



October 15, 2019

Covenant Group New Enrollments Offered on November 3 and 10

Choose to be an integral part of the ministry of this congregation by joining a covenant group - a vital part of our Unitarian Universalist congregation. Groups of about 10 people meet monthly (seasonal groups meet more often) to reflect on and discuss significant life topics, exploring the foundations of our most deeply held beliefs. Through the covenanting process, group members learn new ways of being together without making judgements or corrections.

Covenant Groups Build Connection

Covenant groups are great places to get to know other people, and to get to know yourself. Over time, through a year-long commitment or longer, participants build deep connections with one another. The groups are not for those who seek therapy, intellectual debate, or a social gathering – but are places in which individuals hear and accept how others frame their lives in terms of important ideas and issues. In addition to connecting during monthly discussions, members are encouraged to participate in a service project with their group during the year. Groups are coordinated by trained facilitators, and each group covers the same topic each month.

New Registrations on Nov 3 and 10

Covenant groups are open to all members and friends of the congregation. If you currently belong to a covenant group you have already indicated your choices for next year. However, if you are new to covenant groups (or just want to see what they are all about), open registration for 2020 will be before and after service on Sundays November 3 and 10, in the lobby. Registration tables will be staffed with group facilitators who will be available to answer your questions. If you are unable to attend on those two Sundays, please request an emailed enrollment form from Lisa Turano (lisaturano@gmail.com), or contact the UU office (772-778-5880) to request a mailed form. You'll also find the form (and other helpful information) on the Covenant Groups page at uufvb.org. Come, join us as we build community!

—Submitted by Lisa Turano

All About UU Class scheduled for November 2

Interested in learning more about the Fellowship? An All About UUs class is being held on Saturday morning, November 2. All are invited— whether you have been attending services for several months or just a few times.

This is an informal informational session, from 9am until about noon, held in Fellowship Hall. Rev. Alexander will speak, as well as other principals.

Plan to join us on Saturday, Nov. 2. Coffee and refreshments will be served. So we may have an accurate count, please call the office (772) 778-5880, or sign up at the Welcome Table on Sunday morning to let us know you are planning to attend.

—Submitted by Jean Panuto



Luminaries from Women of the Cloud Forest Arriving at Fair Trade Corner

A new shipment of lovely and colorful ceramic luminaries from a community of potters in San Juan de Oriente, Nicaragua will arrive this week.

From the website: "Women of the Cloud Forest has been working in fair trade since 2001.

We have direct, long-term relationships with small family workshops and cooperatives in Nicaragua and Costa Rica. In addition to placing consistent orders with our artisan partners, we provide business training and product development/design and we offer no-interest micro-loans and direct grants for workshop capacity building. This holistic approach to business enables our artisan partners to grow their businesses and access new markets without creating cycles of dependency."

We began making purchases from this fair trade company before we moved into our current building. The Pittsburgh, PA enterprise is owned by Amy Sobkowiak, daughter of former UUFVB members Roger and Maria.

—Submitted by Gale Parmentier



Calendar

**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 pm Ukulele Group
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
11:30 am Sermon Dialogue, S

Monday, October 21, 2019

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

Tuesday, October 22, 2019

9:30 am Administration Committee, L
1 pm SJ monthly Meal prep
7 pm Covenant—Elizabeth, L

Wednesday, October 23, 2019

10 am Yoga Experience, Lobby
11 am Ministries Cncl, L
2 pm Covenant – Seekers, L
2 - 4 pm Fair Trade OPEN
6:30 pm Choir Rehearsal

Friday, October 25, 2019

9:30 am Open Art Studio, L
1 pm Ukulele Group
4 pm Coalition Racial Justice, L
6:30 pm Bridges Fall Fest, FH

Saturday, October 26, 2019

9:30 am Sebastian Out to Breakfast,
Marsh Landing, Fellsmere
9:30 am Buddhist Meditation, L
6 pm Potluck, FH

Sunday, October 27, 2019

10 am Sunday Service
11:30 am Book Group, L
6:30 pm Sisters in Spirit

Monday, October 28, 2019

11 am Drumming, Choir Rm
2 pm ARE Class– Compassionate Life, L

Wednesday, October 30, 2019

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

Friday, November 1, 2019

9:30 am Open Art Studio, L
12 Noon Newsletter Articles Due
1 pm Ukulele Group

Saturday, November 2, 2019

9 am All About UU, FH
9:30 am Buddhist Meditation, L

Sunday, November 3, 2019

10 am Sunday Service

Monday, November 4, 2019

10 am House Manager Mtg, OB Rm
11 am Drumming, Choir Rm
2 pm ARE Class– Compassionate Life, L

Tuesday, November 5, 2019

7 am Municipal Election
1 pm Adult RE Cmte, L
6 pm 50+ Singles Potluck, Off-Site

Sunday Services – 10 a.m.— childcare available

October 20 – Reflections on “The 1619 Project” Rev. Scott W. Alexander preaching. 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 America exceptional: its economic might, its industrial power, its electoral system, diet, popular music, the inequalities 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” of slavery, and the incredible moral and social work it continues to challenge us to address.

October 27 – “*Carpe Diem! -- Tomorrow Maybe*” Rev. Scott W. Alexander preaching. Scott writes, Fully 10 years ago – thinking I would soon preach a sermon on this subject -- I clipped an interesting article from the “*Science and Health*” section of the *New York Times* about the curious human tendency (behavioral psychologists have discovered) for us to “*put off until tomorrow what could be enjoyed today.*” Yes, it seems we homo sapiens procrastinate even when it comes to taking pleasure! I would like to explore this tendency, because I believe it has a great deal to teach us about our (often unrealized) potential for spiritual and emotional health.

November 3 – “*Music of Happiness*” Earle Beasley and the UU Crooners. This Sunday the famous (and ever-popular) “UU Crooners” (with their maestro Earle Beasley at the helm) will return to UUFVB to enchant us with a service focusing on the “*Music of Happiness.*” Rumor has it that amongst the selections to be shared will be a duet by our minister and his partner Collins Mikesell. This will be a lively and joyful Sunday you will not want to miss!

Minister's Column

One of the wonderful little things about living here in Florida is the frequency (and intensity) of rainbows...I saw a spectacular "full-arc" one just the other day while out biking, and it took my breath away.



What exactly is a rainbow? Well here is what the on-line encyclopedia **Wikipedia** says: *A rainbow is a meteorological phenomenon that is caused by reflection, refraction and dispersion of light in water droplets resulting in a spectrum of light appearing in the sky. It takes the form of a multi-colored circular arc. Rainbows caused by sunlight always appear in the section of sky directly opposite the sun.*

So the reason we get so many rainbows here in Florida is directly due to the fact that (during many months of the year) we get frequent little day-time rainstorms that put droplets of water and the rays of the sun in just the right configuration for rainbows to appear.

But years ago I learned something amazing about rainbows (that I will never forget) from Dr. Chet Raymo, a college professor and science columnist

Seeing Rainbows

for the **Boston Globe**. He pointed out that that rainbows require us to be there to see them! I quote him: "**Strictly speaking, everyone who looks at a rainbow sees a different bow. Rainbows don't exist OUT THERE, like a tree or a star, to be seen alike by every observer. Rainbows exist only on the retina of an eye, and every observer's eyes have a different posture with respect to sun and rain.**"

So what this means – both scientifically and spiritually speaking – is that rainbows require us to see, before they can be! Without the human act of opening our eyes and focusing our attentions, there is no such thing – ever -- as a rainbow...it just doesn't exist. And what this further means is that if we human beings are not regularly paying keen attention, we will never be blessed by those colored-bands that blaze across the sky...or anything else in the natural world with the power to bless and charm us. The reality of rainbows remind us to LOOK...to lift up our heads, open our eyes, and look. Only then will we see this world's amazing beauty. Only then.

Yours, Rev. Scott Alexander



Congregational Record

Unitarian Universalist Fellowship
1590 27th Ave., Vero Beach FL 32960
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; Kimberly McIntyre, 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

Sisters in Spirit and the Art of Qi

Sisters in Spirit will meet next on **Sunday, October 27 at 6:30pm** in the lobby. Hester Denniston & Bonnie Howard will lead us in The Art and Spirit of Qi.

Qigong is a time-honored practice that has been revered for nearly 2,000 years. Gentle yet powerful, qigong tones the body, soothes the nervous system, and releases chronic stress, leaving you feeling centered, supple, and connected to the world around you and within you. When the body relaxes, the mind expands; this is one of many ways to deepen spiritual awareness and practice. Come foster harmony, awaken healing, and cultivate equanimity alongside two qigong teachers who will co-lead an exploration into the ancient art of qigong.

Each month there is a different speaker and topic pertaining to women's issues or to spirituality. Women are welcome to come one month, or every month, depending upon their schedule and interest in the topic. You are welcome to bring a friend! The day and time will change each month, to accommodate various schedules. There is no charge for each event, but a suggested donation of \$3-\$5 will be collected to pay for speaker's fees. Please RSVP to laddborne@comcast.net

--Submitted by Elizabeth Borne,
Your Sister in Spirit



Reflections

Youth & Family Ministry

Big Thank you to Fred and Charlotte Poston for donating a 40inch Flat Screen TV to our new Teen Room. This TV will allow us to enlarge media clips that we use for teen discussion. We are very appreciative for donations to the Youth & Family Department. Thank you.

Trick-Or-Treat for Unicef

On Sunday, October 29th we are asking all our Members and Friends to bring in loose change for donations to the Trick-Or-Treat Unicef Project. Our goal is to raise \$100 for kids around the world. A hundred percent of your donations goes directly to UNICEF. The Trick-Or-Treat for UNICEF is simple and VERY FUN. Our children will dress up in their Halloween outfits to Trick-OR-Treat for UNICEF after service during social hour. Participating adults will be asked to pass out their donated change and coins INSTEAD of those sugary sweets to our kids.

After Trick-Or-Treating Parents and children are invited to have a complimentary Hot Dog Lunch. Please sign-up by Wednesday, October 23rd with Ms. Kelly for the Hot Dog lunch.

To learn more about the Trick-Or-Treat for Unicef, please see this short article from the Unicef Website: The tradition of 'Trick-or-Treat for UNICEF' began in 1950 in the United States, when Philadelphia schoolchildren first went door-to-door at Halloween collecting money in decorated milk cartons to help their global peers. They raised a grand total of \$17, kicking off a campaign that has since brought in millions of dollars each year to help UNICEF provide medicine, better nutrition, safe water, education, emergency relief and other support to children in more than 150 countries. And millions of children now participate in Halloween-related fund-raising campaigns in the United States, Canada and Hong Kong, China, among other places. But in these campaigns, children go far beyond trick or treating in scary costumes with the familiar orange collection boxes in hand. Children and young people take part in various fun and educational events that help them gain a better understanding of child rights and the challenges facing children around the world – including poverty, killer diseases and armed conflict. They help stage events to raise funds and increase awareness about these issues, and in doing so learn that they can help change the world.



--Submitted by Kelly Stephens,
Youth and Family Ministry



November Anniversaries and Birthdays

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



Anniversaries			
Rod & Jean Baker	11/02	Bill Hults	11/11
Anne & John Tschinkel	11/08	Julianne Price	11/11
Phyllis & Chet Atlas	11/15	Diane Osiecki	11/12
Laura Matson and Steve Becker	11/15	Chet Atlas	11/14
Gale & Al Parmentier	11/21	Judye Burke	11/14
Ken & Kathy Klein	11/25	Mimi Nall	11/16
Bill & Diane Conway	11/26	Sam Roberts	11/17
		Barbara Dunst	11/19
		Fred Poston	11/19
		Cynthia Lawson	11/21
		Kaidin Seelbach	11/21
		Fred Shriner	11/21
		Rebecca Brack	11/24
		Pete Kersey	11/24
		Joan Schloop	11/26
		Dana Shaw	11/26
		Larry Phillips	11/27
		Bob Schroeder	11/29
		Bonnie Shelton	11/29
Birthdays			
Denise Haight	11/01		
Gayle Masters	11/01		
Olive Detering	11/02		
Belle Kellarson	11/05		
Camille Burke	11/06		
Judy Orcutt	11/06		
Jonnie Mae Perry	11/06		
Kay Thompson	11/06		
Kathy Klein	11/10		

Canning Workshop Offered

Sarah York will be conducting a canning workshop at her home on Friday, December 6th from 3 to 6 pm.

A veteran canner, Sarah has competed in many canning competitions... and she has garnered quite a few blue ribbons along the way!

This workshop was offered as a fundraiser for the annual UU auction and Sarah is hopeful that a few more folks might want to learn more about the art of canning. All participants will go home with their own jar of home-made mango chutney (mangoes provided by the Hornbuckle Mango Tree).

If you are interested in joining Sarah and Rebecca, there is a suggested donation of \$20 to UUFVB. Refreshments will be served.

Contact Sarah @ 828-712-8685.

--Submitted by Rebecca Hornbuckle