

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; 10:30 in person and on YouTube. Address: 1410 Airport Rd, Panama City, FL

*Note! No longer on zoom! YouTube link: <https://www.youtube.com/@UUofBayCounty/streams>



Side With Love

For Your Reflection

Decision Fatigue

Sushi or sandwiches? Coffee or juice? Eat-in or takeaway? The more decisions we make throughout the day, the lower our mental energy level drops. We get tired of picking and choosing as it **depletes** our self-regulatory resources. The quality of our decisions deteriorates. **Decision fatigue** sets in.

Naturally, our mind tries to save energy. Either impulsively by taking **mental shortcuts** (“Sushi. Whatever...”) or by shutting down entirely and doing nothing (“No lunch for me, thanks.”) — with potential long-term consequences.

Decision fatigue is also the reason why you see certain businesspeople wear the same outfits every day. Seems like reducing the number of trivial choices we have to make every day can be quite liberating.

Upcoming Services



September 17: So Return, Return to the Mother, Serena Dee Latiolais

After a short sermon on the history of the water communion and the importance of water in our lives, we will have an interactive discussion about the Waters where we have been. *Please bring water from somewhere you have been this summer and tell us a little bit about it.*

September 24: Autumnal Equinox Service, Chris May

Sunday, October 1

The series of sermons composed during Rev. Ruth's sermon-writing class continues with Amanda Piburn of Emerald Coast UU presenting "Time For A Re-Write?" by video. Candis Harbison will facilitate as Service Leader.

Announcements

We are starting up our 1st Sunday Potlucks again, starting October 1! We invite everyone to stay after service and bring a dish to share. But if you don't have a dish, no worries, we usually have plenty.

***Time sensitive* Potluck Indian Dinner: Tonight, Saturday 9/16, 6:30 p.m.** Bring a dish inspired by India and enjoy as two of our members share their recent trip there!

Drop-in Opportunity

At UUFBC

TUESDAYS - 9:00 am - 12 noon

SUNDAYS - 9:00 am - 10:00 am

Grounds Maintenance Help and Office Help

Happening now! Zoom Meditation Class: Acceptance



We meet Tuesdays at 7:30pm and invite everyone to join us. This is a guided meditation. No previous experience is necessary and it's a great class for meditators of all levels. Cameras are off or on, as you please, and we keep it to a prompt 30 minutes. The link is on the website and on the Facebook page event.

<https://us06web.zoom.us/j/87515371343?pwd=NmFLeTZQU0g1K29QMi9BM3NQVFBKdz09>

If you have any questions, please reach out to Charissa at charissa.thacker@yahoo.com

More Upcoming Events

Letter to UUFBC:

Hey there everyone! Last time we reached out, you knew us as the LGBTQ Center of Bay County, but we've expanded our reach and updated our name to the Gulf Coast LGBTQ+ Center! This year, we are presenting the [Northwest Florida Pride Fest](#), with five days of events spanning October 11-15 across Panama City and Panama City Beach. The announcement is attached for you to see what we've got coming up to celebrate Pride in October!

With our main Pride Festival being held at the Bay County Fairgrounds on October 14th from 3-9pm CST, we will have over 17 acres to fill, and we would love to have you join us! A 10x10 booth rental requires a minimum donation of \$75 and the link to register is

<https://forms.gle/YWrnt3peWkrVt5Zq6> or simply click [here](#). If you'd like to be a small business sponsor, that takes a generous donation of at least \$500 and your booth rental is included! If that might be up your alley, simply email our co-chairs, Michele Smallwood and Emily Gray, so they can discuss all things sponsorship with you! 850-640-0196 www.gulfcoastlgbtqcenter.org

Northwest Florida Pride Fest

Five days of events!

11th Comedy Show

Co-hosted by Panama City Comedy

12th Poker Run & Bar Crawl

In Historic Downtown Panama City

13th Ghoulish Gayla

A Formal Event and Fundraiser

14th Pride Festival

A Family-friendly Event at the Fairgrounds

15th Farewell Drag Brunch

Close out Pride Fest with a Show



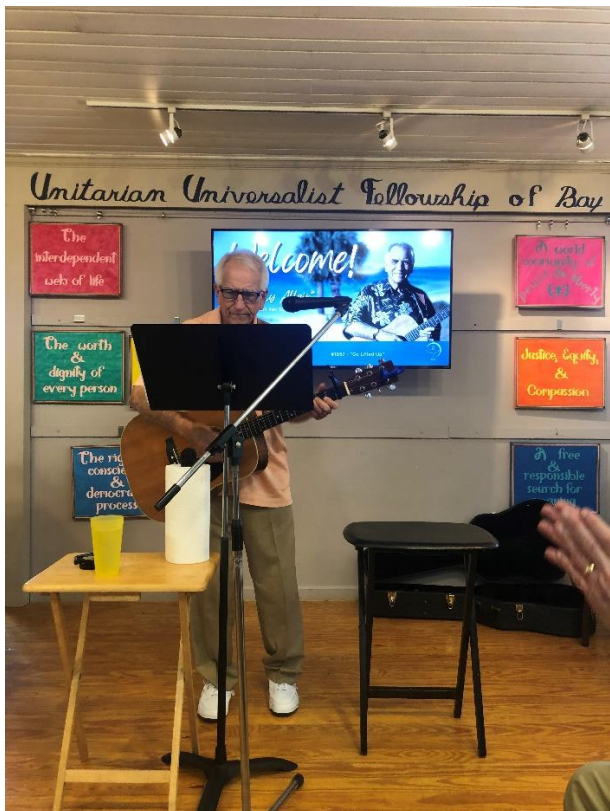
THE CENTER
GULF COAST LGBTQ+ CENTER, INC.

Event Info & Tickets

www.GulfCoastLGBTQCenter.Org

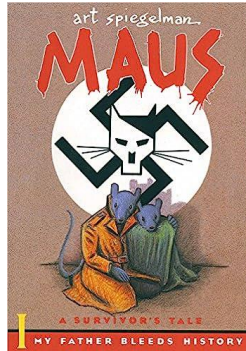
Recent Events

Ken Sizemore's musical service last Sunday



Book Club

We'll wrap up the year with [Maus I: A Survivor's Tale: My Father Bleeds History](#) by Art Spiegelman.



This is our first graphic novel, another banned book. It was written in 1986 about the Holocaust. There is at least one copy in the library. There are many options to buy new or used.

For questions about our UU Book Club, please contact [Chris May](#)

ONLINE UU ELEVATOR SPEECH SERIES - OPEN TO ALL!

**Wednesdays, Sept 27 - Oct 11
7:00pm-8:00pm CT on Zoom**

Fee: Free for current *Faith Forward* congregation subscribers; \$50 for non-subscriber congregations (no participant limit) or \$10 per person.

The *Faith Forward* program out of the First Unitarian Church of Dallas is excited to offer an online session of our UU Elevator Speech series for all congregations. This three-week series guides participants through developing an "elevator speech" about their Unitarian Universalist faith. The next time someone asks you "what is Unitarian Universalism?" you'll be ready with a brief and meaningful statement.

For more information or to register, [email](#) Faith Forward Coordinator Rev. Lora Brandis. Deadline to register is Monday, September 25th.

Please share this invitation with your congregations!

[VISIT OUR WEBSITE](#)

[CONTACT US](#)



Front

Back



I ordered a few of our possible t-shirt designs. Will bring them some Sunday soon.

If you have any feedback, please email me! cindykg@gmail.com



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>

There's also a Facebook page for the LGBTQ center. That and a lot of other info is on their website: <https://gulfcoastlgbtcenter.org>

UUFBC Website <https://www.uuofbaycounty.com/>

Newsletter Editor: Cindy Gregory – NEW Board Members: President: Charissa Thacker; Vice president: Bob Gilmore; Secretary: Chris May; Treasurer: Janet Cross; Members At Large: Serena Dee Latiolais, Bob McNeal, Dusty Huff

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