

QUEST



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

January 2024

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

uufsacontact@gmail.com <http://www.uufsa.org/>

Sunday services are presented in-person and online at 10:00 a.m.

Click <https://us02web.zoom.us/j/4750592013> after 9:30 a.m.

A Sunday children's program also is available.

Recordings of most past presentations are available on our website.

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The *Quest* is published monthly September through July.

Materials for the February issue are due by January 19.

Don Brandes, Editor: donaldbrandes@gmail.com

Thanks to Michael Read for proofreading.



From Your President



Thinking of the New Year, January 1, 2024, I wonder how we have come to celebrate this particular date. Different cultures throughout the world have created calendars based on the annual cycle of planting and harvesting seasons, celebrations of holiday feasts, and relative motions of the earth, moon, and sun. I will limit my discussion to the Hebrew/Roman/Christian calendars.

The Hebrew calendar is based on the phases of the moon which last between 29 and 30 days so that each month begins with a new moon. However, to accommodate the solar based cycle of seasons an extra month was added every 2 to 3 years, resulting in a 19-year cycle of 12 years containing 12 months and 7 years containing 13 months. There are additional rules regarding the celebration of holidays such as the Jewish New Year, Rosh Hashanah, which most recently occurred on the first day of Tishri in the year 5784 (calculated from the Biblical creation of the world), or September 15, 2023 according to our commonly used Gregorian calendar.

The ancient Roman calendar contained 10 months totaling 304 days from March to December omitting the winter season. Under Numa, the second king of Rome, around 700 BCE, the winter months of January and February were added. Because the solar year was observed to be approximately 0.25 days longer than 365 days, the Julian calendar proposed by Julius Caesar in 46 BCE replaced an ancient lunisolar Roman calendar by adding an extra day every 4 years. Additional calculations by astronomers and mathematicians determined the solar year to be 365.245 days. In 1582, the Gregorian calendar, named for Pope Gregory XIII, modified the leap year rule so that the extra day was omitted three out of four centurial years, which were evenly divisible by 100 but not by 400. By this rule, the year 2000 was a leap year. To be able to celebrate Easter on the Sunday after the full moon on or after the Spring Equinox occurring on March 1st, the Gregorian calendar omitted 10 days from the Julian calendar. Following Thursday, October 4, 1582, was Friday, October 15, 1582. Although the Roman Empire celebrated New Year on January 1st beginning in 153 BCE, the British Empire, including the American colonies, did not adopt the Georgian calendar and change the celebration of New Year from March 25th to January 1st until 1752.

Wishing you a Happy New Year, I think that calendars and religions are examples of human attempts to understand and predict observable natural phenomena.

**In fellowship,
Fred Dolgin**

904-687-4018
fdolgin@bellsouth.net

Sunday Programs

Sunday services are presented in-person in the Fellowship and online.

To join online, go to <https://us02web.zoom.us/j/4750592013> after 9:30 a.m. For safety, we are asking everyone present in person at the live service to be vaccinated. Wearing a mask is optional.

The front doors of our sanctuary are locked at 10:10 a.m. on Sunday mornings to promote the safety and security of service attendees.

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.

January 7: Margaret Nicholson, send2me@bellsouth.net

January 14: Gina Jonas, gina.jonas@gmail.com

January 21: Gina Jonas, gina.jonas@gmail.com

January 28: Chris McDermott, mcnoodle55@gmail.com

A Little Help from Your Friends



For any reason, if you need help getting from the parking lot to the Sanctuary and back again, we now have a wheelchair on hand to assist you. Just ask anyone in the parking lot to let the Greeters know that you need assistance, and someone will come to your car with the wheelchair. Please try to arrive 15 minutes early so we have time to get you situated. Note that you must be able to transfer into and out of the wheelchair on your own. We hope this service furthers our aim to be an inclusive, welcoming community.



Sunday, January 7, 10:00 a.m.
“Ecopsychology: A Breath of Fresh Air”
Matthew Jamnik, PhD

Service Leader: Margaret Nicholson
Music: Barbara Joy Plattner
Story for All Ages



While some may always feel connected to nature, many folks seem to have lost touch. And no wonder! We live in an increasingly fast-paced, technological world. The issue with this disconnection is that it can lead to poorer physical and mental health. A new discipline, Ecopsychology, strives to guide people toward better well-being by offering scientific evidence to help promote our reconnection with the natural world. The aim? To live healthier and more meaningful, fulfilling lives.

Dr. Matthew Jamnik is a Psychological Scientist whose research focuses on the health and well-being of children, adolescents, and adults. He earned his Ph.D. from Southern Illinois University and worked as a Postdoctoral Scholar at the University of California

San Diego School of Medicine. Over the past two years, Dr. Jamnik has held a position as Visiting Assistant Professor at Flagler College. He lives in sunny St. Augustine with his wife, Dr. Katie White. Whenever possible, he enjoys spending time out in nature and being in the present moment.



Sunday, January 14, 10:00 a.m.
“The Urgency of Now”
State Representative Yvonne Hayes Hinson

Service Leader: Gina Jonas

Music: Alex Richman

This I Believe: Mick Read



It seems as though we have traveled back in time, because just as it was during the Civil Rights Movement, we are fighting for our basic civil rights. Landmark decisions and legislation that once protected the right to vote, reproductive freedom, and freedom of expression are now under attack on all sides of government. The time is now, more than ever to organize and cement these freedoms in our federal and state constitutions, so that those rights that we fought for so long can never be taken away again.

Representative Yvonne Hayes Hinson has spent decades serving her community. First as an activist in the Civil Rights Movement, then as an educator, a small business owner, a city commissioner, and now as a State Representative for the Florida House. Since being elected in 2020, she has fought for legislation that advocates for student education, safety, and success, gun reform, prison reform, and environmental protection. Acting as a voice for the people of District 21 and all of Florida, she understands that the time is now for action and common sense legislation to combat the harsh discriminatory, polarizing, and unconstitutional policy coming from Tallahassee.



Sunday, January 21, 10:00 a.m.
“Ecological Design for a Small Planet”
Terry Bastian

Service Leader: Gina Jonas
Music: Barbara Joy Plattner
Third Sunday cash plate donation
Food collection by youth



Ecological Design is the art and science of adapting human culture to nature. In this lecture we will explore the philosophical underpinnings of how we made a mess of our environment and look at how to adapt our culture to nature's rhythms.

Terry Bastian is an environmental artist and designer who has worked with the Peabody Essex Museum, Boston Science Museum, Harvard University and others to demonstrate environmental art. His design work with parks and golf courses has redefined how one approaches the land. He grew up in Jacksonville Beach and now spends time between St Augustine, Salem Mass. and Belize Central America.



Sunday, January 28, 10:00 a.m.

“Religion, Is There a Future?”

John DeWolf-Hurt

Hosted by Jerome Fosaaen

Service Leader: Chris Mc. Dermott

Music: Alex Richman

Fourth Sunday: Green Minute

Family Chalice Lighting

John DeWolf-Hurt had been a Baptist Preacher. After leaving the Baptist faith, he was the minister of the Unitarian-Universalist Church of Jacksonville for 5 years and afterward served as Director of the Florida District office for the UUA. While in Jacksonville he was instrumental in facilitating the organization of The UU Fellowship of Saint Augustine.

We will hear excerpts from a sermon he gave in St. Augustine on June 9th, 1996 entitled "Religion, is There a Future?" In his talk he warns of the danger from efforts to tear down the wall between Church and State. It is a sober warning, leavened with his characteristic humor.

Jerome Fosaaen will introduce the talk, as he was a member of the UUCJ during the time John served there.



John DeWolf-Hurt



Programs for Children and Youth

To all our families



We love you and look forward to seeing all of you in the New Year !



Ramona, Ayler, Jindy and Barbara

For more information email: BattelleBarbara@gmail.com

Whiteness as Culture & Racism as Cultural Prejudice

- 4 Saturdays, 10:30-noon
- Catered lunches to follow
(Corner Market 1920, Black female owner)
- Unitarian Universalist Fellowship
2487 A1A South, 32080

"This workshop, Pastor Phillip Baber notes: is not "Anti-Racism 101" with a simple list of "do's and don'ts" for avoiding racist behavior.

Instead, it provides a larger theoretical framework for understanding racism, and how white Americans can develop a healthy racial identity and culture with an anti-racist orientation. All are welcome."

4 Sessions:

January 20: Race and Racism covers very basic (but complex) questions, e.g., "What is race?" and "What is racism?"

February 3: Race and Culture defines the relationship of race to "culture" via three approaches; their related perspectives in the hard sciences (Newtonian, Einsteinian, and quantum); contrasts monoculturalism/multiculturalism to understand objections to pluralism and the consequent attempt re-create a monocultural society.

February 17: Milton Bennet's Developmental Model of Intercultural Sensitivity applied to understanding how different people relate to "race" in a multicultural world.

March 2: Janet Helms's White Identity Model defines "White American Culture" and considers what a healthy white American culture might look like.

Plus –

Follow up: After the workshop, let's meet to discuss ways to ally ourselves for effective action!

Questions?! Please contact Social Justice Team co-chairs Gina Jonas and Judy Olson. Members/Friends of the UU see the UUFSa Directory. Others, please contact the UU by email, UUFSacontact@gmail.com, and one of us will respond.

Waking up from the American Nightmare Racism



SAVE *the* **DATE** **2/11/24**



Who: All UUFSA Members and Friends

What: Potluck Lunch

When: Sunday, February 11 after Service

Where: Downstairs at the UU

Why: To kick off our Annual Pledge Drive

More details to follow!

Care Connection

The Care Connection Team provides short-term, non-medical support for Members and Friends 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.

Rosemary Wheeler, Co-Chair Maureen Herth, Co-Chair , Anne Wilke,
Pat Hall, Marsha Williams, Trudy Byerly

Motion is Lotion

Motion is Lotion will continue with the full 60 minutes of Strength and Stretch and Qigong warm-up. Cost is \$10 per class or 4 classes for \$32. Call for questions and permission to add to reminder text list.

Priscilla
904-347-7497

Island Players

A play reading group of mostly UUFSA members meets downstairs at the UU on the second Sunday of each month, 5:00 p.m. – 8:00 p.m. If you are interested in the play-reading group, we'd love you to join us and participate fully. For more information call Cal Marshall at 505-879-1869 or e-mail at calmarshall@hotmail.com. Please, no texts.



Dining With Dignity

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.



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



We still have plenty of volunteer opportunities at the pantry and would appreciate your participation. Volunteering allows you to share our work, know our team members, and get to know our clients who are most grateful for our assistance. For more information, contact Mary Kellough at 904-217-9837 or lkellough@comcast.net.

To make a cash donation to the food pantry, please bring or mail your check to UUFSA, 2487 A1A South, St. Augustine, FL 32080, or go to our website at: [Unitarian Universalist Fellowship of St. Augustine \(square site\)](http://Unitarian Universalist Fellowship of St. Augustine (square site))



UUFSA January Calendar



- 5 – Food Pantry 1:00 – 4:00 p.m.
- 7 – Food drop-off for Dining with Dignity 4:30 – 5:00 p.m.
- 7 – Dining with Dignity 6:00 – 7:00 p.m.
- 8 – Board of Trustees meeting, 4:30 – 6:30 p.m.
- 9 – Motion is Lotion
- 12 – Food Pantry 1:00 – 4:00 p.m.
- 14 – UUFSA Island Players (play reading group) 5:00 – 8:00
- 16 – Motion is Lotion
- 19 – Food Pantry 1:00 – 4:00 p.m.
- 19 – Deadline for January *Quest* contributions 5:00 p.m.
- 21 – Third Sunday food collection at start of service
- 23 – Motion is Lotion
- 26 – Food Pantry 1:00 – 4:00 p.m.
- 30 – Motion is Lotion

Online UUFSA Events Calendar

It is now possible to view the online Google calendar of UUFSA events and building usage from the UUFSA website by clicking on a link on the home page at uufsa.org.



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.

The Recorded Message: Our Options Have Changed:-

- You have reached My Life is in Your Hands. Please listen carefully as our options change daily, and the numerical sequence is arbitrary.
- To request a full report of our evaluation of your life up to the preceding month, press 4.
- To request a prognostication of your life's future prospects, press 2.
- To request an update of your behavioral choices we deem inimical to the full growth potential of your life, press 5.
- For a statement of penalties incurred by not following our life improvement regimen, press 8.
- To take issue with any of our evaluations, press 3.
- To speak to a robot, press 1.
- To repeat this message, press 7.
- If you failed to press the correct number, your deficient attentiveness indicates you are a risk to our company and your life is no longer in our hands.

Beyond our Congregation

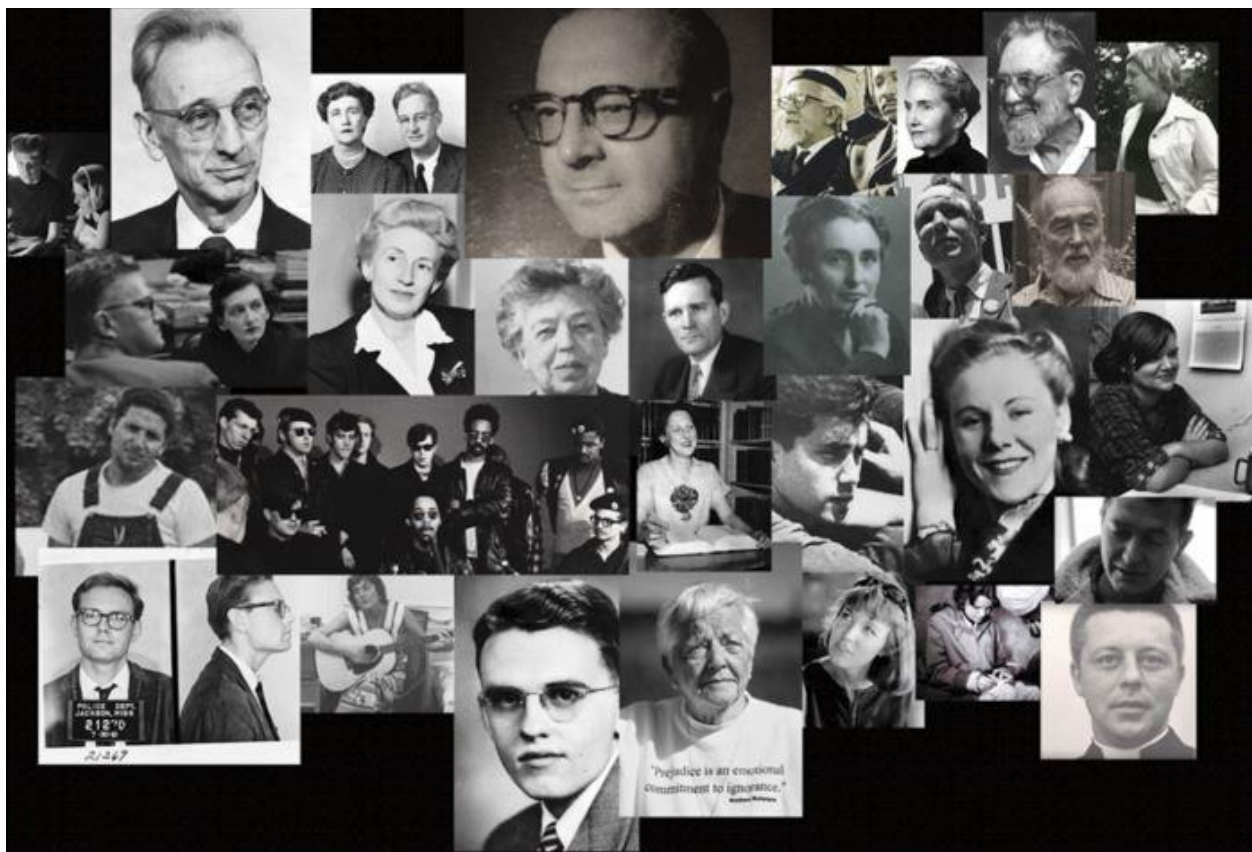


The Mountain Retreat and Learning Center

Join us at The Mountain Retreat and Learning Center, a Magical UU Place and experience near Highlands, NC

- **Join a passionate Mountain team** and be part of making a difference for individuals and our wider world! Available positions and application at <https://www.themountainrlc.org/jobs> - competitive compensation, including medical insurance and retirement.
- The Mountain Retreat and Learning Center welcomes your year-end [donations](#) in any form (check, credit card, stock distribution, etc.), so we can achieve our matching goal of \$55,000. Mountain staff is planning an exciting year of values-based programming. Thank you for your support.
- **Apply now to be a YouthCON youth leader** in the spring. Planning weekend Jan 19-21: <https://www.themountainrlc.org/pal-application>
- **Register today for Spring Youth CONferences.** Gather with youth from around the southeast. <https://www.themountainrlc.org/cons>
- Early bird pricing is now available for **Music Week** April 18-23 <https://www.themountainrlc.org/music-week>
- [Personal Retreats](#) -- Join us in the cool mountain air; combine a personal retreat with a farm or other event and local explorations.

We look forward to seeing you at The Mountain soon! [themountainrlc.org](https://www.themountainrlc.org) or 828.526.5838



White Antiracist Spirituality

Grounding Ourselves in the Historical Legacy

There are two session times to choose from:

**Tuesdays throughout January at 3PM Pacific/6PM Eastern, OR
Thursdays throughout January at 6PM Pacific/9PM Eastern**

Looking to deepen your White antiracist practice? Start your New Year off with a month of inspiration and grounding, by exploring powerful examples of White antiracist spirituality in U.S. history.

Email Burnett.Lynn@gmail.com for the event link

Zoom links and readings for each session will be emailed to everyone who signs up on [the event page](#).