

QUEST



Unitarian Universalist Fellowship of St. Augustine Newsletter
St. Augustine Beach, Florida

September 2018
2487 A1A South, St. Augustine, FL 32080
3/4 mile south of State Road 312
uufsacontact@gmail.com <http://www.uufsa.org/>

Fellowship services are held Sundays at 10:30 a.m.
A program for youth is provided at 10:30 a.m.
Refreshments are served after the service so all may socialize.
Audio transcripts of most presentations are available online at
<http://www.uufsa.org/2016-2017-sunday-services.html>

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The **Quest** is published monthly September through July.
Materials for the October issue are due by September 21.
Don Brandes, Editor: donaldblandes@gmail.com
Thanks to Charlie West and Rosi Angeli for proofreading.

From Your President



It has been quite a summer for your new President. We didn't burn down the building but the smoke and the fire trucks were real. The leaky pipe was real. Yes. It has been that kind of summer.

The leaky pipe was a minor item. It was an outside pipe so no damage. A plumber fixed it the next day. Glad Jerome and Annette noticed it so we could avoid wasting water. I figured that would be the biggest problem with the building this summer. But I was WRONG!

The following Sunday after service Jerome noticed a smell and flickering lights. We checked things out and realized we had a real electrical problem. We shut down much of the electric and called the electrician.

The electrician came Monday and said he thought it was a problem with the feed from the pole to the building. A call was placed to FPL and they said they would be there the next day. Unfortunately I had a flight out of town and had to leave. A few calls later Ray Adman agreed to oversee the problem while I was gone. Thank goodness Ray stepped in. The next day FPL and the electrician were there with Ray (and some others I think). FPL agreed it was a problem from the pole and "fixed it." The electrician checked out everything and turned the power back on. All Good! Not So Fast, UUers. After everybody went home the fire alarm sounded and smoke was spotted. The fire trucks rolled. Excitement everywhere! Ray and Jindy and various others who I can't recall for sure got involved. All while I remained out of town very conveniently! Smoke but no Fire. The electricians came back and we turned to fixing the damages.

It turned out that the FPL problem had caused further problems. We have been sorting through the issues diligently. We will need to replace the water heater (the source of the smoke). We also have to replace the fire alarm circuit board, the printer, the refrigerator, the microwave, the dehumidifier, some overhead lights and maybe a few other items either I have forgotten or we just don't know about yet. But the repairs are underway. Nobody got hurt and the building did not burn!

Most importantly for me, I got to witness what a "Fellowship" can be, and can do, when need arises. Everybody that got a call responded as they could. Some of us were out of town. Those who could did. Simple as that. Makes me proud to be a part of this Fellowship.

On a different note, if you missed the summer services covering the seven UU Principles, you missed something special. Each principle was covered by a member. The microphone was passed and attendees got a chance to expand on the messages. Great stuff.

Finally, check out the Adult Education program our Co-Chairs Charlie West and Surindar Paracer have put together. It's going to be a great year.

Chuck Chambers
904-679-1853
Johnchuck1@yahoo.com

Sunday, September 2, 10:30 a.m.

“Creating Compassionate Communities”

Rev. Ed Brock

Service Leader: Jerome Foesaaen

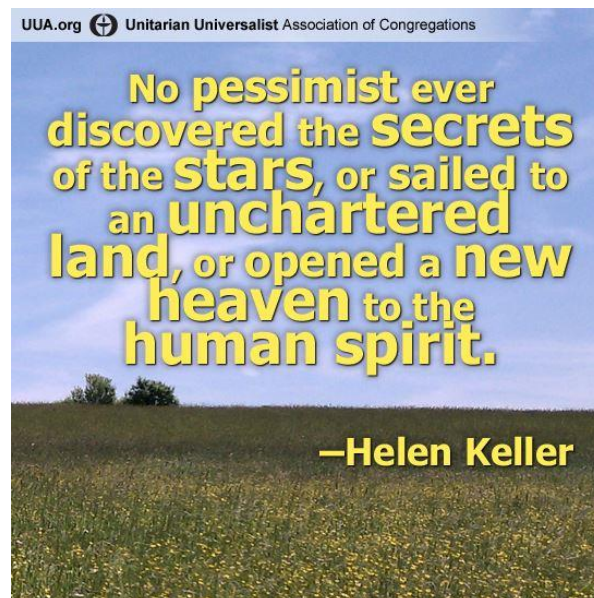


Rev. Brock will discuss several ideas about how compassionate communities are developed and sustained. Rev. Brock's remarks are based on working with many different congregations over a period of three decades and observing what characteristics of a community contributed to stability and harmonious relationships and what undermined these characteristics.

The principles which nurture compassionate communities can be clearly defined and easily understood. If put into practice by leaders of a congregation, they help create an emotional climate where trust, mutual respect, and cooperation can flourish.

Rev. Brock's sermon will be based on his recently published book, *Optimal Relationships*, copies of which will be on sale after the service. For each book purchased, Rev. Brock will make a \$5 contribution to the church.

Rev. Ed Brock is a UU minister and licensed psychotherapist specializing in interim ministry with 30 years experience in ministry. He was most recently Interim Minister in Birmingham, AL, and is currently the Interim Minister in Huntsville, AL. He brings a family systems theory perspective to congregational life. Rev. Brock is married to Alphise, and they are the proud parents of two wonderful daughters, Allie and Lily, both adopted from China.



Sunday, September 9, 10:30 a.m.

“Rising Up Through Adversity”

Bill and Eli Perras

Service Leader: Palmer Short
This I Believe: Gina Jonas



“Rising Up Through Adversity” is a song and story presentation that has nationally recognized entertainers from DeLand, FL, Bill & Eli Perras, sharing some of their original songs, while speaking of the extraordinary circumstances and trials that Eli lived through such as: raising a blind and deaf child; being raised as a foster child that was never adopted; dealing with life threatening health problems; plus many more life challenging events that are not typical to the average person. Above and beyond this, she shares how she overcame these challenging life situations by sharing her tribulations with multitudes of people by way of song writing & public performance, seeking out guidance in professional environments, and using the positive energies, and by way of a spiritual awakening and the power of prayer. This message fits right in with the 1st, 2nd, and 4th UU Principles.

The many inspired lyrics given to and interpreted by Eli, combined with Bill's bluesy finger-style guitar playing create a very uniquely modern take on true Americana music in its purest form. Receiving much recognition for their tightly woven musical creativity, they humbly remain true to their personal values. They speak out with strong heartfelt lyrics, accompanied with a soulful genuine pentatonic voicing, against social injustices, corporate greed, and daily follies in everyday life. They can grip your heart, search your soul, change a mindset, or softly strike a funny bone, all the while leaving the audience with a sentiment for the common good we desire in all mankind.

Bill & Eli have opened or shared the stage with many nationally recognized entertainers and are regulars at many Florida folk music venues and festivals while frequently traveling beyond the Sunshine State with their songs and stories. More about Bill & Eli can be found at www.perrasmusic.com.

Sunday, September 16, 10:30 a.m.
“Water Communion”
Robin Mahonen

Service Leader: Robin Mahonen
There will be a children and youth food collection.
Plate Donation to K9s for Warriors



We hope you are able to join us for our traditional UU Water Communion service by bringing water you have gathered from your summer journeys or from places special to you. The first UU Water Ritual was held in November 1980, and has come to be used as our traditional ingathering/homecoming ritual for many UU congregations. This life affirming ritual, like that of the Flower Communion, symbolizes the way we contribute to and draw from each other's strength, working both individually and together, and represents our commitment to each other and the rejoining of our congregation after our summer travels. If you don't have water, come anyway, there will be water available for you.

Robin Mahonen is a lifelong UU, and past President of our Fellowship. She holds a BA in Psychology/Sociology from Hunter College of CUNY, a Master's degree in Social Work from Adelphi University, and has an additional two years of post-graduate study in Social Work and Public Health at the University of Pittsburgh. She was a psychotherapist in private practice for many years in New York, Pennsylvania and West Virginia. She also founded the community based activist group, the Wheeling Water Warriors, which was instrumental in blocking the siting of a toxic fracking wastewater treatment plant on the Ohio River, as well as organizing the Great Ohio River Relay. She is mother of four, and is also a musician. With her husband, they form the duet of Uncle Eddie & Robin. She has lived in Florida for four years, and her only regret is that she didn't come here sooner.

Sunday, September 23, 10:30 a.m.

"The Brights"

Lee Weaver

Service Leader: Robin Mahonen



This is the story of Weaver's journey from devout young clergyman to where he is today, with no robe, no chalice, no clergy perks nor high-perched pulpit, but still doing what some might call, "The Lord's Work:" promoting doing of justice, loving mercy and walking humbly.

Weaver's list of acting credentials reads like a virtual "who's who" list in the theater. He has portrayed "Curly" and "Billy Bigelow," "Tony" and "Harold Hill" and "Charlie Anderson" in "Shenandoah." His favorite role is "Don Quixote" of "Man of La Mancha" which he has performed in three different theaters, most recently at St. Augustine's Limelight Theatre, his favorite of all the community theaters where he has performed.

His speaking credentials are strong. In 1995, 1996 and 1997 he was the opening speaker for the Sunday Summer Services in the seven thousand seat Great Auditorium in Ocean Grove, NJ. Also, in the Great Auditorium, he coordinated and directed the music for the Dixieland Jazz Worship Service, featuring The Wooster Street Trolley Jazz Band; Tony Campolo speaking.

For over a decade, New York metropolitan area TV viewers were familiar with Weaver's weekly broadcast, with his characteristic opening, "Well, I've had a good week!" Lee and his wife co-hosted a morning call in/talk radio show. He remarks, "We were opposite Imus and Howard Stern, and I'm not sure anyone was listening to us."



Weaver has twelve programs and plays which he performs around the country. He places the emphasis on "The Redemption Series," five (soon to be six) two-hour presentations that deal with the social issues of the day (religious tolerance - specifically anti-Semitism, civil rights struggle, gun violence in America, rising sea levels and greenhouse gases, Alzheimer's, the plight of indigenous Americans and their slaughter in the early years, LGBTQ and the "Me Too Movement").

Lee and his wife Nanette moved to St. Augustine full time in 2001 from Summit, NJ. He is an auctioneer, vocal soloist, playwright, actor, poet, bicyclist and (once upon a time), a racquetball champion and instructor of same at Yogi Berra's New Jersey Health Club.

Sunday, September 30, 10:30 a.m.

“Sharing Our Spiritual Growth”

Linda Crawford

Service Leader: Palmer Short

One of our core goals as Unitarian Universalists and alluded to in our Third Principle, is personal spiritual growth. But what does “spiritual growth” really mean? And how are we supposed to encourage it in others? Isn't spiritual growth a journey we each take alone?

Linda will examine those questions. In so doing, she will also discuss the importance of community to our individual spiritual development.

Linda and her husband Dale have been Unitarian Universalists for about nine years. They have been members of Buckman Bridge Unitarian Universalist Church in Jacksonville for the entire time. An ethnic Jew, Linda has been brought kicking and screaming into organized religion, but she is very glad she was. Now she is kicking and screaming her way to spiritual growth.



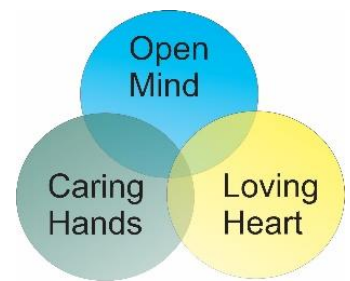
September Calendar



- 2 – Dining with Dignity 6:00 – 7:00 p.m.
- 3 – Program Team 5:00 – 7:00 p.m.
- 6 – Indivisible 7:00 – 9:00 p.m.
- 7 – Darts 7:00 – 9:00 p.m.
- 8 – Coffee House Bill & Eli Perras 6:00 – 8:30
- 9 – Downstairs Dialogue 9:15 a.m.
- 10 – Board of Trustees meeting 6:00 – 8:30 p.m.
- 13 – Calligraphy as Meditation 1 5:30 – 7:00 p.m.
- 14 – Food Pantry 1:00 – 4:00 p.m.
- 17 – Great Decisions 6:00 – 8:30 p.m.
- 18 – Book Group 1:00 – 2:45 p.m.
- 20 – Deciphering Ballot Amendments 7:00 p.m.
- 21 – Darts 7:00 – 9:00 p.m.
- 21 – Deadline for October Quest contributions
- 27 – Calligraphy as Meditation 2 5:30 – 7:00 p.m.
- 28 – Food Pantry 1:00 – 4:00 p.m.
- 28 – Movie, **Three Days of the Condor** 6:30 p.m.
- 29 – Ballot Amendments Action Day 1:00 – 4:00 p.m.

Programs for Children and Youth

As our new congregational year begins, it is good to remind ourselves of the goals of our Programs for Children and Youth. Each Sunday we seek to provide engaging activities through which our children can develop a positive sense of self, open their minds and practice the values expressed in our UU Principles. In the language of our children these principles are:



1. All people are important.
2. We should be kind and fair.
3. We should accept other people and help them to grow.
4. We should figure out for ourselves what is true and good.
5. We should do what our consciences tell us is right.
6. People should have a voice and a vote about things that concern them.
7. We should work for peace and freedom everywhere and try to make the world one family.
8. We should take care of the earth which gives us life.

Just as in our services for adults, the lessons we prepare for our children come from many sources: our own sense of wonder; wisdom from all the world's great religions including earth-centered religions; the lives of people who have worked to make the world a better place; and knowledge gained through reason and science.

We are fortunate to have two excellent teachers in our program this year. Maggie McElhaney, who has been with us for two years, will be our lead teacher. She is joined by Liz Boyett. Liz is an experienced teacher who teaches students with varying exceptionalities at Bartram Trail High School. We also invite members of our Fellowship to share their talents and interests with our children by volunteering to provide a lesson.



Jindy Gelow (jjindyms@yahoo.com) and Barbara Battelle (babattelle32137@yahoo.com) will continue to coordinate our Programs for Children and Youth for the coming year. If you have questions about our program, please see Jindy, Barbara or one of our teachers.

Our children will continue to participate in our service upstairs through our intergenerational story time the first Sunday of each month and by collecting our contributions to the Ecumenical Food Pantry on the third Sunday of the month.

We look forward to an exciting and fulfilling year of fun and learning.

UUFSA Coffeehouse Series

Saturdays, 6:00 – 8:30 p.m.

Saturday, September 8th will be the first of a series of Coffeehouses we are offering throughout the 2018-2019 Program year. Our first guests are nationally recognized entertainers Bill and Eli Perras. Bill and Eli hail from DeLand, Florida, and are back by popular demand, having performed at our Fellowship several years ago.



Bill and Eli Perras Saturday, September 8th, 6:00 – 8:30 p.m.

The many inspired lyrics given to and interpreted by Eli, combined with Bill's bluesy finger-style guitar playing create a very uniquely modern take on true Americana music in its purest form. Receiving much recognition for their tightly woven musical creativity, they humbly remain true to their personal values. They speak out with strong heartfelt lyrics, accompanied with a soulful genuine pentatonic voicing, against social injustices, corporate greed, and daily follies in everyday life. They can grip your heart, search your soul, change a mindset, or softly strike a funny bone, all the while leaving the audience with a sentiment for the common good we desire in all mankind.

Bill & Eli have opened or shared the stage with many nationally recognized entertainers and are regulars at many Florida folk music venues and festivals while frequently traveling beyond the Sunshine State with their songs and stories. More about Bill & Eli can be found at www.perrasmusic.com.

Other performers scheduled to appear are:

- Lauren Heintz November 17, 2018
- Andrew McKnight January 12, 2019
- Roy Zimmerman February 23, 2019
- Virginia Ackley March 16, 2019
- Grant Peeples TBA

Suggested Love Offering- \$10

If you'd like to volunteer to help present these fine musicians to our fellowship and our community, please contact Robin Mahonen. 304-639-5538, RRafael2@aol.com

Calligraphy as Meditation

Introduction

Approached as a process of personal exploration, calligraphy becomes a way to discover your uniqueness and give it expressive form. Engaged as an embodied practice, you connect with yourself by coordinating your breath with your senses of touch, movement, and sight.

Through calligraphic exercises, you develop skill while awakening your creativity and spontaneity. Conscious breathing helps focus the mind and energize stroke and letter making. This calligraphic practice gives letters life and, in the process, you enhance your vitality.

Calligraphy as Meditation 1: the joy of movement

September 13, Thursday

5:30 – 7:00 p.m.

We begin by getting comfortable and paying attention to posture. We do a breath and body exercise to warm up and relax. Through your first tool, what I call the Prototool—your index finger—you connect body and breath to the basic calligraphic action: directing a stroke. This direct, unmediated experience with your body as tool prepares you for using actual tools as extensions of mind, body, and feeling. Picking up our first tool, the simple pencil, we're ready to explore letterform and spacing as rhythmical, creative acts.

Calligraphy as Meditation 2: making contact

September 27, Thursday

5:30 – 7:00 p.m.

Now, movement awakens our sense of touch and we focus on the quality of our contact between body, tool, and writing surface. Developing tactile awareness brings us vividly into the present moment. It prepares us to create the basic calligraphic element—the living stroke—as a fully engaged expression of our wholeness. Using the Conte crayon, a tool with "bite," you can actively experience the pleasure of stroke making: of modulating pressure to direct the stroke and feel it as the embodied, gestural expression of calligraphy.

Limited to 10 participants. Call Gina to register: 904-679-4610. Supplies provided.

Gina's book, *Calligraphy as Art and Meditation: A New Approach*, will be available for purchase.

Gina Jonas has been a professional calligrapher for 41 years. She has taught classes, workshops, and private students. She is the author of *Calligraphy as Art and Meditation: A New Approach*, *Finding the Flow: A Calligraphic Journey*, and *Hebrew Calligraphy Styles*. Gina sees her role as that of guiding students to their own, unique experience.

New Adult Learning Course: ‘The Meaning of Life’

Wisdom and Knowledge from the World’s Great Intellectual Traditions

When: Thursdays 5:30 -- 7:00 p.m., twice a month, starting on October 11

Where: Downstairs Meeting Hall, Unitarian Universal Fellowship, St. Augustine

The course focuses on the significance of life as a whole. Is life all about **suffering**? Can humans overcome suffering and find **happiness**? How about our existence, social ties, and consciousness? Is life about creating hell for others and we cannot escape it? Then there is the subject of **death** of our family and friends before we must deal with our own. Topics that we will focus on include: Aristotle on happiness in all of its complexity and multidimensionality, Job’s predicament (life is So Unfair) and his challenge (Who are we?), teachings from the Bhagavad Gita, Confucius, Dao, Buddha, Zen, and Dalai Lama.

Each session will begin with one-half an hour of illustrated lecture on DVD from Jay Garfield, Professor of Humanities and Philosophy, Smith College. This will be followed by a moderated discussion on the issues and comments raised during the evening. Each program is stand-alone and is independent of others that follow.

Schedule for 2018-19

October 11 Aristotle on Life
October 25 Aristotle – The Highest Good
November 8 Aristotle – The Happy Life
November 29 Job’s Predicament – Life is So Unfair
December 13 Job’s Challenge – Who are we?
January 10 The Bhagavad Gita – On Choice and Daily Life
January 24 The Bhagavad Gita – Discipline and Duty
February 14 The Bhagavad Gita – Union and Purpose
February 28 Confucius – Order in Cosmos and Life
March 14 Daodejing – Life and Spontaneity
March 28 Daoism – The Best Life is Simple Life
April 11 Daoism – Impermanence and Harmony
April 25 Siddhartha Gautama – The Teachings of Buddha
May 9 Zen – The Moon in a Dewdrop and Impermanence
May 23 Zen—Being – Time and Primordial Awakening
June 13 Dalai Lama – A Modern Buddhist View
June 27 Dalai Lama – Discernment and Happiness

The Series is coordinated by **Surindar Paracer**, Ph.D., Professor Emeritus of Biology, Worcester State University, Massachusetts. He is co-author of two books on Symbiosis and has been interested in the Emergence and Evolution of Cooperation in Nature.

Charles West and Surindar Paracer are Co-chairs of UUFSA Adult Learning.

We extend our warm welcome to all. Please come and join us in this adventure

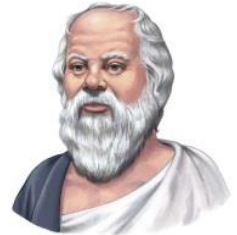
Downstairs Dialogue

“Socrates Café” – Open Discussion

Sunday, September 9, 9:15 - 10:15 a.m. Downstairs

This fall, we will gather again for Downstairs Dialogue on the second Sunday at 9:15 a.m., for an open discussion on topics of the day that interest and concern us.

What’s going on in religion, politics, economics, security, justice, etc., in the world, nation, state, local community, or even within our own congregation? Would an open-minded sharing and discussion among thoughtful UUs in our traditional safe space be of interest? Maybe even come up with some ideas to make things better? We think so!



We will decide what topic(s) to discuss using the Socrates Cafe method used successfully by groups all over the world. At the beginning of the session, each attendee will suggest a topic, and we will “vote” on which one(s) to discuss. Topics should be of general interest. Hopefully, topics should typically have some connection to our UU Principles. Discussion is led by Charlie West.

So bring your favorite issue or question and come join us at 9:15 a.m. on Sunday, Sept. 9.

Meanwhile, be sure and check out the announcement of our new Adult Learning course: “The Meaning of Life”. See details on page 11.

Charlie West
Co-chair, Adult Learning

Great Decisions

"Russia's Foreign Policy"

Monday, September 17, 6:00 p.m.

Under President Vladimir Putin, Russia is projecting an autocratic model of governance abroad and working to undermine the influence of liberal democracies, namely along Russia’s historical borderlands. Russia caused an international uproar in 2016, when it interfered in the U.S. presidential contest. But Putin’s foreign policy toolkit includes other instruments, from alliances with autocrats to proxy wars with the U.S. in Georgia, Ukraine and Syria. How does Putin conceive of national interests, and why do Russian citizens support him? How should the United States respond to Putin’s foreign policy ambitions? The discussion will be led by Yosi McIntire.

Background reading: The article by Allen C. Lynch, Professor of Politics at the University of Virginia: <https://www.dropbox.com/s/zi97hmsd98yoqji/Russia%27s%20foreign%20policy%20GD%202018.pdf?dl=0onathan>

Please join us in the UU Social Hall, 2487 A1A S, St Augustine, FL 32080 - see map at uufsa.org.

Social Action Team

“Deciphering the Ballot Amendments: Yes May Mean No, or Something Worse”

Thursday, September 20, at 7:00 p.m. at the Fellowship

The language of the current crop of ballot amendments has exceeded all expectations. Pat Gill, Chair of our local League of Women Voters, will help us understand what our “yes” or “no” votes really mean. A wine and cheese reception will follow her talk

“Pre-Midterm Day of Action #2: Florida Ballot Amendments” Saturday, September 29 from 1:00 to 4:00 p.m.

We partner once again with ACLU at the Fellowship to scrutinize the abridgment of human rights in our state and take action.

Palmer's Pic September 28, 6:30 p.m.



Three Days of the Condor

Joe Turner (Robert Redford), a reader for a CIA office in New York, goes out of the office for a lunch run returns to find his fellow workers have all been murdered. He is told to come in but strange things happen that causes him to trust no one. The next three days have him running from one narrow escape after another. Will he make it safely in?

Palmer

Friday Darts Nights September 7 and 21, 7:00 p.m.



Darts nights are held at the Pub UU (downstairs at UUFSa) or occasionally at a real local pub, at **7:00 p.m.** on the first and third Friday of each month and the fifth Friday if there is one. Contact Palmer Short, palshort@gmail.com, for details.

From the Food Pantry



Thank you to our volunteers who worked through the summer to staff the Food Pantry. To give you an idea of the amount of food distributed to the community, the following are the July numbers. Three hundred and seven families received food from the pantry. This included 502 adults and 283 children. A total of 477 bags of food were given to needy county residents. The Food Pantry is always in need of monetary donations, as well as food items. Thanks to all of you for your assistance over the years, and please keep it up!

Cherie Dolgin
461-1604
UUFSA Food Pantry Coordinator

Dining With Dignity

Our next opportunity to provide a nourishing meal for the homeless will be **Sunday, September 2, 6:00 – 7:00 p.m.** For more information, contact a member of the Dining with Dignity Team:

Mary Kellough & Toni Wallace



Care Connection



Our Care Connection group provides short term support and assistance for members of the Fellowship during times of difficulty. We thank everyone for their generous support with transportation to medical appointments, making meals, assistance with errands, visiting and sharing. The Care Connection includes everyone in our Fellowship willing to receive and give support at times of difficulty. Contact **Elle Barry** (ellepaper@hotmail.com or 392-5722) if you are in need of assistance or would like to be involved in the Care Connection Team.

August UUFSA Treasurer's Report

The Treasurer's Report and a summary of that report are posted on the UUFSA News bulletin board downstairs.