

# QUEST



## Unitarian Universalist Fellowship of St. Augustine Newsletter

*St. Augustine Beach, Florida*

**December, 2013**

**Fellowship meetings are held Sundays at 10:30 a.m.**

**A program for youth, birth through eighteen, is provided at 10:30.**

**2487 A1A South, 3/4 miles south of State Road 312**

**Refreshments are served after the service so all may socialize.**

Audio transcripts of most presentations are available on the website [www.uufsa.org](http://www.uufsa.org)

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The Quest is published monthly from September through July.

**Materials for inclusion in the January issue are due by December 27.**

Don Brandes, Editor e-mail: [donaldblandes@gmail.net](mailto:donaldblandes@gmail.net)

**Sunday, December 1, 10:30 a.m.**

**“Get Over It?  
Trauma and Spiritual Growth”**



**Rev. Jack Ford**

Every life has at least one crisis," I read recently. Certainly each of us knows someone who has been changed forever by some traumatic event. Our culture in recent years is dominated by fears of terror, murder, wars and destruction. No one is immune from the effects. Neurologist Robert Scaer even suggests that "all chronic ailments and most mental illness can be traced to trauma." How can we find spiritual growth and renewal amid life's suffering, angst, and ugliness?

*The Rev. Jack Ford is a fellowshipped minister with the Unitarian Universalist Ministerial Association. He has been in UU ministry for 21 years serving in the Florida district. He is also a carpenter and a lover of nature.*



**Sunday, December 8, 10:30 a.m.**

**“Florida’s Death Penalty”**

**Herman Lindsey, Brian Evans,  
Mark Elliott, Alicia Koutspulieris,**

**Amnesty International**

Amnesty International and the Fellowship are co-sponsoring a weekend of events focused on Florida's Death Penalty Record. JoAnne Engelbert has received a grant from Amnesty to fund these events and speakers.

Our Sunday presentation will be by exhonoree Herman Lindsey, and Brian Evans, Amnesty International National Coordinator of the Death Penalty Campaign.

**Downstairs at 9:15 a.m.**

There will also be a conversation before the service, downstairs, at 9:15a.m., that will include Mark Elliott, Director of Floridians for Alternatives to the Death Penalty, and several other activists, including Amnesty Liaison for Florida, Alicia Koutsoulis.

**Sat., Dec. 7, from 6:00 -- 8:30 p.m.**

The Amnesty International Weekend kicks off with a Meet and Greet Wine Buffet and talk: "Florida's Death Penalty Record."

**Sunday, December 15, 10:30 a.m.**

**“I know you are But What Am I?  
Part 2: Christianity”**



**Rev. Jack Ford**

I once preached a sermon called Why I Am Christian. I followed it up the next week with the topic Why I Am NOT a Christian. Both of these titles are true. Not unlike so many of the important issues of my life, I have a unique and complex relationship with Christianity. In the season of celebrating the birth of Jesus, does Christianity have a role to play in our Unitarian Universalist faith?

*The Rev. Jack Ford is a fellowshipped minister with the Unitarian Universalist Ministerial Association. He has been in UU ministry for 21 years serving in the Florida district. He is also a carpenter and a lover of nature.*



**Sunday, December 22, 10:30 a.m.**

**“Winter Holiday Celebration”**

We will celebrate the holidays with an in-house program on December 22. The planning team is Elle Barry, Nick McAuliffe, Megan Porter, Nana Royer and Lola Sorensen. If you'd like to join us in planning or if you have something special to offer for the program, just let us know; we'd be delighted to widen our circle of planners and participants.



**Sunday, December 29, 10:30 a.m.**

## **“Looking for Answers”**



Does it seem to y'all that this undertaking has a universal quality to it? It seems so to me, and clearly to the Cohen brothers in their movie “Oh, Brother, Where Art Thou?” in which more than one person appeared to have “r-u-n-n-o-f-t” looking for answers. Perhaps this is an activity that may only be carried out by those with resources such as time and money, or maybe it is motivated by a particular philosophical or theological perspective. Let this be the focus of our worship and fellowship on Sunday, December 29th when Rev. Heather Collins will be our preacher.

*Rev. Heather Collins' full time ministry is directing the Chaplaincy Services and the Clinical Pastoral Education (CPE) Program at the Atlanta Medical Center, a Level I trauma center in downtown Atlanta, where she has served for ten years. On January 1, AMC consolidated with South Fulton Medical Center in East Point, GA and is now certified for 762 beds. Heather is responsible for the provision of pastoral care, and the education of clergy at both the main and south campuses.*

*Heather began her ministry in the parish and originally moved to Georgia from NC when she was called as the first full time minister at the UU Congregation of Gwinnett. This congregation ordained Heather in 1995, and she served there until 2000 when she entered the field of professional chaplaincy and pastoral education. Heather was certified as a CPE Supervisor in April 2011, a good year made even better year when she and her sweetheart, David Bowen, married the following month. Heather and David, a professional musician (playing for us this morning?), share their home in Loganville, GA with two dogs (Molly and Suli) and two cats (Emmett and Mist).*

## **Building Your Own Theology**

The Lifelong Learning team is pleased to announce that we will offer a "Building Your Own Theology" seminar beginning in January. The ten-session course, developed by Richard Gilbert, is "based on the assumption that everyone is their own theologian. The program invites participants to develop their personal credos: the fundamental religious beliefs, values and convictions that inform and direct the living of our lives. Gilbert poses various developmental tasks in which participants come to terms with human nature, ultimate reality, ethics and religious meaning." It is a classic Unitarian Universalist adult education program!

When: 10 consecutive Wednesday evenings, beginning January 15 and ending March 19. Time TBD

Participation in "Building Your Own Theology" requires a commitment to attend all sessions (as possible), and the course involves at least one hour of homework during the week. Also, participants must purchase the work book for \$16. We will try to get a volume discount if possible.

Group size is limited, so if you're interested, please sign up on the sheet on the Tom May table.

Questions? Email [ruthweber@bellsouth.net](mailto:ruthweber@bellsouth.net) or [westjrcw@gmail.com](mailto:westjrcw@gmail.com)





## Downstairs Dialog



**Sunday, December 15**

Before Service: 9:15 – 10:15 a.m.

**Subject to be announced.**

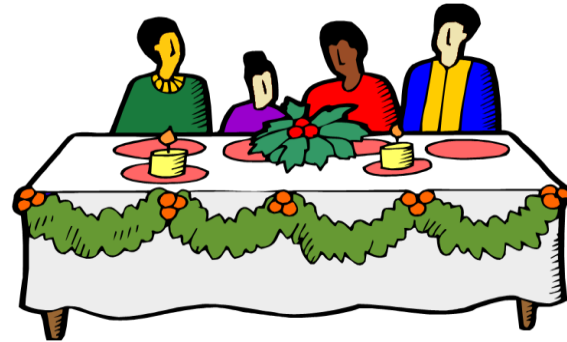
## Hospitality

Thank you to all who have done coffee duty so far this year, especially those who have stepped in at the last moment.



Please sign up for coffee duty on the downstairs calendar above the coffee table. If you have not done coffee before, we can pair you with someone who has. We do need all the help we can get. You may also be reimbursed up to twenty dollars for coffee duty expenditures if you give your receipts to Rita Golts.

## Holiday Dinner



There will be a holiday dinner at the UU on Wednesday Dec 25th at 2:00 p.m. For the last few years there was confusion and overcrowding making it difficult for those in charge and those attending. This year the dinner is limited to 48 people. There will be a sign up sheet downstairs on the Tom May Table starting Dec.1st. When 48 people have signed up there will be a waiting list.

We will need appetizers, turkey (ham will be provided), gravy, mashed potatoes and sweet potatoes, veggies, rolls, wine and desserts. Please call or email Judy Weisberger if you have any questions: [judstar@bellsouth.net](mailto:judstar@bellsouth.net); 904 824 8631

Thanks for your cooperation and understanding.

*Judy*



## UU Budget Workshop

**Sunday, January 26<sup>th</sup> - after Potluck**



We want to give plenty of advanced notice so that you'll be able to join us as we start the UU budget process for the coming year.

We urge board and committee members and anyone - interested in the programs and activities of the UU - to come to this workshop as we all put our heads together to develop a budget that best serves the needs of our congregation.

Mark your calendar today - Come share your ideas on January 26<sup>th</sup>  
Contacts: Ruth Weber, 471-3379 [ruthweber@bellsouth.net](mailto:ruthweber@bellsouth.net) or Nick McAuliffe, 823-1720 [nmcauliff@yahoo.com](mailto:nmcauliff@yahoo.com)

*Ruth and Nick*

## Sound System Help Still Needed

Many thanks to Ray Adman who volunteered to operate the sound system at church, and has quickly become adept with it. We could still use at least a couple more volunteers to make it possible for us to cover services and events conveniently. Volunteering in this position requires modest computer skills and reasonably good hearing. You will find that learning microphone techniques and recording skills can be intrinsically rewarding. If you would be interested in helping, please contact Jerome Fosaaen at [fosaaenj@gmail.com](mailto:fosaaenj@gmail.com)

## Program Committee

To those brave folks who are thinking of giving the role of service leading a try...we encourage to tell us. The Program Committee will provide you with the necessary training as well your own personal mentor. This is a special invitation to our newer members as well as the larger fellowship. We want to hear from you.

Elle Barry, 810-5915, 392-5722 [ellepaper@hotmail.com](mailto:ellepaper@hotmail.com)

Lola Sorensen 434-1151 [lolax43@gmail.com](mailto:lolax43@gmail.com)

*Elle and Lola*

## Alternative Gifts International

ALTERNATIVE GIFTS INTERNATIONAL is going to be available to help with holiday gifts and to help with some of the world's needs. For a five dollar donation you will be able to buy a share in a project of your interest. With that donation, you will receive a holiday card and envelope, and an insert that explains the project.

The projects for this year are:

1. Help the Hungry and Homeless (USA & Canada)
2. Teaching Untouchables a Trade (India)
3. Empowering Women and Girls (Mexico)
4. Saving Lives with Bicycles (Africa)
5. Help the Blind See (Tibet)
6. Microloans, Changing Lives (Global)

We will be downstairs during coffee time December 1st, 8th, and 15th. Thank you for helping the world at this time.

*Janis May, Priscilla Cain, Joyce Peterson*

## St. Johns Food Pantry



them in the basket by the Tom May table when entering the Fellowship. Any contribution will be much appreciated.

I would like to mention how thankful I am to have such a great group of dedicated Food Pantry volunteers. Let us count our blessings this time of year and be grateful for all that we have and can share with others.

*Happy Holidays,  
Cherie Dolgin*



As you prepare for your Thanksgiving and Hanukkah dinners, please think of those in St. Johns County who may not be able to purchase all the items that go into these traditional meals. Many families, with children, are in need of donated food for the holidays. Please bring in canned vegetables, canned fruit, canned yams, stuffing or rice and place

## Dining with Dignity



mix and to Taffy Rook for making those fabulous crocheted hats... they are always a big hit.

On October 27th, we shared more than a meal when we gave \$350 dollars from our Dining with Dignity funds to our guest speaker, Jon Benoit from Home Again St. Johns. to help support them with their ongoing efforts to address homelessness here in St. Johns County.

Our next event will be on December 1st, and we are planning to serve another delicious meal. As always, please remember to sign-up early or to contact us if you'd like to join us! Lee Ann or Dave Forrest at [forrestleeann@yahoo.com](mailto:forrestleeann@yahoo.com).

Happy Thanksgiving to our terrific team of dedicated volunteers and generous supporters!

*Lee Ann & Dave Forrest*

# Lifelong Learning for Youth

## What is Happening?



Our class for children birth to five does a variety of activities – reading and discussing books, creating block structures, drawing and sharing our ideas – including the seven UU principles in the process. The teacher for this class is Beverly Cree.

The six to eighteen-year-olds are taught by Joan Kramer. Through her knowledge of and passion for nature, she involves the youth in gardening and has done an extensive program about water – check out the rainbow and statements the youth recorded on raindrops in the downstairs meeting room. They also prepare food for the Dining With Dignity program and are making holiday cards for people in our community.

The Lifelong Learning for Youth team is enthusiastic about plans for future programming. Please encourage parents you might know to check out our programs, which are intended to give young people a strong foundation for life.

## Meeting

**Sunday, December 8, 12:30 pm  
for lunch and program discussion at 1:30**

Many thanks to the twelve people who joined us in November to discuss our UUFSA program for youth and families. We enjoyed getting to know each other better over lunch and then shared many ideas for possibilities for this program. There was much support for providing a program which gives all of our youth a strong foundation for life; clarifying and living values; an in-depth understanding of UUism and several other religions; and participation in the UU Program, Our Whole Lives (OWL), which is about relationships and sexuality.

We also discussed the importance of supporting families as part of our congregation. We are excited about the possibilities for involving families more in our congregational activities, as well as planning special programs for families.

Everyone interested in discussing our UUFSA Youth Program is invited to join us for our next gathering at the home of Beverly Cree and Charlie West for lunch and discussion. We will consider how the youth program fits into the organizational structure of UUFSA, and how to implement goals identified above.

Please let Beverly know if you are planning to participate so we know about how many to expect for lunch. Our home is about five miles south of UUFSA, just off A1A –please contact for specific directions: *[bjcree@gmail.com](mailto:bjcree@gmail.com) or 904.471.0335.*



## Green Team

**Save Your Garbage, Please! Our 7<sup>th</sup> Principle Lives!**



Did you know that more than 75% of the topsoil that existed worldwide when Europeans first colonized America is now gone and much damage has been done to the water cycle by cutting our forests? Since 1950 the U.S. has lost one third of its topsoil. The excessive use of commercial fertilizers only adds to the problem and the use of commercial pesticides and herbicides poisons our land, water, food, and our people.

There is one simple thing we can all do to address this problem. The UU vegetable garden uses no commercial pesticides, herbicides, or commercial fertilizers. This gardener is on an ongoing quest to help nature build good organic top soil for the garden—by hauling horse manure, raking and adding leaves, and turning in kitchen scraps: **vegetable peels, coffee grounds, egg shells, fruit remains.** In fact, I added some of our aged compost to make a new garden bed today. I need your help though to add sufficient nitrogen (“greens”). Surely you are not *all* depositing your kitchen scraps in personal compost piles? Please help make my task easier, and, more importantly, give back to the Earth, thereby completing the cycle. Save your kitchen leftovers (no meat or processed foods like bread, pasta) in a container with a lid and bring it to the Fellowship whenever you come—toss it out back into the compost pit that says “Compost Here Please”. Nature’s processes, with a little help from me, will do the rest and you may taste the results at the next monthly potluck. And take a stroll through the garden, where life is always better!

*Nana Royer*

## Afternoon Book Club



The Afternoon Book Club will meet downstairs at UU at 1:00 p.m.  
We will discuss the following books:

December 17, 2013

***Crow Lake*** by Mary Lawson, led by Florence Abarbanel.

January 21, 2014

***Out Stealing Horses*** by Per Petterson, led by Uldis Golts

February 18, 2014

***A Land Remembered*** by Patrick D. Smith, led by Rita Golts

March 18, 2014

***The Night of Circus*** by Erin Morgenstern, led by Joyce Peterson

April 15, 2014

***The Bonobo and the Atheist*** by Frans de Waal, led by Barbara Brenner

May 20, 2014

***And the Mountains Echoed*** by Khaled Hosseini, led by Pat Maguire

*Isobel Siegel 794-2293*

## MUUvies Film

### Mostly Martha (2001) Germany

Starring: Martina Gedeck, Maxime Foerste & Sergio Castellitto; Director by: Sandra Nettelbeck



In Martha's enchanted kitchen, more than the food is starting to simmer. With some special ingredients they just might discover a recipe for passion.

*Who knows what surprises unexpected love can bring? For impeccable, celebrated Hamburg-based master chef Martha ([Martina Gedeck](#)) that surprise arrives in a*

*small package -- her 8-year-old niece Lina ([Maxime Foerste](#)), orphaned by her mother's death. "[Mostly Martha](#)" reflects other fetching food movies such as "Eat Drink Man Woman," "Babette's Feast" and "Big Night," but there's a real gravity to it that propels it to a unique place -- a world of grittiness, grief and everyday life, bittersweet and unpredictable.*

*-Paula Nechak, Seattle Post-Intelligencer*

*'Mostly Martha' is the latest addition -- and a quite adorable one -- to the cooking melo-comedy subgenre, where "Big Night" and "Who Is Killing the Great Chefs of Europe?" reside.*

*-Elvis Mitchell, NY Times*

## Fellowship Calendar

### **December Events:**

- 1 – Dining with Dignity 6:00 – 7:00 p.m.
- 2 – Strategic Planning Team 4:00 – 5:00 p.m.
- 7 – Amnesty International Potluck Dinner 6:00 – 9:30 p.m.
- 9 – Board Meeting 6:30 – 8:00 p.m.
- 13 – Food Pantry 1:00 – 4:00 p.m.
- 15 – Downstairs Dialogue 9:15 – 10:15
- 17 – Book Club 1:00 – 3:00 p.m.
- 18 – Program Committee 5:00 – 6:00 p.m.
- 25 – Holiday Dinner
- 27 – Food Pantry 1:00 p.m. – 4:00 p.m.

*For the most up-to-date calendar, always go to [uufsa.org](http://uufsa.org) and click on Events Calendar (left side)*

### December Birthdays

- 03 Lena Boone
- 13 Beth Levenbach
- 19 John Porter
- 20 NickMcAuliffe
- 20 Aubrey (Ozzie) Boutin

Please let me know if I have missed you. *Don*

### December Anniversary

- Dec 21 Boone, Steve & Lena
- Dec 22 May, Janis & Tom
- Dec 23 Lahey, Eleanor & Richard
- Dec 25 Golts, Rita & Uldis

Please let me know if I have missed you. *Don*

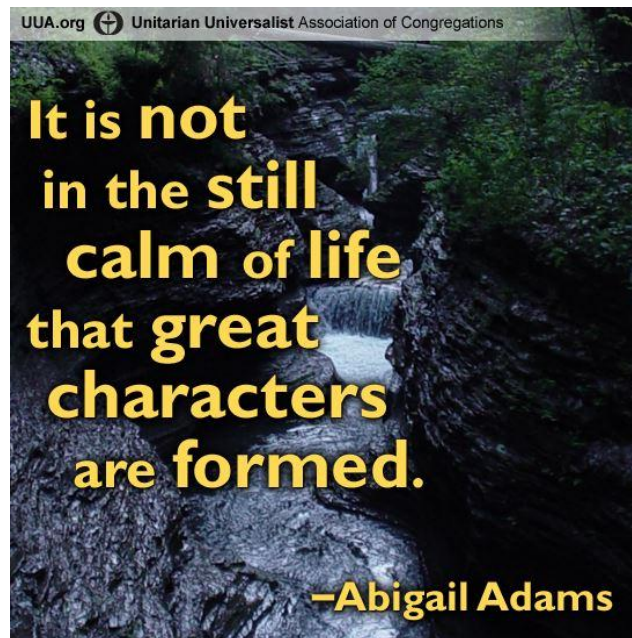
# Beyond Our Congregation

## Leadership EvolUUtion

Come join Maggie Lovins, Congregational Life Staff for the Southern Region of the UUA. in Buckman Bridge Unitarian Universalist Church, Jacksonville, on December 14, along with fellow Unitarian Universalists from across the state (and beyond) for a day of learning to stretch and evolve our congregational leadership skills that will help to nurture growth and strengthen our communities. We gather at 9:30 a.m. and begin the sessions at 10:00 a.m.. We will finish at 3:00 p.m.

Register at

<http://events.uuasouthernregion.org/leadership-evolution/>



What does it mean to be a successful Unitarian Universalist Leader? What are the elements that hold us together to help foster our Faith's evolUUtion? Change is the only real constant in our lives and this applies to congregational life as well. EvolUUtion often necessitates you revisit the basics to move forward in a healthy covenantal way.

Come join Maggie Lovins, UUA Congregational Life Staff for the Southern Region, along with fellow Unitarian Universalists from across the state for a day of learning to stretch and evolve our congregational leadership skills that will help to nurture growth and strengthen our communities.



**Buckman Bridge Unitarian Universalist Church**  
**8447 Manresa Ave Jacksonville, FL 32073**

Registration: Team of three \$45, Team of two \$32, \$17 per individual person (includes lunch and program). Child care is available if requested by Dec 6.

Advance registration is required, no later than December 6, 2013  
Register online: <http://events.uuasouthernregion.org/>  
Questions: Please contact event registrar Kathy Charles, [kcharles@uua.org](mailto:kcharles@uua.org).



Southern Region Unitarian Universalist Association  
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P: 407-894-2119 • W: [uuasouthernregion.org](http://uuasouthernregion.org)



## **Beyond Our Congregation (cont.)**

### **Gardening Internship at The Mountain Retreat and Learning Center**

In Highlands, NC, The Mountain is providing the opportunity for a few interns to work with and learn from our Garden Manager. There are three focus areas for this program: Sustainable Agriculture, Garden to Table Program, and Leadership and Facilitation.

Intern Support: Shared on-site housing, meals in the dining hall, and \$200 per month stipend

Intern Schedule: February 5 to August 3, 2014; Application due by December 15.

Please share this information with others who may know someone who would enjoy and benefit from this opportunity. More Information: [www.mountaincenters.org](http://www.mountaincenters.org) to download details, or contact our Garden Manager and Intern Mentor, Bill Hageman at [bill.hagemann@mountaincenters.org](mailto:bill.hagemann@mountaincenters.org) or 828.526.5838 x 252. Or, contact Beverly Cree (St. Augustine): [bjcree@gmail.com](mailto:bjcree@gmail.com) or 904.471.0335.

### **The Mountain Happenings**

May 19 – 24, 2014 – Appalachian Spring

The program includes Native American spirituality, orienteering in the forest, wild edibles, music, hiking, exploring waterfalls, ziplining, rafting or rock climbing (depending on group interest), a variety of workshops and enjoying the fellowship and peacefulness of The Mountain.

More info at The Mountain display downstairs or contact Beverly Cree, Lyn Klarman or Priscilla Gulliver, or check out the website: [www.mountaincenters.org](http://www.mountaincenters.org).

## **New Members**

### **Pat Willott**

I grew up in England where there is no separation of Church and State, therefore knew very few people who went to church on a regular basis but heard my Bible stories in school until I was 18. The “Why Are We Here?” question has never been far from my consciousness and coming to the UU has confirmed many of my thoughts and stimulated me to think even deeper about that and other questions. I came to the US in 1972, right at the beginning of Watergate, and have lived in Connecticut, Delaware, New Jersey, West Virginia, and for the last 27 years in Boston. For most of that time I was teaching in schools and helping to prepare teachers to teach in special education or to teach math, especially during the early childhood and elementary years. Now I am very happy to be here in St Augustine with David, to be close to my son and his wife and two of my grandchildren, and to not worry about snow.

### **David E. Wright**

I grew up on a farm in Ohio. After going to college in Boston, I spent the next 20 years working for a government/military company as a physicist. After deciding that wasn't much fun, I moved to Martha's Vineyard Island and started an environmental company, where I worked for the next 20 years. After retiring, I figured that I'd shoveled enough snow for one lifetime, so I moved with Pat to St. Augustine.





## Backstage View from The President



Well here we are approaching the Holiday Season. There is already activity abuzz at the Fellowship, starting with Rev. Kenn Hurto conducting a workshop at our Fellowship Saturday November 23<sup>rd</sup> from 930a until 3p. This promises to be a vital and timely event. The topic is “Conflict Resolution and How to Live Our Covenants”. We

appreciate Rev. Kenn taking the time to conduct this workshop and the dedication he reflects in his role as our Regional leader. Also, a special thank you to Lola Sorenson who is the host chair for this event.

Maggie Lovins, the Southern Region Congregational Life Staff member, is conducting a workshop Saturday December 14<sup>th</sup> at the Buckman Bridge Congregation in Jacksonville. This is a great opportunity for those who are reluctant to take on a leadership role because they feel unprepared, to learn that we are not alone in the work we do together. It is also tailored for youth and young adults to attend as well. You can visit the Southern Region website to register: <http://www.uuasouthernregion.org/leadershiprevolution.html>. Maggie is a great leader and facilitator. I hope you will take advantage of this opportunity.

We still have several key chair posts open and available: Green Team, Social Concerns, Fund Raising, and Hospitality (should be easier with the changes), We also still need a volunteer(s) to help manage our web site. So if any of these areas appeal to you, give me a call at 794 4068 or e-mail [guyreid1938@aol.com](mailto:guyreid1938@aol.com). .

To update you from my September Quest announcement, we signed up to support the initiative for Compassion approved by the St. Augustine City Commission for us to become a Compassionate City,

for which the Mayor included the proclamation at their September 9<sup>th</sup> meeting. Being compassionate is part of our fabric, as indicated in the second of our seven principles: “...Justice, equity and compassion in human relations.” Your Board supports this declaration.

This is a loving and caring Fellowship. Unfortunately, we are not always perceived in this light from visitors and from people who attend our services. This is a request that we be mindful to be open and welcoming to strangers who visit us, and to extend a special effort to make them feel welcome. We want to be especially sensitive to this need during the Holiday season when we may have more guests among us. The Holiday season is a lonely time for many people. Let’s be kind to one another and especially strangers during this time and throughout the year.

I hope you have a great Thanksgiving holiday. I will be counting my blessings; you are on the top of that list!

See you around the Fellowship.

*Guy*

