

# QUEST



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

May 2024

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/>

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 June issue are due by May 17.**

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

Thanks to Mick Read for proofreading.

# From Your President



Two major holidays in May are Mother's Day and Memorial Day. According to Wikipedia, "in 1868 Ann Jarvis...organized a committee to establish a 'Mother's Friendship Day', the purpose of which was 'to reunite families that had been divided during the Civil War'. On May 12, 1907, after Ann's death on May 9, 1905, her daughter Anna held a memorial service for her mother at a West Virginia church, where her mother had taught Sunday school. Mother's Day was officially established to be celebrated on the second Sunday in May after Anna Jarvis organized a subsequent service to honor her mother and all mothers on May 10, 1908.

Memorial Day is a federal holiday to honor and mourn US soldiers who died in military service. From 1868 to 1970, it was observed on May 30<sup>th</sup> and since 1971 on the last Monday in May. Mother's Day and Memorial Day are both May holidays originating in 1868 to honor the mothers who mourn their sons who died fighting in the Civil War. Mothers (and fathers) continue to mourn their sons (and daughters) who die during military combat.

Following failed wars in Viet Nam, Iraq, and Afghanistan, United States citizens are generally opposed to their soldiers dying in overseas conflicts. Proxy warfare has become the preferred foreign policy during which the United States provides military arms and logistic support to other countries, who risk their soldiers' lives fighting our perceived enemies. Examples include Ukraine's conflict with Russia and Israel's conflicts with Iran's proxies. Theoretically, proxy warfare reduces the risk of a nuclear holocaust and reduces the risk of American casualties. However, the complications of war cannot always be predicted. United States support for Ukraine has been delayed due to political opposition by the Republican Party, and United States support for Israel has been criticized due to Israel's defense force's killing and wounding of tens of thousands of Gaza residents, destruction of their homes, schools, and hospitals, and increased risk of widespread famine in Gaza. Instigated by Hamas's brutal slaughter of Israel citizens on October 7<sup>th</sup>, the war between Israel and Hamas, who are shielded by innocent Gaza residents, continues, as neither side has been able to agree on cease fire terms despite the efforts of the United States and other Arab nations.

While we honor and mourn the United States soldiers who lost their lives fighting in defense of our country, we should not ignore the soldiers of other countries who lost their lives fighting our proxy wars and the collateral deaths of others.

**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.

May 5: Margaret Nicholson, [send2me@bellsouth.net](mailto:send2me@bellsouth.net)

May 12: Chris McDermott, [mcnoodle55@gmail.com](mailto:mcnoodle55@gmail.com)

May 19: Chris McDermott, [mcnoodle55@gmail.com](mailto:mcnoodle55@gmail.com)

May 26: Robin Mahonen, [RRafael2@aol.com](mailto:RRafael2@aol.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, May 5, 10:00 a.m.**  
**“In Recognition of Holocaust Remembrance Day”**  
**Dr. Louis Post**

Service Leader: Margaret Nicholson  
Music: Barbara Joy Plattner

Holocaust Remembrance Day is Monday, May 6\*. On that day, you can attend a remembrance service at a synagogue or at another faith or secular organization. This service will focus on the Holocaust. During his talk, Dr. Post will speak of his family, but this will be adjacent to and in support of the message he wishes to share with us. Our service time is limited and will focus on the topic presented, not discussion of the Middle East.



Dr. Louis Post was born in Krakow, Poland three years after the end of WWII. In 1957, his family emigrated to Tel Aviv, Israel. In 1962, they relocated to Buffalo, New York. He earned his PhD in clinical psychology from Columbia University. He was doing post graduate work at Yale when he met his wife, Clare.

The family settled in Lansing, Michigan. Louis was on the clinical faculty of the Michigan State University Department of Psychiatry and later co-founded and managed a large, Michigan based, regional health care company.

Louis and his wife have traveled extensively around the world, usually visiting difficult and remote locations. They moved to Saint Augustine in 2016. In summer and fall, Louis lives in a second home on a remote island, in the middle of Lake Michigan. He has two sons, a daughter-in-law and two grandsons, all currently residing in Denver, CO.

\*This date changes based on the Jewish calendar. There is an International Holocaust Remembrance Day (IHRD) designated by the UN General Assembly held since 2005 on January 27th to mark the anniversary of the liberation of Auschwitz-Birkenau and to honor the six million Jewish victims of the Holocaust and millions of other victims of Nazism.

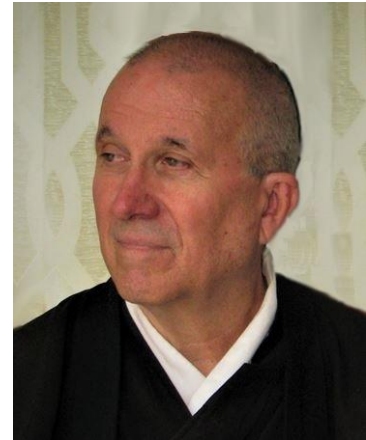
**Sunday, May 12, 10:00 a.m.**  
**“Faith, Religion, Spirituality,  
and Other Troublesome Concepts”**  
**Sensei Morris Sullivan**

Service Leader: Chris McDermott

Music: Barbara Joy Plattner

This I Believe: Lael Manzo

Periodically, the Pew Research Center does a study of Americans' religious beliefs and practices. Among the fastest-growing segments of the population are those who identify as "spiritual but not religious." But what does it mean to be "spiritual," as opposed to being religious? Is it possible to be spiritual, religious, and even faithful and still be rational? In this talk, Sensei Morris Sullivan will discuss faith, religion, and spirituality--how they relate to one another, and how to live a life of spiritual wellness.



Sensei Morris Doshin Sullivan is a Zen monk ordained in the Soto school, a minister in the Jodo-Shinshu school of Japanese Pure Land Buddhism, and a recognized dharma teacher in a Vietnamese Rinzai Zen lineage. Sensei Morris contributes to the Volusia Buddhist Fellowship in DeLand, and as a dharma teacher at White Sands Buddhist Center, a Vietnamese monastery in Florida. He is a former chaplain at Stetson University and established Buddhist services at Tomoka Correctional Institution. He and his wife and two dogs moved to Watertown, MA this past year while maintaining his spiritual leadership role at Volusia BF and White Sands.

Sensei Morris holds a certificate in Methods of Japanese psychology, which employs practices drawn from Japanese Zen and Jodo-Shinshu Buddhism for personal and spiritual growth. He first became interested in Buddhism as a teenager, when he began reading about Zen. He ordained as a monk in a Thai Buddhist order before enrolling in a seminary program with Bright Dawn, a nonsectarian Buddhist organization rooted in Japanese Buddhism.

His book, *Wisdom; Compassion; Serenity: First Steps on the Buddhist Path*, is an introductory guide to Buddhist practice.

**Sunday, May 19, 10:00 a.m.**  
**“Genesis of the Fish Island Community Alliance”**  
**Elizabeth Smith**

Service Leader: Chris McDermott  
Music: Alex Richman  
Food Collection by Youth  
Third Sunday Plate Donation: Wildflower Clinic

Elizabeth Smith lives in St Augustine and is active in conservation and wildlife advocacy. She holds a BA in Communications, a BS in Business Administration, and an MA in Applied Linguistics. She retired from university teaching following a car accident in 2014 and now works as a copywriter and volunteer fitness instructor. She published her first novel in 2022.

She has done advocacy work in the past for literacy and social justice causes and, in 2022, formed the 501 c3 Fish Island Community Alliance with her husband, Greg, to promote local environmental education and advocacy. She has two children, two stepchildren, and nine grandchildren by marriage. She is a three-time cancer survivor. Her book is titled *Where the Road Ends* and is available at the Anastasia Public Library and major online outlets.



**Sunday, May 26, 10:00 a.m.**  
**“On Memorial Day”**  
**Phillip Baber**

Service Leader: Robin Mahonen  
Music: Barbara Joy Plattner  
Family Chalice Lighting  
Green Minute: Nana Royer

Memorial Day can be a difficult time for many, and for many reasons. In this service, we will, in the UU tradition, wrestle with the day’s inherent emotional and moral complexities.

Pastor Phillip Baber is well known to this Fellowship and a strong advocate of social justice. His ministry emphasizes Reconciliation and Empowerment in the Judeo-Christian tradition. In years past, Phillip served as pastor of the Unitarian Church in Jacksonville, and as an interfaith leader in greater Jacksonville. Some months ago, Phillip and his family moved to Dublin. Besides being a devoted husband and father, Phillip continues his scholarly research and writing.



# Father's Day

Father's Day is on June 16th this year, and we will be having a Sharing Service to honor "The Fathers We Had, and the Fathers We Are." Members of our fellowship will be speaking about their experiences with their father, or being a father or father figure. Robin Mahonen will be the Service Leader for this Sunday program. If you are interested in speaking for this special service, male or female, please contact Robin Mahonen at: RRafael2@aol.com

Christy Sanford, member of the Sunday Service Program Team, has volunteered to put together a video slideshow of our fathers to be displayed during this program. If you have any photos or pictures of your father which you'd like to share with the fellowship to honor your father, please send them to her at: christy.sanford@gmail.com by June 1.

## UUA General Assembly 2024 June 20 - 23

The theme for the [2024 Virtual General Assembly](#) is *Love Unites, Stories Ignite*.

[GA Volunteer Application](#) is now open! There will be many Volunteer Opportunities for both onsite and offsite participants. **Volunteers are eligible to receive a fully funded GA registration.**

[GA Registration](#)

[GA Promotional Materials](#) are available to share with your congregation.

Get all the news about the UUA General Assembly in your inbox - [subscribe now!](#)



UUA GENERAL ASSEMBLY  
VIRTUAL GA • JUNE 20 - 23, 2024

# Programs for Children and Youth

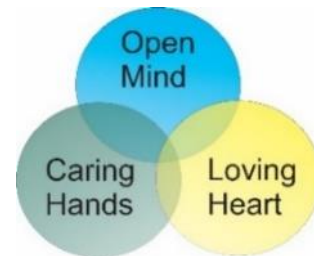
*The UUSA's Spring Festival,  
organized by our young people, their families and teachers,  
raised \$350 for the  
Lincolnton Museum  
and Cultural Center*



Our young people and their teachers with  
some of our Festival volunteers! Thank-you!

*Thanks to all who attended and for your support  
We hope you had fun!!*

*Ramona, Ayler, Jindy and Barbara*  
For more information email:  
[BatelleBarbara@gmail.com](mailto:BatelleBarbara@gmail.com)





# 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

**The Care Connection is seeking new members!  
If you're interested in joining this essential and supportive committee,  
reach out to either Rosemary Wheeler or Maureen Herth.**

# 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.



# 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](mailto: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://www.uufsa.org)

## 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](mailto:lkellough@comcast.net).



## 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**



## Darts

Join Chris McDermott for friendly games of darts on the third Friday of every month from 6:00 to 8:00 p.m. downstairs at the Fellowship.

# UUFSA May Events



- 3 – Food Pantry 1:00 – 4:00 p.m.
- 5 – Dining with Dignity 6:00 – 7:00 p.m.
- 7 – Motion is Lotion
- 10 – Food Pantry 1:00 – 4:00 p.m.
- 12 – Island Players (play reading group) 5:00 – 8:00
- 13 – Board of Trustees meeting, 4:30 – 6:30 p.m.
- 14 – Motion is Lotion
- 17 – Food Pantry 1:00 – 4:00 p.m.
- 17 – Deadline for June *Quest* contributions 5:00 p.m.
- 17 – Darts 6:00 – 8:00 p.m.
- 21 – Motion is Lotion
- 24 – Food Pantry 1:00 – 4:00 p.m.
- 28 – Motion is Lotion

This calendar includes only UUFSA events. See the **online calendar** at [uufsa.org](http://uufsa.org) for the complete scheduling of UUFSA building use.

## 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 our 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>
- **Summer Camps** are open for registration for youth and adults! <https://www.themountainrlc.org/mountaincamp>

Now is the time to lock in your spot for meaningful 2024 programming at The Mountain. We look forward to seeing you soon!

[themountainrlc.org](http://themountainrlc.org) or 828.526.5838

Connect With Us:

Mountain newsletter: sign-up at the bottom of the home page:

<https://www.themountainrlc.org/>

<https://www.facebook.com/TheMountainNC/>

<https://www.instagram.com/themountainrlc/>