

The JOURNEY

The Monthly Newsletter of the Unitarian Universalist Church of Fort Lauderdale

February 2016
Volume 57, Number 2

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March 2016 Issue

Deadline

Sunday, February 14, 2016

Submit articles to:

submission@uucfl.org

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Valerie Heller

Gary Ladka

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Liberal Religious Thought
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Unitarian
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Established in 1958

Second Friday Vespers Service
February 12 at 7:00pm
At Your Service on Page 7



LifeNet4Families
Cooperative Feeding Program

LifeNet4Families Workday
Saturday, February 13 at 8:45am

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Labyrinth Café Presents
Danny Schmidt and
Carrie Elkin

Saturday, February 13
at 7:30pm

Tune to Page 6



TED Talks
Tuesday February 16
At 2:00pm

Walk the talk on Page 5

NATIONAL
STANDING ON THE SIDE OF
LOVE
MONTH



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.





President's Message

One of the often overlooked beauties of our church is the largest part of it: our grounds. We are surrounded by nature here, with Bald cypress, Cabbage palms and Slash pines, all Florida natives, along with many tropical exotic species that all reflect on our 7th Principle: respect for the interdependent web of all existence of which we are a part. Our playground is an exciting place for our children to have fun and maybe even tucker themselves out. I remember my son spending lots of time there with his church friends after services. Our labyrinth is a relaxing, meditative walk that can really help clear the mind of extraneous thoughts. Our patio is the one place most of us appreciate the most about our outdoor space. How many wonderful lunches have you enjoyed there, with stimulating conversations with friends old and new?

Within our lands we have at least three species that our state has picked to define it: the Northern Mockingbird (our state bird), the Cabbage Palm (our state tree) and the Zebra Longwing (our state butterfly). What other marvels of nature might you find with a stroll around the grounds?

Below this article you will find a list of dates and places where I am leading hikes for both families and adults. It will be a great opportunity to experience the beauty of nature together.

Dave Griswold

Go Take a Hike!

As promised, I have planned three hikes I will be leading for our congregation to get out and see some of our marvelous South Florida nature.

February 21, 12:45-3:00 PM, Fern Forest Nature Center. This is a family friendly place where we should see much plant life and maybe some Gopher tortoises.

March 5, 8:00 AM to approximately Noon, Big Cypress National Preserve. This and the next will be an adults and older children hike, 6 miles. Big Cypress is full of wildlife.

March 26, 8:00 AM to approximately 2 PM, Big Cypress National Preserve. 8 ¼ miles.

Those interested in going, please send me an email to dgriswold2001@hotmail.com.

I will send you a short list of what to bring on each hike. Be prepared to have fun!



Dave Griswold

Rev. Gail's Space

A Tribute to Love Month

It is the month to celebrate love. Valentine's Day with all its red hearts, roses and chocolate is the next big commercial holiday. When I was a little girl we made Valentine Boxes and took them to school to receive all our Valentine cards. One year there was a contest for the best box and I won. But I sort of cheated because although I helped the box was largely designed and executed by a creative neighbor.

I remember that there was a real sense of competition about who got the most valentines and that it was one where I never got the most but certainly did not get the least. I recall feeling really bad for the kids, already labeled as somehow inadequate, who got very few. I felt terrible for them but they did not seem to expect anything else.

One fond Valentine memory was of something my father, who was not normally very sentimental, did every year until I was in high school: He had big chocolate Valentines with our names written on them delivered every year to my Mother, my sister and me. It was very cute and we loved that hollow chocolate heart.

By high school Valentine's Day had of course become much more about who had a boyfriend or girlfriend and who didn't. We no longer gave valentines to everyone. I recall getting fancier cards sometimes from older relatives or friends. However, cards were not big in high school and I don't recall it being much of a big deal unless you were going steady, as it was called when I was that age.

Nowadays it is very commercial, of course, as are most holidays, and people make heart cakes, eat lots of candy, and some, I assume, give the beautiful cards I see on display to their romantic partner and, I assume, perhaps assorted other loved ones. I can't really recall the last time I gave or received a card on this day but I like the decorations and the heart shaped candy, especially the chocolate that reminds me of my father.

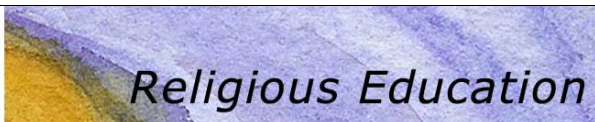
The holiday does, however, give us all a chance to think and talk about love. It is such a small word used to cover so many different things. We love coffee, we love ice cream, we love Italian food and we love our family and we love our city and of course we love our romantic partner if we have one. Some would say they love God or love life itself.

The Greeks had a much more evocative set of words for love. Eros referred to sexual and romantic love, Philios referred to a more affectionate type of love that we would have for family and close friends and Agape was used to refer to the bigger, more inclusive kind of love we would feel toward all our fellow humans and even all sentient beings as the Buddhist would. While thinking about our church community, all three kinds of love may come into play. Churches, including this one, have been known to be places where people met a potential mate and so Eros is sometimes found in religious communities. We often have a Philios kind of love for the people in the community who we have worked with or grown close to but it is the Agape kind of love that religious communities are really designed to foster. This is a kind of love that does not always even imply that we particularly like someone but rather that we honor them, as our first principle says, as someone with inherent dignity and worth. We wish them well, we feel sad for them if they are ill or hurt and we perhaps feel impelled to reach out to them in some way to be helpful. So during this month of red hearts, roses and candy, I invite you to cultivate your sense of Agape – a feeling of wishing all your fellow beings well. If more of us were able to move in this direction the world would be a much less scary place.



Blessings to all of you.

Rev. Gail



Religious Education

Director of Religious Education (DRE) - Susan Dirgins-Friend

Phone (954) 424-1910

Email tiredmomofbob@aol.com



I am mystified over the current water crisis in Flint, Michigan. The long term affects of lead poisoning on children are well known, and the fact that the community of Flint is not one of wealth and power makes me suspicious of the acts of the local government and the feds as well. I am fairly certain that if this was Weston, or Sunny Isles Beach or Star Island, there would have been a different outcome. There is one thing that I do know though; the leaders in Flint, Michigan don't have enough money to take care of their infrastructure. Why? Because no one wants to pay taxes. We have all been convinced that taxes are bad, unnecessary, and the real problem with America (along with immigrants). Does that excuse Flint? Absolutely not, but it puts them in the center of this problem. Everywhere roads are bad, bridges are unsafe, parks and other recreational sites are dirty, run down and overcrowded. We all have to accept that we need to pay our fair share. Obviously the poorest among us don't have more to pay, but most middle class people spend money on things that our parents and grandparents would never have even considered buying. I daresay that my parents, whose income was lower than mine, probably paid higher taxes than I do. We all need to start to think about the real cost of lower taxes for all of us. And to bring it around to our own little church situation, no one wants to make a large pledge, because there are trips to take, movies to be seen, and wide screen TVs to buy. IF you are not among the poorest of us, you can make a difference here with a larger pledge, just as you can make a difference by starting a discussion about how taxes are not evil. The time to pay the piper is here, and he is playing a somber dirge in Flint.

Love and blessings,

DRE Susan



February Children's Religious Education Schedule

Sunday February 7 11am
Principle 3 continued

Sunday February 14 11am
Valentine's Fun

Sunday February 21 11am
Review Principles 1-3

Sunday February 28 11am
Play Day!!!!

Lifenet 4 Families/CFP Update

LifeNet4Families
Cooperative Feeding Program

Thank you to everyone who keeps the lobby baskets filled. A special thank you to Labyrinth Cafe attendees, who always bring lots. There is a special someone there who brings boxes of food, and to them goes a special thank you, whoever you are.

If you would like to volunteer at the food pantry, River of Grass works on the second Saturday of the month, which in February will be Saturday the 13. Be there at 9, and finish about 11. We do not have an official presence anymore, due to lack of interest, and myself and Judy King not being able to be there every month. There are other times that you can volunteer as well. Just contact them at lifenet4families.org.

Info or questions, DRE Susan
tiredmomofbob@aol.com (954) 424-1910

Susan Friend

TED Talks on Third Tuesdays at 2:00pm

Our church hosts a TED talk group. TED talks are short, powerful, entertaining talks by experts in their fields from science to art. The purpose of the TED non-profit is to spread ideas in the world with the intent to change attitudes and lives. Plus they are fun.

For more information contact me at
mstcavish@yahoo.com.

TED (Technology. Entertainment. Design) is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. TED today covers almost all topics — from science to business to global issues — in more than 100 languages.

Molly St. Cavish

Music Notes

First may I apologize for the absence of an article in the January issue. The Music Department was a bit too busy with 5 Services to cover. No further excuses will be offered.

The choir sang on January 10 with "Feed the Birds" for Rev. Gail's Mary Poppins service, which is always a delight. Then on January 24 the familiar John Lennon melody of "Imagine" was offered in a choral arrangement by Jay Althouse. If you especially enjoy a choir piece, please let Susan Friend or a choir member know, as these musical presentations require rehearsals and individual practice sessions. They do not happen by magic!

Choir is scheduled to sing again at the February 7 and February 21 services. You may hear from some guest musicians on February 14 and February 28. These dates have not yet been confirmed but will prove to be satisfying musically. With so many special dates during the month, the choices are many - Valentine's Day, several Presidential birthdays, etc. Details are being worked out and will be announced as soon as possible.

We wish Rev. Gail a second successful surgery and hope to see her wearing those dancing shoes once again at the end of February. Please keep her in your thoughts as she recovers.

Keep singing,

Dot Muise, Director of Music

**Labyrinth Café Concerts Presents
Danny Schmidt and Carrie Elkin
Saturday, February 13, 2016 at 7:30pm**



It's a special treat when Danny Schmidt and Carrie Elkin, who normally tour separately and solo, share the stage together. If the chemistry seems especially amorous, they come by it honestly, as they are a rare breed: a romantic partnership in real life, as well as musical life. And the two together on stage makes for a classic case of the whole being greater than the sum of its parts. Danny Schmidt is best known for his riveting poetic lyrics, which have drawn favorable comparisons to Leonard Cohen and Townes Van Zandt for their depth and complexity. And gypsy spirit Carrie Elkin is best known for her incredibly soulful and dynamic

vocals, which have drawn favorable comparisons to Patty Griffin at her most powerful, and Nanci Griffith at her most intimate. Together, the respective strengths they each bring, individually, merge into a much greater whole . . . a performance of great energy and spirit . . . and one that audiences seem to be able to connect with on a multitude of levels, at once: Emotionally, Spiritually, and Intellectually.

www.dannyschmidt.com www.carrieeelkin.com

Reservations requested but not required:

Contact Susan at 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're once again offering a season pass which includes admission to all remaining shows, as well as premium reserved seating and a Labyrinth Café T-shirt (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.

Saturday, March 12, 2016 - Rod MacDonald/Jon Brooks

Saturday, April 9, 2016 - Amy Carol Webb/Claudia Schmidt

Saturday, May 14, 2016 - Ellis Paul

Can't wait for you all to join us once again for song and camaraderie!

Susan Moss, Coordinator, Labyrinth Cafe Concert Series

Second Friday Vespers Service - February 12 at 7:00pm

Come out on Friday February 12 for our Vespers service. Vespers is a short service of readings, music and meditation, and finishes with a social time featuring wine and cheese. This is a great way for new members and friends to have an opportunity to meet other folks in a different and more intimate setting. It is also a nice way to start your weekend, or finish your week. January Vespers featured the poetry of Langston Hughes and the jazz of John Coltrane, with Ms Cam Enright leading. Thanks Cam for presenting such a wonderful evening.



Susan Dirgins-Friend, tiredmomofbob@aol.com (954)424-1910

Looks at Books

The church library is now officially reopened. We have had some great recent donations: cookbooks, gardening, fiction. Please browse. Donations always welcome. Just leave them on the library table. Toddler books can always go to the nursery.



Molly St. Cavish

The Power of the Flower



You are invited to honor, celebrate or memorialize your loved ones or special occasions by offering flowers, a floral arrangement or plant to the Sunday Services Committee. Your gift will not only decorate the pulpit on your chosen Sunday but its beauty will add to the feeding of souls. In return, unless you ask us not to do so, your name and the reason for the gift will be mentioned in the Order of Service. After services you are welcome to take it home or re-gift it to a member or another group. We are excited about the possibilities this added offering to our Sunday Services will bring. Please contact Jeff Hutt or Rev. Opal for more information or to sign up.

Coming CUUPS Events

We have no Sabbats in February, but Thursday Evening Study Groups continue.

Upcoming topics are:

February 4: How to create and cast a spell on the Wishing Tree.

February 11: A Pagan Valentine.

February 18: Pagan Poetry with Lore.

February 25: Thirteen Aspects of a Ritual.



If you are reading this before January 31, Sunday morning, Edie Moonday is presenting on "Imbolc - A celebration of Fertility." The following Sunday, Shaman Debra Kelly returns with "A Journey to the Stars and Back." Then get a love spell from your local Witch in time for Douglas Paul's Sunday Service on "Romantic Love." www.MoonPathCUUPS.org

--Kip, Resident Pagan

With Blessings, Edie & Marty McAnulty - CUUPS Facilitators

Renew Your Spirit

An Inspirational Message from Unitarian Universalist Association President Peter Morales

We Unitarian Universalists claim to have a lot of theological diversity. Yet every UU I have ever known, whether that person is a humanist, theist, pagan, Christian, or Buddhist—or refuses all labels—shares a core conviction. We all believe that things do not have to be the way they are. We refuse to accept that inequality, hatred, environmental destruction, racism, and war are inevitable parts of the human condition. We believe that we can make things better, especially when we act together.

Historically, many religions have taught the opposite. They have taught that we are to accept our lot in life, that we deserve to suffer, and that things are the way they are because of predestination, original sin, karma, or some such. Religions have taught that the earthly powers that shape our world have divine sanction. They have taught that kings and queens have their power by divine right, or that the emperor or chief is a god.

Why, then, are we UUs convinced that things need not be the way they are? We believe it because we have experienced life's possibilities. We have experienced love, beauty, joy, friendship, and a peace that transcends our understanding. We have all had some variety of spiritual experience of mystical connection. (What is love if not connection?)

We need to remember. When we witness brutality, injustice, the stupidity of our politics, heartless human exploitation by the economically powerful, and the wanton devastation of nature—when we find ourselves becoming bitter, we need to remind ourselves of our most treasured experiences.

Actually, we need to do more than remember. We need to experience life's gifts and possibilities once more. Renewing contact with what is most precious in life is really a spiritual practice. It is an essential practice. If we do not feed our spirits, they will wither. Even the good deeds we strive to do will become acts of anger and joyless obligation rather than efforts to share and to heal.

We all need to ask ourselves, "What does my spirit need right now?" Perhaps it is quiet time in nature. Maybe a visit to a new exhibition in a museum. How about some time in the garden? Why not attend a concert by a favorite artist, or take a walk with an old friend? The possibilities go on and on.

Even better, how about creating something rather than being passive? Play some music. Sing in a chorus. Paint or sculpt again. Knit or quilt or sew. (I have always marveled at how many UUs knit.) Cook up something new and special. Play with a child. Now and then we all need to visit the world we are trying to create.

There is a part of me that feels guilty and self-indulgent when I do things that I enjoy and that feed my spirit. There are always articles or sermons to write, people to call, meetings to attend, emails to answer, projects to move forward. Yet deep down, I know better. Just as practices such as prayer and meditation give us clarity and strength to re-engage with the world, so too do other practices that get us in touch with what is most precious.

I urge you—yes, you—to make some space to reflect on what your spirit needs right now. Deep down you know; we all do. Our deepest longings will guide us. Make space for beauty and love and play. Let your spirit heal and soar.

When our spirits are strong and reconnected, our work for compassion and justice has enduring power. When our spirits are renewed, we are blessings to one another and to the world.



Peter Morales

The Rev. Peter Morales is the eighth president of the Unitarian Universalist Association (UUA). He was elected in June 2013 to a second four-year term.

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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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Nominating

Jerry Waltz954-527-5275

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

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

Wisdom and Enlightenment Series

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

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

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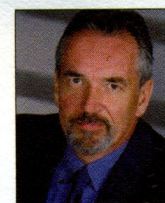


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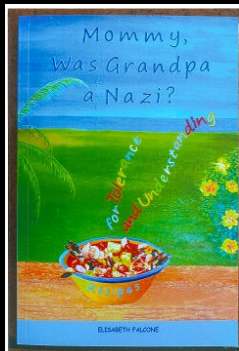
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Author Elisabeth Falcone collected true stories that show food connects people of all cultures. Recipes included. Available at all booksellers or at fla.osprey9@yahoo.com.



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



February Birthdays

CLAIRE MOSTEL 2/1
VICTOR GARLOCK 2/12
JUDY KING 2/12
RALPH SLAVIN 2/14
ERIC GRISWOLD 2/21
JOSEPH DEANGELIS 2/23
PETER LANGE 2/25



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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

**Unitarian
Universalist**
Church of Ft. Lauderdale

February Calendar



1 Every Sunday : 11:00 AM- Church Service and Children's Religious Education	2	3 •6:45pm - Choir Rehearsal	4 •7:00pm Mens Group •7:30 pm CUUPS	5	6
7 •9:30am- UU Sisterhood •12:30pm - Fellowship Lunch Day	8 •7:00pm - Board Meeting	9	10 •6:45pm - Choir Rehearsal	11 •7:00pm Mens Group •7:30 pm CUUPS	12 •7:00pm Vespers
13 •8:45am- ifeNet4Families Cooperative Feeding Program Workday (see page 4) •7:30pm Labyrinth Café Concert (See page 6)	14 •Journey Article Submission Deadline	15 •7:00pm - Sunday Services Committee	16 •2:00pm TED Talks	17 •6:45pm - Choir Rehearsal	18 •7:00pm Mens Group •7:30 pm CUUPS
20	21 •9:30am- UU Sisterhood •12:30pm - Fellowship Lunch Day	22	23	24 •6:45pm - Choir Rehearsal	25 •7:00pm Mens Group •7:30 pm CUUPS
27	28	29  LEAP DAY 2016	Attention Everyone:  You get a Bonus Day this Leap Year. What Will You Do With It?		
Religious Education Events See special calendar on the RE page 4			Visit our on line calendar for late-breaking events www.uucf.org and click "Coming Activities"		

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 at 11 am: Service & Children's
Religious Education

The JOURNEY



Sunday Morning Services at 11 am

FEBRUARY 2016

February 7 - A Journey to the Stars and Back

Shaman Debra Kelly returns to UUCFL. Each of us has moments throughout our lifetime that stand out as extraordinary...something is remembered that changes our life in a significant way...It's part of our Starcode Story. Through ritual & journey we will link in to the cosmos and remember... The Eternal that lives within.

February 14 – Expressions of Love - Valentine's Day traditionally focuses on romantic love. In today's service our own Douglas Paul will expand on this idea and include other expressions of love; such as love for family, community, pets. Or love for a cause or a place. There will be time for quiet contemplation as well as personal expressions during this meditative service. Music and readings will complement the love theme.



February 21- Adventures in UU Land Part II - The Minister's Story

- Following up on the excellent testimonials presented in early January by several members, Rev. Gail will share some of the ways she has been changed, shaped and inspired by her encounters with UUs around the country and around the world.

February 28- Revisiting the Foundations

- Rev. Gail will talk about what it means to be a faith based on covenant and not creed and will remind us of how this came to be along with earlier versions of what are now the Principles and Purposes and the Living Traditions. She will discuss the virtues and limitations of not having a common narrative as more traditional religions do.

March 6- Archetypes for Everyone or Tales for Jung Folk

- Drawing on one of her favorite thinkers, Rev. Gail will ask us to think about what archetypes might be playing through our lives at this moment in time.