

The JOURNEY

The Monthly Newsletter of the Unitarian Universalist Church of Fort Lauderdale

September 2016
Volume 58, Number 8

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October 2016 Issue Deadline

Sunday, September 11, 2016

Submit articles to:

submission@uucfl.org

Editors

Valerie Heller

Gary Ladka

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A Center for
Liberal Religious Thought
and Social Action in
Fort Lauderdale

Unitarian
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Church of Ft. Lauderdale

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Established in 1958



LifeNet4Families
Cooperative Feeding Program

LifeNet4 Families Workday

Saturday September 10
at 9:00am

Work your way to Page 5



Labyrinth Café
Season Opening Concert
John John Brown
Kirsten Maxwell
Larry Mangum

Saturday September 10
at 7:30pm
Tune In to Page 6

Annual Water Service
Sunday September 11
at 11:00am

Flow on over to Back Cover



BOLD Justice
(Broward Organized Leaders Doing Justice)

BOLD Justice
Listening Process
Saturday September 17

Choose One of Two Sessions
3:00pm or 7:00pm
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Pagan Pride Day
Saturday September 24
at 12:00pm
Merry Meet on Page 7



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.

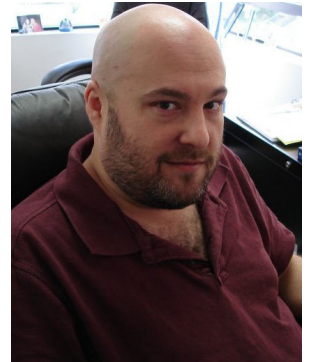
FREEDOM, REASON
ACCEPTANCE + LOVE



President's Message

"If there is magic on this planet, it is contained in water." -- Loren Eiseley

In September, we traditionally welcome each other back from our summer adventures and begin our new church year with Water Sunday (also known as Water Communion). For those who do not know about Water Sunday, the uua.org web page describes it best: "Members bring to the service a small amount of water from a place that is special to them. During the appointed time in the service, people one by one pour their water together into a large bowl. As the water is added, the person who brought it tells why this water is special to them. The combined water is symbolic of our shared faith coming from many different sources. It is often then blessed by the congregation, and sometimes is later boiled and used as the congregation's 'holy water' in child dedication ceremonies and similar events."



I've always believed that water is magical. It makes up the majority of our bodies, and of our planet. We are fortunate to live close to the ocean, and anyone who visits our beaches cannot help but be awed by the majesty of the ocean. Water makes us clean, and refreshes us inside and out. When we perspire or weep, water escapes from deep within us to mingle with moisture in the earth. Magic happens with water.

Our Water Sunday is a time to come together and combine our water, from far and near, representing varied emotions and diverse places and feelings. It is the service that I believe comes closest to uniting all of us as one. I sincerely hope you can join us for this special Sunday, September 11th at 11AM. As always, all are invited. I always welcome calls to talk about what's on your mind. I can be reached at (954) 296-0089.

Jim Giblin



Building Usage Scheduling

With all of the activities going on in the building, especially with all of the exciting new things coming along, it will be very important to keep a close look at the calendar to make sure we have room for all events and renters that we have, and to have scheduling conflicts kept to a minimum. Please email me at dgriswold2001@hotmail.com with any inquiries or to schedule an event at the church. Thank you.

Dave Griswold

Generous Donation Leads to Office Makeover

We would like to thank Hally and Richard Schwartz for their generous donation of a full suite of office furniture making our main office more professional, functional and beautiful. With 2 desks with returns, a credenza and hutch, new file cabinets, bookshelves and chairs, the office now has multiple work areas and is more spacious and inviting—and everything matches!! Richard and Hally and staff had been insurance brokers in my office building in Coral Springs for over 20 years. They handle all of my personal policies, the policies for Big Beat Productions, where I work, and also the church's policies.

They have merged with and moved (staff included) to Gateway-Acentria Insurance, right here in Oakland Park.

When they knew they were moving, the church was their first thought of where to donate their furniture. They told me, whatever the church needs, to please take it—for free! Please call them for any of your insurance needs at 954-255-1000.

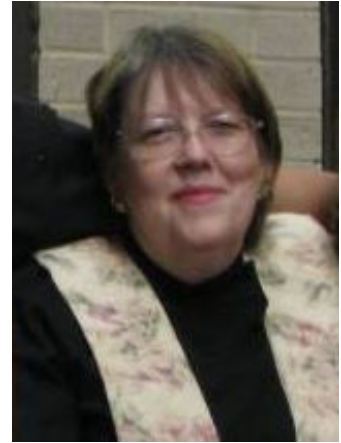
Ask for them personally and thank them for us. Thanks also to Doug Friend, Peter Lange and Peter's friends for helping move and install all of the new furniture.

Gary Ladka—Building and Grounds.



Rev. Susan's Space

One of the most memorable days of my life was when I entered a room in the Museum of Fine Arts in Boston in 1976 and was confronted with the massive painting by Paul Gauguin entitled in a corner of the canvas "D'où venons nous? Que sommes-nous? Où allons-nous?" Or as the chant in our teal hymnal translates it, "Where do we come from? What are we? Where are we going?" It is 4'6" tall and 12'3" wide and crowded with Tahitian figures representing infancy, childhood, youth, householders and sages. Gauguin said of it, "I believe that this canvas not only surpasses all my preceding ones, but [also] that I shall never do anything better, or even like it."



These were his questions in 1897, and they are still ours today. As we embark on our developmental ministry, our Director of Religious Education, our Board of Trustees and I propose that this be the theme for this first year of our work together. We have many engaging activities planned for all ages to explore our identity personally, demographically and culturally and to use this knowledge as a launching point to envision the difference we wish to make in the world around us.

We will begin with identifying 3-5 shared values that inspire and empower our lives individually and together. What will they be? Once we've identified these values, we will spend some time exploring what we mean when we invoke these high purposes. What is love, peace or justice to us where we are at this time? We will sing about them, celebrate holidays in honor of them, learn from world religions and human experience what others have thought about them. This is great work for artists, dreamers, philosophers and makers of all kinds. At the same time, we will be studying our "ministry field" and learning about the city around us, the natural world that supports us and our own lives. Where do we live, and where are we "from?" What are the deeply felt concerns of our neighbors, and with whom can we partner to work on these issues? These are good tasks for the curious, the scientists, the sociologist and even the busybody. I can't wait to see what we will discover together.

Blessings,
Rev. Susan





Director of Religious Education (DRE) - Susan Dirgins-Friend
Phone (954) 424-1910
Email tiredmomofbob@aol.com



I've been seeing lots of smiles, lots of butts in seats, and little changes here and there in the physical plant. I can't put my finger on it, but my feeling is that something good is in the air, and many folks are joining in the fun. Old friends have been seen in our sanctuary on Sunday, and many new friends seem to be coming in the doors. Our children's religious education theme this year is "Where Do We Come From? Who Are We? Where Are We Going?", and I think it is a fitting theme for the whole church community.

As part of our Sunday lessons with the kids, you may find yourself being asked questions, asked to put a push pin on a map, or maybe asked to lead a discussion with our kids about the past, present and future of our congregation. I hope you will join in enthusiastically because as you all know, our UU children are our UU future. Speaking of our UU kids, we had a super fun pre-school start sleepover with a group of our youngsters on Wednesday August 17. We started with food at 6:00, (kid favorites of mac 'n' cheese and pizza), and the kids chit-chatting with Rev Susan. We then retreated to the RE wing (Meet and Greet with Susan in the sanctuary for adults), and played board games, talked and discussed, and eventually made our way outside for a fire, s'mores, and more talk. Back in the sanctuary, we played more games, ate ice cream sundaes, and eventually climbed into bed, by 12:30. All were sleeping by 1- they were whipped.

The good thing: even though we had brought movies for watching in case of boredom, we did not use them. It was an old-fashioned evening of kid-centered fun- thanks to Michael and Colleen Coburn for helping with the evening and spending the night. We finished up with breakfast in the morning. Thanks to the Quina, Heller/Turner, Coburn and Brantley families for making the effort to get their kids involved.

Love and blessings,

DRE Susan



September Children's Religious Education Schedule

Sunday September 4, 11AM
Labor Day Lesson Sunday

September 11, 11AM
Ingathering Water Service
Children will attend the Service

Sunday September 18, 11AM
"Where Do We Come From?"

Sunday September 25, 11AM
"Who Are We?"

Lifenet 4 Families/Cooperative Feeding Program

Lifenet4Families
Cooperative Feeding Program

Please come out on Saturday September 10, 2016 from 9-11AM at the Lifenet 4 Families facility, at 1 NW 33rd Terrace, Lauderhill; it is on the corner of Broward Blvd and NW 33rd Terrace, which is east of 441 and west of NW 31st Ave. We

will be packing food boxes, filling shelves and tackling other jobs that need to be done. There has been an ongoing series of changes in staffing at Lifenet over the last year or so, and I know that sometimes it seems dis-organized and I also realize that occasionally it seems like volunteer time is being wasted. Rest assured that I am trying to convey to them that our volunteer time is valuable, and we want it put to good use. This is a great chance for us to work with our UU friends from River of Grass, and we always have good fellowship time with them. As always, thank you to the lobby basket fillers. The food donations always make a difference for the food insecure in our community.

Susan Friend

Baton Rouge - Flood of 2016

Baton Rouge, Louisiana, and surrounding areas have been inundated with historic flooding.

Unitarian Universalists from outside greater Baton Rouge want to know how to help from afar. The Unitarian Church of Baton Rouge has set-up a fund for contributions and offers this additional how to help information:

"UCBR Flood Fund" is receiving funds to assist Members and Friends of our church in flood recovery, especially those without flood insurance coverage.

Send to Unitarian Church of Baton Rouge, 8470 Goodwood Blvd., Baton Rouge LA 70806 peacestones.org

Send contact information if you are available to make a trip to this region and assist in the actual cleanup of homes.



Advocate staff photo
by BILL FEIG

Name Tags –

If you have not yet received a name tag lanyard, please sign up in church on Sundays. You have a choice of designs between a picture of the church and a chalice. Please wear your name tags each Sunday so our veterans and our newer members and visitors recognize each other better.

cUUrious cUUriar –

If you are not receiving our weekly email newsletter, the cUUrious cUUriar or a mailed copy of The Journey newsletter visit our website at www.uucfl.org and click on "Subscribe" to sign up

**The Seven Principles of Unitarian Universalists**

There are seven principles which Unitarian Universalist congregations affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.



Labyrinth Café Kicks Off Concert Triple Bill - Saturday September 10 at 7:30pm

We are kicking off our 2016-17 Labyrinth Cafe season with three stellar musicians, all winners of the 2016 South Florida Folk Festival Songwriter Contest.

If you were at Hugh Taylor Birch State Park this past January, you'll know what a great evening this will be; if not, you are in for quite a delightful surprise... :-)

A not-to-be-missed show featuring South Florida Folk Festival Songwriter Winners:

John John Brown, www.reverbnation.com/johnjohnbrown

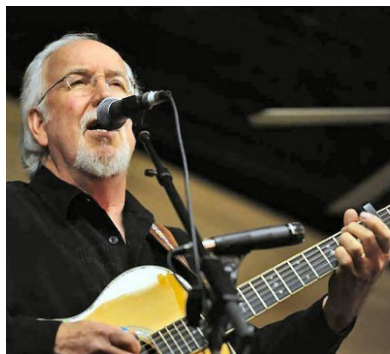
Kirsten Maxwell, www.kirstenmaxwell.com

Larry Mangum, www.reverbnation.com/larrymangum



In the winter of 2013, right after his twin boys were born, John John Brown started writing songs that would turn into his debut album "The Road", and Brown's live acoustic performances of the album have garnered much critical acclaim. In May of last year, he was chosen as a 2015 Kerrville Folk Finalist for the legendary "New Folk" competition, and in January of 2016 he went home a winner of the prestigious South Florida Folk Festival Songwriting Contest. Seeped in good storytelling and fingerpicking melodies, John John Brown seems to have discovered part of the mystery that surrounds the great singer/songwriter tradition. "The Road" was just released in the Spring of 2016.

If Joni Mitchell and Gordon Lightfoot had a love child, raised with the help of godmothers Judy Collins and Maria Muldaur, surely this is how singer/songwriter Kirsten Maxwell got her start. A listen to her voice and turn-of-phrase/lyrics, and these luminaries will be brought to mind. A prolific songwriter, Kirsten was awarded first place in a contest sponsored by the Rhode Island Songwriters Association. (RISA) and opened for Michael Johnson in concert in November. She was selected for a coveted slot in the Suzi Wollenberg Folk DJ Showcase at the 2015 Northeast Regional Folk Alliance (NERFA) Conference. Kirsten was also named a winner of the 2016 South Florida Folk Festival Singer Songwriter Competition, and will return in January 2017 to perform on the festival's main stage. Kirsten released her debut album this year. A compilation of eleven original songs on love and longing, "Crimson" is the kind of album you embrace when it's time to let go.



Jacksonville, FL singer/songwriter Larry Mangum has nearly 3000 performances over 4 decades as a folk, rock, country and Americana artist. A Floridian since 1970, known for his butter smooth voice, Larry has released 10 albums of original music and 2 live albums since 1980. An award winning songwriter, Larry writes from a keen sense of observation and experience capturing the moments that reveal the human truths that bind us all together. An evening of Larry's songs is an emotional roller coaster touching the heart, the mind and the soul that stays with the listener long after the performance. Larry makes regular appearances at the Florida Folk Festival (featured performer in 2010), the Will McLean Festival (featured performer 2010), the South Florida Folk Festival, the Sarasota Folk Festival, the Gamble Rogers Folk Festival, Barberville, the Lake County Folk Festival, Riverhawk and many more.

Reservations requested but not required: Contact Susan at OzWoman321@aol.com or 954- 478-8637

\$20 at the door, 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);

Advance Reservations: \$17, checks (made out to Larry Mangum) received in the UU church office no later than Wednesday before Saturday show (or call or e-mail Susan at the contact info above): UU Church of Ft Lauderdale

ATTN: Labyrinth Café 3970 NW 21st Ave. Ft. Lauderdale, FL 33309 Please consider purchasing our Season Pass, \$150 per person, which includes admission to all 9 September-May shows, as well as premium reserved seating and a Labyrinth Cafe Tshirt (designed and printed by Virginia and Erik, Labyrinth Café volunteers).

It's a wonderful way to support the UU church, our performers and the continuation of live, original music!

Please visit www.labyrinthcafe.com for further details and the artists' websites, and our Facebook page to give us a thumbs-up, which will then keep you informed of upcoming concerts. Can't wait for you all to join us once again for song and camaraderie!

Susan Moss Coordinator, Labyrinth Cafe Concert Series

**UU Florida Southeast Cluster - Special Program Planned
Save the Date Saturday October 29**



The Rev. Dr. Fredric Muir, editor of Turning Point: Essays on a New Unitarian Universalism, will be our featured speaker at our Annual Meeting Saturday, October 29 at UU Miami. The Rev. Muir will offer a prophetic critique of the ideologies and practices that cripple our faith and then offer an inspiring vision for our future--a future that is being born right now.

We will also have Best Practices workshops in the afternoon.
A registration flier with more details will be coming.

Coming CUUPS Events

Saturday September 24 we celebrate Pagan Pride Day and Mabon, the festival of the Second Harvest. There will be vendors, food, entertainments, and of course our ceremony. Do come out and play. See www.moonpathcuups.org/ppride/

Pagan Pride Schedule:

- 12 Noon – Open
- 2 PM – Making a Sugar Pot for Prosperity (inside classroom)
- 3 PM – Seasonal Stories for Children (inside classroom)
- 4 PM – Drake – Axe & Knife Throwing Demonstration (outside)
- 5 PM – Luna Road Fairy Attunement (outside)
- 5:30 PM – Mabon Ritual in the Viking Tradition (outside)



Visit our 25+ vendors throughout the day ---
bring lawn chairs to hang out picnic style ---drum and make merry!

Self-guided labyrinth walks and a visit to the Blessing Tree are highly encourage.

Bring canned goods to donate to the local food pantry and help create a Pentacle Mandala of prosperity!

Thursday 7:30 PM Study Groups continue:

- Sept 1 Kuan Yin Healing Ritual Class
- Sept 8 Rattles & Noise Maker
- Sept 15 Ritual Basics and Spontaneous Ritual
- Sept 22 Stories of Mabon and Ritual Planning for Pagan Pride
- Sept 29 Witchy Stories & S'mores by the Fire



Why would I want to learn about Rattles and Noisemakers? Well, what if a giant dragon were swallowing the sun? How would you scare it off? Need I say more?

--Kip, *Resident Pagan*

With Blessings, Edie & Marty McAnulty - CUUPS Facilitators

TheMoonPath Chapter of CUUPS

BOLD Justice Listening Process: Sacred Conversations

Sharing of ourselves to be part of something bigger than ourselves

After my father passed away, I fell into a deep depression and had a nervous breakdown. It wasn't until my sister made me get medical treatment that I got better. And if she hadn't, I don't think I'd be here today. When I tried to get treatment, I struggled to find care I could afford. It was \$175 per appointment and I couldn't pay that on my own. My sister was able to put me on her insurance, which covered four appointments, and then my doctor helped me get care by being part of a case study.

This is my story, and I share it with you to explain why I am part of the justice ministry.

As UUs, we have 7 principles that guide our beliefs and our work.

I want to talk about two in particular and how they relate to my story:

1st Principle: The inherent worth and dignity of every person.

2nd Principle: Justice, equity and compassion in human relations



Both of these principles call us to be concerned with our neighbors. The first principle asks us to recognize the inherent value and worth of every person we meet. My sister and the doctor saw my individual worth and treated me with dignity.

Justice, equity, and compassion in human relations, however, point us toward something beyond inherent worth and dignity. While it is good that my sister and my doctor acted in my interest, our responsibility doesn't end with just helping one person in need. The 2nd principle points us to the larger community. It gets at collective responsibility. It reminds us that treating people as human beings is not simply something we do one-on-one, but something that has systemic implications and can inform our entire cultural way of being.

Justice means we should be holding our mental health care system accountable to ensure everyone has access to the care they need, and no one finds themselves in the situation I was in—deeply in need of care but without access to it.

Compassion is something that we can easily act on individually. We can demonstrate openness, give people respect, and treat people with kindness on our own. But we need one another to achieve equity and justice. On our own, we cannot change the healthcare system to provide care to everyone who needs it, or stop unnecessary arrests of children, or make sure that housing is affordable for all families in our community.

We need to work together to achieve justice. As a single person or a single church, we simply don't have the power. But when we work together with other concerned people in our community, we can build the power necessary to confront our leaders and bring justice, equity and compassion to all of our relationships.

This September 17, we will be embarking on a Listening Journey at UUCFL. I will host a House Meeting along with Rev. Susan and Betty Brantley, and invite UUs to come and share your stories and journeys.

Choose to attend one of the two sessions at 3:00pm or 7:00pm.

What is worrying you? What's going on in your own life? Through this process, we will begin to create community and build relationships. And through those relationships, we will build our capacity to solve what's ailing us and create a more just, harmonious community where every individual can be treated with dignity and respect. I hope you will join us as we begin this journey.

Marie Turner - BOLD Justice

Attention: Newbies, Especially but Open to Everyone - Forming Group Discussions After Sunday Service

I'm new to the church but come from UU churches in Maryland where we would meet in a circle group after the service to discuss the sermon or another agreed-upon topic, and I would like to try to get a program like that going here at UUCFL. If you would like to get to know people easier/ faster, here's your chance.

Contact me at 410-370-6616, pwpw63@yahoo.com (call, text or email) if you're interested.



If we get 5 to 10 people, we may meet after the service in the library (bring your coffee) and let's discuss the ideas shared in the sermon (or pick a topic) and get to know one another. We can rotate with a leader for the group or on a volunteer basis. Thank you for your consideration of this.

Patricia Winchild

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• Director of Religious Education

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

• Music Director

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

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

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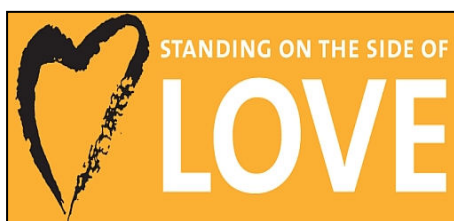
Social Justice

BOLD Justice

Betty Brantley.....954-536-5754

Cooperative Feeding Program

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



Online Calendar

Kip Barkley.....954-784-8307

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Susan Moss.....954-478-8637

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Claire Mostel.....786-512-5180

Nominating

Jerry Waltz954-527-5275

Religious Education

Michael Coburn.....305-409-7340

Sunday Services

Opal Murray770-265-6242

Wisdom and Enlightenment Series

Opal Murray770-265-6242

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The program is easy and convenient. H&R Block will send the church \$20 for each new client you refer. The more new clients you refer, the more money the church can make!

So distribute the Referral form to your members and friends—even if they don't attend the church.

The program runs between January 1 and the IRS income tax filing deadline (usually April 15) of the current year.

Mention the Church to any H&R Block Agent when you refer someone to make sure UUCFL receives the credit



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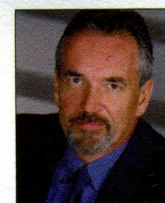
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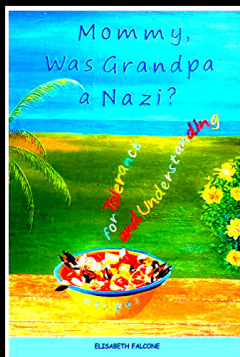
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New Book Release:
Mommy Was Grandpa a Nazi?
Recipes for Tolerance
and Understanding

Author Elisabeth Falcone collected true stories that show food connects people of all cultures. Recipes included. Available at all booksellers or at fla.osprey9@yahoo.com.

**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.lifenet4families.org

**September Birthdays**

Sandra Walker 9/1
Nicole Rivera 9/7
Phoenix (Lesa) Cockerham 9/8
Edie McNulty 9/12
Janine Griffiths 9/15
Madisyn Young 9/15
Bob Zumstein 9/22
Michael Coburn 9/22
Alfredo Tamburrino 9/28
Suzannah Ryals-Luneburg 9/29



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.

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



September Calendar



Every Sunday : 11:00 AM- Church Service and Children's Religious		Visit our on line calendar for late-breaking events www.uucfl.org and click "Coming Activities"		1 •7:00pm Mens Group •7:30 pm CUUPS	2	3
4 •9:30am- UU Sisterhood	5	6	7 •6:45pm - Choir Rehearsal	8 •7:00pm Mens Group •7:30 pm CUUPS	9	10 •9:00am - LifeNet4 Families Workday (See page 5) •7:30pm Labyrinth Café Concert (See page 6)
11 •Journey Article Submission Deadline •11:00am - Annual Water Sunday Service •12:30pm - Fellowship Lunch Day	12 •7:00pm - Board Meeting	13	14 •7:00pm - Black Lives Matter	15 •7:00pm Mens Group •7:30 pm CUUPS	16	17 •3:00pm BOLD Justice Listening Process •7:00pm - BOLD Justice Listening Process (See Page 8)
18 •9:30am- UU Sisterhood	19 •7:00pm - Sunday Services Committee	20	21 •7:00pm - Black Lives Matter	22 •7:00pm Mens Group •7:30 pm CUUPS	23	24 •12:00pm - Pagan Pride Day (See Page 6)
25 •12:30pm - Fellowship Lunch Day	26	27	28 •6:45pm - Choir Rehearsal •7:00pm - Black Lives Matter •7:00pm - Move to Amend	29 •7:00pm Mens Group •7:30 pm CUUPS	30	Religious Education Events See special calendar on the RE page 4

Unitarian Universalist

Church of Ft. Lauderdale

3970 NW 21st Avenue
Oakland Park, Florida 33309

Minister: Rev. Susan M. Smith

Office Phone: 954-484-6734

Minister Phone: 318-550-8462

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

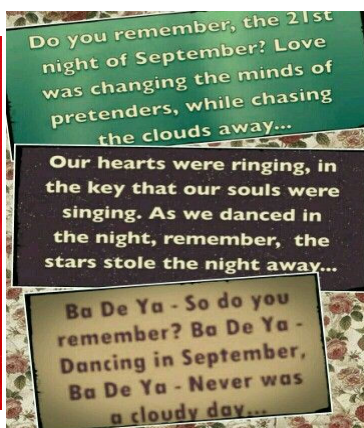
SEPTEMBER 2016

September 4 - Labor Day - We welcome our Guest Speakers and Musicians—the powerful and melodious Pink Slip Duo (Bill Bowen and Joan Friedenbergh PhD) presenting a well-researched musical and narrative history of the U.S. labor movement.

September 11 - Water Sunday - "Arriving Where We Started" by the Rev. Susan M. Smith

This is our annual homecoming service.

You are invited to bring either real or symbolic water from wherever you've wandered or nested this summer to join in a ritual of ingathering. Choir will sing, and lunch will be served.



September 18 - "Our Ancestors: Defying the Nazis" by the Rev. Susan M. Smith -

During the rest of September and early October we will be exploring the Second Source of Unitarian Universalism: "Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love." A landmark event will occur on PBS stations throughout the country on Tuesday, September 20 with the premier of Ken Burns' documentary "Defying the Nazis: The Sharps' War" about the work that our UU Service Committee did to help refugees escape Europe in World War II.

Please check it out at
<http://www.uua.org/action/defying-nazis-sharp-story>

September 25 - Summer Reading Book Reports!

We are never too old to outgrow a summer reading assignment. Valerie Heller and fellow UU bookworms will discuss what they've been literarily feasting upon over the summer, as was outlined in Valerie's suggested reading list, more or less relating to our 7 Principles, which appeared in the June/July Journey.