

---

## 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

The Board has decided to relax the Covid masking precautions starting September 1st. We will no longer require members to wear masks in the building.

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**

Nothing stays the same. I know it's an obvious statement, but it continues to hit me often. As creatures who see and measure the passage of time and the changes wrought thereby, we can live with a constant sense of anxiety about meeting deadlines, losing precious people, and running out of time ourselves.

We work very hard to hold onto things. We take so many photos and videos and we don't have the time to look at them. We hoard things that still deteriorate no matter how carefully we store them.

Living in the moment and letting go of the moment past is a spiritual practice of several Eastern religious traditions. I'm not much good at such practices, but I recognize their value, and I keep trying.

Grasping at the past, trying to hold on to precious moments results in a life of loss. I don't want to live in perpetual grief and learning how to let go is part of my faith journey. Perhaps it is also part of yours.

Loving, releasing, trying . . .

In wisdom and grace,

Rev. Ruth

## Upcoming Worship Services

11/20 Reverend Ruth Vann Lillian, in person "Bitter and Sweet" (Pot luck afterward)  
We hope for and often expect the sweet, the pleasant, the easy and sometimes end up with inadequacy, disappointment, and bitterness. In this harvest season, some of us may be struggling to feel thankful. Perhaps we can acknowledge that and still find a glimmer of gratitude down deep.

11/27 Pre recorded Rev. Ruth Vann Lillian, "The Authentic Self"

Lots of folk try to tell us who we are or who we should be. Figuring out our authentic self and how to live out of that self-understanding can be a challenge and it is a vital part of the journey we are all on.

Dec 11 "Brave, Bold & Brilliant" Rev. Ruth, in person  
Lao Tzu said, "If you do not change direction, you may end up where you are heading.." Where are we heading? If it's not where we want to go, what can we do to change course?

## Announcements

### Food Bank

Grace Presbyterian food bank has requests!

The donation box is near our name tags at the UU. We will take items over there.  
Between now and Christmas, they would like these special requests due to Thanksgiving and Christmas holidays.

Requests include:

Stuffing

Instant Mashed Potatoes

Green Beans

Canned Sweet Potatoes

Gravy, Jar or Envelope

Mushroom Soup

Chicken Broth

Cranberry Sauce

Cake Mix

Icing cookies

Pasta Sauce (Can)

Rice

Pasta

We're having our own Thanksgiving Dinner here at UUFBC! The sign-up sheet for a side dish or dessert is on the guest sign-in table. Charissa will be cooking the turkey!

## 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@uofbaycounty.com](mailto:info@uofbaycounty.com)

## Joys and Concerns



**Support the UUA Disaster Relief Fund**

Your gifts at any time during the year allow us to respond flexibly to current disaster needs, as well as to new emergencies as they arise.

Scan the QR code or visit [giving.uua.org/disaster-relief](https://giving.uua.org/disaster-relief)

Text **DISASTER** to **51555**



Joy! Cindy Gregory will be selling her decorated shells and signing her books (as Ashlyn Chase for adults or E. B. Lorow for children's picture book and young adult) at the Emerald Coast Christmas Bazaar. \$5 donation to enter. Profits to benefit Second Chance of NW FL, Inc.



## Upcoming UUFBC Events

And for Christmas... A festive Fellowship Potluck is planned following the Christmas Carol Service on December 25th and you're invited to join us! More details to come.

Serene Dee Latiolais will be hosting this meal, so please contact her if you're interested in attending.

### 2023 First Day Hike

We're starting the new year off on the right foot. Join us for a leisure hike at St. Andrews State Park, led by Charissa Thacker. We'll meet at the UUFBC and caravan from there. More details to come!

### 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 UU Events

### *Unitarian Universalist Association*

### *Transgender Day of Remembrance Service*

*\*Friday, November 18<sup>th</sup>\* @ 4pm ET / 1pm PT via Zoom*

2022 has been another deadly year for transgender and non-binary people. The barrage of anti-trans legislation that has been levied against the trans/non-binary community along with a culture of hate that is harming our children is directly responsible for these senseless killings and the dangers the transgender community faces on a daily basis.

As Unitarian Universalists, we share the collective responsibility to build a world that affirms the inherent worth and dignity of all. Our transgender siblings are sacred and divine. Let us honor the inherent worth and dignity of trans people by remembering those we've lost and honoring

those living among us. Please join us as we honor the lives lost in 2022 and celebrate the resilience of the transgender community as we grieve together, worship together, and recommit to a moving together in solidarity.

**REGISTER:**

*<https://bit.ly/UUA-TransDayofRemembrance2022>*

Dear UUs in America,

The Unitarian Universalist Congregation of Cookeville is a forty member congregation located in rural Tennessee. We were recently gifted a luxury resort vacation by a long time supporter and former member who moved to Arkansas. She has helped in the past to fund our modest, less than \$28,000 per year, budget. This generous gift is very much appreciated. We currently meet in a rented store front and long for a church of our own. This is a great opportunity for some lucky individual to enjoy a luxurious vacation at a resort for a bargain price, and a chance to help fellow UU's.

Inspired by an online raffle fundraiser at another UU congregation we developed a, no cost to us, raffle for this January 27-February 3, 2023 vacation in San Antonio. All receipts will directly support our congregation. Our treasurer, Sandra Jordan, and secretary, Carol Fleetwood, volunteered to ask UU congregations throughout America to consider spreading the word and buying raffle tickets for this fundraiser.

Raffle tickets can be purchased via a link on our web site or by clicking on the link below:

UUCookeville.org Click on Stewardship Fundraiser

<https://unitarianuniversalistcongregat.betterworld.org/giveaways/one-week-san-antonio>

Information can also be accessed on our website at  
<https://uucookeville.org/2022/10/30/fundraiser-affle/>.

There is a Facebook page as well at

[https://m.facebook.com/story.php?story\\_fbid=pfbid0qxWRj1eWw6cKmJcKTS71YJKTC DdSd7vNGzUdWB4pLRZMSRNmZDUUnSFotbsSNZovcl&id=100001458185326&mibextid=1DJ7lr](https://m.facebook.com/story.php?story_fbid=pfbid0qxWRj1eWw6cKmJcKTS71YJKTC DdSd7vNGzUdWB4pLRZMSRNmZDUUnSFotbsSNZovcl&id=100001458185326&mibextid=1DJ7lr).

Yours truly,

Sandra Jordan, Treasurer

Carol Fleetwood, Secretary

Unitarian Universalist Congregation of Cookeville.

31 West First Street

Cookeville, Tennessee 38501-2501

## **Unique Opportunity**

WhaleCoast Alaska – Unique UU opportunity!

Two unique, exciting fundraising tours organized by 4 Alaska UU congregations are being offered again next summer by WhaleCoast Alaska. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays. For 28 years, WhaleCoast Alaska tours have been the BEST way to visit Alaska. Register now for this amazing experience! Details: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org) Questions: [whalecoastak@gmail.com](mailto:whalecoastak@gmail.com)



**“Hey, did you hear? Someone thinks America’s not great anymore!”**

Did you know we have a Facebook page? If not, you should check it out and click the Like button here: <https://www.facebook.com/uubaycounty>

Newsletter Editor: Cindy Gregory -- Board Members: President: Bob Gilmore; Vice president: Matt Raver; Secretary: Charissa Thacker; Treasurer: Janet Cross Member At Large: Chris May

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