

The Congregational Record

OF THE UNITARIAN UNIVERSALIST FELLOWSHIP OF VERO BEACH



October 1, 2019

Bastian Matching Fund Is at 70% of Goal

The Fellowship has completed a second month of collecting donations to the Bastian Matching Fund. The goal is raising \$50,000 from the congregation, and Bill Bastian will match up to that amount. All of the funds will go toward paying down the UUFVB mortgage.

As of September 30, 54 donations from 85 members have been received, totaling \$34,475.

As you can see by the number of donations and the amount received, we are on track to reach our goal of raising \$50,000. Bill stipulated that there be no fundraising from the pulpit on Sunday mornings – so publicity has come from one congregational email blast and monthly updates in the newsletter. The broad support and generosity of our members shows the congregation's commitment to paying down our mortgage. The campaign will end December 1, so we still have about eight weeks to accept donations and reach our goal. Any contributions, large or small, are greatly appreciated. If you have any questions about this fundraising campaign, please contact Rebecca Hornbuckle, UUFVB Treasurer.

--Submitted by Rebecca Hornbuckle, UUFVB Treasurer

Current Covenant Group Members May Register In-Group in October; Topics Chosen for 2020

The Covenant Groups Program is a successful congregation-wide activity that involves more than 150 individuals. Persons meet in small groups to share their experiences, and hear and accept how others frame their lives in terms of important ideas and issues. An atmosphere of trust and confidentiality is engendered through nonjudgmental deep listening and honest participation. Open registration for the Covenant Groups Program will be on two Sundays, November 3 and November 10. Detailed information about registration for new enrollees will be in the October 15 newsletter.

Current year-round participants in the program will register for 2020 during their regular October meetings. Seasonal participants completed the registration process in April. In-group registration gives current participants the option of committing to their current group for another year, or taking the opportunity to learn and explore with a new and equally-interesting group of fellow travelers. Please remember that transferring to a new group does not reflect poorly on your current group or facilitator, but is rather a reflection of your commitment to the goals and long-term success of the Covenant Groups Program.

Discussion topics for the 2020 season are on page 3.

—Submitted by Jen Sutton

Volunteer on Oct. 5 for the Day of Caring

United Way's "Day of Caring" is a massive one-day volunteer event on Saturday, October 5. Unlike any other day in Indian River County, countless volunteers roll up their sleeves and work together to make a difference in our community. If you are a volunteer ready to make a difference, Day of Caring is for you!

UUFVB has been invited to participate with Temple Beth Shalom in a project called Trees4Life. It's a collaboration of Pelican Island Audubon, Environmental Learning Center, and several other groups. On October 5, they are installing landscaping at Gifford Historical Museum on 45th Street, as part of the Day of Caring. Please bring your own gloves, rakes, and shovels if possible.

You can sign up for this or some other United Way project at the Social Justice Information Table on Sunday mornings or sign up on the United Way website: <https://www.unitedwayirc.org/DayofCaring>

There is also a kick-off breakfast from 8-8:30 a.m. on Oct. 5. Breakfast is FREE and will include McDonald's breakfast items, coffee, juice, and water. The breakfast location is the Citrus Bowl at Billy Livings Field across from Vero Beach High School on Sixteenth Street in Vero Beach. If there is inclement weather, the breakfast will be in the high school's Witt Gym.

--Submitted by Nancy Stiefel, chair, SJSC



Calendar

**Wednesday, October 2, 2019**

10 am Yoga Experience, Lobby
 11 am Interfaith Service Planning Mtg.
 2 - 4 pm Fair Trade OPEN
 6:30 pm Choir Rehearsal

Thursday, October 3, 2019

6 pm Covenant - Jen S., L

Friday, October 4, 2019

9:30 am Open Art Studio, L
 10:30 am Exec. Cmte, Minister's Office

Saturday, October 5, 2019

9:30 am Buddhist Meditation, L

Sunday, October 6, 2019

10 am Sunday Service

Monday, October 7, 2019

11 am Drumming, Choir Rm

Tuesday, October 8, 2019

10 am Covenant – Georgeann, Choir Rm
 1 pm Covenant - Suzy B, OB Rm
 3:30 pm Covenant – Anna, OB Rm

Wednesday, October 9, 2019

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

Friday, October 11, 2019

9:30 am Open Art Studio, L
 10 am Bridges Committee, OB Rm
 7 pm Friday Night Movie, Lobby

Saturday, October 12, 2019

9:30 am Buddhist Meditation, L
 4:30 pm Family Night Out

Sunday, October 13, 2019

10 am Sunday Service
 11 am Flu Clinic, Choir Rm

Monday, October 14, 2019

11 am Drumming, Choir Rm
 7 pm Covenant - Terry M, OB Rm

Tuesday, October 15, 2019

12 Noon Newsletter Articles Due
 3:30 pm Membership, L

Wednesday, October 16, 2019

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

Thursday, October 17, 2019

3 pm Worship Committee, OB Rm
 5:30 pm BridgesVPK Literacy Night, FH
 7pm Clean Water Coalition

Friday, October 18, 2019

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

Saturday, October 19, 2019

9:30 am Buddhist Meditation, L
 12 Noon TED – Vero

Sunday, October 20, 2019

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

Monday, October 21, 2019

11 am Drumming, Choir Rm
 7 pm Covenant – Woody, L

Sunday Services 10 a.m.

October 6 — *“The Wisdom of Wu Wei,”* Rev. Scott W. Alexander preaching. From the ancient Taoist tradition comes the idea of *“Wu Wei,”* which is simply the art and virtue of *“in-action”* or *“non-doing,”* or said another way, *“going with the natural flow”* of life. This Eastern understanding of how to move through life is a difficult spiritual concept for busy 21st Century Americans, whose lives tend to be perpetually wrapped in nearly constant motion, activity, and imagined control. Even your minister – who is supposed to be versed in such things – has difficulty reminding himself that *“not-doing”* and paying attention to the natural flow of life might be as spiritually important as keeping busy by serving, creating and doing. Do be with us as we together reflect on the wisdom of Wu Wei.

October 13 — *“Being Good for Nothing,”* Rev. Sarah York, UUFVB Affiliate Minister, pulpit guest. Rev. Scott Alexander, worship host. Sarah writes, *“As religious liberals, we are not motivated toward moral behavior by the fear of everlasting punishment or the hope of heavenly reward. What is it in our faith, then, that calls us toward goodness?”* Sarah York is a retired UU minister who served congregations in New York, Maryland, and California, and then served for six years as an interim minister. Sarah is an author and spiritual director, and she works for the UUA as Consultant for Ethics in Congregational Life. She is married to Chuck Campbell, and they are members of UUFVB. For more information about Sarah and her books and ministry, please visit her web site, www.sarahyork.com.

October 20 — *“Reflections on The 1619 Project,”* Rev. Scott W. Alexander preaching. Scott writes, *“This year -- 2019 -- marks the 400th anniversary since the first enslaved Africans landed in Port Comfort, Virginia. As the New York Times recently observed as it launched ‘The 1619 Project,’ slavery ‘is the country’s very origin. Out of slavery – and the anti-black racism it required – grew nearly everything that has truly made American exceptional: its economic might, its industrial power, its electoral system, diet, popular music, the inequities of its public health and education, its astonishing penchant for violence, its income inequality, the example it sets for the world as a land of freedom and equality, its slang, its legal system and the endemic racial fears and hatreds that continue to plague it to this day.’ On this Sunday, we will reflect on America’s “original sin” and the incredible moral and social work it challenges us to address.”*

Covenant Group Topics for 2020 Are Announced

Covenant groups will be discussing the following topics in 2020. Facilitators selected 12 subjects from a field of 29 possibilities submitted by participants. Discussions are generally led by trained facilitators, but this role is often shared with group members.

Balance. How successfully do you lead a balanced life? Do you recognize when things seem off-kilter? When you are unhappy or dissatisfied, is being out of balance part of the cause?

Evil. There is no doubt that evil exists--within the actions of nations, within local communities, and within human beings. In an April 7, 2019, sermon, the Rev. Scott Alexander challenged us to acknowledge that the potential for evil is in each of us, and said we must honestly and fearlessly own it if we are ever to prevent it from expressing itself.

Generational Imprinting. Landmark events become etched in our collective consciousness. How do those affect your world view? To what extent have the music, fashion and cultural values during your growing-up years shaped your character?

Humility. Humility is considered a virtue in all faith traditions. What is the nature of its spiritual importance? What gifts does it confer on those who perform a task with humility, and on those who receive it? How does humility fare in contemporary Western society with its emphasis on personal power and authority?

Letting Go. How difficult can it be to let go, or to accept being left behind? Being, in a sense, abandoned. The pain of letting go can be a struggle...from a relationship, from a job, from a home. Let's explore the steps we take when we leave one phase of life behind and move in another direction.

Listening. How carefully do you listen to what other people are saying? Does it depend on the people, or the circumstance? Do you listen differently to those in your presence, versus those on the telephone, or those on the radio or television? What kind of sounds garner your greatest attention?

Retirement--the Reality. If you're approaching retirement, you probably have expectations about what that means. If you're already retired, that status may be quite different than what you expected. Let's share our ideas on all significant levels, including economic conditions, personal relationships, health care and housing.

Rules. Which rules do you regard, which do you ignore? What do you consider a good or bad rule? Do rules fall into categories in your mind? What if others don't follow rules that you consider important? What kinds of rules benefit society and what kinds frustrate or unnecessarily restrict us?

Stress & Anxiety. How do you deal with stress and anxiety? Do you differentiate between the two? Why do you think some persons deal with stress rather competently, but others become easily frazzled?

Tidying Up. One observer suggested her church's rummage sale was bigger than ever before, and she attributed that to a popular book urging people to throw out everything that doesn't give them joy. What about your house? What is this reluctance to reevaluate the usefulness of our possessions?

Truthfulness. To what extent do you consciously try to tell the truth in all circumstances? Of what value is truthfulness to you? Do you sometimes slip into small falsehoods to spare someone's feelings? How do you reconcile the concept of the value of truthfulness with the reality of everyday interactions?

Turning Points. Can you identify significant turning points in your life? What events or relationships generated decisions that changed the direction of your life? Do you occasionally revisit those decisions and wonder where you would be today if an alternative choice had been made?

Writers of the two-page discussion guides for each topic were Phyllis Atlas, Ellen Deschatres, Carla Hardy, Bonnie Shelton, and Jen Sutton.

—Submitted by Bonnie Shelton

President's Column

Shanah Tovah everyone! May you be blessed with a good, healthy year! Our Fellowship is on track to have a good year, as our debts are being paid, and Bridges and Emerson Center are making money. Thank you to Bill Bastian, who has pledged to donate up to \$50,000 towards paying down our mortgage. Up to that amount, he will match every dollar raised by members and friends by Nov. 30. Please note on your gift that it is for the "Bastian matching fund."

We are still having issues with outside doors being propped open or not shut tightly when leaving. Please be careful to shut doors behind you. As I stated previously, we will be changing

the locks on all doors, and everyone must enter through door A (the office) during office hours. Scheduled groups will have the doors opened for them by Sexton Kristy McNeal.

October will be our final month with Administrator Katrina Pascale. (Boo-hoo) Her retirement party will be after service on October 20. Anyone wishing to contribute to her "retirement purse," please do so soon by leaving a check in the treasurer's mailbox in the office.

--Submitted by President Cate Wenzing



Emerson Center Hosts the Clean Water Coalition

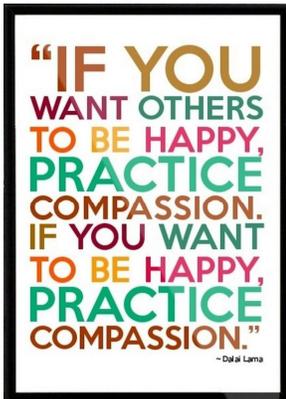
The next public meeting of the Clean Water Coalition of Indian River County is at 7 p.m. on Thursday, October 17, in the Sanctuary. Vincent Burke, Director of IRC Utilities, will explain the county's septic-to-sewer conversion plan and its many challenges.

A second speaker, Roxanne Groover, Executive Director of Florida's Onsite Wastewater Association, will talk about advanced technology in septic systems that reduce nitrogen by 65 to 70%.

Bring your neighbors to learn how the CWC is working for all of us to improve the water quality of not only the Indian River Lagoon, but also our drinking water, which comes from the Florida Aquifer. Both the Social Justice Steering Committee and the UUFVB Board of Trustees are partners with CWC.

--Submitted by Nancy Stiefel for the Social Justice Steering Committee

"Living a Compassionate Life" Is New Adult Religious Education Class



The Dalai Lama reminds us that to live a compassionate life is key "not only to human development, but to planetary survival." The Adult Religious Education Committee is pleased to offer "Living a Compassionate Life," a class aimed at finding how each person can live life with greater compassion for self and others.

This four-part class will be offered on Mondays from October 28 through November 18 from 2-4 p.m. Patty Walker and Ginger Heller will facilitate discussions and activities aimed at discovering how compassion lends itself to living happier, healthier lives in a world that can, at times, leave us feeling

disconnected. Sign-ups will be in the Lobby on October 6 and 13. Please plan to come and join others in this mindful journey.

--Submitted by Ginger Heller

UU Men & Women to Dine at Big Shots

UU Men Eating Out will be dining at 12 p.m. on Thursday, October 3, at Big Shots Golf Restaurant located at 3456 U.S. Hwy 1. All male members and friends are invited.

UU Ladies Who Lunch will be dining at 12 p.m. on Thursday, October 10, at Big Shots Golf Restaurant located at 3456 U.S. Hwy 1. All female members and friends are invited.

For both luncheons, be sure to sign up on the reservation lists located on the rolling racks outside of Fellowship Hall. People who sign up for the lunches and fail to cancel, after receiving a reminder email, will be expected to donate \$5 to the Minister's Discretionary Fund.

--Submitted by Marion and Spike Vrusho



Congregational Record

Unitarian Universalist Fellowship
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772-778-5880; uufvb.org

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

Trustees: Sue Burt, Barbara Dunst, Ken Klein, Jonnie Mae Perry, 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

“A Piece of the World” Is October Book Selection

In “A Piece of the World,” Christina Baker Kline interweaves fact and fiction in a powerful novel that illuminates a little-known part of America’s history. Bringing into focus the woman behind Andrew Wyeth’s *Christina’s Portrait*, she vividly imagines the life of a woman with a complicated relationship to her family and her past, and a special bond with one of our greatest modern artists.

Discussion will take place at 11:30 a.m. on Sunday, October 27, in the Library. Copies of the book may be obtained from the LRE table during coffee hour. Please return the book as soon as you have completed it so others may share. All books must be returned no later than September 22,

Participation by phone and day care may be arranged by contacting terrydomino71@gmail.com 908-770-8419.

--Submitted by Terry Domino

Transitional Meal Prepared on Oct. 22

On October 22 we will be preparing sausage, bean and spinach ragout for the Samaritan Center, Camp Haven and the Veteran’s duplex. Each month we feed approximately 60 people at these facilities.

If you can provide an ingredient for the meal, please sign up on the rolling rack. All items must be in the Fellowship kitchen by 1 p.m. on Oct. 22. The meals are always put together and delivered on the Fourth Tuesday of the month.

--Submitted by Kathy Barnes

Exhibit Until Nov. 1

The Emerson art exhibit featuring abstract paintings by Hector Cruz, Richard Fisher, Leslie Stokes and Julie Anne Hewitt will continue until November 1, so you still have time to enjoy this eclectic collection.

--Submitted by Dawn Orre

Fourth Friday Potluck Will Be on a Saturday!

There were more than 50 of us present on September 27 to hear about the Helfands’ around-the-world cruise. Thank you, Clarice and Rick, for your super preparation.

Our October “Fourth Friday Potluck” will actually be on a Saturday this month. That’s because Fellowship Hall has been booked for another event on that day. So we will gather at 6 p.m. on Saturday, October 26, for appetizers and beverages. The buffet dinner will begin about 6:45, and the program at 7:30 p.m. Former UUFVB President Irwin Sadetsky will speak on the topic, “What Do You Know about PTSD?”

As usual, there will be a sign-up sheet on the rolling rack to register the number attending and what kind of food you will bring to share (to serve at least 8, please). Coffee, tea, ice cubes, and water will be served; please bring whatever else you would like to drink. A bottle of wine to share is always appreciated. Please bring your own dishes, cutlery, and serving spoons, and plan to wash them at home. These events are intended to be uncomplicated, so come at 5:30 p.m. if you would like to help get things started, and please stay to be a part of the clean-up crew. Thank you.

--Submitted by Gale Parmentier

VNA Will Provide Flu Shots at UUFVB on Oct. 11

UUFVB will be hosting a VNA Flu Clinic on Sunday, October 13, at 11 a.m. in the Choir Room.

Getting your flu shot with the VNA helps provide charitable home



health and hospice care for those in need in our community. Unlike larger corporations, all money raised through the flu clinic stays within our community.

What you need to know:

The VNA will be offering four, American manufactured, vaccines (while supplies last):

- **Regular dose** influenza vaccine (for individuals ages 10 years and older) - \$35 (if no insurance)
- **High-dose** influenza vaccine (for individuals age 65 and older) - \$65 (if no insurance)

The VNA accepts the following insurances for flu shots:

- Medicare Part B
- AARP Medicare Complete
- Advantra Freedom Medicare
- Aetna Medicare
- Freedom Medicare
- HealthFirst
- Humana Medicare
- MVP Medicare
- Railroad Medicare
- Security Health
- Secure Horizons
- Tricare
- Unicare
- United Healthcare Medicare
- Wellcare
- Most Advantage Plan except Blue Cross

For those covered by other insurances, VNA will provide a receipt that can be filed with your provider.

Walk-ins welcome, or sign up on the rolling rack.