



August 23, 2015

WEEKLY CONTACT

Unitarian Universalist Church of Sarasota (UUCS)

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SUNDAY EVENTS, AUGUST 23

*** 10:30 a.m. "A Shift From Thinking to Awareness" - Stephen Gillum**

Stephen Gillum has been teaching meditation for more than 35 years. He started looking into Eastern thought in 1972, as his father was dying of cancer. Finding out who he was and what life was really about became his life's mission. He went to India and studied with Swami Laksmanjoo of Kashmir. He stayed in the Zen monastery Dia Bosatsu Zendo. He also studied with Dr. V. G. Kulkarni, a disciple of swami Rama of Hardwar, and taught classes with him in Cleveland, Pohio and Sarasota. He currently teaches at the Lifelong Learning Academy located at USF and at New College.

*** Music: Elise Amaral** is a singer who also plays violin, Native American flutes and a host of exotic percussive instruments from around the world. **Christian Becker** plays Tibetan meditation music with sitar, ethnic flutes and crystal bowls.

Don Bryn, piano.

*** 9:30 Forum: "Should the rich pay more taxes?"**

Why did the US have a 90% tax rate on the rich in the 1950's and should we do it again? Can the US survive as an oligarchy? What does history tell us? Are you helpless or can you change the direction of the US?

Moderator: Shells Siskin; Presenter: DeeAnna Dowdle.

*** 10:30 a.m. Religious Education: QiGong with Nancy Saum;** child care is available.

OTHER SUNDAY EVENTS

***Share the Plate** – Today's offering will support **Turning Points**, an area one-stop center for people working to overcome homelessness. If you would like your check to go toward your pledge, please indicate that on your check.

*** ZEN - Would you change into a beginner's mind again?**

"In the beginner's mind there are many possibilities, but in the expert's there are few." So taught the great Zen teacher Shunryu Suzuki. It is the goal of Zen meditation to show us how to change our perspective into a beginner's mind, a place where we once again think like a beginner, or a child, and see the world (and our lives) into a fresh perspective. Join us **Sunday night at 7 p.m.** in the Jefferson Room as we explore this concept more fully and then sit with each other for 25-minutes and explore our own beginner's mind.

*** UU Singles will enjoy a buffet at Fred's Market Restaurant on the SW corner of Bee Ridge and Cattlemen** at noon on Sunday, August 23 (Monthly on 4th Sundays). Just show up, no reservation required or we can carpool from church. New members will receive a paper copy of the activity sign-up sheets so you will know who to call when you want to go to a

movie, walk or restaurant with a friend of similar interests. Email DA@DeeAnnaDowdle.com or call 350-3571.

* **UU'S OF LAKEWOOD RANCH "You might be a Unitarian and not even know it"** was a catch phrase used to introduce new-comers to the UU Principles in an old ad campaign. You might have friends in the Lakewood Ranch area who would feel very comfortable in our UU world, if only they knew about it. Please share the news that we're beginning a new UU Community on September 13 at 9 a.m. at the River Club 6600 River Club Blvd. Bradenton. See our website for directions. John Yoder

ADULT PROGRAMS

* **Meatless Mondays just got easier.** Please pick up a new recipe every week and explore new entrees. Why...it's healthy....it's fun to try new things...the congregation voted food changes as the #1 idea for thoughtful improvement for the sustainability of our planet. Questions...DA@DeeAnnaDowdle.com, 350-3571

* **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, September 4 at 1 p.m.** we will meet at InFuzions Thai Restaurant on SE corner of University and Lockwood Ridge . You don't need to be a vegetarian, just eat like one at lunch. For reservations, contact Jean Wieloch, jeanw972@yahoo.com, 929-3845.

* **Spiritual Book Group** – chose the book A New Earth by Eckhart Tolle as their first selection. If you're interested, read the book and come to our next meeting on Monday September 7 from 10 a.m. to noon in the Library. Questions? Call Sue Cohen at 952-3466.

* **Cinema Conversations** - Liberals and Conservatives alike are urged to attend the next meeting, especially since we will be discussing "Best of Enemies". We're hoping sparks will fly on Wednesday, September 2 at 7 p.m. in the Lexow Wing. After viewing this Buckley/Vidal film your own, join us for a great chat!

UPCOMING EVENTS

* **Membership**

**"Discovering UUCS" – A Newcomer Orientation Saturday, October 3,
9:30 a.m. – 12:30 p.m. Lexow Wing**

If you are considering membership, this workshop is for you. Rev. Fritts will discuss our history and explore with you what it means to be a Unitarian Universalist and a member of this church. Some of our church leaders will join us for lunch to talk about the many activities here and to get acquainted with you. The Membership Committee provides lunch. Be sure to sign up at the Welcome Center!

* **Religious Literacy Dialog**

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 p.m. to 6 p.m. in the West Wing sponsored by Advocates for Religious Literacy. 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.

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.

* **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.

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



* **Courtyard Wildlife Observed by UUCS Garden Volunteers**

Nest building in the church courtyard - first a Carolina Wren and then a pair of cardinals. Several months ago, the wren built her nest in the potted bromeliads in the southwest corner of the Courtyard and produced four babies. Katherine roped off the area and was thrilled when she saw all four fledglings take flight. The Cardinals? They built a nest a couple of weeks ago in the hedge across from the Jefferson Room. Tough area to cordon off. Two babies, one is still in the nest, one of whom we have lost. Who are the "evil doers"? Well, we have courtyard predators - several raccoons and a vigilant hawk. And the resident hawk is not afraid of people. Stay tuned for our UUCS wildlife update.

* **Writing Your Life Story** is a class which invites members to begin writing their own life story. There are two classes and we are accepting registrations for the new session. Each week, members write a two-page story, which they then share with the entire class. Email June Brasgalla at juneb22@comcast.net for the class meeting on Monday afternoons, 1-3 pm, starting September 14.

Contact John Yoder, iamjohnyoder@gmail.com, for the class on Tuesday afternoons, 1-3 pm, beginning September 8. Fee for either class is \$5 per semester.

OUR COMMITMENTS - SOCIAL JUSTICE

* **Cattle Grazing Mooving into Myakka?** There is an effort in Tallahassee to allow cattle grazing in a section of Myakka State Park. Cattle production is a worldwide environmental and climate issue. For more information and local action that you can take, pick up a flyer at the social justice table. Or go to the church website, look under the Social Justice tab: Myakka Threatened.

* **Your Recipe Is Waiting.** The climate justice study earlier this year identified the issue of healthy and sustainable food to be of high interest to UU members. The Sustainable Eating Task Force is now sharing Meatless Monday recipes at the social justice table. See more under Adult Programs.

* **Backpack Volunteers.** Again this school year, on alternating Wednesdays, volunteers will pack weekend food for children who attend Wilkinson Elementary in Sarasota. New and regular

volunteers, look for Don or Sara at the Backpack table. Signup has started. The first packing is September 23 at 10 a.m. at the church.

* **Salvation Army Decision.** Given Salvation Army's continued opposition to full LGBT rights and its recent opposition to funding for Planned Parenthood, the Social Justice committee will no longer promote serving lunch and dinner at Salvation Army's 10th Street shelter. The committee is researching other hunger/homeless service providers and will announce other volunteer opportunities.

* **Bethesda House Residents** appreciate our regular food donations, especially dry cereal, cans of veggies and fruit, tuna, peanut butter, toilet paper, and pet food. Look for the collection box Sunday on the Sanctuary walkway.

* **Sign the Solar Energy Petition.** This petition calls for a constitutional amendment on the 2016 ballot to allow the expansion, production and sale of solar energy in Florida. Florida utilities currently monopolize solar development.

* **Sign the Voting Rights Petition.** This petition calls for a 2016 amendment to reinstate voting rights to former felons who have completed their sentence, parole and probation. Forty-seven states provide for automatic reinstatement of voting rights – Florida does not.

* **At our courtyard table today:** Fair Trade coffee, tea, chocolate, cocoa, (olive oil on order); 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 30

* **10:30 a.m. God? by Rev. Dorothy Okray**

Rushed to the hospital gasping for breath with pulmonary embolisms, blood clots, blocking the entries into her lungs, it was touch and go whether Rev. Dorothy Okray would survive. That night, she faced the ultimate question, what now? Presently an avowed liberal, Okray's search for meaning grew from conservative Catholic roots. During a lifetime of quest and questioning, she drew her insights from a variety of faiths, religious leaders, scientists and acknowledged atheists. Okray shares that journey, searching for God, and the surprising state she experienced under that genuinely frightening situation.

The Rev. Dorothy Okray is a retired United Methodist minister and a Friend of the Unitarian Universalist Church of Sarasota. She served churches in New York and Michigan. Prior to this second career, Dorothy was an executive with retail and design firms, such as Bloomingdale's in New York City and Cannel and Chafin in Beverly Hills, California. Before she changed careers, Dorothy had her own firm, producing designs and building plans for retail chains throughout the United States.

* **Music: Darren Server, Piano**

* **9:30 a.m. FORUM:**

* **“From the editorial pages of The New York Times”**

Our presenters will discuss a major topic of political, cultural, or economic interest from this week's New York Times, and pose key questions related to that topic for Forum discussion.

Moderator/Presenters: Louise Stinespring and John Stinespring.