

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

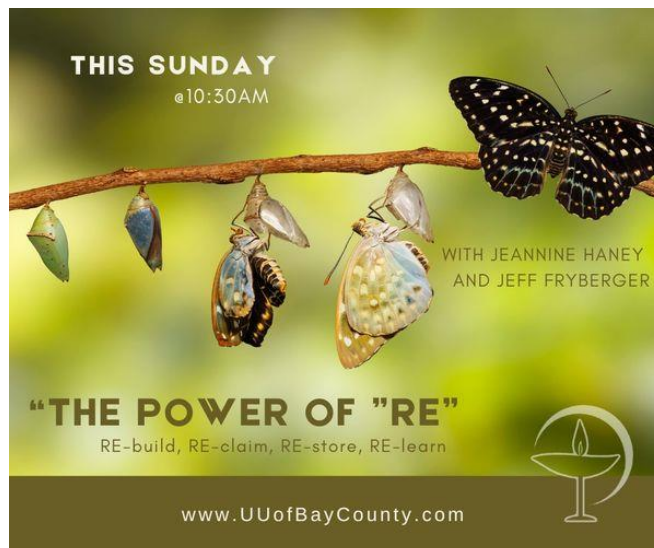
For your reflection

Mentally strong people: Act like an epicenter of encouragement

It takes mental strength to consistently be supportive of others, especially in the face of negativity, when others are doing the easy thing and jumping on the “Complain Train.”

Even better than generic encouragement or positivity is informed encouragement, which is when you give praise or positive reinforcement that is specific in nature. Doing so shows you took the time and care to indicate exactly what deserves praise and why, making your words feel more authentic and meaningful.

Upcoming Services



Nov. 10: The Power of RE

Jeannine Haney, Jeff Fryberger

In this week's service, our very own Jeannine Haney and Jeff Fryberger, will explore the Power of "RE"... as in REbuild, REclaim, REborn, REstore... join us and let's talk about it.

Nov. 17: "Reparation, Gratitude, and The Bread Communion" Part 1

by Serena Dee Latiolais

One of our favorite speakers, Serene Dee Latiolais brings us a two-part series titled "Reparation, gratitude, and the Bread Communion". The first in this two-part series is about reparation. Repairing ourselves, our community, the environment, and how being grateful helps.

Nov. 24: "Reparation, Gratitude, and The Bread Communion" Part 2

The second in the two-part series will focus on community involvement and the Bread Communion, a UU tradition.

Second Hour: Creativity Feeds our Souls

Let's get crafty! Come spark some creativity with an afternoon of crafts and fellowship. Bring a project you're working on, or we'll have some easy projects to enjoy.

We'll start after service, about 12pm.

Announcements

TWO UU Work Days

November 16, 2024 8:00 am

For a small congregation, we are extremely blessed to have such a nice facility. But this blessing needs all our support in keeping it up and running. Please plan to join us Saturday morning at 8am to help with the building and grounds. We'll even have breakfast!

November 17, 2024 Noon

Please plan to join us after service on Sunday, Nov 17th for a couple of hours to help with the upkeep of our building and grounds.

988 is a new system that recently went live to help people reach help in a mental health crisis.
[#SuicideAwareness](#) call 988.

Thanksgiving! All are welcome to join us for our annual Thanksgiving Dinner Potluck! We'll meet at 11am and plan to eat at 12pm.



Ron Fennell is recovering from his surgery. If you are able to assist with meals, please let us know. Ron does have some dietary limitations, please contact Bob Gilmore for more details.

If you or someone you know would like to be added to **our Care List**, please let us know by email at info@uufbaycounty.com or use one of the Care Cards located on the back of the seats in the sanctuary and drop it in the offering plate.

Henry Desseault Memorial Service - Nov 30th.

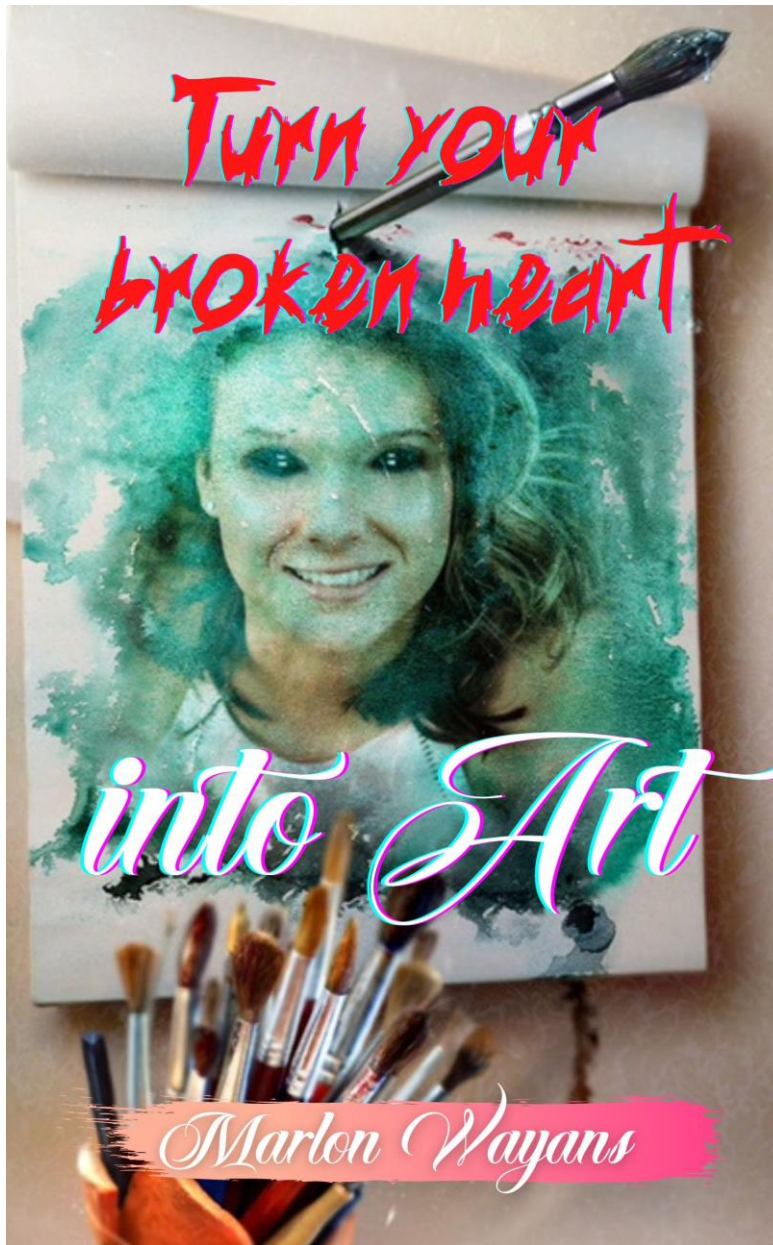
Friends of Henry, please mark your calendars. Hank was a longtime UUFBC member and was part of the small group that began this community back in the 1960s. He will be missed by many family and friends.

Looking for a way to help those impacted by Hurricane Helene or Milton?

The UUA Disaster Fund is a great way to send your love and support to our neighboring states devastated by this powerful storm.



MANY THANKS to all the anonymous donors who contribute to our roadside pantry!



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://gulfcoastlgbtcenter.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