

# QUEST



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

**October 2021**  
**2487 A1A South, St. Augustine, FL 32080**  
**3/4 mile south of State Road 312**  
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**All in - person activities are on hold until further notice to avoid spreading COVID-19.**  
**Sunday services and the Sunday children’s program are being presented**  
**online through Zoom video conferencing at <https://us02web.zoom.us/j/4750592013>**  
Audio transcripts of most past presentations are available on our website.

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**Materials for the November issue are due by October 22.**  
Don Brandes, Editor: [donaldbrandes@gmail.com](mailto:donaldbrandes@gmail.com)  
Thanks to Adele DelSavio for proofreading.

# From Your President



Dear Members & Friends:

Well, it finally happened this week! I'm officially suffering from fatigue. Not the usual fatigue that we are all accustomed to. The one where we take it easy for a few days, go to sleep early, then miraculously emerge fresh to face a new day and new challenges. I'm talking about Zoom Fatigue! The fatigue that you can't wash away with a few hours of sleep or an emergency infusion of java.

According to *Harvard Business Review*, Zoom Fatigue is such a prevalent problem that it's popping up all over social media and the print and online press. *HBR's* research suggests a few reasons for this hidden cost of Zooming: "...we are forced to focus more intently in order to absorb information; ...we lose focus more easily and our listening skills are diminished; ...we have to look at the camera and stare at people's faces ... and this constant gaze makes us uncomfortable and tired; and finally, ...we are hyper-aware of every wrinkle, expression and how our remarks might be interpreted."

So, what's an incurable Zoomer to do? Experts offer several ways to reduce Zoom Fatigue – some of them easy, others virtually impossible, especially for people working remotely. First, cut back on video calls and meetings. When you are on a Zoom call, turn off your camera unless you are speaking. And a really easy solution for most of us: turn off Zoom and have that conversation the old-fashioned way – by phone! You'll feel a lot more energetic and won't fall prey to dreaded Zoom Fatigue.

Having said that, let me mention several other items before I go. Please bear with us as we remain closed for a few more weeks. Infections and hospitalizations appear to be down but according to Johns Hopkins' statistics, deaths are still rising in Florida. If you haven't done so already, join us for our highly rejuvenating Zoom services every Sunday. You'll be glad you did. On the good news front, we are planning to hold a series of small in-person gatherings for our members to re-connect. The first will be a Potluck Picnic in the backyard of the Fellowship on Saturday, October 16 at 1:00 p.m. Watch your UUFSA e-mail for more information. Stay healthy and happy.

In Peace

*Renée Jones*

**UUFSA President 2021-2022**

**[renee@scgggroup1.com](mailto:renee@scgggroup1.com)**

**267-514-5302**

All Sunday services will be presented online only through Zoom video conferencing until further notice. The starting time for services is 10:00 a.m. To join the Zoom meeting, go to <https://us02web.zoom.us/j/4750592013> after 9:30 a.m. on Sunday morning.

## Sunday Announcements

If you have a brief, UUFSA-related announcement you would like the Service Leader to relay to the fellowship at the beginning of our Sunday services, please submit it by email to the Service Leader no later than 24 hours before the Sunday service. Please send it directly to the Service Leader for the specific date you request. Due to time constraints, and the many diverse interests of the members of this fellowship, only UUFSA events will be announced.

October 3: Nana Royer, [nanaroyer@gmail.com](mailto:nanaroyer@gmail.com)

October 10: Michael Read, [mickread@gmail.com](mailto:mickread@gmail.com)

October 17: Gina Jonas, [gina.jonas@gmail.com](mailto:gina.jonas@gmail.com)

October 24: Renée Jones, [renee@scggroup1.com](mailto:renee@scggroup1.com)

October 31: Chris McDermott, [mcnoodle55@gmail.com](mailto:mcnoodle55@gmail.com)

## Sunday, October 3, 10:00 a.m. “Love is the Doctrine of This Congregation” Phillip Baber

Service Leader: Nana Royer

Music: Alex Richman

Story for All Ages

Phillip Baber is the pastor of The People’s Church of Jacksonville and the Regional Director of the Poor People’s Campaign of Northeast Florida. He is the former pastor of the Unitarian Universalist Church of Jacksonville and has served as co-president of I.C.A.R.E., the Jacksonville-based Interfaith Coalition for Action, Reconciliation, and Empowerment. Phillip’s ministry is dedicated to the advancement of our collective liberation, leading him to advocate in support of criminal justice reform, police accountability, racial and economic justice, justice for refugees and immigrants, and LGBTQIA+ rights.



**Sunday, October 10, 10:00 a.m.**

**“Circle Round for Justice, Healing & Courage: The  
Critical Importance of Protecting the Right to Vote”  
Stacey Abrahams and Desmond Meade**

Service Leader: Michael Read

Music: Taffy Rook

This I Believe



At the UUA General Assembly this year, the overall theme was “Circle Round for Justice, Healing and Courage.” At the Ware Lecture on the Saturday night of the conference, guest speakers were invited to give a presentation that supported this theme.

The Ware Lecture for the UUA 2021 General Assembly featured Stacey Abrahams and Desmond Meade. They addressed the critical importance of protecting the right to vote and of fighting voter suppression, especially today, as many states are passing restrictive voting laws that disproportionately affect people of

color.

Stacey Abrahams is a political leader, activist, entrepreneur and former Governor of Georgia. Desmond Meade is a former homeless citizen, an activist and President of the Florida Rights Restoration Coalition.



<https://www.uua.org/ga/program/highlights/ware-lecture>

**Sunday, October 17, 10:00 a.m.**

**“TBA”**

**Charles Derber, Ph.D.**

Service Leader: Gina Jonas

Music: Alex Richman

Third Sunday Plate Collection to Home Again St. John's



**Sunday, October 24, 10:00 a.m.**  
**“It’s a Girl!: A Family Story of Love and  
Transgender Acceptance”**  
**Sarah Miller**

Service Leader: Renée Jones  
Music: Taffy Rook  
Green Minute

Sarah Miller, a member of our UUFSA LGBTQ Welcoming Congregation Committee, will share advocacy and daily actions you can take to support the transgender community. In her presentation “It’s a Girl! A Family Story of Love and Transgender Acceptance,” Sarah will draw from personal experiences as her daughter transitioned during the pandemic. We hope this personal account will encourage you to nurture spirit, mind, and ethical action for transgender individuals in our community.



Sarah is a Professor at Flagler College and North East and East Central Director of the Florida Public Anthropology Network. Sarah is an anthropologist in our community specializing in public engagement, but for the UUFSA she will be speaking to you as a LGBTQ+ advocate and parent. Professionally she can be found advocating for the environment and raising awareness of the climate crisis, while personally she is a passage mediator who is passionate about her family and LGBTQ+ rights.

If you would like to join the UUFSA LGBTQ Welcoming Congregation Committee please contact Renée Jones on 267-514-5302 or [renee@scggroup1.com](mailto:renee@scggroup1.com)

**Sunday, October 31, 10:00 a.m.**  
**“TBA”**  
**Ware Lecture #2**

Service Leader: Chris McDermott  
Music: Alex Richman

# **POTLUCK PICNIC**

## **Saturday, October 16 at 1 p.m.**

### **Fellowship Backyard**

After the long COVID shutdown, just about everyone is eager to get back together and re-connect with members and friends. Our Potluck Picnic is a great opportunity to do that! There is a lot of shade from the trees and our new canopy tent. Chairs will be provided. Please contact Rosi Angeli at [rosiangel6@gmail.com](mailto:rosiangel6@gmail.com) to sign up for food and refreshment contributions. This is the first in a series of events and workshops we are planning each month for members. In order to keep our members safe, we require that all attendees be vaccinated, wear a mask and social distance.

## **"This I Believe" Coordinator Needed**

"This I Believe" is a monthly presentation by a member of our fellowship, speaking on their particular beliefs, for about 3 minutes. This is done as part of our regular Order of Service on the second Sunday of each month, and serves to help us get to know one another better.

We are thankful for the dedication of Ruth Weber, who has coordinated the This I Believe speakers for us, but she has to step down, so we need a new coordinator. Please consider this an opportunity to share your talents with our spiritual home, and connect on a deeper level with other members of our spiritual family.

If you need more information about this, or would like to volunteer to either speak on "This I Believe" or coordinate this effort, please contact Robin Mahonen, Program Team Chair, at (304) 639-5538 or [RRafael2@aol.com](mailto:RRafael2@aol.com)

## **Program Team Volunteers Needed Urgently!**

**Make New Friends & Contribute to One of the Most Important Parts of Fellowship Work**

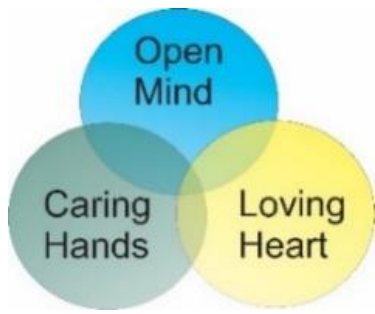
Sunday Services are the lifeblood of our Fellowship and behind each service is a cadre of volunteers who organize speakers and act as service leaders. Without these volunteers we couldn't bring you the interesting services and discussions you have come to expect from our UU Fellowship.

The volunteer hours required each month – with a committee meeting – are approximately six. Contact Robin Mahonen if you would like to join us in this important work [RRafael2@aol.com](mailto:RRafael2@aol.com). The Program Team meets on the first Monday of every month at 5:00 p.m.

## **Instagram**



The UUFSA now has an Instagram. Please follow us at UUFSTAUG. You can sign up for Instagram on your phone, your tablet, or your computer. If you need help signing up, contact Maureen Herth.



# Programs for Children and Youth

Classes follow a *Harry Potter-themed social action curriculum* aimed at ages 4 through middle school with fun activities and class projects that will help our local community.

Our students are now focused on alleviating the Horcrux (societal curse in Harry Potter Speak) of Hunger. To that end, they designed and created two amazing scarecrows that they will raffle off to raise funds for the local Food Pantry. Look for details in the coming days!



With this project, completed under the guidance of Professors Kelly Sommer, Aaron Sommer and Jindy Gelow, and with donations from our parents, our young people clearly demonstrated and applied their imagination, creativity and capacity for teamwork to help make the world a better place. We can't wait to see what they will do next!

Classes are held at 10 a.m. each Sunday and alternate between virtual classes on Zoom and in-person classes in the UUFSAs outdoor classroom. The Zoom login is the same as for the UUFSAs regular Sunday Service. The link can be found at our website UUFSA.ORG. The login ID is 475-059-2013. Students will be directed to Break-out Platform 9 ¾ for Hogwarts.

For information about our program, contact Hogwarts Professor Kelly Sommer ([kelly.winton@gmail.com](mailto:kelly.winton@gmail.com))

# UU Adult Learning 2021-22

6:00 – 8:00 p.m. on alternate Thursdays

<https://us02web.zoom.us/j/81217567074>

As Benjamin Franklin left the Constitutional Convention, he was reported to have been asked by a passerby what kind of government the delegates intended to propose, and Franklin replied: “A republic, if you can keep it.”

*Europe was created by history. America was created by philosophy (Margaret Thatcher)*

It is often said that Americans are doers, not thinkers, pragmatists, not true philosophers. America is an ‘invented’ country, the construct of men who consciously built political structure to govern a nation. Nevertheless, American institutions are rooted in and have developed from philosophical origins. Indeed, American political thought has circled around a liberal core for nearly 400 years.

Dr. Joseph Kobylka, Professor of Political Science at Southern Methodist University will be our guide. Surindar Paracer will introduce this series and lead the discussions.

## October 7, America – The Philosophical Experiment

The United States is an invented country; one designed by men guided by philosophical strands in the American tradition.

## October 21, Burden of History and Theoretical Baggage

As the twig is bent, so grows the tree. The “tree of liberty,” with its emphasis on individual rights was transplanted to America. From this plant grew uniquely American political thoughts with roots in British historical experience. We need to look back.

November 4.....	The Road to Declaration of Independence
November 18.....	John Adam – ‘Constitutionalist’
December 2.....	A Political Constitution
December 16.....	A Philosophical Constitution
January 6.....	The ‘Genius’ of Thomas Jefferson
January 20.....	Jacksonian Democracy – ‘The People’
February 3.....	Thoreau: Iconoclastic Individualism
February 17.....	Constitutionalizing of Slavery
March 3.....	Lincoln’s Reconstitution of America
March 17.....	Equality in the Law and in Practice
April 7.....	Social Darwinism and Economic Laissez-Faire
April 21.....	Supreme Court and Laissez-Faire
May 5.....	The Women’s Movement and the 19 <sup>th</sup> Amendment
May 19.....	FDR, the New Deal, and the Supreme Court
June 2.....	The Reagan Revolution
June 16.....	20 <sup>th</sup> century America: A World Power
June 30.....	21 <sup>st</sup> century America: New Challenges and Global Homeostasis

**Surindar Paracer, Chair**  
**Richard Lahey, Co-Chair**



# Great Decisions

## Third Mondays at 6:00 p.m.

Great Decisions is a national, grassroots foreign policy discussion program, hosted in St. Augustine by the UUFSA. All discussions are conducted on Zoom and are open to the public.

To receive the Zoom link and suggested background reading, contact Yosi ([jomcintire@bellsouth.net](mailto:jomcintire@bellsouth.net) 904 808 2717).

The remaining 2021 scheduled discussions are as follows:

**October 18:** Louis Post will lead a discussion on **Persian Gulf Security**. The Persian Gulf remains tense as the rivalry between the regional powers of Saudi Arabia and Iran continues. Tensions escalated in early 2020 as the United States began to intervene in the Gulf, launching an airstrike that killed two Iranian military commanders. What are the historical influences that have led to these tensions? What role, if any, should the United States play? Is using military force a viable foreign policy option for 2021 and beyond?



**November 15:** Cynthia Thompson will lead a discussion on **Globalization**. As the United States enters another election season, the merits and drawbacks of globalization are again under debate. With the passing of the Brexit vote, Donald Trump's America First doctrine, and now Joe Biden's "strategic competition" doctrine, globalization is being challenged. How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh?

Great Decisions will not meet in December. Discussions will begin again in January 2022.

## Dining With Dignity

### Sunday, October 3

Dining with Dignity is our once-a-month opportunity to feed the homeless downtown. A menu is sent out two weeks in advance, listing the items we need. We set up between 5:30 and 5:45 p.m. on the first Sunday of each month and serve at 6:00 p.m. If interested in participating, please contact Mary Kellough at [lkellough@comcast.net](mailto:lkellough@comcast.net). Sunday, October 3 will be our next event.



# **St. Johns Food Pantry (AKA St. Johns Ecumenical Ministries Inc.)**

Our UU volunteers, along with some friends, continue to work every Friday afternoon at the Food Pantry. In August, the pantry supplied food to 2,374 people in 1,020 households. The demand for food in St. Johns County continues to grow. Here is how you can help:

- Become a volunteer at the pantry. Just contact Chris Fosaaen at (904) 673-5630.
- Send a check to UUFSA, with a notation on the memo line that says "Food Pantry."
- Go to [www.uufsa.org](http://www.uufsa.org) on the internet and donate via credit card.
- Send a check directly to the Food Pantry. Make the check out to "St. Johns Ecumenical Ministries, Inc. and send it to PO Box 860191, St. Augustine, FL 32086
- Go to [www.stjohnsfoodpantry.org](http://www.stjohnsfoodpantry.org) on the internet and donate via credit card or PayPal.



A lot of federal aid to impoverished families has stopped this month so the need for food is even greater than last year. Thanks for any help that you can give.

**Cherie Dolgin (904) 461-1604 or Chris Fosaaen (904) 673-5630, Committee Co-chairs**

## **Care Connection**

Our Care Connection group provides short-term, non-medical support for members of the Fellowship during times of difficulty. With the help of the UUFSA Congregation, the Care Connection:

- Makes hospital or home visits
- Provides wellness-check phone calls or calls just to converse
- Runs errands
- Provides rides to appointments and church functions
- Delivers meals during times of adversity
- Offers financial assistance to members in need (all information is confidential)



We thank everyone for their generous support with transportation to medical appointments, making meals, assistance with errands, visiting and sharing. Contact one of our members listed below if you are in need of assistance or would like to join the Care Connection Team. Phone numbers are available in the Membership Directory. We accept and appreciate donations.

Rosemary Wheeler, Co-Chair  
Adele DelSavio

Maureen Herth, Co-Chair  
Cynthia McAuliffe

Anne Wilke

Claudia Atkins  
Pat Hall

# October Calendar



- 7 – Food Pantry 12:30 – 4:00 p.m.
- 3 – Food drop-off for Dining with Dignity 4:30 – 5:00 p.m.
- 3 – Dining with Dignity 6:00 – 7:00 p.m.
- 4 – Program Team 5:00 – 7:00 p.m.
- 7 – Adult Learning, online 6:00 – 8:00 p.m.
- 14 – Food Pantry 12:30 – 4:00 p.m.
- 11 – Board of Trustees meeting, online 6:00 – 8:30 p.m.
- 21 – Food Pantry 12:30 – 4:00 p.m.
- 22 – Deadline for October Quest contributions 5:00 p.m.
- 17 – Third Sunday Plate Collection - Home Again St. Johns
- 18 – Great Decisions online 6:00 – 8:00 p.m.
- 21 – Adult Learning, online 6:00 – 8:00 p.m.
- 28 – Food Pantry 12:30 – 4:00 p.m.



## On the Lighter Side . . .

*Submit a short joke/piece of entertaining humor you'd like to share for consideration. Submit to Michael Read at [mickread@gmail.com](mailto:mickread@gmail.com).*

A blowfly goes into a bar and asks: "Is that stool taken?"

I saw a rabbit in my back yard. I walked up to him and said: "What are you doing here?"  
He replied: "I might ask you the same question."

If you lend someone \$20 and never see that person again, it was probably worth it.

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, "Crushed nuts?"  
"No," he replied, "Arthritis."

I wonder why we are so obsessed with finding intelligent life on other planets when we can't even find intelligent life on our own?

I'm currently boycotting any company that sells items I can't afford.

There are three types of people in the world. Those of us who are good at math and those of us who aren't.

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