

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

Reactance Theory

We do not like the feeling of being controlled; the lack of freedom and autonomy. Imagine you've rented a Porsche 911 Convertible over the weekend. But now the rental agent tells you that you must not go over 80 km/h (50 mph). She implores you not to open the roof either. For safety reasons. This unspeakable infringement on your freedom will probably invoke a strong motivational force of opposition; a reactance.

In social psychology, **Reactance Theory** (aka Boomerang Effect), is all about the [unintended consequences](#) of attempting to influence people. When rules, people or offers make us feel that our choices are being limited, we resist. The harder we try to change people's minds, the more our efforts may lead to a different reaction.

Upcoming Services

November 12: Cindy G, Twelves Steps of Recovery: What we can all learn from a couple of drunks.

In 1935, a NY stockbroker, who sobered up a year earlier, realized that by helping other drunks stay sober, he helped himself also. He was put in touch with a seemingly hopeless case...a doctor on his deathbed. Bill W. and Dr. Bob S. started the movement now known as Alcoholics Anonymous. How does it work? Mostly through local meetings, where alcoholics help one another utilize the twelve steps. These are principles based on the experience of early successful members. It's not just a way to stay dry; it's a suggested program for living.

The basic text of AA is known as the Big Book. I will use the book frequently as I speak. I am not speaking for all of AA. I am sharing what I know as a member with long-term sobriety, and my years of experience as a certified addictions registered nurse, working in detoxes and psychiatric hospitals.

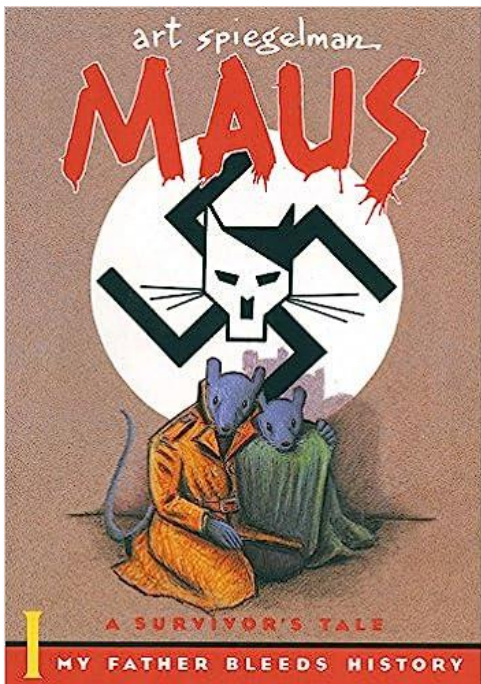
For AA approved literature, contact a local group or order directly from the General Service Office, Box 459, Grand Central Station, New York, NY, 10163 or through AA's website: aa.org. I will bring a local AA meeting list to the UUFBC and post it on our bulletin board.

November 19: Stephan Bornhoft, The Importance of Meeting People Where They Are

To gain valuable insights into the lives of people, to understand their motivations and challenges, depart your world and enter theirs. Timothy Snyder, a history professor at Yale, encourages people to **make eye contact and small talk**. "Doing so is a part of being a citizen and a way to break down social barriers," he writes. "A smile, a handshake, a word of greeting can take on great significance. If you affirm everyone, you can be sure that many people will feel better." We can and should, in the spirit of generosity, be aspirational, be inspirational, take a genuine interest in others, and do ourselves the favor of meeting others where they are.

November 26: David Barnes, Maintaining an attitude of gratitude. We have so much more when we stop focusing on what we don't have

Book Club



October 29: **Banned Book Club:** November 12th after service

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](#)

Joys and Concerns

Concern: Help is needed for Ron Fennell. He has broken his leg and arm and is doing better but can still use support. Anyone who can offer rides, check on him, or drop off some food would be greatly appreciated. Email for his contact info: info@uuabaycounty.com.

Announcements

Let's Be Thankful Together! Our Annual Thanksgiving Brunch is planned for November 23 - starting at 11am. Sign-up sheet is at the UU or contact Charissa at charissa.thacker@yahoo.com for details or to RSVP.

Interested in a Christmas Day Brunch? If so, let Bob Gilmore know so we can be sure there will be enough participation.

Our pantry is empty! Please bring any canned or prepackaged food to share with those who need it.



Dec. 21st Come celebrate the Solstice with a Campfire to warm our flesh and souls as we face off the demons of winter and celebrate the coming of the light as we again move towards the spring equinox. Meet under the UUFBC Magnolia at 6:30 and bring your own prose or snack to share. Music and singers welcome. Bring a Friend.

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. If you have any questions: ask Charissa at charissa.thacker@yahoo.com

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


Drop-in Opportunity at UUFBC: TUESDAYS - 9:00 am - 12 noon and/or SUNDAYS - 9:00 am - 10:00 am
Grounds Maintenance Help and Office Help!



Environmental Justice Campaign: On-going

More information and Petitions on [The Right to Clean Water](#) campaign are available at the UUFBC to pass a constitutional amendment enforcing our clean water legislation. Please stop by the table to support this effort and even consider taking some blank petitions to pass around to family and friends. Signed petitions can be turned into Bob Gilmore. Thank you!

Local Events




The *Emerald Coast Meditation Society & Gulf Coast Community of Mindfulness*

WARMLY INVITE YOU TO
JOIN US FOR A NOURISHING

**DAY OF
MINDFULNESS**

DATE	Saturday, NOVEMBER 11, 2023
TIME	8:30a -4:00p
LOCATION	QUAN AM NAM HAI MONASTERY 1309 North Star Avenue Panama City, FL 32404



Our second Day of Mindfulness at the Quan Am Nam Hai Monastery is being planned for Saturday, November 11th from 8:30 - 4:00 pm. This year it will be co-sponsored by the Gulf Coast Community of Mindfulness, led by Whitney Davidson. Many of you attended our last Day of Mindfulness at the monastery in April, so are familiar with the mindful activities involved throughout the day on this serene and beautiful landscape of 20 acres. The day will be led by the abbot of the monastery, the venerable Thich Thanh Dieu, also known as Master Tran. Hope to see many of you on that day.

Thank you for your interest in our upcoming Day of Mindfulness at the Quan Am Nam Hai Monastery on Saturday, November 11th at 8:30 am - 4:00 pm. I know you support this day at the monastery and will circulate our flier and information to your congregation. Master Tran and I thank you.

Our Day of Mindfulness could not be happening at a more relevant time. The ongoing chaos and suffering at the global level is a collective manifestation of individual suffering. I am grateful to Master Tran for hosting and opening the beautiful monastery grounds for the day. Have you seen the addition of the Shakyamuni Rose Garden? A perfect setting for our variety of meditations included throughout the day. Peace is Every Step!

Our Day of Mindfulness on November 11th will be led by Master Tran. We will begin with a heart opening - Qi-Kong meditation. Bamboo sticks will be available for use that can be purchased (\$8.00) for this practice. We plan to follow the format used in April that includes various forms of meditation -walking, sitting, singing... At noon, there will be a delicious vegetarian eating meditation, followed by a deep relaxation led by Whitney Davidson from the Gulf Coast Community of Mindfulness. In the afternoon, Master Tran will give a Dharma talk followed by a group sharing. We will conclude with a silent, sitting meditation.

Zachary Garden and I will be at the registration desk. We are asking for a \$50.00 donation per person. Contact Dianne Kinsey for additional information or questions:

dianne kinsey <tikster12@yahoo.com>

phone: 401-286-7193

Other UU Events



Finding More Joy!
SWIM 2023 in Tampa
Southeast Winter Institute Mid-florida
December 27 - January 2nd
SWIMUU.Org

Local trips, workshops, music,
worship, with adult UUs like
you. Registration (60 on
campus) opens October 31st.





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