

QUEST



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

October 2023

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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Materials for the November issue are due by October 20.

Don Brandes, Editor: donaldbrandes@gmail.com

Thanks to Michael Read for proofreading.



From Your President



On our website we assert that “the Unitarian Universalist Fellowship of St. Augustine is a lay-led, democratically governed, volunteer organization.” In this column, I will discuss volunteering.

According to the Campbell Systemic Review about volunteering published online on October 23, 2020, volunteering involves the following four concepts: the activity is freely chosen and not compulsory or mandated; there is no monetary compensation for the activity other than possibly coverage of basic expenses for supplies or travel costs; the intended beneficiaries of the activity are not the result of contractual obligations or solely for the benefit of families and friends; the activity is usually structured through a non-profit and/or charitable organization.

Volunteering is a form of altruism, which according to Wikipedia “is the principle and practice of concern for the well-being and/or happiness of other humans or animals. It may be considered a synonym of selflessness.” But is volunteering truly selfless?

In the Campbell Systemic Review referenced above, “voluntary work reduces the mortality hazard of the volunteers aged 65 and above.” Additional benefits may include improved physical and emotional well-being, decreased depression, and maintenance of functional competence. In a New York Times article entitled “An Overlooked Cure for Loneliness” by Christina Caron, initially published on December 21, 2021 and updated on June 22, 2023, volunteering can improve our social networks, thereby reducing feelings of social isolation and loneliness.

Neurobiology research literature finds that altruistic activity stimulates the reward center of the brain that responds to food and sex as well as the part of the brain associated with social attachment and bonding. These parts of the brain are primitive in an evolutionary sense and are found in some other animals. The implication is that prosocial behavior has an evolutionary benefit for human survival.

In conclusion, volunteering not only benefits others. Volunteers can experience many personal benefits. The UUFSA promotes and depends on volunteering. I will close with the commonly used phrase, “find out how you can help.”

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.

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 1: Chris McDermott, mcnoodle55@gmail.com

October 8: Rachel Cross, rachelcrossart@gmail.com

October 15: Gina Jonas, gina.jonas@gmail.com

October 22: Gina Jonas, gina.jonas@gmail.com

October 29: Robin Mahonen, 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, October 1, 10:00 a.m.
“Of Saul and David: A Story of Two Americas”
Phillip Baber

Service Leader: Chris McDermott
Music: Barbara Joy Plattner
First Sunday: Story for All Ages

In August of 2017, Phillip Baber was the guest speaker at Greater Grant AME Church in Jacksonville. That Sunday happened to be the morning after the "Unite the Right" White Supremacist rally in Charlottesville, VA. In light of recent neo-Nazi attacks and rallies in Florida, Phillip will be sharing with us the message of encouragement he delivered to the AME six years ago.

Phillip Baber 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 8, 10:00 a.m.
“Indigenous People’s Day”
Ron Palumbo

Service Leader: Rachel Cross
Music: Alex Richman
This I Believe: Don Brandes

This will be an informative and inspiring discussion of Native American spirituality.

Ron has provided Interfaith Services for over 40 years and been an active member of the local Interfaith Ministry in every city where he has resided. His ministerial education and training is New Thought, which is inclusive of all people and all faiths. Ron has served in the role of chaplain, and in the pulpit of many churches conducting empowering and healing workshops and services. He has hosted numerous World Day of Peace celebrations, honoring major faith paths, and Interfaith Thanksgiving events.



Sunday, October 15, 10:00 a.m.
“A Lesson in Humanity”
Twila Hudson

Service Leader: Gina Jonas

Music: Barbara Joy Plattner

Third Sunday: Cash Plate Donation – Home Again St. John’s
Food Collection by Youth

This talk is about the power of love and reconciliation.

Twila Fleming Hudson was born in St. Augustine, FL where she graduated from St. Joseph Academy. She then attended Xavier University in New Orleans, LA where she received a BA degree in Elementary Education and later earned a Master’s Degree from Webster University in St. Louis, MO. She taught elementary school for over 30 years in the Rockwood School District. Upon retiring she returned to St. Augustine and is presently on the board of Fort Mose and a volunteer reenactor. She also is a member of the Tale Tellers of St. Augustine.

Sunday, October 22, 10:00 a.m.
“Christians Can Afford to Be More Like Jesus”
Dr. Irvin PeDro Cohen

Service Leader: Gina Jonas

Music: Barbara Joy Plattner

Fourth Sunday: Green Minute
Family Chalice Lighting

This talk discusses the unrealized political power of Christians to alleviate poverty by working through their elected leaders. It challenges existing paradigms regarding the inability of governments to afford to end poverty and properly frames it as a lack of political will.

Dr. Cohen is the Executive Director of Local Initiatives Support Corporation (LISC), Jacksonville. A Jacksonville native, he received a BA from the University of North Florida, MBA from Pfeiffer University, and a Doctorate in Organizational Leadership from Nova Southeastern University. His research centers on the social well-being of the African American community (education, healthcare and economics) and particularly the role the African American church plays within it. Dr. Cohen serves on the advisory boards of the University of Florida’s Clinical Translation Science Institute, Vanderbilt University’s Recruitment Innovation Center, the Health Planning Council, Leadership Jax, IDEA Schools and Changing Homeless Coalition. He invites you to visit his blog: www.irvinpedrocohen.blogspot.com.



Sunday, October 29, 10:00 a.m.
"Dia de los Muertos: Day of the Dead"
Carlos Gonzalez

Service Leader: Robin Mahonen

Music: Alex Richman

Our Memorial Brick project: Special Presentation by Pat Maguire.

"Dia de los Muertos" or Day of the Dead is a Mexican tradition honoring the ancestors, and those who passed before us. Our speaker is from the Prairie Creek Conservation Cemetery, a special site for those wishing to preserve the environment after their passing. He will be presenting the services available to those interested in green burials. We also ask fellowship members to bring with them photos of their honored dead, to be placed on our altar during the program.



Thanksgiving Day Dinner in Fellowship Hall

Would you like to attend Thanksgiving Day dinner this coming November 23 with members of your Fellowship and friends?

All we ask is that you reserve a spot and bring a dish to share.

Please contact Hospitality Coordinator, Rosi Angeli at:

rosiangel6@gmail

Text or call 904-315-4284

If you plan to attend, please consider joining one of these teams to help make this event a success:

1. Menu & RSVP
2. Room Setup & Decor
3. Cleanup



Programs for Children and Youth

Jindy Gelow, Barbara Battelle & Rachel Cross



Our Programs for Children and Youth are off to a great start with lead teacher Ramona Jaramillo (they/them/theirs) and assistant teacher Ayler Sostrom (she/her/hers). Romona has also reorganized our major classroom so it is much more spacious and welcoming.

After a fun “getting to know you” class during which the young people played a game of “Would You Rather,” Romona led the young people to consider, through role-playing, ethical and moral issues they may face in their daily lives. We have enthusiastic thespians among our students, so role-playing may be a recurring theme in their classes.

The young people are preparing the first “Story for All Ages” for the year to be presented in the sanctuary on October 1. It is a Native American story called “RAVEN” selected in recognition of Indigenous People’s Day on October 12. They will also prepare a special Halloween story for presentation on **October 29**, the day of the **Halloween Party** and **Fall Festival** our young people are parparing for all in the congregation.

Mark your calendars for the UU’s Halloween/Fall Festival hosted by our young people on Sunday, October 29 immediately after service. There will be refreshments, games, and a raffle for crafts and prizes. All proceeds from the raffle will go to a charity of the young people’s choice.

Costumes are encouraged!



Our young people are in the process of developing the final plans for the festival. Look for them on the bulletin board outside the sanctuary.



Teacher Ramona with the kids



The kids illustrate their vision of a Garden of Eden

For more information email: BattelleBarbara@gmail.com

UUFSA Adult Learning

6:00 – 7:30 p.m.

Sessions are in person at the Fellowship only, not online.

UUFSA Adult Learning



Understanding the Science of Tomorrow – Myth and Reality

Lecturer: Prof. Jeffrey Grossman-MIT

Welcome! The purpose of this year's bi-weekly UUFSA Adult Education course is to explore the ways new advancements in Science & Technology may radically change the way we live in the future. It is intended for all UU members and friends and does not require a significant background in science or mathematics. All lectures and discussions will take place on Thursdays in the UUFSA basement only. Due to copyright restrictions, they will not be on Zoom).

TOPICS FOR OCTOBER

October 5	Computers: Billions of Bits per Second
October 19	Artificial Intelligence: Thinking Machines

2023 – 2024 Course Co-Coordinator: Surindar Paracer, Richard Lahey, Jocelyn Breakwell and Trudy Byerly

Go to our website for information about the schedule of future topics:
[Adult Learning \(uufsa.org\)](https://uufsa.org)

*Presented by The Social Justice Team
of the Unitarian Universalist Fellowship of St. Augustine*



FREE

Saturdays, starting at 2pm

October 7th – Dare Not Walk Alone (2008, history of civil rights efforts in St. Augustine)

- 79 minutes, 2-4pm, UUFSA
- Panel: Prof. Mike Butler (Flagler), historian David Nolan (he was there!)

October 21st – The Piano Lesson (film of the August Wilson Pulitzer-prize winning play, 1987)

- 95 minutes, 2-4pm, UUFSA
- Panel: Gayle Phillips (Lincolntonville Museum & Cultural Museum), Twila Hudson (actress)

November 4th – The Color of Fear (A probing conversation between 8 Black, Asian, Latino, and White men about race and racism)

- 3-hour Zoom event coming to us live from Berkeley, CA
- Lee Mun Wah, the film's director and producer, a national expert in cross-cultural and cross-racial communication, will introduce the film and facilitate our discussion.
- Contact Gina Jonas for Zoom link (gina.jonas@gmail.com)

----- Wine & Cheese, October 7 & 21 -----



We Need this Amendment!

UU Justice Florida supports the proposed Amendment to the Florida Constitution, establishing the Right to Clean and Healthy Water.

When 80% of our springs are contaminated by excessive nitrogen, 9,000 miles of our estuaries, streams and rivers are contaminated with fecal bacteria, and when blue-green algae blooms are becoming the “new normal,” linked to neurodegenerative diseases, it is clear that litigation is not working. The laws have become “permits to pollute.”

This citizens’ initiative is the only way forward for our peninsula to continue to function with good water quality and quantity. Those who know call this a “911 issue.”

According to environmental attorney Jane West, ***“Litigation isn’t working. Lobbying isn’t working. My personal opinion is that this is the only way forward. Without meaningful action on this amendment, I don’t see how the peninsula is going to continue to function with good water quality and quantity moving forward.”***

Please get in touch with **Nana Royer** or **Chris McDermott** about how you can help with this critical issue. We can get you petitions and/or you can print them for yourself at

FloridaRightToCleanWater.org
We need 900,000 valid signed petitions!
Please!

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	Claudia Atkins,
Anne Wilke, Cynthia McAuliffe,	Pat Hall, Marsha Williams,	Trudy Byerly



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 \(square site\)](#)



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. Meetings start with an hour of socializing with finger food appetizers and beverages (BYOB). A short play-reading performance by members of the group follows. After the play-reading performance, a discussion with dessert and coffee will follow. The Players meeting concludes with review of volunteer roles for the next meeting.

All members of the play-reading group are expected to participate as a director, a meeting host, and actors (reading a part) when asked. The Director chooses a play and invites group members to read a specific part. Members not directing or reading a part on a particular Sunday form the audience! The Director volunteers in advance. Those invited to read parts for a play reading performance meet for only one rehearsal prior to the Sunday performance. The volunteer host of the Sunday performance comes early for set up, makes decaf coffee, and stays to clean up. Each member brings either an appetizer OR a dessert to share. Beverages are BYOB.

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.

UUFSA October Calendar



- 1 – Food drop-off for Dining with Dignity 4:30 – 5:00 p.m.
- 1 – Dining with Dignity 6:00 – 7:00 p.m.
- 5 – Adult Learning 6:00 – 7:30
- 6 – Food Pantry 1:00 – 4:00 p.m.
- 7 – Film: *Dare Not Walk alone* 2:00 – 4:00 p.m.
- 8 – UUFSA Island Players (play reading group) 5:00 – 8:00
- 9 – Board of Trustees meeting, 4:30 – 6:30 p.m.
- 13 – Food Pantry 1:00 – 4:00 p.m.
- 15 – Third Sunday food collection at start of service
- 19 – Adult Learning 6:00 – 7:30, p.m.
- 20 – Food Pantry 1:00 – 4:00 p.m.
- 20 – Deadline for November *Quest* contributions 5:00 p.m.
- 21 – Film: *The Piano Lesson* 2:00 – 4:00 p.m.
- 27 – Food Pantry 1:00 – 4:00 p.m.

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.

I want to die peacefully in my sleep like my grandfather did. Not screaming in terror like the passengers in his car.

Will glass coffins be a success? Remains to be seen.

Do you ever get up in the morning, look in the mirror and think: "That can't be right."

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

When I get a headache I take two aspirin and keep away from children just like the bottle says.

As I've grown older, I've learned that pleasing everyone is impossible but annoying everyone is a piece of cake.

America is the only Western country that has gone from barbarism to decadence without crossing civilization in between. (This joke was recently banned.)

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

- **Register today for Youth CONferences!** Gather with youth from around the southeast. <https://www.themountainrlc.org/cons>
Peer Advocate Leaders (PAL) training October 20-22, Age 16+ [apply today!](#)
Elementary CON – November 3-5
Intermediate CON – Nov 17-19
High School CON – Dec 1-3
- Tasty and educational [Forest to Table Dinner](#), including tour of Many Hands Peace Farm - Sunday, 9/24/23 or 10/8/23 <https://www.themountainrlc.org/farm-events>
- [Personal Retreats](#) -- Join us in the cool mountain air, combine a personal retreat with a farm or other event and local explorations.
- Save the Date for **Grateful Gathering - Thanksgiving weekend, Wednesday, November 22 - Sunday, November 26.** [Gather with friends and family for community, learning, and explorations.](#)
- **Join a passionate Mountain team** and be part of making a difference for individuals and our wider world! Available positions and application <https://www.themountainrlc.org/jobs> - competitive compensation, including medical insurance and retirement.

We look forward to hosting you at The Mountain soon!

For information about more programs at The Mountain Retreat and Learning Center: themountainrlc.org or 828.526.5838