

The Congregational Record

OF THE UNITARIAN UNIVERSALIST FELLOWSHIP OF VERO BEACH



April 15, 2019

What Do You Want to Talk About In Covenant Groups Next Year?

Suggestions for topics to be discussed in covenant groups in 2020 are now being accepted. Persons currently enrolled in covenant groups should already have been asked by facilitators to contribute ideas. Each topic suggestion should be accompanied by a few lines of explanation about why the topic could be of interest, and what questions might be posed to explore the issue.

The intent of covenant groups is **Intimacy**, or connection, and **Ultimacy**, or opportunity to consider life issues. In the process of deep listening and sharing, we learn and practice a different way of being together. It is a practice in listening without correcting or judging or evaluating.

Currently, more than 150 persons are enrolled in 16 groups at the Fellowship. New enrollments for next year will not be until November, but research and writing of discussion guides will be done over the summer, which is why ideas for topics are being solicited now. Topics addressed over the last two years, which should not be repeated in 2020, are as follows:

2018

Ethics
Resilience
The Arts
Criticism
Authority
Democracy
Beyond the Partisan Divide
Happiness
Compassion
Secrets
Unitarianism/Universalism
Memories

2019

Frugality
Creativity
Fear
Inclusion / Acceptance
Personal Power
Positive Aging
Loyalty
Travel
Becoming
Anger
Food
Home

Please email topic ideas to the leader of the writing team, Bonnie Shelton, bonnieinvero@comcast.net. Other members of the team are Phyllis Atlas, Ellen Deschatres and Carla Hardy, aided by talented reviewers of the Covenant Groups Steering Committee.

Remember: covenant groups are grounded in sharing personal experiences and opinions, and are not meant to be academic exercises. Therefore, topics should encourage us to plumb our innermost thoughts about values, attitudes, spiritual outlooks, and relationships. We look forward to hearing what topics you would like to explore. Please submit them by April 30.

--Submitted by Bonnie Shelton

Photo Directory Updated on Website

The UUFVB photo directory is password-protected on the UUFVB website and is updated regularly. You can print it on your home computer or just go to the website each time you need to look up a member or friend. Contact the administrator if you would like a copy of the directory printed for you. We ask for a \$5 donation to cover the cost of printing.

To access the file, simply go to the congregational website www.uufvb.org Click on the "Member Area" link at the bottom of the page. The password is 1590UU.

Please send any updated contact information or address corrections to administrator@uufvb.org

--Submitted by Katrina Pascale,
Office Administrator

Men Eat at Waldo's on May 2

Unitarian Universalist Men Eating Out at the First ThUUrsday LUUnch Buunch will be dining at 12 p.m. on Thursday, May 2, at Waldo's, located at The Driftwood Inn at 3150 Ocean Dr. All male members and friends are invited.

Be sure to sign up on the reservation list located on the rolling racks outside of Fellowship Hall. People who sign up for the lunch and fail to cancel, after receiving a reminder email, will be expected to donate \$5 to the Ministerial Discretionary Fund.

--Submitted by Spike Vrusho



Calendar



Monday, April 15, 2019

11 am Drumming, Choir Rm
 12 Noon Newsletter Articles Due
 6:30 pm TC Humanists, Choir Rm
 6:30 pm Adult RE – BYOT, L
 7 pm Covenant – Woody, L

Tuesday, April 16, 2019

11 am Pastoral Care, L
 3:30 pm Membership, L
 7 pm SJ Film, Lobby

Wednesday, April 17, 2019

10 am Yoga Experience, Lobby
 2 - 4 pm Fair Trade OPEN
 6:30 pm Choir Rehearsal

Thursday, April 18, 2019

9 am Bridges Grad Practice, S
 1 pm Powerpoint Meeting, L
 3 pm Worship Committee, OB Rm
 4:30 pm Board of Trustees, L

Friday, April 19, 2019

9:30 am Open Art Studio, L
 1:30 pm Covenant - Laura G, L
 2 pm Covenant - Anne Trainor, L

Saturday, April 20, 2019

9 am All About UU, FH
 9:30 am Buddhist Meditation, L
 6pm Emerson Volunteer Party, off-site

Sunday, April 21, 2019

10 am Sunday Service
 11:30 am Intro to UU, L

Monday, April 22, 2019

11 am Drumming, Choir Rm
 6:30 pm Adult RE – BYOT, L

Tuesday, April 23, 2019

9:30 am Administration Committee, L
 1 pm SJ monthly Meal prep, Kitchen
 2 pm Covenant - E Deschatres, L
 7 pm SJ Film, Lobby

Wednesday, April 24, 2019

10 am Yoga Experience, Lobby
 11 am Ministries Cncl, L
 2 pm Covenant – Seekers, L
 2 - 4 pm Fair Trade OPEN
 4 pm - Covenant, Peace of Mind, OB Rm
 5:15 pm Endowment, L
 6:30 pm Choir Rehearsal

Thursday, April 25, 2019

9 am Bridges Grad Practice, S
 1 pm Covenant – Snowbirds, L
 2 pm Covenant - Jim M, OB Rm
 3:30 pm Thoughtful Thursday, L
 7 pm Covenant - Elizabeth B, L

Friday, April 26, 2019

9:30 am Open Art Studio, L

Saturday, April 27, 2019

9 am Positive Parenting Wrkshp, FH
 9:30 am Buddhist Meditation, L
 9:30 am Sebastian Breakfast,
 Marsh Landing, Fellsmere

Sunday, April 28, 2019

10 am Sunday Service
 11:30 am Book Group, L

Monday, April 29, 2019

11 am Drumming, Choir Rm

Tuesday, April 30, 2019

7 pm SJ Film, Lobby

Wednesday, May 1, 2019

10 am Yoga Experience, Lobby
 12 Noon Newsletter Articles Due
 2 - 4 pm Fair Trade OPEN
 4 pm Social Justice, L
 6:30 pm Choir Rehearsal

Thursday, May 2, 2019

9 am Bridges Grad Practice, S
 6 pm Covenant - Jen S., L
 6:30 pm Rental - SCSO Party, FH

Friday, May 3, 2019

9:30 am Open Art Studio, L

Sunday Services — 10 a.m.— childcare available

April 21 – EASTER SUNDAY, “Rolling Away the Stone,” Rev. Scott W. Alexander preaching. Scott writes: "For many in our culture, Easter is a particular Sunday in Spring that we mark with brightly colored eggs, chocolate bunny rabbits, and cheerful spring clothing and hats. But the spiritual signs of a genuine and lasting Easter are far more subtle and elusive than that. Easter only comes true when we human beings decide -- deep to the heart -- to allow it to come to birth. Do be with us for this hopeful Sunday of special music and quiet reflection."

May 5 – “An Open Letter to American Voters,” Rev. Scott W. Alexander preaching. Scott writes: “As the 2020 election cycle begins – fully 18 months before our next national election – some politicians are trying to persuade American voters that the defining choice at the ballot box next year will be between free-market capitalism (“good”) and state-imposed socialism (“bad”). This is a simplistic and pernicious narrative that may blind the American people to the true moral choice that is in fact presenting itself in our time. Do be with me as I struggle to understand how America can best move forward as a constructive and compassionate society.”

May 12 – “The Trauma of Being Alive,” Rev. Scott W. Alexander preaching. Scott writes, "Writing recently in the *New York Times*, Dr. Mark Epstein, a psychiatrist with decades of experience helping people cope with their life traumas, wrote a fascinating piece which said, among many other things, *“An undercurrent of injury and disaster runs through ordinary life.”* My nearly 50 years of experience as a parish minister confirms the truth of this stark observation. Let’s reflect together this Sunday on the trauma of being alive."

Summer Camp Scholarships Sought for Needy Families

Summer care for school-aged children in the form of summer camp provides a much-needed service for working families. Those who manage the cost of before-and-after school care during the school year are challenged to pay for full-day care in the summer. A "camp care" experience for children, especially for families with more than one child, is simply not affordable.

Jessica Thompson was the assistant director at Bridges until her death in March. She had a special soft spot for families that, because of income, qualify for tuition assistance to pay for child care. She was humbled by the economic stress that the cost of child care places on these families.

To honor Jessica, the Bridges Committee has established the **Jessica Thompson Summer Camp Scholarship** fund. The committee is asking that the Fellowship work with us to achieve this goal. We ask that you consider a gift in any amount to help defray the cost of camp for families in need. Summer camp tuition is \$135. Remember that your gift in any amount will be combined with others. Together, we can provide this web of support.

If you can contribute to this effort and wish to pay by check, make the check payable to UUFVB with Jessica Thompson Scholarship Fund written on the memo line. Thank you.

--Submitted by Ginger Heller



Pianists Needed for Summer Services

By this time Music Sunday is over and the choir will relax a bit while continuing to sing joyfully each Sunday. It has been exciting and occasionally stressful to prepare for a Sunday full of music, but we love every minute. Don't hesitate to join us if you would like to share in our joy!

This summer Paula Herger, Director of music, will be out of town for a few Sundays and we are looking for substitute pianists. If you are available or know someone who would like the experience, please let Paula know. We hope to provide enjoyable music all summer. We also invite singers or musicians who would participate in one or more service.



--Submitted by Sue Nalepa

May Anniversaries and Birthdays

If you are a Fellowship member and your birthday 0 or anniversary is not listed, please let the administrator know.

Anniversaries

Mark & Rebecca Hornbuckle	5/07
Cate Wenzing & Larry Greenspoon	5/07
Carla and Joe Hardy	5/13
Ron and Kathy Cossa	5/15
Marion & Spike Vrusho	5/18
Bill Tarnowski & Brian Sheehy	5/24
John & Maggie Brown	5/25
Donna & Jim Brewer	5/28
Thomas Hamilton & Beverly Doherty	
	5/28
Steve & Diane Osiecki	5/29

Birthdays

Lin McNab	5/01
Dick Haight	5/03
Russ Bell	5/05
Lee Compton	5/06
Irwin Sadetsky	5/06
Peggy Ames	5/08

Sue Lorimier	5/08
Ella Tierney	5/09
Kathy Barnes	5/11
Juliette Graham-Hayes	5/12
Josie Lieberman	5/12
Charlotte Nall	5/15
Tom Balch	5/16
Elizabeth Frazier	5/16
John Montgomery	5/16
Frank Lucero	5/19
Judy McNulty	5/21
Anne Trainor	5/21
Scott Alexander	5/24
Dewey Rogers	5/27
Ev Daly	5/28
Brian Sheehy	5/28
Margie Wheeler	5/28
Stan Winters	5/29
Teresa Farnum	5/30
Sonia Molnar	5/31

All About UUs Class

Here is an opportunity to learn more about UUFVB. An All About UUs class will be offered from 9 a.m. to 12 p.m. on Saturday, April 20, in Fellowship Hall. Rev. Alexander will speak, as well as other informative members. Refreshments will be served. Sign-up is required—contact the UUFVB office, sign up at the Welcome Table on Sunday, or call me.

--Submitted by Jean Panuto,
Membership Chair, 772-562-5810

Book Club Meets on Apr. 28

The book club is reading *Tea Girl of Hummingbird Lane* by Lisa See. Copies are available at the LRE table on Sundays. Discussion will be at 11:30 a.m. on Sunday, April 28, in the Library.

Good Financial News at the Annual Meeting

Members at the Congregational Annual Meeting heard good financial news on several fronts. First, the mortgage on the Fellowship's property should be paid off in the 2023-24 fiscal year, according to Treasurer Rebecca Hornbuckle. (That is, if the country does not encounter any major financial downturn in the next five years.) Second, John Maher, chair of the Stewardship Committee, reported that pledges for the 2019-20 fiscal year are higher than ever, totaling \$339,000, with several pledges still expected. Lastly, Endowment Committee Chair Eva Heifitz reported that legacy commitments have increased by \$1.7 Million, and as a result of qualifying matching funds from Shelter Rock Congregation, the Fellowship can expect to receive \$100,000 this summer.

Board President Cate Wenzing convened the Congregational Annual Meeting at 11:30 a.m. on April 14. With a quorum of 88 members present and 22 voting by absentee ballot, the following actions were taken, with presenters in parentheses.

- Approved the following new board members: Barbara Dunst, Jonnie Mae Perry, Ken Klein. Approved Rebecca Hornbuckle as treasurer (Dick Haight).
- Elected Patty Walker and Dick Haight to the Nominating Committee (Dick Haight)
- Approved amendments to the bylaws (John Maher, Bonnie Shelton).
- Approved a balanced 2019-2020 budget of \$498,421 in revenues and expenses (Rod Baker, Finance Committee chair, Rebecca Hornbuckle, treasurer, Elizabeth Borne, CPA, accountant).
- Endorsed a "Move to Amend" resolution seeking an amendment to the U.S. Constitution, and urging state and federal bodies to pass legislation acknowledging that only human beings, not corporations, have constitutional rights, and that the spending of money to influence elections shall not be considered free speech and protected under the First Amendment (Nancy Stiefel).

Additional finance news included the fact that the Facilities Fund has been dissolved, and that overhead for building costs is now distributed 50% to the Ministries Fund, 40% to Bridges, and 10% to the Emerson Center. An accountant, Elizabeth Borne, CPA, has been hired to work 8 hours a week on finance matters.

Ginger Heller gave a report on Bridges Early Learning Center, noting that all children have achieved the learning benchmark to enter kindergarten, that state spot checks have been positive, that teachers have received continuing education through grant funding, and that a new toddler playground has been established. The child care food program has run a deficit, but the Bridges Committee is working on that issue, Ginger said. Also, it has been necessary to raise tuition.

The Facilities Council reported that its members have volunteered an estimated 357 hours this year in maintenance and restoration projects. A new password has been established to access the members-only section of the website. It is 1590UU, 1590 being the street number of the Fellowship.

Outgoing board members Paul Amaru, John Maher and Terry Domino were thanked for their service.

Details on actions at the Annual Meeting are available from the individual presenters or the Annual Meeting packet available in the UUFVB office.

--Submitted by Bonnie Shelton

Personal Power

Is May Covenant Topic

In his book, "The Ethics of Interpersonal Relationships," Robert Firestone, PhD, says a clear distinction exists between positive power, which he refers to as personal power, and negative power.

Personal power is based on strength, confidence, and competence that individuals gradually acquire in the course of their development. It is self-assertion, and a natural, healthy striving for love, satisfaction and meaning in one's interpersonal world. Its primary aim is mastery of self, not others. .

He describes **negative power** as, for example, a "passive-aggressive" personality type whose 'weakness' may elicit caretaking responses from those around them. This example of covert power not only inflicts pain on others, but impedes personal development.

Come to your May covenant group meeting and share your ideas about power.

—Submitted by Bonnie Shelton



Congregational Record

Unitarian Universalist Fellowship

1590 27th Ave., Vero Beach FL 32960
772-778-5880; uufvb.org

Board of Trustee Officers: Cate Wenzing, president; John Maher, vice president; Suzy Bromwell, secretary; Rebecca Hornbuckle, treasurer.

Trustees: Paul Amaru, Sue Burt, Kathy Cossa, Terry Domino, Tom Tierney

Staff: Rev. Scott Alexander, Minister; Kelly Stephens, Youth and Family Ministry; Katrina Pascale, Administrator; Paula Herger, Director of Music; Elizabeth Borne, Assistant Music Director; Kristy O'Neal, Sexton; Brenda Neeley, Bridges Director.

newsletter.uufvb@gmail.com

Deadlines the 1st & 15th each month

Editor, Bonnie Shelton



REflections — A New Helper

There is a new person working with the UU Youth & Family Ministry. Please help us welcome Yehsica Folkerds to our religious education team. Yehsica brings over five years of child care experience as a Bridges Instructor. Not only does Yehsica work with young children every day, but also she is married and has two little ones of her own. Yehsica very much likes the philosophy of inclusion and loves to work with children, seeing how their little minds operate while learning about the world around them. On Yehsica's off time, she enjoys reading old romance novels, exploring outdoors, and laughing. If you haven't yet met Yehsica, you are in for a treat.



If you know of a young family that would like to try out the UU Fellowship of Vero Beach, we offer a nursery program for infants to preschool-aged children and an elementary-aged religious education program. Our structured classes are filled with themed stories, songs, arts-n-crafts and games. In each classroom, we have a level II background-checked employee and screened volunteer. We always look forward to welcoming new families and kids to our program. If you would like to know more about the religious education department, please contact Kelly Stephens, Director of Youth & Family Ministry, by phone at 772-778-5880 or by email at youth@uufvb.org.

--Submitted by Kelly Stephens

Foyer Gallery Has New Name

Art at the Emerson is the new name of the Foyer Gallery. The current exhibit will end on April 25, so if you are interested in purchasing now is the time. Four pieces have been sold during the Creatures Featured show.

An exhibit featuring works by members and friends of the UU will take place in July and August, and all works will be available for sale. Art and photography will be accepted, along with children's art.

We are in the process of organizing a fine art and craft show and are looking for crafters. The items will be offered for sale the day of the show on June 22. If you have any questions please contact Dawn Orre, 772-538-2338 or dawnorre@gmail.com.

--Submitted by Dawn Orre

April 23 Is Date for Transitional Meal

There are still several ingredients needed for the sausage, bean and spinach ragout that we will be preparing for the April 23 meal for transitional housing residents. If you are able to provide something, please make a selection on the sign-up sheet on the rolling rack.

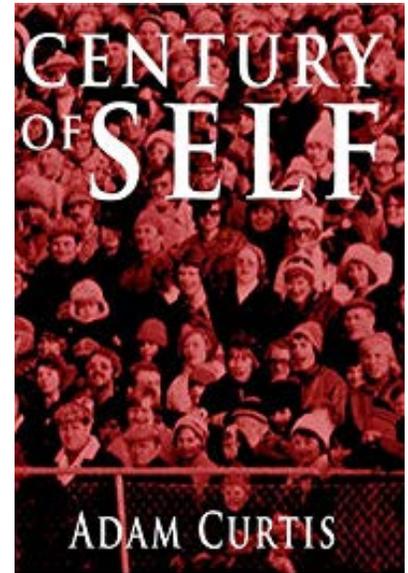
You may leave ingredients in the kitchen anytime, as long as they are there by 1 p.m. on Tuesday, April 23. Anything that needs refrigeration must be put in the small frig on the right. With so much going on at this busy time of year, please put a reminder to yourself somewhere where you will see it in time to respond by the deadline.

--Submitted by Kathy Barnes

The Century of the Self Begins Tuesday, Apr. 16

You are invited to join the Social Justice Committee for a screening of the 2002 BBC award-winning documentary "The Century of the Self" by filmmaker Adam Curtis.

This four-part series explores the various ways that governments and corporations have used modern psychology to manipulate us, appealing to our primitive impulses



to promote a consumer society and an obedient citizenry. Understanding what has been hidden from 20th Century history can better prepare us to overcome its obvious segue into the 21st Century.

All episodes will be shown on Tuesday evenings at 7 p.m. in the Lobby: April 16, 23, 30 and May 7. Stay for the Q & A session after each episode led by Garry Garvey and Swami Pujananda.

Each episode can stand alone, so even if you miss the first Tuesday, please attend when you can and feel free to bring friends.

--Submitted by Swami Pujananda