

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

Mindguarding

[Groupthink](#) happens when concurrence-seeking overrides our ability for independent critical thought. How do you guard yourself against this and other biases plaguing the human mind? If you're part of a professional team, one answer is **Mindguarding**.

Mindguarding can be an effective tool to prevent groupthink. This technique is comprised of different factors.

- Team leaders should avoid expressing clearly preferred options or opinions, especially early in the process.
- Team leaders should not attend certain sessions to avoid influencing the outcome.
- Team members should each be encouraged to adopt the role of 'critical evaluator' to facilitate the airing of doubts and objections.
- Team members should adopt the role of devil's advocate on a rolling basis to challenge the group; better still, an external devil's advocate could be employed.
- Team members should be encouraged to discuss ideas with trusted people outside of the group.
- Where possible, outside experts should be included in meetings.

Upcoming Services

March 31: Transformation and Healing: by Master Tran. We're thrilled to welcome Master Tran from the Quan Am Nam Hai Monastery here in Panama City. Master Tran will be sharing her service on this month's theme "Transformation and Healing" from her Buddhist perspective. Included in her service is a short meditation and chant. Paul McAuliffe will also share his musical talents on Native American flutes! Don't miss it!

April 7: Songs of Protest, Compassion, and Change: Ken Sizemore. The "Ole Folkie" is back! Our longtime member and troubadour, Ken Sizemore, is visiting with his musical service "Songs of Protest, Compassion, and Change – the Sixties Revisited". Ken always brings a fun and thoughtful message with his music and charming personality. Don't miss out on his service and the chance to catch up with this good friend and amazing fella!

April 14: Nurturing Loving Kindness Consciousness. Melissa Arrant, M.A. explores practices and techniques that allow one to awaken and nurture a consciousness of loving kindness.

About the speaker:

Melissa Arrant is the Creative Director of Unity Spiritual Center of Panama City. Melissa is a long-time member of Unity Spiritual Center of Panama City, where she serves on the Spiritual Leadership Team and as Lead Prayer Chaplain. Melissa is a firm supporter of interfaith teachings. She believes in the unifying nature of LOVE and COMPASSION on the path of spiritual seeking. She has presented Sunday messages on a wide range of spiritual and inspirational topics including but not limited to meditation, prayer, contemplation, mindfulness, oneness, unity, creativity, and the Buddhist path.

She graduated in May of 2015 from Florida State University with a Master's in the History and Criticism of Art with a focus on the Visual Cultures of the Americas. She has a passion for art, design, spiritual seeking, and education. She previously taught courses at the college level for seven years. In her free time, she enjoys expressing her creativity through painting, photography, and drawing.

Announcements

Pledge time! This link goes to the Website's pledge page where folks can find this year's Packet and the Pledge Form. Pledges are due April 7 <https://www.uoofbaycounty.com/2019-2020-pledge-drive/>

Many thanks to those that have kept our roadside pantry supplied for neighbors that are food insecure.

Please bring food for the roadside pantry. - Canned meats, canned veggies, beans, drinks, feminine products, be creative. If you want to be a pantry caretaker, ask Bob Gilmore; it would be a big help.

Next Campfire is on April 24th, under the Magnolia Tree at 6:30. April is when spring is in full display with blooms, warm days, and promises of the year to come. Please join us for an evening of easy fellowship with fellow UU's and friends. Bring something interesting to share, or just bring yourselves!

Recent Events

Our yard sale went well. Our two six hour days earned us **\$2927!**
Don't forget to collect stuff for next year!

Book Club

For March, April, and May we will read Proud: My Fight for an Unlikely American Dream. By Ibtihah Muhammad.

She is an Olympic medalist in Fencing, and Muslim. This book honors Women's History Month with a nod to Islam during Ramadan. It is an award winning biography. There are two copies at the library. It is available as an e-book and audio CD as well. We will meet in May for a discussion.

Below is a link to Amazon with full description

[Proud-Fight-Unlikely-American-Dream-Ibtijah Muhammad](#)

Back to a banned book for LGBTQ Pride in June. Being Jazz: My Life as a (Transgender) Teen, by Jazz Jennings

She is an Olympic medalist in Fencing, and Muslim. This book honors Women's History Month with a nod to Islam during Ramadan. It is an award winning biography. There are two copies at the library. We will meet in May for a discussion.

UU Events



The Invitation to National Conversation

- Awareness of the proposed Article II changes
- Analysis of the new Article II language
- Discussion within your community
- Decision by your congregation on what is the best direction of Unitarian Universalism
- Share your thoughts at Town Hall meetings

General Assembly



Virtual
June 20 - 23, 2024

Decision at GA in 2024

A decision at GA in June will be made to accept or reject the proposed Article II language. The changes are sweeping impacting all sections of Article II.

More conversation is needed before this decision!

Join the National UU Conversation

We are a grassroots initiative of everyday UUs seeking a national conversation to discuss Article II.



Visit our
Video Library



Visit our
Resource
Library



Register for a
Town Hall Meeting

[Visit our Website](#)

Can You Help Expand the Conversation?



- Please share this email and this link to UUtheConversation.org with members of your congregation.
- Visit our website and Join the National UU Conversation.
- Register for a Zoom Town Hall Meeting

[Contact Us](#)



"WHITE PRIVILEGE" & MULTIRACIAL UNITY

A Convocation of the UU Multiracial Unity Action Council

Led by Dr. Kenneth Christiansen & Rev. Richard Trudeau

Saturday, Apr 13, 2024, Noon-1:30pm Central time

TO REGISTER send an email to UUMUAC@gmail.com;

Zoom codes will be sent the day before

Part 1. The Term "White Privilege" -- Its Good & Bad Effects

“White Privilege” is a highly emotional term. It highlights racism and racial disparity. It can be everything from a discussion starter, to an empathy block, to a guilt wedge, to a blindfold in relation to the effects of CLASS.

Part 2. Changing the Conversation

White Privilege can also be seen as an inventory of resources available for genuine antiracism work that collaboratively addresses discriminatory laws and policies.

Local Events

Keep this link handy. The site is updated regularly... Grab a UU friend or two and go have some fun!

<https://www.visitpanamacitybeach.com/blog/post/a-guide-to-a-real-fun-vacation-at-the-real-fun-beach/>

The newest thrill in Panama City Beach takes place in a single room, where your group is locked in and can only “escape” through the power of teamwork. When the 60-minute countdown begins, adrenaline pumps while your mind races to unravel clues, solve puzzles and come one step closer to revealing the secret of your room. [Escape Zone 60](#) of Panama City Beach offers two themed adventures to choose from, both capable of bringing together families, friends and future friends in a captivating group exercise.

Speaking of fun... UUs went out to lunch to hear our friend Jill play Jazz at a restaurant on Thomas Drive!

(Sometimes it seems like the world is a dumpster fire. Go find some fun while you can!)



finally found the square root!



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

UUFBC Facebook Page <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://gulfcoastlgbtqcenter.org>

Newsletter Editor: Cindy Gregory – 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