



August 2, 2015

WEEKLY CONTACT

Unitarian Universalist Church of Sarasota (UUCS)

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SUNDAY EVENTS, AUGUST 2

***10:30 a.m. "Making Peace with Women's Bodies," sermon by Katie Culbert**

How do we honor a woman's worth and dignity in a culture that emphasizes the beauty of being thin, young and flawless? Some scholars believe there is a connection between spirituality and body image. If so, how does religion impact a woman's self-worth and a culture's positive or negative influence?

Katherine "Katie" Culbert graduated with a Master of Divinity degree from Meadville-Lombard Theological School. She is a part-time Chaplain at Tampa General Hospital, served as the Director of Religious Education for children and youth at the Unitarian Universalist Church of Tampa for eight years and recently completed a two-year position as Intern Minister at the Unitarian Universalist Church of Sarasota, Florida. Her passions are family ministry, Unitarian Universalist evangelism, social justice, worship arts and sparking the imagination of Unitarian Universalist leaders in thinking of bold new ways to create religious community and grow our faith. Katherine lives in Tampa with her two children, Casey (8) and Desi (10) and her husband JD.

*** Music: Juan de la Sierra, guitar; Don Bryn, piano.**

Performer, composer and music educator, Juan De la Sierra has delighted audiences in Europe, the Caribbean, the United States and Asia for over four decades with his unique blend of flamenco, Middle Eastern, and traditional Spanish music, as well as with his original works. As a child Juan De la Sierra was trained as a classical pianist. In 1966, while living in Sevilla, he became a disciple of the world-renowned flamenco concert guitarist Jose "Pepe" Martinez. He continued to study with this maestro for eight years. During this time, Juan became fascinated with the Judeo-Arabic cultures that dominated that region of Spain for 700 years. This fascination led him to study Arabic and Sephardic music, language, and literature, and led to the broadening of his expertise to include the Middle Eastern flute. A life-long educator, Dr. De la Sierra holds a Ph.D. in French Literature and Applied Linguistics from Columbia University (New York).

*** 9:30 Forum: "Commit2Respond Environmental Issues"**

Two members of our church's committee will present current issues of environmental concern. Moderator: DeeAnna Dowdle; Presenters: Shells Siskin and Paul Lewis.

RELIGIOUS EDUCATION

Our Religious Education Director, Regina Bucher, may be reached at rbucher@uusarasota.org

* **10:30 a.m. Nursery:** Loving care for infants and toddlers is available.

* **10:30 a.m. We're practicing prayer!** Join us as we learn about the practice of prayer and how it fits into religion and spirituality.

OTHER SUNDAY EVENTS

The Zen of Sunday nights

The UUCS Zen meditation group will discuss Buddhism's Third Noble Truth at 7 pm in the Jefferson Room. The focus will be "Buddhism Plain & Simple," Zen master Steve Hagen's classic work. In essence, Hagen interpreted the Buddha's words to mean "whatever is subject to arising is also subject to ceasing." Everyone is invited to join the group for a discussion and meditation.

UU'S OF LAKEWOOD RANCH

* **As we draw closer to our first Sunday service, September 13 at Lakewood Ranch**, we're seeking volunteers to support our service in music. We very much need persons willing to provide keyboard support for our hymns, a singer to lead us in song and performing artists to provide special music during the service. If you, or someone you know would like to part of a brand new, vibrant community of UU's who are an extension of our beloved church, your service would be invaluable. Contact John Yoder at 554-4783 or iamjohnyoder@gmail.com.

ADULT PROGRAMS

* **Visit some of the best restaurants in town** with your UU friends monthly on first Friday of each month with the UU Vegetarians Group. On **Friday, August 7th at 1 pm** we will meet at Mi Pueblo (University and Tuttle). You don't need to be a vegetarian, just eat like one at lunch. For reservations, contact Jean Wieloch, jeanw972@yahoo.com, 929-3845.

* **Don't miss the hilarity...we are playing Balderdash**, a game of laughs that works well with groups up to 14 people. **Friday, August 14th at 1pm**. All are welcomed. Please RSVP to DA@DeeAnnaDowdle.com, 350-3571.

* **Cooking with Friends** is organizing now so we can learn to cook more healthily and more sustainably. From loafs to casseroles to soups and desserts, we will explore them all. Small groups of approximately 6 people will join in one of our member's kitchens for 4 consecutive weeks and will cook and eat together. Please offer your kitchen and we will find friends to cook with you. Contact DA@DeeAnnaDowdle.com -350-3571 or see the bulletin board if you want to sign up for the class or offer your kitchen. Costs will be shared among the group. We have 3 hostesses just waiting for you to sign up for food, fun and wine.

* **Creating Fellowship in our Church** just got easier, because "The Adult Programs Committee" just installed a Bulletin Board to keep you up to date on all of the offerings in addition to the Church's wonderful web site which is constantly improving. Come see what's going on this week and beyond and see if you recognize anyone in the over-fifty photographs. Questions: DA@DeeAnnaDowdle.com -350-3571.

CARING

* **Haven't seen someone you know?** Please give them a call and let Dee Widder know, with their permission, if there's a health problem.

* **Would you like to honor a friend** who passed away or someone who made your day a little brighter? Would you like to celebrate a birthday, anniversary or your grandchild's graduation? Make a Tribute donation today and send your check, with a Tribute form, to the church office. Forms are available in the office and online. Your Tribute will be acknowledged in the Contact.

* **The Caring Committee offers short term help with rides, meals and companionship.** If you are having surgery and would like us to be in touch, please contact Dee Widder at 377-9028 or DeanaWidder@gmail.com. If you can offer a ride to a doctor's appointment or to church or need a ride, please contact Marcia Ryan at 365-4027.

UPCOMING EVENTS

* **Summer Picnic (Second Sunday) Potluck Sunday, August 9** after the Service. Please bring food to serve 8 people: salads, sandwiches, desserts or other foods that do not need to be heated up. All are welcome.

* **Cinema Conversations** - Even though our movie of the month is "Mr. Holmes," the date, time and place is no mystery! So enjoy the film on your own and be part of a great discussion on **Wednesday, August 5th at 7pm** in the Lexow Wing.

* **A Universe from Nothing: Why there is Something Rather than Nothing by Lawrence M. Krauss** is our study book at our Wednesday dialogs from 4:00 to 6:00 pm in the West Wing sponsored by Advocates for Religious Literacy. We also discuss contributions by individuals as well as articles from Westar Institute's Fourth R Magazine. If you can't attend, you can participate by signing up for our email list. You can read the thoughts of others and share your own ideas if you so desire. No advanced reading is required. To sign up for the email list, or for additional information contact David Ryan at d2mryan@verizon.net or 365.4027.

OUR COMMITMENTS - SOCIAL JUSTICE

The UUCS Social Justice Committee addresses issues of homelessness and hunger, economic justice, human rights and the health of our planet. To learn more, attend our noon meeting on the second Tuesday of the month, join the mailing list at justice@uusarasota.org or stop by the Social Justice table on Sunday.

* **Hunger Volunteers Are Needed** to pack food at [All Faiths Food Bank](#) or help at a neighborhood [food pantry](#). Days and times to suit your schedule. Learn more, call a friend and sign up online at <http://www.allfaithsfoodbank.org/volunteer>.

* **Sign the Solar Energy Petition.** The language of the proposed solar energy Florida Constitutional Amendment has received preliminary approvals. Sign the petition at the Social Justice table to put the amendment on the 2016 ballot. Don't sign the petition if you signed one earlier this year.

* **Sign the Voting Rights Petition.** Sign this petition on the SJ table to amend the Florida constitution to automatically restore voting rights to people who had been involved in the criminal justice system. 47 states already do this to some degree.

* **Thank You! from Bethesda House** for your regular food donations on Sundays. Dry cereal; cans of veggies, fruit or tuna; peanut butter; toilet paper; and pet food. Look for the collection box on the Sanctuary walkway.

* **Serve the Hungry at Salvation Army.** Kitchen helpers are needed in the summer to serve either dinner on Wednesdays **or** lunch on Fridays at Salvation Army at 1400 10th St., Sarasota. For more information or to schedule your time, visit the social justice table.

At our courtyard table today: Fair Trade coffee, tea, chocolate, cocoa and olive oil; Collection box for school points labels from food boxes; Collection jug for non-recyclable plastic caps to benefit a local school.

COMING NEXT SUNDAY, AUGUST 9

***10:30 a.m. "Wait and See," by Rev. Bill Morgan**

Life is filled with waiting -- waiting in line, waiting for news, waiting for life to become what we had hoped it would be. What do we do with all that waiting? How can we live with it?

We will discover an answer in the people of a little village in France, who, in one of the darkest hours in history, showed that in the waiting times real life is discovered. As they waited they discovered what life means.

Rev. William Morgan is an ordained Presbyterian minister who has served a number of churches around the United States focusing on issues of peace and justice and working for economic, racial, ethnic and gender equality. He taught at Georgia College in Milledgeville, Georgia, and for the last eight years has been teaching at the University of South Florida, Sarasota-Manatee (USFSM), focusing on Ancient Israel and the Development of the Hebrew Bible, as well as on courses in Contemporary Christian Ethics. His wife, Dr. Jane A. Rose, is the Dean of Arts and Sciences at USFSM.

*** Music: Leah Rothe, violin; Don Bryn, piano**

*** 9:30 Forum: "Is Freedom vs. Security a Zero-Sum Game?"**

In order to achieve a sense of security, must we give up our freedom? Is there a comfortable balance between the two? Does fear make us unnecessarily give up freedom? Does complacency make us unsafe? The presentation will discuss this issue on the personal, national and international level. Moderator: Don Diddams; Presenter: John Stinespring.