

# The JOURNEY

*The Monthly Newsletter of the Unitarian Universalist Church of Fort Lauderdale*

**January 2015**  
**Volume 56, Number 1**

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**February 2015 Issue**  
**Deadline**

**Sunday January 11, 2014**

Submit articles to:

**submission@uucfl.org**

**Editor**

Valerie Heller

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LifeNet4Families  
Cooperative Feeding Program

**LifeNet4Families Workday**  
**Saturday January 3 at 8:45am**

See page 2

## Labyrinth Cafe Concerts

**Presents**

**Nick Annis**

**and**

**Jeffrey Foucault**

**Saturday January 10**

**at 7:30pm**

Tune to Page 6

## Official Notice!!!

**Sunday, Feb. 8 at 12:45 will be our annual meeting, at which we will vote on both the Long Range Plan and the budget. All voting members are urged to attend.**

**Leading up to the meeting, we will have the following workshops, each at 12:45:**

**Jan. 11: Long Range Planning workshop**

**Jan. 18 & 25: Budget workshop**

**Please add your input to our planning process.**

See President's Message, page 2.

**V-Day Ft. Lauderdale 2015 presents**  
**The Vagina Monologues**  
**Feb. 21 & 22**

**Spread the word to end violence against women!**

More info page 5

**Unitarian Universalist Church of Ft Lauderdale**  
**Mission Statement:**

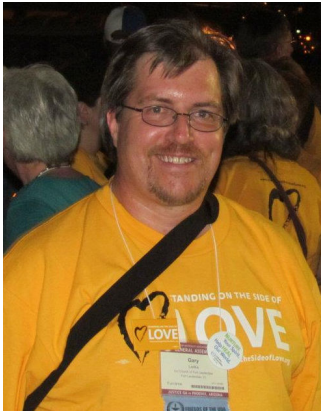
To come together as a caring community and sanctuary  
for seekers of spiritual growth, truth, and meaning.

**FREEDOM, REASON  
ACCEPTANCE + LOVE**



### President's Message

It's 2015(or almost, depending on when you are reading this), and there is lots to do! We have participated in formulating our Long Range Plan together this past year and we will now take some of the first steps in seeing the plan into action. If you have not yet seen the LRP, please see Bill Schoolman at church for a copy and we will be posting it shortly on the website. Please read it and be familiar with it as it will be important in the next steps we will take together. There will be a Long Range Planning congregational discussion following service on Sunday January 11. We will talk about what the plan means for us in every sense and work to be ready for all it will entail.



Closely related is this upcoming year's budget which, if the Long Range Plan is passed by the congregation, will begin to reflect some of the expenses that will result to attempt to bring the future we say we want. First things first – we really need to get 2015 Pledge Forms turned in so that we have a good foundation to build our budget and future together. If you have turned in your pledge form, thank you for your generosity. If you have not yet, forms are available in the church office and on the website, and then please see myself, Donna Gutierrez or Larry Wilkner to turn them in, and we thank you as well for your generosity. Please reflect deeply upon your pledge to UUCFL and its future, and if you can pledge more than you have in the past as we look further into our future, I would ask that you do so this year.

There will be two budget workshops after services on January 18 and January 25. Please attend with your positive ideas on how to shape our budget.

We start our new year hitting the ground running and we appreciate your participation in all of the steps. With the Long Range Plan Workshop on January 11, the two Budget Workshops on January 18 and 25, we decided to give you February 1(NFL Superbowl Sunday) off. We will reconvene on UUCFL's Superbowl Sunday on February 8 for our annual congregational meeting. Here we will vote on both items which will carry us on to the Championship of the Future! We have a request out to Katy Perry to perform our UUCFL halftime show on the 8th, but she may be tired from the previous Sunday. Please come anyway!

*Gary Ladka*

### LifeNet 4 Families/CFP Update

Thanks to those who came out to volunteer in December. Our January work day is scheduled for Saturday January 3. Meet at CFP at 9AM. Thanks to everyone who keeps the baskets in the lobby filled up. Every donation helps, even that single can of tuna.

Info or questions, DRE Susan

tiredmomofbob@aol.com (954) 424-1910



LifeNet4Families

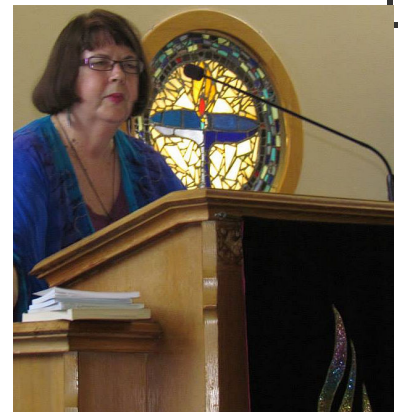
Cooperative Feeding Program

## ***Rev. Gail's Space***

### **The Two Faces of Janus**

The name for the first month of the calendar year comes from the Roman god Janus, who is always depicted as having two faces—one that looks backward to what has been and one that looks forward to what is to come. This has been a strange year for me personally, for our church and for the country and the world. Big changes everywhere: some that seem negative and even scary, and some that seem very positive and exciting. I have said a lot this year that I have personally felt kind of like I am on a roller coaster. I had my much-looked-forward-to sabbatical which, as all of you know, turned out quite differently than I had planned. Part I of the sabbatical was pretty normal as I got a lot of paperwork and life maintenance things accomplished, did a lot of reading and took two exciting trips to DC and San Francisco. Part II got pretty strange as I did a wedding in Santa Fe and had a great visit with many friends out west while continuing my research on memoir writing. Then my always-problem right leg started acting up so I spent much of the rest of the summer struggling to find the right medical intervention and then getting physical therapy. It was scary and frustrating but I made a lot of new friends, with some surprising people coming forward to help me and make my life easier and even fun at times. It was quite a lesson in patience. Then I was back at work for two months in which it seemed like the church was experiencing growth with new families, etc. The church family has been hit by losses and changes as well, with beloved members relocating permanently or temporarily, and people being hit with serious illnesses or other life setbacks. We began our Long Range Planning process, which promises much more change in the future. The world news has been very much a roller coaster with promising gains on marriage equality and saner drug laws, and then some reversals. The controversy around the apparent rise of a police state atmosphere both in cyberspace and on the streets has been alarming and the November election was a very sobering experience for many of us. Things can seem very out of control at every level of our lives. Unfortunately, some people react to both personal and external adversity by isolating and staying home and licking their wounds. That approach will likely only make you feel worse. This should be an important time to show up on Sundays, at Vespers, at concerts, at parties and take advantage of your church family. We all should be able to hold hands as we do after church each Sunday and share our challenges and triumphs, and recall that all of us are always smarter than any of us. As individuals, as a church community and as a country, we have survived great challenges before and we likely will again. Knowing we are not alone can literally save us. Show up, tell your story and seek refuge.

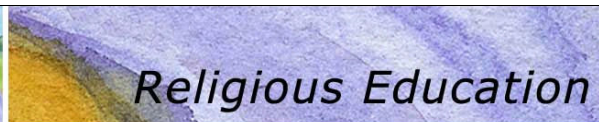
Blessings. *Rev. Gail*



### **Sunday Enrichment Times Returning**

Starting in the new year we will again offer Sunday Afternoon Enrichment classes and discussions hopefully scheduled mainly to coincide with our bimonthly community lunches. These gatherings will start with several sessions to deepen Unitarian Universalist identity and an ability to talk about our faith to others and the later sessions will be discussions will be on a range of issues of interest to religious liberals. We may have a few guest speakers and or facilitators. Plan to make 2015 the year your become truly qualified to help spread the good news of our open and exciting movement.

*Rev. Gail*



Director of Religious Education (DRE) - Susan Dirgins-Friend  
Phone (954) 424-1910



I want to wish everyone a Happy New Year and I mean that literally. I hope that as all of you go through 2015, it is a year with more love, less stress, more peace, less suffering, more of the good things as you know them. Someone reminded me though, that suffering is part of living; The Buddha was rocking that philosophy a long time ago. Our lives are a mish mash of the good, the bad and the ugly and it is our response to all of it that really matters.

It sounds naïve to say "when life gives you lemons, make lemonade," but that really is sort of it in a nutshell. We get up every day, put on our clothes and try to have a life of meaning and authenticity. Sometimes things go well, sometimes not so well. Acceptance of suffering can mean the difference between making it, and not. When things go really badly for someone, it can seem like everyone else is golden and life is just awful. Consideration can make us aware of the fact that while some folks do seem to get away with murder, and nothing ever touches them, for all of us, putting one foot in front of the other is the best way to keep going. Just keep calm and carry on.

I think children are the best teachers of this. They are able to keep good spirits in the worst of conditions. All you have to do is look at photographs from any of the recent war zones. Their lives have exploded, literally, yet you see them in the street playing soccer with makeshift balls, laughing and running. They have accepted that some days are good, and some days, well, not so good.

So as 2015 goes forward, remember that there will be good days, bad days, and some days that are both. Just keep your head up, your heart open, and your soul and spirit receptive to the world and its people.

Love and blessings for the  
New Year,

***DRE Susan***



## January Children's Religious Education Schedule

**Sunday January 4, 11AM**

Happy New Year

**Sunday January 11, 11AM**

Kids Do Coffee Hour

**Sunday January 18, 11 AM**

Martin Luther King, Jr.

**Sunday January 25, 11AM**

Garden Work



**V-Day Ft. Lauderdale 2015  
Presents  
*The Vagina Monologues*  
Feb. 21 & 22**

V-Day is a global activist movement to end violence against women and girls. Every year around Valentine's Day, performances are staged to raise awareness of this issue and to support organizations working for the betterment of women's lives. As part of this year's campaign, Eve Ensler's provocative, profound and hilarious work will be brought to life by a diverse cast of women, including your humble new Journey editor. Proceeds will benefit the PACE Center for Girls, an organization for teens in crisis, and the Women's Center at the Pride Center in Wilton Manors, serving the LBT community, with 10% of proceeds going towards our church.

Tickets are \$30, with showtimes Saturday Feb. 21st at 3:00 & 8:00 and Sunday the 22nd at 3:00. Prepare to be thoroughly entertained, surprised, outraged and enlightened, be you the proud possessor of a vagina or not. This year, Ms. Ensler has added three new pieces to the script, which is being performed over 5500 times around the world. Don't miss this groundbreaking show!

**This is a "PG-13" event.** You may hear a few words not normally uttered in church (even our church).

Email Emily Alison Moorhouse (organizer) at [VDayFortLauderdale@gmail.com](mailto:VDayFortLauderdale@gmail.com) or see me for ticketing information.  
See [v-day.org](http://v-day.org) for further information on the international V-Day movement.

**The Vagina Monologues: Spread the Word!**

*Valerie Heller, Resident Thespian*



**Music Notes**



As we start a new calendar year, we see clean white pages on which to write our hopes and dreams for a year filled with new delights

from the choir, various soloists both vocal and instrumental and a renewal of energy after a very busy Christmas season. The choir will put aside the burnout of extra rehearsals and practice at home as we look forward to efforts to enhance Sunday services to provide an atmosphere of warmth with our extended church family.

Plans include choir anthems on January 4 and 18th. You will see a few new faces in the choir as our winter guests join us in making a beautiful and joyful sound. If you would like to join this very special group, speak to Susan Friend. She will guide you in your decision.

On January 11, we will meet a guest pianist/organist, Linda Reiling who will play the service music. Linda has a Bachelor of Science in Music Education degree from Duquesne University and has more than twenty years of experience playing in churches. Please greet Linda warmly as she brings her talent to our Sunday service.

We will soon hear the beautiful sounds of Alfredo Tamburrino's flute solos either the end of January or early in February. Stay tuned for further information.

We miss Charlie Prather and his solid bass sound from the organ which he built and contributed to UUCFL a few years ago. His accompaniments to our hymns have truly enhanced the singing of the congregation. We send our good wishes to Charlie and his partner, Mario as they hope for better days ahead in 2015.

And a Happy New Year to you!

*Dot Muise, Director of Music*

**Labyrinth Café Concerts Presents  
Nick Annis and Jeffrey Foucault**

**Saturday January 10 at 7:30pm**

Drilling for oil in the Midwest. Selling ice cream from a truck. Running a bakery. Starting points for just a few stories **Nick Annis** deftly weaves between and through song and performance banter. One man medicine show? Itinerant philosopher? Nick Annis is an award-winning songwriter, but he is also admired by folk fans for the storytelling talent that makes his performances so memorable. Audiences return to hear him deliver spoken word pieces in the style of brilliant songwriter/storytellers like Gamble Rogers, John McCutcheon and Dave Carter. Drawing on his diverse background and Greek roots, Nick crafts "true" stories and timeless accounts of humanity.



**Jeffrey Foucault** grew up in a small town in Wisconsin. His father played a plywood guitar and his mother liked to sing. Winter Sundays were for church or ice fishing. He went to college and dropped out, took a job on a fruit farm and started writing songs about a girl from Iowa. He finished school, roofed houses, drove a snowplow, and home-schooled the son of the local bar owner in exchange for beer. He cut his first album in the winter of 2000. Longtime disciple of the rich and strange music that sings behind the American veil, Foucault has spent the last decade mining the darker seams of country and blues, producing a string of spare and elemental albums of rare power while garnering accolades across the United States and overseas for a tersely elegant brand of songwriting set apart by its haunting imagery and weather-beaten cool. He lives in Western Massachusetts.

Reservations requested but not required:

Contact Susan at [OzWoman321@aol.com](mailto:OzWoman321@aol.com) or 954-478-8637

\$20 at the door; \$17 advance reservations (checks made out to the performer received in the UU church office no later than Wednesday before Saturday show)...

...plus non-perishable item for our local Cooperative Feeding Program (canned meats, beans, fruits, vegetables, peanut butter, dried milk, pasta, rice, cereal, baby food and baby formula).

We are working to get the website updated and all will be revealed soon. In the meantime, we ask you now to save the following dates (February 14, March 14, April 11, May 9) and join us once again for song and camaraderie. Watch your e-mail, check our Facebook page and listen to Michael Stock's show for notice of the harmonic treats in store.

We will once again be offering a Season Pass for \$150 per person, which entitles you entrance to all concerts, a beautifully-designed Labyrinth Cafe T-shirt and premium, reserved seating!

*Susan Moss, Coordinator, Labyrinth Cafe Concert Series*

**HAPPY NEW YEAR!**

### Spirituality and Health Class Begins This Month

Starting on Tuesday, Jan. 20, Rev. Gail Tapscott will be offering an exciting new class based loosely on a curriculum developed by her friend and colleague, Rev. Sara Zimmerman. Called "Spirituality, Science and Healing," it is designed to help us truly live out the Seven Principles which Unitarian Universalism affirms. A flyer with more of the philosophy behind the class will be available in early January, but to get you intrigued and to convince you to put this on your calendar, here are the titles and dates of the six sessions:

Jan. 20—Regarding the God Particle: If the Universe is the Answer, What is the Question?

Jan. 27—Religion and Spirituality in Health and Well-Being

Feb. 3—Mindful Healing

Feb. 10—Spirituality, Science and Healing

Feb. 17—Comfortable Misery

Feb. 24—Good Medicine is Science, Not Technology: No Time to Listen



### Community Outreach Update

Lore Bernier did a fine job of making children in difficult circumstances happy at Christmas with lots of gifts delivered. Susan Friend and a small but loyal crew continue to work at LifeNet 4 Families most Saturdays. We and all our affiliated groups continue to fill our food pantry baskets. Bob Bender is still coming up with excellent speakers on social justice issues for either our Sunday service or for presentations and discussions after service. I am deeply immersed in the ongoing fight against the Ft. Lauderdale Homeless Hate Laws and am now a plaintiff in a complaint against the city filed by Rabbi Barry Silver, a friend, colleague, activist lawyer and all-round good guy. I also continue to help organize protests, speak out at the Ft. Lauderdale City Commission, etc. Several church members and friends have joined me at either the City Commission or at one of the other events. We are still active in BOLD Justice, which has chosen issues affecting the elderly as its new issue for the year. The big Nehemiah Action for the year will be on Monday April 20, 2015, so mark your calendars now. We will also be doing our annual Empty Bowls Dinner to raise money for LifeNet4 Families sometime in April, and in May we will again participate in the yearly mail carriers' food drive, when we go to the post office and sort and box food. There should be something here for everyone and it is a great feeling to reach out beyond your own troubles and help a larger cause. I know some of you are also active in the political arena, on environmental issues and working in some other areas. Let us know what you are doing and invite others to any event that might be of general interest. For a small church, we do a lot and we should be proud of our role in the larger community.

***Rev. Gail and the Community Outreach Crew***

### Coming CUUPS Events

January 31 we celebrate Imbolc, the Festival of Light, with Guest High Priestess Sandra Cheryl Richardson. In the Dark of Winter, there was much celebration at the first hint of coming Spring. OK, we are in South Florida, but we follow these traditions from Northern Europe, and it does get cold and dark up there.

Thursday Evening 7:30 pm Study Group continues and we already have programs booked:

1/1 Ring in the New Year

1/8 Labyrinth Sprinkle & Re-Commission the Eggregore "Claw"

1/15 Runes by Skylar

1/22 Non-sequitur Silliness with Mr. Y

1/29 Imbolc Ritual Planning and Seasonal Stories



Y'all do come out and play.

***Kip, Resident Pagan***

Expand your UU and Facebook horizons by joining the new UU Southeast Cluster page to stay informed about activities of the Cluster which encompasses participating UU congregations from the Treasure Coast to the Virgin Islands. Visit this page and click "Like" to join:  
[www.facebook.com/UUFloridaSoutheastCluster](http://www.facebook.com/UUFloridaSoutheastCluster)



### Challenges to New Jim Crow

Accomplished activist, researcher, advocate, administrator and pioneer Rebecca Doggett will update South Florida on Challenges to the New Jim Crow on Sunday, Jan. 11 at 1:00 pm, sponsored by the Social Justice Committee. Like hundreds of thousands of others, Becky's lifelong social activism was ramped up by Michelle Alexander's landmark [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#), and like many, redoubled her effort toward building the new social movement for which Alexander called, emphasizing the current Movement to End Mass Incarceration, Police Terror and the Criminalization of Youth. She will update us on progress of the past four years nationally and in New Jersey, with opportunity for discussion about relevance for Florida.

Rebecca chairs the Undoing Racism Committee of the UU Congregation at Montclair, NJ and has been a leader both within that congregation and in the NJ-wide Movement. She is a retired Senior Fellow of the NJ Institute for Social Justice, a non-profit research and advocacy organization. She has also served on many non-profit boards, including serving as Chair of the Center for Community Change, based in Washington, DC.

*Bob Bender*

### Third Friday Vespers Service January 16 at 7:00 pm

Vespers is our third Friday service that combines readings, music and meditation in a small group setting.

It is a short service at 7 PM, usually 45 minutes long. These services may include poetry, prose, music, singing, occasional live music, occasional dance, and meditation. The service is followed by wine and cheese and an opportunity to enjoy fellowship.



See [www.uucfl.org/vespers/](http://www.uucfl.org/vespers/) For more info or questions, DRE Susan Dirgins-Friend (954) 424-1910

*"Heat not a furnace for your foe so hot that it do singe yourself." —*

*William Shakespeare*



## Directory of Staff, Board, Committee Chairs & Affiliates

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#### • Director of Religious Education

Susan Dirgins-Friend.....954-424-1910

#### • Music Director

Dorothy Muise.....954-731-8790

#### • Choir Director

Susan Dirgins-Friend.....954-424-1910

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### **Ministry**

Betty Highton.....954-484-6313

### **Nominating**

Steve Lange .....954-257-9262

### **Religious Education**

Laura Lange.....954-584-2499

### **Sunday Services**

Opal Murray.....770-265-6242

### **Wisdom and Enlightenment Series**

Opal Murray.....770-265-6242

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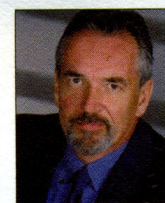
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### Remember the Hungry People Around Us

Please continue to fill the Food Baskets at the church with non-perishables for the LifeNet for Families Cooperative Feeding Program. Learn more about the CFP and other ways you can help. Visit [www.feedbroward.org](http://www.feedbroward.org)



*Please Patronize and refer the above Friends and Members of the Church as they support the us with their advertising. Make sure you tell them you saw their ad in The Journey.*

### January Birthdays

Kelly O'Riain 1/2  
Colette Saucier 1/4  
Valerie Heller 1/7  
Dot Muise 1/9  
Cam Enright 1/10  
Cooper Donelson 1/20  
Nicole Shulman 1/21  
Lisa Mohan 1/28  
Gary Ladka 1/30  
Gloria Stein 1/30



*If you would like to see your birthday announced here and in the cUUrrious cUUrrier email newsletter, please contact the office to make sure we have your updated information in the computer*

Sun

Mon

Tue

Wed

Thu

Fri

Sat



# January Calendar

Religious  
Education Events  
See special  
calendar  
on the RE page 4

Every Sunday :  
11:00 AM-  
Church Service  
and Children's  
Religious Education

Visit our on line calendar for late-  
breaking events [www.uucf.org](http://www.uucf.org)  
and click "Coming Activities"

4

•9:30am - UU Sisterhood

5

11

•Journey Article  
Submission Deadline  
•12:30pm- Fellowship  
Lunch Day  
•12:45 Long-Range  
Planning Workshop

12

•7:00pm- Board  
Meeting

13

14

•6:45pm - Choir Rehearsal

15

•7:30 pm CUUPS

16

•7:00 - Vespers Service

17

10

•7:30 pm Labyrinth Café  
Concert (See page 6)

1

•7:30 pm CUUPS

2

3

•8:45am -  
LifeNet4Families  
Cooperative Feeding  
Program Workshop  
(See page 2)

3

25

•12:30pm- Fellowship  
Lunch Day  
•12:45 Budget Workshop

26

•7:00 pm-  
Welcoming/  
Membership  
Committee

27

•Time TBD: Spirituality  
and Health class

28

•6:45 pm- Choir Rehearsal

29

•7:30 pm CUUPS

30

31

# Unitarian Universalist

Church of Ft. Lauderdale

3970 NW 21st Avenue  
Oakland Park, Florida 33309

Minister: Rev. Gail Tapscott

Phone: 954-484-6734

Minister Phone: 954-288-4245

E-mail: uucfl@aol.com

Website: www.uucfl.org

Sundays Service & Children's  
at 11 am: Religious Education

## The JOURNEY



Sunday Morning Services at 11 am

JANUARY 2015

**January 4 - Coming from the Red-Eye** - Rev. Gail Tapscott will be just back from her first trip as a differently-abled person. She will be preaching with too little sleep, prompting her to take as texts a book and lifestyle she has been dying to preach about for years. She will explore the culture of the night person and will ask the question "Is staying up late a character flaw or the sign of a creative spirit?"

**January 11- Signs of the Times-** Coming before Martin Luther King Day and at a time of great racial and class strife in our culture, Rev. Gail will look at some of the many intertwining issues that have brought us to this troubling and decisive moment in American life. She will attempt to give this topic a unique UU spin. After church, UU activist Becky Dogget will lead a discussion on The New Jim Crow for the church and the community starting at 1:00 pm.

**January 18- The Passion of the Western Mind-** In a time of international culture clashes, Rev. Gail will explore some of the main ideas that have shaped our collective consciousness over the last several centuries. We will examine some ways we share certain assumptions at a deep level despite seeming differences.

**January 24-Exploring the Shadow and the Problem of Evil Through the Lenses of Fairy Tales We Grew Up With-** Coming on the heels of the release of the movie version of "Into the Woods," Rev. Gail will examine the ways that fairy tales and folk tales reflect us back to ourselves and how we can grow to a new level of understanding from looking at them psychologically.

**February 1- Demilitarization at Home and Abroad-** Medea Benjamin of Code Pink will offer the sermon and an after-church presentation and discussion at 1:00 pm.