

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

Confidence vs. Competence

What's the relationship between competence and confidence? Former CIA officer Andrew Bustamante shared his thoughts on Tom Bilyeu's podcast *Impact Theory*.

Confidence is a perception, not a real thing. Confidence is how you perceive your own emotional reaction and your own emotional relationship with then environment around you.

Confidence doesn't exist. It can't be measured. It can't be improved or reduced. Confidence is a non-sequitur. It's an empty word. What we mean when we say confidence is competence.

We want competence in what we're doing. Because the more competent you are, the more comfortable you are executing, the more comfortable you are taking risks, which is, when you take a risk, it's called courage.

—Andrew Bustamante, *Impact Theory*

Upcoming Services

Feb 2: Inclusion by Charissa Thacker. Service leader, Jennifer Grant

It's been a tough couple of weeks. Many of the things we have feared the most from this administration seem to be coming true. It's A LOT! Are you doing ok?



This week Charissa Thacker is talking about the difficulties of staying invested in the future of our country without being consumed by the anger, the frustration, the fear! We can't let fear win. We can't let anger win. But how do we do that? Let's acknowledge it and discuss ways to band together, stay strong, and still celebrate the joys in our lives. Come connect with your community...it is more important than ever. See you Sunday.

Feb 9: Romance: Trash or Cash – Happy Valentine's Day a little early.

Cindy Gregory (aka Ashlyn Chase) has been a published author for 20 years, has written over 30 books (she's lost count) and has won numerous awards. (She's lost track of those too.) What she hasn't forgotten is how she got there and why she stays there. Her genre is romanticy (romantic fantasy) and romantic comedy. She reads and writes these genres with no shame, whatsoever. She believes we need more laughter and love in the world. Be prepared for a feminist NSFW view.

Feb 16: Seven years in the early days of the 1970's Nashville transition to pop country, taught Mike & Maggie McKinney what they did not want. The heart of music should not be lost in the business of music. The music that Lucky Mud writes/sings/plays comes from the dirt of their native Florida. Mix that with a little saltwater, sweat and tears and you have Mud, Lucky Mud.

Lucky Mud plays SwampyTonk and Folkabilly. They have produced numerous concerts in various venues including The Martin Theatre's green room for WKGC's Emerald Coast Radio Live, Roberts Hall for "Americana Cafe Sundays" and Camp Helen State Park's "Americana Music in the Lodge" among them. They currently have 17 CD's of original music and 90 thirty minute radio shows archived on luckymudmusic.com as "Americana Cafe Sundays Radio Show". They have toured the world sharing their Florida SwampyTonk and Folkabilly roots in places such as Ireland, England, Canada and Texas... yes, even Texas. They are fixtures in the Florida Folk scene at prestigious festivals such as The Will McLean Festival and Florida Folk Festival and annual participants in The Montana Cowboy Poetry and Western Music Gathering in Lewistown, Montana and The Gram Parsons Guitar Pull in Waycross, Georgia. Oh, did I mention that Mike McKinney is an author of 5 novels set in Florida with a coveted starred review by Publishers Weekly and rave reviews from Kirkus and many newspapers across the country? Multi-talented and avid tale tellers, Lucky Mud is the Luckiest Mud ever! Come listen as they share their stories!

Announcements

Quick UU Reminders...

It's potluck Sunday tomorrow! Bring a dish to share or just stay after the service to eat. All are welcome!



The Next UUFBC Campfire under the magnolia will be Wednesday 6:00 Feb 12th. Please, if you are inspired, bring something to share: a story, poem, song or bring your glorious self, warm your toes and chat in good company. Your host, Bob Gilmore

UUFBC Work Day- Sunday, February 16th after service.

Interfaith Dinner: Feb 22, at UUFBC 5:30

***Explore our monthly themes in new ways!
Meet and Journey with UUs from around the country!***

Soul Matters is now offering SIX different online groups, with each of them being a unique alternative to our standard Soul Matters small groups. Details about all six are below.

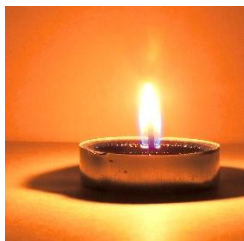
Beside expanding the ways you can explore our monthly themes, these groups are also a great way to connect with UUs from across the country.

Sign up soon. The groups are right around the corner and they are filling up fast!

Don't hesitate to reach out if you have questions.

Rev. Scott

Soul Matters Team Lead, scott@soulmatterssharingcircle.com



Online Soul Matters Group

3rd Thursdays, Tuesdays, February to May (4 meetings)

Join other UUs from around the country to explore our monthly themes and engage spiritual discernment through reflection, exercises and sharing. This four-session, once-a-month Soul Matters group is ideal for those who don't have small groups in their congregations or for church leaders who want to have an experience of Soul Matters to see if it might be right for your congregation.

[Learn More &](#)

[Register](#)

UU Writers

Last Tuesdays, February to May (4 meetings) **March is the exception, with it meeting on the 3rd Tuesday*

Explore our monthly themes and engage spiritual discernment through the art of creative writing! Using whatever writing practice you are most comfortable with (journaling, poetry, prose, storytelling), participants share, inspire, support and witness each other.

[Learn More &](#)

[Register](#)



Creativity Matters - 3 Month Group

3rd Wednesdays, March-May (3 sessions)

This monthly-meeting Creativity Matters group is a chance for UUs from around the country to come together and explore our monthly themes and engage

spiritual discernment through creative expression! The program and packets are designed for everyone interested in engaging their intuition and imagination in the service of spiritual reflection. Suggested projects do not require formal artistic skill or background. All you need is a sense of adventure!

[Learn More &](#)

[Register](#)



Creativity Matters - Single Sessions

April 24 & May 22

We're trying something new! This spring, we're running two single session Creativity Matters sessions in addition to our multi-monthly meeting group. This will hopefully allow you to fit one or both of these groups into your busy schedule. Each meeting is designed to help you explore our themes through creative expression. It is all about allowing our intuition and imagination to guide us, not just our logic and reflective minds. And don't worry if you don't consider yourself "an artist." These groups are for anyone.

While designed for the individuals interested in creativity and spirituality, these sessions are also ideal for church leaders who want to learn more about the program or for facilitators looking to experience the program themselves before leading a group.

[Learn More &](#)

[Register](#)



Shamanic Journeying

3rd Tuesdays, February to June (5 meetings) **June is the exception, with it meeting on the 2nd Tuesday*

This monthly-meeting small group explores our themes through shamanic practices. Led by UU minister and shamanic practitioner, [Rev. Laura Horton-Ludwig](#), participants [learn and practice in the tradition of Core Shamanism](#), using a safe and ethical method of steady drumming that helps your mind shift into a more meditative state.

[Learn More &](#)

[Register](#)



Practice Matters

4th Tuesdays, March to June (4 meetings)

This monthly-meeting small group engages our themes through spiritual practice. Each month, participants learn how our themes show up in a particular spiritual practice and then experience a version of that practice for themselves. They also explore examples of how these practices show up in various world religions. Our hope is that by getting a taste of these spiritual practices, participants will be motivated to weave one or two into their regular daily or weekly routines.

[Learn More &](#)
[Register](#)



Florida Unitarian Universalist Women's Retreat

April 11 – 13, 2025
DaySpring Episcopal Conference Center in Parrish, FL

A weekend gathering of Florida UU women

Generating Joy

Featuring **Shelley Graff** leading **Singing in Sacred Circle**

DaySpring, located north of Sarasota, near I-75 exit 224, is nestled under ancient oaks on a cove of the Manatee River. It offers a serene setting for nature walks, canoeing, tree climbing, swimming pool, wildlife, and a labyrinth.

- Cost is \$260 per woman for 2 nights in a semi-private room (2 twin beds with bathroom & shower). Each air-conditioned cottage has 4 bedrooms, 4 baths, screened porch, kitchenette, and seating area. A limited number of private rooms are available at \$340 each. Dormitory housing in lower bunks is available for \$200. Retreat with meals only/no lodging \$156.
- 6 meals are included: Friday dinner; Saturday breakfast, lunch, & dinner; Sunday breakfast & lunch. Please note any dietary needs or preferences on your registration form.

Registration and payment due February 28, 2025.

Friday we'll gather before dinner for a joyful get-acquainted activity. After dinner we'll gather again to create community and sacred space as we get to know one another.

Saturday during the day we'll have options for DaySpring outdoor activities and small group learning and sharing experiences. After dinner, Shelley Graff will present **Singing in Sacred Circle**.

Sunday after breakfast we'll have a UU-style worship service and closing ceremony. We'll finish our goodbyes at lunch.

Please plan to join us for this *Joyous* UU women's weekend.



To register, or for more information,
please email Retreat@fluuwm.org

Join our Facebook group: **Florida UU Women's Retreat**



Scan to access
registration form.



Scan to access
online payment.

**COME JOIN PANAMA CITY'S UNITARIAN UNIVERSALIST SPRINGTIME FAMILY
WEEKEND GET-A-WAY APRIL 25 – 27, 2025 TO MOBILE ALABAMA WHERE WE WILL HAVE A FUN
FILLED WEEKEND**

ITINERARY

Friday April 25th: Free day to take in all the sites Mobile has to offer and you can check-in at the Holiday Inn West, off I-10 exit 15B, (as you exit, hotel will be right on your right side) 5465 Highway 90W, Mobile, AL 36619, 251-666-5600 after 2PM. Please join us for a Meet and Greet which will be held on the 1st floor conference room from 7:00 – 8:00PM. Come and meet your fellow UU members and there will also be a brief discussion about Sat & Sun itineraries.

Saturday April 26th: Breakfast at the hotel and then depart at 10:00AM and we will all follow each other to Bellingrath Gardens and Home for our escorted walking guided tour and return to the hotel. We will have a private dinner at 6:30PM at the hotel and the rest of the evening is free.

Sunday April 27th: Breakfast at the hotel and check-out at 9:45AM and we will head to the UU Church in Mobile 6345 Old Shell Road for Sunday service at 10:30AM and then home.

I have negotiated a special hotel rate of \$99.00 per night which includes full breakfast, and each party will pay at the hotel upon check-in for their room (see **Registration Form**) as I must have a credit card number to guarantee your reservation. If you no show or do not cancel your reservation 24 hours prior to the arrival date the hotel will charge your credit card a one-night fee of \$99.00. Group rates for the escorted walking trip at Bellingrath Gardens and Home are as follows: Adults \$22.00, Children 5 – 12 \$15.00 and Children under 4 are free, and if a wheelchair is needed, please advise me when booking and I can reserve a free wheelchair to use while there, if you wait till you get there you will have to pay. Buffet will consist of a salad, entrée, vegetable, potato, dessert, and iced tea, coffee, and water and tip is included. Alcohol and wine and sodas will be available if you wish to purchase on your own. Dinner Buffet Adults \$41.35 Children 5-12 \$20.60 under 4 are free. Tickets for Bellingrath Gardens and Home and Buffet must be prepaid by check or money order only made out to Nervig Travel, and mailed to Nervig Travel: ATTN: Bob, 569 Harrison Ave, Panama City, FL 32401. **Registration Form and payment must be received NLT April 1st, 2025. After April 2nd there will be no refunds on tickets and buffets as they will have already been paid for.** For more information contact Bob Mc Neal 850-319-3525 or remram69@gmail.com.

**REGISTRATION FORM FOR
UU WEEKEND GET-A-WAY APRIL 25 – 27, 2025**

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____ **EMAIL:** _____

NUMBER OF ADULTS: _____ **CHILDREN 5-12:** _____ **UNDER 4:** _____

CREDIT CARD TO GUARANTEE HOTEL: _____

EXP DATE: _____ **CVV NUMBER:** _____

WHICH UNITARIAN LOCATION: PC _____ CRESTVIEW _____ TALLAHASSEE _____

ANY MEDICAL ISSUES THAT WE SHOULD KNOW ABOUT : YES _____ NO _____

WHAT: _____

BELLINGRATH GARDEN TICKETS AND BUFFET MUST BE PAY BY CHECK OR MONEY ORDER ONLY. MAKE CHECK OR MONEY ORDER PAYABLE TO NERVIG TRAVEL AND MAIL TO NERVIG TRAVEL, ATTN: BOB MCNEAL, 569 HARRISON AVE, PANAMA CITY, FL 32401. ALL RESERVATION MUST BE RECEIVED BY APRIL 1ST, 2025 AND NO REFUNDS AFTER APRIL 2ND, 2025

Hotel: \$99.00 PER NIGHT INCLUDING BREAKFAST, BELLINGRATH GARDENS AND HOME, ADULTS \$22.00, CHILDREN 5-12 \$15.00, CHILDREN 4 AND UNDER FREE *DINNER BUFFET..... ADULTS \$41.35, CHILDREN 5-12 \$20.60. CHILDREN UNDER 4 FREE

Our piano tuner Tim Hollis, keeping our piano in tune 🎵 and doing maintenance repairs. See you Sunday!



UUFBC Website <https://www.uufbaycounty.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@uufbaycounty.com and please cc cindykg@gmail.com