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## 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

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*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

All are welcome to attend a 15 minute preservice meditation at 9:45 in the Children's RE room, led by Dirk Nietzsche.

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**

Love is not a feeling. Love is a connection between two or more people. We have many feelings about love. Sometimes we feel happy, even ecstatic about love. Sometimes we feel angry about loving someone who has let us down. Sometimes love hurts, especially when the connection is broken by divorce, abandonment, death.

Sometimes my dear husband makes me crazy and gets on my last nerve and I don't feel very enthusiastic about loving him! My beautiful children are a constant source of stress because I love them so much, and I hate not being able to fix their problems. My parents have both been dead many years but I still have painful moments of missing them and feeling rather like a lost child.

Love is the greatest gift and the hardest labor. Life without love is dull and sad. Life with love is busy, delightful, miserable, full of growth and discovery, and fraught with pain and loss.

We are taught to love, or we learn to avoid it. Finally, it is a choice we make daily to love those with whom we are deeply connected.

"When they ask what I did best, tell them I said 'yes' to love!" -A.S. Carpenter

In wisdom and grace,  
Rev. Ruth

## Upcoming Worship Services

9/25, Rev. Ruth – Live. "Bibles, Religions, and Other Idols"

People have a long history of making objects and ideas into idols which may not be closely examined or questioned. Even Unitarians and Universalists have done this. What are our idols and how can we put such things into a more healthy perspective?

10/2 speaker Steve Borbhoft -- Teach Your Parents Well: Lessons learned from generations of students." Service leader, Bob Gilmore. With a nod to an iconic ballad written by Graham Nash of Crosby, Stills, Nash & Young, **Steve Bornhoft**, who for a combined 22 years taught classes at Gulf Coast State College, the Chautauqua Learn & Serve Charter School, Florida State University and Flagler College, recalls "teaching moments" wherein students provided him with pearls adding up to an invaluable necklace.

10/9 The Deal on Those Days – GA Recap

## Announcements

### It's Banned Books Week!

In the U.S. banning books is at an all-time high. More info here <https://uniteagainstbookbans.org/>

Speaking of books...

### The UU Book Club

Our book club pick this month, (and for the past summer) is Sign My Name to Freedom, by Betty Reid Soskin. We will meet again on Sept 25 after the service at noon - in person, and on Zoom too.

Looking forward to October, we will begin Finding the Mother Tree, by Suzanne Simard *Finding the Mother Tree: Discovering the Wisdom of the Forest*. by Suzanne Simard [Amazon linkhttps://www.amazon.com/Finding-Mother-Tree-Discovering-Wisdom](https://www.amazon.com/Finding-Mother-Tree-Discovering-Wisdom) I just ordered mine. Questions? Contact Chris May. [chrysalis33333@gmail.com](mailto:chrysalis33333@gmail.com)

### Adult RE:

Our Meditation Course on Kindness has started, but there is still time to join! In fact, you're welcome to come to as many or as few as you like. No experience needed. We're offering virtual sessions on Tuesday and Sunday nights at 6:30pm...PLUS, 3 In-Person sessions after Sunday Service on Sept. 11th, Sept. 25th, and Oct. 9th. The in-person sessions on Sundays will be repeated that night virtually for anyone who cannot attend in person.

### **What to expect:**

- Welcome + Chalice Lighting
- 1 Minute Breathing Exercise
- 3 Minute Warm Up Meditation

- 1-15 Minute Kindness Meditation
- Reflection

Hope you will join us! All the information is on our website and on our Facebook Events Page, but if you have any questions, please contact Charissa at [charissa.thacker@yahoo.com](mailto:charissa.thacker@yahoo.com)

### Volunteers Needed!

- Zoom Hosts- we're looking for anyone who can assist with sharing the duty of Zoom host during our Sunday Services to help relieve the requirement on just one or two people. If you're at all interested or need more information, please contact Charissa Thacker at [charissa.thacker@yahoo.com](mailto:charissa.thacker@yahoo.com)

Children's RE, Backup Volunteers - Arlene Zacker has volunteered to be the lead for our occasional RE classes, but we need some volunteers ready as backup in the event she is absent. Pre-planned classes/curriculums will be in place, so no lesson planning needed. This activity will require a background check. If you would like to volunteer or need more information, please contact Arlene Zacker at [info@uuofbaycounty.com](mailto:info@uuofbaycounty.com)

Personal Pronouns: You now have the option to share your preferred Personal Pronouns on our UU nametags. Personal pronoun stickers will be available at the welcome desk.

### Recent UU Events

Blessing of the Pets What a wonderful service we had last Sunday. Veterinarian Don Taylor told us a great story about a local restaurant owner and her 125 feral cats. Then we shared a bit about our furry friends and they received a personal blessing by John Shaffer.





The Shaffers represented our UU Fellowship as members of the Civic Engagement Team who sponsored the local celebration of National Voter Registration Day this past week. Over 200 people attended the event held on Tuesday evening at the Macedonia Garden Apartments. In addition to the serious business of voter registration, kids colored VOTE signs and had their faces painted. Supper was served and a good time was had by all.



## Upcoming UU Events

### POT LUCK SUNDAYS ARE BACK!!!

The UUFBC has a tradition of monthly potlucks that was interrupted by the pandemic. The Board authorized the return of monthly potlucks starting this Sunday, the 25th of September, immediately following the service. Please bring a dish to share but if you forget, no worries, as there usually is plenty of food and the **main event is time together**. Pot lucks will be scheduled the Sundays Rev Ruth will be with us to encourage more in person time with Rev Ruth.

Beauty Berries right on our UU property! Arlene made Beauty Berry Jam to share at the Potluck!



### 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

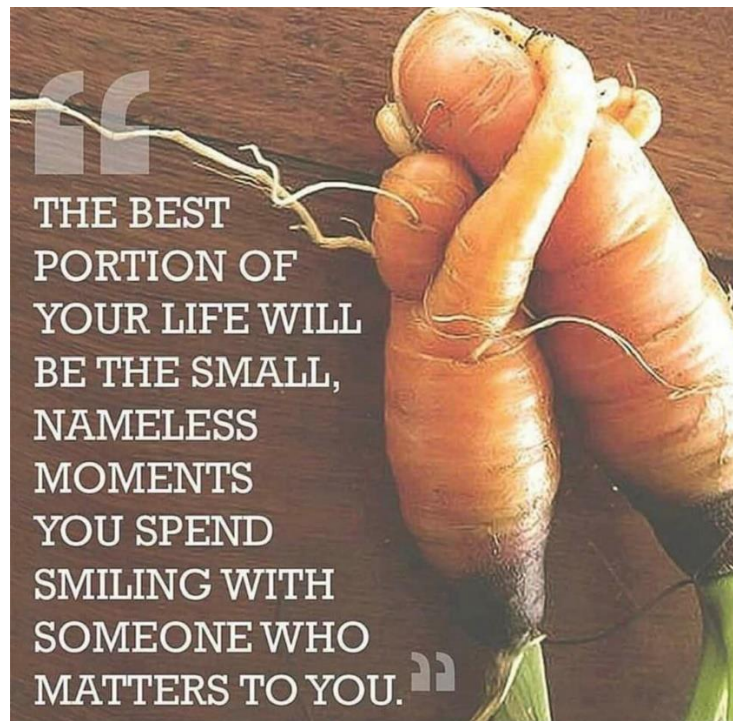
### Interfaith Council Dinner

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 5<sup>th</sup>, beginning at 5:30 pm.

### Invitation from Reverend Tiffany Sapp

Our friend and former member, Reverend Tiffany Sapp sends her regards to all. She thinks of us often and wants to include us in the next big step in her faith journey and life as a UU minister. She is inviting us to join the members of her congregation for her Installation Ceremony to be held on Sunday, October 2, 2022 at 4:00 PM in the Holston Valley Unitarian Universalist Church in Gray, Tennessee.

Reverend Tiffany notes that a recording will be available on YouTube on October 3rd and thereafter.



Newsletter Editor: Cindy Gregory -- 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

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

To submit information for the biweekly e-newsletter, send to [info@uuofbaycounty.com](mailto:info@uuofbaycounty.com) and please cc [cindykg@gmail.com](mailto:cindykg@gmail.com)