

# QUEST



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

**March 2019**

**2487 A1A South, St. Augustine, FL 32080**  
**3/4 mile south of State Road 312**

[uufsacontact@gmail.com](mailto: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 on our website.

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## **Board of Trustees 2018 - 2019**

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The **Quest** is published monthly September through July.

**Materials for the April issue are due by March 22.**

Don Brandes, Editor: [donaldblandes@gmail.com](mailto:donaldblandes@gmail.com)

Thanks to Adele DelSavio for proofreading.



# From Your President



## It is Pledge Time!

Remember that a year ago we were dealing with a return to a lay-lead Fellowship and many questions about our future. I can't speak for you, but I for one am very happy with our Fellowship right now. The support for our new solar panels demonstrated a willingness to back our convictions with cash. We can all be proud of our efforts this year.

Our Fellowship runs on volunteer energy and cash. Right now it's time to talk cash. Here is the schedule. The first and second weeks of March we will hold several open meetings to discuss the proposed budget for the next fiscal year (July 1, 2019 - June 30, 2020). You will get notice of those meetings. Based on the input we receive, and the pledges made, the Board will approve a tentative budget at our April Board Meeting. We will then send that Budget out in preparation for the Annual Meeting of the Fellowship on May 5 at 1:00 p.m. The pledge drive and budget process will be:

- March 3—16: Budget Workshops (detailed times to be announced)
- March 3—17: Pledging
- March 17—30: Budget Committee finalizes Tentative Budget and submits to Board
- April 8: Board Meeting to Approve a Tentative Budget
- May 5: Annual Meeting to Approve Final Budget

Our Pledges are the primary source of funds to run UUFSA. I will be contacting each of you to ask for your Pledge for the upcoming year. We won't be holding a pledge dinner or other event this year. We hope you will attend the open budget workshops and learn about our plans to continue to upgrade our building and continue to present great speakers week after week.

I love our Fellowship. I know you too enjoy our UUFSA and I hope you will agree that a modest increase in your pledge over last year's amount will seem a good investment of your cash in a worthy cause.

Don't worry. Even if you don't get to a budget workshop I will personally seek you out for your pledge. I know you want to support our wonderful organization and I will make sure you get a chance to pledge – several chances, if necessary. This is not the most glamorous part of being part of the UUFSA but a part I am willing to play to keep this great organization moving forward.

So when you hear from me, be it in person, on the phone, by email or old – fashioned US Postal service, please make my job easy and fill out that Pledge Card.

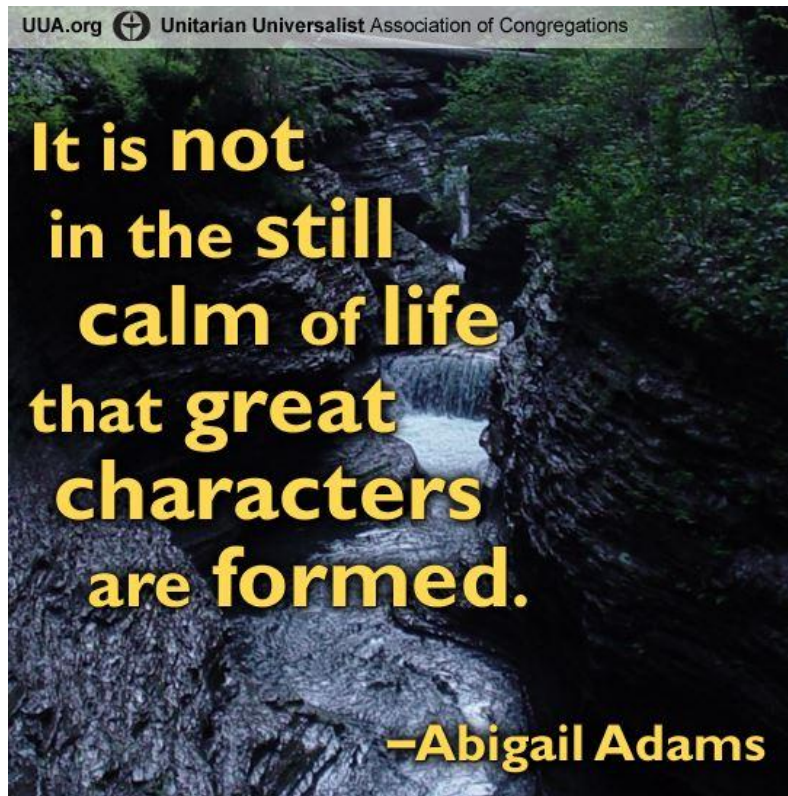
**Chuck Chambers**  
**904-679-1853**  
[Johnchuck1@yahoo.com](mailto:Johnchuck1@yahoo.com)

**Sunday, March 3, 10:30 a.m.**  
**“Memoir as a Journey of the Soul”**  
**Joanna Henderson**

Service Leader: Ozzie Boutin  
Music: Alex Soltow  
Story for All Ages

Writing a memoir is a three – tiered task. First, living the experience, then recalling that experience and finally reliving the experience as you write about it. But the final and hardest part of the process is trying to understand the "why" of the often inexplicable.

Joanna Henderson lives in New London, New Hampshire, and is a snowbird visitor to St. Augustine. She is a Worship Associate at the UU in Concord, New Hampshire, and also presents programs to the UU Fellowship in Andover, NH. She is a retired historian and continues to teach a variety of lifelong learning programs.



**Sunday, March 10, 10:30 a.m.**  
**“Wildflower Healthcare: A Safety Net for Our  
Friends and Neighbors”**  
**Elisabeth Chismark, Ph.D., RN**

Service Leader: Nana Royer  
Music: Taffy Rook  
This I Believe: Adele DelSavio



Wildflower Healthcare, a community low – income health center, is one of the local non-profit organizations which UUFSA supports with its Third Sunday Plate Donations. Dr. Chismark will provide an overview of the history of Wildflower Healthcare in St. Augustine. A brief discussion will be presented on the successes and current challenges within the community and population. Where do we go from here, looking at the path ahead?

Dr. Chismark is an adjunct professor at Georgetown University in the School of Nursing and Health Science. She worked many years at St. Jude Children’s Research Hospital in various positions. Her journey into nursing started at Purdue University. After traveling the world and country with her Navy husband, they eventually settled in Memphis, TN. Lisa has a passion for research and her PhD from the University of Tennessee Health Science

Center found her working with young adults with sickle cell disease. She studied secondary complications and a polymorphism in the C – reactive protein gene.

She and her husband, Mike, relocated in 2004 to St. Augustine, where her parents and sister also reside. They have two adult children. Her daughter lives in Chicago and her son resides in Johnson City, TN.

Lisa has worked locally as contributing faculty with University of St. Augustine and as an independent consultant with Flagler Hospital. She currently serves as President of the Board of Directors for Wildflower Healthcare, is on the the Women of Vision advisory board (Flagler College) and is a member of the Women’s Exchange at the historical Pena-Peck house in St. Augustine. She treasures each day with friends and family.





# **Sunday, March 17, 10:30 a.m.**

## **“Celtic Spirituality”**

### **Ginger Ackley**

Service Leader: Robin Mahonen

Music: Taffy Rook

Third Sunday Food Donation

Third Sunday Plate Donation: Wildflower Clinic



You don't have to look very far to start discovering how much the ancient Celtic ways of interacting with spirit influence our modern – day religious practices. Especially now that so many folks are renewing their acquaintance with Mother Earth, the beliefs of the Celts can enhance and deepen our own spiritual path.

Ginger may have started out in Texas but now she's happy to call Ohio home. Her childhood was filled with music from all over the world and that gave her the deep passion for her craft, so she's taken her love of music and storytelling and melded it all into her own delightful style she calls "Celtic with a Twist!" Her music covers quite a spectrum from original to traditional, mystical to educational. Between her amazing autoharp, whistles and vocals, Ginger really tells the story of every song – even the instrumentals!

Ginger and her music have traveled to the blue Caribbean, the glaciers of Alaska and her heart's home, Ireland. Since settling in to Ohio, she has been performing at music festivals in Ohio, Indiana, Illinois, Missouri, Kansas, New York, and Wisconsin, and will be traveling even more in 2019! Ginger has five albums and a book available. Her album, "Elf King's Horn," has received two nominations for Best Celtic Instrumental from the Just Plain Folks organization. Her soon – to – be – released album, "Wee Folk Stomp," is a delightful product of her passion to bring quality music to the children in our community! Also in the works is a new children's book called "Rowan, My Boat" that has received a lot of praise from those previewing it. Back in Cleveland, you will often find Ginger singing and strumming at Celtic and Folk and Spirit festivals, along with guest appearances at local pubs. She hosts an open acoustic jam session at Hatfield's Goode Grub every first Wednesday. She is also a frequent guest performer at libraries, churches, senior facilities and house concerts.

# **Sunday, March 24, 10:30 a.m.**

## **“Einstein: The Human Side”**

### **Orland Carra**

Service Leader: Ray Adman  
Music: Alex Soltow

Albert Einstein was a scientist who developed the theory of relativity and is also known for his influence on the philosophy of science. He was also a humanist. We will discuss his groundbreaking contributions, and present excerpts from Einstein's book, “Out of My Later Years.”

Orland Carra is a retired civil engineer, musician, artist, writer and humanist. he has presented many programs on Einstein at the Ohio Valley UU Church, Country Club and Library in Wheeling, WV, and in Salisbury, NC for a group of humanists.



# **Sunday, March 31, 10:30 a.m.**

## **“Pete Seeger: America's Tuning Fork”**

### **Ed Mahonen**

Service Leader: Robin Mahonen  
Music: Taffy Rook

Pete Seeger was a musician, an activist, an environmentalist, a humanist, and a Unitarian Universalist. He believed that we could change the world by bringing people together through the power of music, and singing together.



Ed “Uncle Eddie” Mahonen, “banjo player, raconteur, and all – around old dude” is an icon in the Appalachian music scene. He worked as a staff musician on the legendary Wheeling Jamboree and as a member of several regionally touring bluegrass, country and jam bands. His style incorporates elements of bluegrass, rock, and folk, which he has shaped into a unique and original blend which he terms “plunk rock.” West Virginia’s “Graffiti” Magazine said Ed has been “a force in West Virginia music for over thirty years.” He chose Unitarian Universalism as an adult and has been an active member of UU congregations in the Ohio Valley and St. Augustine, Florida. Uncle Eddie & Robin have performed music and been active in various social, political, and environmental issues. They were present at Occupy Wall Street, the Standing Rock action opposing the Dakota Access Pipeline, and the People's Climate March in New York City.



## **A Celtic Coffeehouse with Ginger Ackley** **Saturday, March 16, 6:00 - 8:30 p.m.** **"Celtic with a Twist"**

*With her amazing autoharp, whistles and vocals, Ginger tells the story of every song - even the instrumentals!*

*LOVE DONATION: \$20 or what you can afford.*



### **March Calendar**



- 1 – Darts 7:00 – 9:00 p.m.
- 3 – Dining with Dignity 6:00 – 7:00 p.m.
- 4 – Program Team 5:00 – 7:00 p.m.
- 7 – Indivisible 7:00 – 9:00 p.m.
- 8 – Food Pantry 1:00 – 4:00 p.m.
- 9 – Shannon Barry memorial service
- 11 – Board of Trustees meeting 6:00 – 8:30 p.m.
- 14 – The Meaning of Life Adult Ed. 5:30 – 7:00 p.m.
- 15 – Darts 7:00 – 9:00 p.m.
- 16 – Ginger Ackley Coffee House 6:00 – 8:30 p.m.
- 17 – Third Sunday food donation during service
- 17 – Farmers Market after service
- 18 – Great Decisions 6:00 – 8:00 p.m.
- 19 – Book Group 1:00 – 2:45
- 22 – Deadline for April Quest contributions
- 22 – Food Pantry 1:00 – 4:00 p.m.
- 22 – Movie, *The Band's Visit* 6:30 p.m.
- 23 – Garage Sale Fundraiser 8:00 a.m. – 2:00 p.m.
- 28 – The Meaning of Life Adult Ed. 5:30 – 7:00 p.m.
- 29 – Darts 7:00 – 9:00 p.m.
- 6, 13, 20, 27 – Quigong class 4:30 – 5:30 p.m.

# **UUFSA Garage Sale, Bake Sale, Farmers Market**

## **Saturday, March 23**

### **8:00 a.m. to 2:00 p.m.**



Please help us have a very successful sale!

Do some spring cleaning at home and donate any items that you can – jewelry, clothing, yard tools and equipment, plants, household items, kitchen utensils, kids' books and toys, small furniture – anything you find cluttering your house.

You will find empty boxes in the Meeting Room downstairs if you need one. Please fill it and place it in the same area when you bring it back. We need your help!

There are two volunteer sign-up sheets in the social hall downstairs. We will need several helpers on both Friday March 22 and Saturday March 23.

Please mark your calendar and come shop on Saturday!

The Sale will be held outside in our play area as well as downstairs in the Social Hall. We hope to have fresh vegetables, homemade baked goods and solar items as well as other surprises.

On the three Sundays preceding the Garage Sale we will have a small indoor Pre-Garage Sale with special new or unusual items offered for sale.

Please plan to participate and help raise funds for the many worthwhile projects we UUs support in the community and here at our spiritual home.

**Please contact Annette Jones with any questions or offer of volunteer support, 904-417-0617**

## **Calling All Bakers!**

We will be having a bake sale table at our March 23 garage sale, and we need the help of all the bakers in our fellowship to help make this fundraiser a great success!

Do you have a special cake, pie, cookie or bread that you'd like to bring to the table? We're sure you'd like to share your special sweet treat with someone, and it's a delicious way to help support our congregation. We will accept whole cakes and pies, cupcakes, cookies, and breads. We also are interested in vegan and non-gluten offerings.

**Contact Robin Mahonen at 304-639-5538 or [RRafael2@aol.com](mailto:RRafael2@aol.com) to let us know what you might contribute.**





## **Shannon Barry Memorial Service**

### **Saturday, March 9, 2:00 p.m.**

A memorial service for Shannon Barry will take place at the Fellowship. All are invited to attend. A reception downstairs will follow the service. Please bring your memories of Shannon or a favorite poem, appropriate for the occasion, if you wish.

## **Solar Panels Are Installed!**



The County finally issued a permit and the Solar Panels have been installed. As of the writing of this article, we were waiting for the final approvals from the County Inspector and FPL. Once those approvals are given, and FPL has installed the necessary hardware to allow the panels to operate properly, including putting power back into the grid, we will get LOUD AND PROUD about our accomplishment. We ended up putting some UUFSA funds into the project to allow us to install enough panels to eliminate any need for future fund raising. Our current estimates show that we will have reduced our energy bill enough to fully recover our UUFSA funds in six or seven years.

Once we are fully operational, we will have a laptop that will show our daily energy use and generation.

You should be proud. We did it.

## **Monthly Farmer's Market at UUFSA**

### **Sunday, March 17**

There will be a selection of in – season local produce as well as other fresh favorites for sale. Bring your shopping list and reusable bags and come see us in the back yard after the service. Credit cards are acceptable.

Please contact Mark Shuford if you are interested in helping or have any questions. 904-347-4195, [markshuf@hotmail.com](mailto:markshuf@hotmail.com)



**“The Meaning of Life”**  
**Wisdom and Knowledge from the World’s**  
**Great Intellectual Traditions**  
**Thursday, March 14 and 28, 5:30 - 7:00 p.m.**

**Daoism – What is the Dao De Jing?**

Simply put, the Dao De Jing (Daodejing, Tao Te Ching) is book written by Chinese philosopher Laozi over 2,500 years ago. It is a collection of 81 classical texts that tell us about our existence, the deeper meaning of life, what is and what isn’t, and of God and creation.

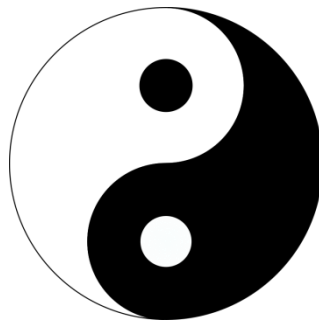
The Dao De Jing consists of three words: Dao is usually translated into **the way**, De translates as **virtue**, and Jing meaning **power**. *The way and power of virtue?* Or call it *the way Dao works out in the world*.

Daoist religious and philosophical traditions demand cultivating mental calm, an intuitive and non-conceptual understanding of the world, an integrated and balanced personality, self-effacing manners and a low-key and non-intrusive leadership style.

**On March 14<sup>th</sup>: Life and Spontaneity**

**On March 28<sup>th</sup>: The Best Life is Simple Life**

Contact Surindar Paracer (904-217-3802 [sparacer@worchester.edu](mailto:sparacer@worchester.edu)) or  
Charlie West (904-471-0335, [westjrcw@gmail.com](mailto:westjrcw@gmail.com)) for more information.  
Co-chairs – UUFSA Adult Learning



# **Great Decisions**

## **" Regional Disorder in the Middle East "**

### **Monday, March 18, 6:00 - 8:00 p.m.**

Great Decisions is an initiative of the Foreign Policy Association – [http://www.fpa.org/great\\_decisions/](http://www.fpa.org/great_decisions/)  
We examine interesting topics through the lens of US foreign policy. In 2019, we will meet from February to June, and then again from September to November, on the third Monday of each month from 6:00 to 8:00 p.m..

Thoughts on Regional Disorder in the Middle East include our relationship with strongmen in Saudi Arabia, the United Arab Emirates and Egypt; our withdrawal from the Iranian nuclear accord, and more. Perhaps we'll question whether our policies in Syria, Yemen, Libya and Iraq have served a purpose. Is Iran next? The discussion will be led by Chris McDermott.

The discussions are always stimulating. We encourage you to come!  
For more information, please contact Yosi at [jomcintire@bellsouth.net](mailto:jomcintire@bellsouth.net) or 904-461-3175.

## **Qigong Classes**

### **Wednesdays through March, 4:30 - 5:30 p.m.**

Bob and Fran German are offering free Qigong classes for anyone interested, on Wednesdays through March at our fellowship. A voluntary donation will be accepted, with any proceeds going to an international project to stop human trafficking.

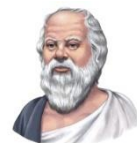
Qigong means "energy practice." It is an ancient Chinese system of health and wellness. It consists of a series of simple stretches, gentle exercises and flowing movements. Qigong is fun and easy! Everyone goes at their own comfort level. Newcomers are always welcome!

The benefits are many, including increasing energy, lowering stress levels, improving circulation, assisting the respiratory and digestive systems, reducing blood pressure, better sleep, improving balance, more flexibility, and reversing the aging process. Be sure you have approval from your doctor before starting this and any exercise program.

Contact Bob or Fran at [bobnfran@gmail.com](mailto:bobnfran@gmail.com)

## **Downstairs Dialogue**

### **Will not meet in March.**



# From the Food Pantry



Today I learned that the air conditioner compressor at the Food Pantry needs to be replaced. It is not uncommon for some unexpected costly repair to present itself at the pantry. We have refrigerators and freezers of various ages and have use of an old building, which the pantry is responsible to maintain.

In addition to requesting money to purchase food, I ask you again to consider a monetary donation to the food pantry to help with other aspects of keeping the Food pantry going. This is done simply by writing a check to the UU Fellowship and putting "Food Pantry" in the memo line. If you wish to learn more about the pantry, please visit our website at <http://stjohnsfoodpantry.org/>.

Thank you for your generosity.

***Cherie Dolgin***  
***UUFSA Food Pantry Coordinator***  
***904-461-1604***

## Dining With Dignity

Our next opportunity to provide a nourishing meal for the homeless will be **Sunday, March 3, 6:00 – 7:00 p.m.** For more information, contact a member of the Dining with Dignity Team:

***Mary Kellough, 904-217-9837***



## 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 serves everyone in our Fellowship willing to receive and give support at times of difficulty. Contact one of our members listed below if you are in need of assistance or would like to be involved in the Care Connection Team. We accept and appreciate donations.

Claudia Atkins, Chair ..... 386-717-6765  
Adele DelSavio ..... 315-529-6287  
Cherie Dolgin ..... 904-461-1604  
JoAnne Engelbert ..... 904-460-1190

Maureen Herth..... 904-463-1032  
Cynthia McAuliffe ..... 904-863-1303  
Rosemary Wheeler ..... 352-339-4157  
Anne Wilke..... 904-797-1944



## **UUFSA Book Group**

### **March 19, at 1:00 p.m.**



Book Group will meet on the third Tuesday, March 19. Selection of a book for March discussion is to be announced. Interested book – lovers welcome.

**Come join us and sit in, even if you haven't read the book.  
Friends of UUs are welcome.**

***Bobbie Brenner***  
***Group Coordinator***

## **Palmer's Pic**

### **March 22, 6:30 p.m.**

## ***The Band's Visit***



The movie for March is ***The Band's Visit***. A fading Egyptian police band scheduled to play at the Arab Cultural Center becomes stranded in a desolate Israeli village. What happens when two distinctly different cultures come face to face? This show is a winner at Cannes Film Festival, winner of the European Film Award, and winner of eight Israeli film awards including Best Picture.

***Palmer***

## **Friday Darts Nights**

### **March 1, 15 and 29, 7:00 p.m.**



Darts nights are held at the Pub UU (downstairs at UUFSA) 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](mailto:palshort@gmail.com), for details.

# **Beyond Our Congregation**



For information about events beyond our Fellowship, check the UUA Southern Region event calendar at <http://www.uuasouthernregion.org/home.html> and the UUA website at <http://www.uua.org/>



## **UUA GENERAL ASSEMBLY Spokane, Washington | June 19-23, 2019**

General Assembly is an unforgettable experience for the thousands of Unitarian Universalists that attend each June. Attendees leave with a renewed sense of energy, inspiration, and innovative ideas to take back to their congregations and communities. GA is even more enjoyable if experienced with a delegation of congregational peers who can share expenses and meals and provide mutual support during the conference. This year, in addition to Theme-Based Programming, the schedule will feature Role-Based Track Programming, including time for discussion among attendees, sharing inspiring models and stories, and concrete suggestions for how to further the work or "take it home."

In order to raise interest and to help your congregations learn more about General Assembly, we have assembled [promotional resources](#) to download, copy, or print for further distribution.

## Florida UU Women's Retreat

April 5-7, 2019, [Florida UU Women's Retreat](#), Parrish, FL (Near Bradenton)

## Presidents' Webinars 2018-2019

Current presidents, and currently serving presidents-elect and past presidents, your Southern Region wants you to feel supported, connected, and prepared while you lead your congregation! Join our Virtual Congregational Presidents' Webinars, a series of monthly on-line workshops led by UUA staff which will cover topics of interest to congregational board presidents: How to run a great board meeting, trust-building, governance, roles and responsibilities, effective welcome and on-boarding, communications, change, growth, and more.

Sessions are offered the first Wednesday evening of every month, and there is an afternoon session the Thursday after the first Wednesday of every month. After each session, we'll send out all the resources we discussed, including video content which we produce exclusively for our subscribers. Learn more and register here: <https://www.eventbrite.com/e/2018-2019-uua-sr-presidents-webinar-subscription-registration-45738269395>

## Monthly Webinar Series

The Southern Region staff team is offering a series of webinars for congregational leaders and members. There is no cost to attend but pre-registration is required:

## Special Programs for Youth with Natalie Briscoe

March 21, 8:00 pm - 9:30 pm ET

Natalie will discuss special programming for youth, including dynamic middle school programming, Coming of Age options, membership paths for Youth, Bridging Ceremonies, off-site activities, Camps around the Association, Leadership Schools for Youth, and integrating Youth into life of the congregation. Part information and part discussion, this webinar is also a space to share what has really worked well in your youth programs and find ideas from around the country for re-invigorating your programming and honoring the gifts Youth bring to the life of your congregation. Register here: <https://docs.google.com/forms/d/e/1FAIpQLSckm5X0lcuqH7Co9Wr387f9rzrjMQBW0TYzUP-jpv4LOmRCfQ/viewform>



# *Happenings at The Mountain*



A place. An experience.  
A way forward for all ages.

*Come to The Mountain for a great program at an amazing place in the Blue Ridge Mountains – join us and let your spirit soar!*

## *Additional 2019 Programs:*

*Music Week ..... April 21-26*

*Womenspirit..... May 25-19*

*Youth Mountain Camp &*

*Farm Camp ..... June-July*

*Climate Justice ..... August 4-9*

*Aging to Saging ..... October 6-10*



For more information:  
[www.TheMountainRLC.org](http://www.TheMountainRLC.org)  
or 828-526-5838 or contact  
Beverly Cree at UUFSa.

