

Welcome to the Unitarian Universalist Fellowship of Bay County!

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

We are an open-minded, open-hearted spiritual community

The UUFBC is meeting in person for our Sunday Services at this time

Sunday Fellowship Services at 10:30 in person and on zoom. *Address: 1410 Airport Rd, Panama City, FL

Board Members are asking that we wear masks while inside the UU building, at this time, due to high covid rates in our area.

Zoom link: <https://bit.ly/3hWkhEI> Please start the connection process a little early so you will be ready when the service begins.

Reverend Ruth's Reflections

"Back in the saddle again . . ."

Looking forward to being back in the land of sun, surf and lizards everywhere you step!

Hope everyone had a good summer! Bill, the boys and I did the stay-cation thing mixed with deferred spring cleaning, doctor and dental appts for everyone (including Sherlock the cat), lots of car maintenance, big summer storms, horrendous heat, opening the pool, rescuing and releasing a bullfrog from therein, and watching the entire Horatio Hornblower series on Roku!

There is a certain delight in the feeling of playing hooky on my Sundays off. Then after several in a row, I find myself thinking, "Oh that would make a sermon topic" as I go about my day. I know it's time to get back to it!

I am presenting a sermon series this month on being fully human. One will be recorded from UUF Emerald Coast and the other will be LIVE on the last Sunday of August. I invite you all to spend time considering your own humanity and each other's. What does it mean to BE fully human?

Hope to see everyone Sunday August 28th!

In wisdom and grace!

Rev. Ruth

Upcoming Worship Services

This Sunday, August 14, Rev. Ruth presents a pre-recorded sermon, the first in a series to be presented on being fully human. She invites us all to spend time considering our own humanity and each other's. What does it mean to BE fully human. ~ Service Leader, Candis Harbison

8/21 Serena Dee, Women's Equality Day ~ Service Leader, Charissa Thacker

8/28 Rev. Ruth Live - Becoming Fully Human Part II

Announcements

Meditation

You are invited to join in mediation before the service this Sunday morning, from 9:45 until 10:15 a.m. to quiet our minds and find some calm before our scheduled time together for the worship service. Jacoba and Dirk Neitzel will lead the group and they look forward to seeing you there!

New Member at Large joining the Board of Directors!

I'm Coba Neitzel, I'm a transplant from Oklahoma City, OK but have lived in Panama City since January of 2020. I'm currently employed as the Youth Care Coordinator for Circuit 14 and enjoy getting to help young adults navigate positive aspects of life to invest themselves in. I'm married and am the bonus mom of two young ladies. I enjoy gardening, hiking, and anything that has to do with learning more about animals. I am a proud advocate for equality and inclusion.

New Newsletter Editor

Hi! I'm Cindy Gregory, a lifelong Unitarian. Except for two years spent in Colorado, I lived in New England from 1954 until 2019. I went to Mass College of Art, Newton-Wellesley Hospital School of Nursing, and UNH. I was a psychiatric nurse for many years, then went to the Red Cross Blood Donor services. Since creative nursing is frowned upon, I began expressing myself by writing fiction. Eventually I published a slew of romance novels under the pen name, Ashlyn Chase. If you'll help me out with the news I need to pass along, I'll give it my best shot! Email me at cindykg@gmail.com Thank you for the opportunity to serve the UU fellowship!

Joys and Concerns

Ken Sizemore has sold his home in Panama City, and has moved in with his son and family in Nashville, TN. We will miss him and wish all the best in his new home.

Upcoming UU Events

The Cultural Cooking Club

The fourth cultural potluck dinner, featuring dishes from Chile, will be held on Friday evening, August 19th, at 6:30 p.m. The first three dinners were so much fun, you won't want to miss this one. Contact Charissa at Charissa.Thacker@yahoo.com to let her know that you will be attending and what dish you plan to bring.

The UU Book Club

Our next book club meeting will be September 14th. We will discuss Sign My Name to Freedom, By Betty Reid Soskin. You have probably seen her in the news in the last month or so. She recently retired at age 97 as a US Park Ranger. Betty is also a UU and a longtime activist. The book is available in Audible, Kindle and book form at [https://www.amazon.com/dp/sign my name to freedom](https://www.amazon.com/dp/sign-my-name-to-freedom). For questions or more information, contact Chris May at chrysalis33333@gmail.com.

Adult RE: A Virtual Meditation Course

Adult RE is coming this fall. Charissa Thacker has offered to organize a 10 session virtual meditation course. It will be great for all experience levels. Watch future issues of the E-News for more detailed information.

Annual Yard Sale

Mark your calendars now! Our Annual UU Yard Sale is scheduled for February 11, 2023. Your donations to this sale are greatly appreciated and if you begin setting things aside now, we'll be well-prepared when the day arrives.

NEW THIS YEAR... we would like to add a PLANT SALE to this fundraiser. With all of the Green Thumbs in our community, we are asking folks to consider propagating some of your plants to sell. Folks LOVE Plant Sales and it will also draw folks to the Yard Sale as well. All types of plants are needed, but Native Plants would be a bonus! *Please, avoid any plants that may be invasive*

Upcoming Community Events

The Bay County NAACP and the UU Fellowship are among the community organizations and churches sponsoring the "[Souls to the Polls](#)" event [tomorrow, August 14th, from noon until 4:00 pm](#) at a location across the street from the Glenwood Community Center (the polling place). We invite all members and friends to **join our UU caravan** and come with us to cast your votes. Make VOTE signs and decorate your car if you wish. While there, enjoy a fish fry and some music. There will also be voter registration (for the general election in November), assistance with restoration of voting rights, and help should anyone encounter difficulty in voting.

Interfaith Dinner

Save the Date! The Interfaith Council has set a date for its first dinner in a long while. Come enjoy a potluck supper with old friends and make some new ones! See Unity Spiritual Center's new location in downtown Panama City where the dinner will be held. The Interfaith Dinner is scheduled for Saturday evening, November 5th, beginning at 5:30 pm.

Recent Events

Back to School Event at Oscar Patterson

The Oscar Patterson Back to School event on Saturday afternoon, August 6th was a huge success. The event was very well-attended with children, parents, community members, teachers and school administrators all there celebrating. The school has been repaired after the damage from Hurricane Michael and, for the first time in four years, is now open. Greg Dossie, Student Advocacy Director, reinforced how important Oscar Patterson is to the Glenwood community. Thank you to Unitarian Universalist Fellowship members and friends for our donation of \$308 to the Backpack and School Supplies Fund from a Sunday collection plate in June.



When you find people who not only tolerate your quirks, but celebrate them with glad cries of "Me too!" be sure to cherish them, because those weirdos are your tribe!

Contact info: 850- 615-4127 *Office Hours are Tuesday 10 a.m. – noon (leave a message, please)

Board Members: President: Bob Gilmore; Vice president: Matt Raver; Secretary: Charissa Thacker; Treasurer: Janet Cross Member At Large: Chris May; Member At Large: Coba Neitzel

To submit information for the biweekly e-newsletter, send to info@uuofbaycounty.com and please cc cindykg@gmail.com