
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

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

As we drove down our steep driveway and passed the mailbox, I heard a loud sound and felt a jolt on the left side. 1000 yards further, things didn't sound right and seconds later the "low tire" message appeared!

We pulled into the nearby gas station to discover the left rear tire completely flat! AND also discovered that my phone battery was dead! Then we embarked on the adventure of trying to replace our tire. Bill, whose eyesight is very poor, was lying on the concrete feeling his way while I flipped through two different manuals trying to locate the spare, the equipment and the jacking points on our wheelchair-converted van. We must have looked pretty vulnerable.

Two people noticed and stopped to help: a young woman who coaches girls' soccer and a young man who works for the power company. They were exceedingly kind, helpful, and both refused a monetary reward. We did not discuss politics or religion, or any of the things that are causing such anxiety and division in our nation. We were all tapping into the best versions of ourselves amidst a minor crisis, and it felt good for the fully human me to connect with the fully human them. I think it felt good to them, too.

We all parted with some reassurance that people can and do live out of their full humanity. Ah, the kindness of strangers! Blanche DuBois was onto something!

In wisdom and grace,

Rev. Ruth

Upcoming Worship Services

9/11, Pre-recorded sermon from UUFEC on April 21. "Fully Human Together"

Full humanity is not a solitary phenomenon. It is not possible to be fully human without recognizing the full humanity of others. How does community and relationship figure into our quest to become fully human?

9/18, Charissa Thacker. "Blessing of the Pets"

In reflection of our 7th Principle, we will reflect on the "interdependent web of existence of which we are a part and the important role animals play in the joy of our lives and our world. John Shaffer will be serving up our blessing to your special friends. You're invited to bring your well-behaved and leashed pet to service for our Blessing of the Pets. If that isn't an option, you're encouraged to bring a photo of your furry or feathered or finned friends. It may be even a beloved pet that has already passed over the rainbow bridge! We celebrate them all at this Service.

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?

Announcements

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

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

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

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.

Gauging Interest: Cindy Gregory is hoping to get at least 10 people (willing to contribute up to \$30 each) for a Bonfire on the Beach in early October. A professional company will pull all permits, set up the bonfire, keep it going for at least two hours, and will clean up everything afterward. There's a Condo Clubhouse in case of rain, and smores will be served either way! BYOB. Please email cindykg@gmail.com if interested.

Upcoming UU Events

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. our first meeting will be on Zoom Wednesday, Sept 14 at 6:30. the Zoom address is at the bottom of this message. 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 link https://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.

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 5th, 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 and please cc cindykg@gmail.com