For me, compassion usually means being able to see myself in others, my weakness or fear, my humanity.

[adrienne maree brown](#)

The purpose of the journey is compassion. When you have come past all the pairs of opposites you have reached compassion.

[Joseph Campbell](#)

Unless we are very, very careful, we doom each other by holding onto images of one another based on preconceptions that are in turn based on indifference to what is other than ourselves. This indifference can be, in its extreme, a form of murder and seems to me a rather common phenomenon. We claim autonomy for ourselves and forget that in so doing we can fall into the tyranny of defining other people as we would like them to be. By focusing on what we choose to acknowledge in them, we impose an insidious control on them. I notice that I have to pay careful attention in order to listen to others with an openness that allows them to be as they are, or as they think themselves to be. The shutters of my mind habitually flip open and click shut, and these little snaps form into patterns I arrange for myself. The opposite of this inattention is love, is the honoring of others in a way that grants them the grace of their own autonomy.

[Anne Truitt](#)

Compassion doesn't mean feeling sorry for people. It doesn't mean pity. It means putting yourself in the position of the other, *learning* about the other, *learning* what's motivating the other, *learning* about their grievances... their pain, their humanity.

[Karen Armstrong](#)

Compassion has been advocated by all the great faiths because it has been found to be the safest and surest means of attaining enlightenment. It dethrones the ego from the center of our lives and puts others there, breaking down the carapace of the selfishness that holds us back from an experience of the sacred. And it gives us ecstasy, broadening our perspectives and giving us a larger, enhanced vision.

Karen Armstrong in The Spiral Staircase

Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.

Henri J.M. Nouwen

We are called to be enlightened witnesses: people who through their kindness, tenderness and attentive love, return people to themselves.

Alice Miller

Your acts of kindness
are iridescent wings
of divine love
which linger and continue
to uplift others
long after your sharing

Rumi

Shoulders

Naomi Shihab Nye

Full poem at <https://poets.org/poem/shoulders>

Spoken: <https://www.youtube.com/watch?v=thaNhao7aLg>

In all this madness, even if it kills every single one of us and there's no one left to tell the stories, it matters that we love each other well.

[Paul Richards](#), who died of AIDS, [as remembered](#) by Rev. Kim Crawford Harvie

Have compassion for everyone you meet, for you do not know what wars are going on down there, where the spirit meets the bone.

[Lucinda Williams](#)

don't you wish you were
the sun and could wrap your arms
around everyone

[John Paul Lederach](#)

Videos & Podcasts

Reimagining Compassion as Power

https://www.youtube.com/watch?v=E_guy-i2BTE

A call to rethink compassion not as feelings of warmth and kindness but as a set of impactful practices and skills.

Where Does Compassion Really Come From?

https://www.youtube.com/watch?time_continue=21&v=A4a66aFaIME&feature=emb_logo

Compassion begins with attention!

What's the Difference Between Sympathy, Empathy Altruism and Compassion?

<https://www.youtube.com/watch?v=35Wt8LhoVHA>

A Self-Compassion Exercise

https://www.youtube.com/watch?time_continue=89&v=-kfUE41-JFw

Socially Distanced Street Parade Greets Teenager after Cancer Treatment

<https://www.youtube.com/watch?v=5ca2vBGTFw&fbclid=IwAR3Np8VlryAZtUGO8C3Xy7cAZoRerYScQ7MOtSgygK-s-fff6Q1cEMMSajU>

Musical Meditation on Grief and Self-Care - Loosen, Loosen by Aly Halpert

<https://soundcloud.com/aly-halpert/loosen->

[loosen?fbclid=IwAR3scFP1MPfBXTBGulugutIRBuC1lcX6p5pxMcfhpvAV6j60jEqHFCvV6RU](https://soundcloud.com/aly-halpert/loosen-?fbclid=IwAR3scFP1MPfBXTBGulugutIRBuC1lcX6p5pxMcfhpvAV6j60jEqHFCvV6RU)

Also: <https://www.youtube.com/watch?v=I5ydfADtn7Q>

Articles

Covid-19, Compassion & Racism (3 articles & a video discussion)

- <https://www.theatlantic.com/ideas/archive/2020/04/stop-looking-away-race-covid-19-victims/609250/>
- <https://www.theguardian.com/world/2020/apr/08/its-a-racial-justice-issue-black-americans-are-dying-in-greater-numbers-from-covid-19>
- <https://www.motherjones.com/coronavirus-updates/2020/04/black-people-are-dying-from-covid-19-at-higher-rates-because-racism-is-a-pre-existing-condition/>
- https://www.facebook.com/watch/live/?v=532120480829118&ref=watch_permalink

Creating Racial Justice Through Compassion And Self-awareness (2 articles)

- https://greatergood.berkeley.edu/article/item/how_to_fight_racism_through_inner_work
- <https://lindagraham-mft.net/creating-racial-justice-through-compassion-and-self-awareness/>

White People Assume Niceness Is The Answer To Racial Inequality. It's Not

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

Compassionate Warrior Bootcamp for White Allies

<https://www.whiteallytoolkit.com/digital-publications/compassionate-warrior-bootcamp-for-white-allies-digital-pdf-version>

Understanding the Limits of Human Compassion

<https://www.vox.com/explainers/2017/7/19/15925506/psychic-numbing-paul-slovic-apathy>

Does Wealth Reduce Compassion?

<https://www.scientificamerican.com/article/how-wealth-reduces-compassion/>
https://greatergood.berkeley.edu/article/item/does_wealth_reduce_compassion

Compassion Made Easy: On the Science of Compassion

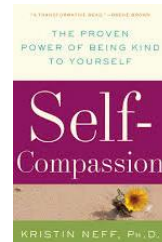
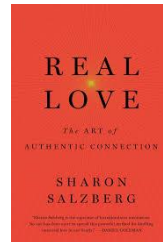
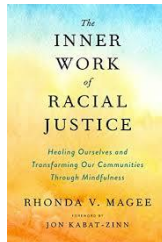
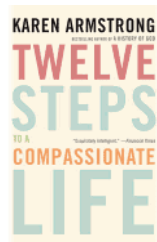
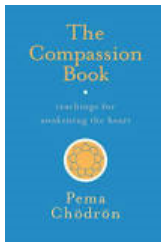
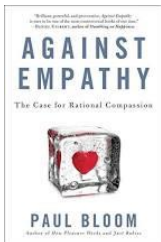
<https://www.nytimes.com/2012/07/15/opinion/sunday/the-science-of-compassion.html>

The Recipe for Happiness and Success? Try Compassion

<https://www.cnn.com/2017/04/12/health/compassion-happiness-training/index.html>

Mindfulness Apps & Self-Care/Compassion

<https://www.npr.org/sections/health-shots/2017/10/16/557633144/mindfulness-apps-aim-to-help-people-disconnect-from-stress>



Books

- Against Empathy: The Case for Rational Compassion, Paul Bloom
- The Compassion Book: Teachings for Awakening the Heart, Pema Chödrön
- Twelve Steps to a Compassionate Life, Karen Armstrong
- The Inner Work of Racial Justice, Rhonda V. Magee
- Real Love, Sharon Salzberg
- Self-Compassion: The Proven Power of Being Kind to Yourself, Kristin Neff



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