



July 17, 2016

WEEKLY CONTACT

Unitarian Universalist Church of Sarasota (UUCS)

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SATURDAY EVENTS, JULY 16

* **UU Women's Group will meet Saturday, July 16, at 10 a.m. in the West Wing.** No topic this month - but wonderful, spontaneous conversation. Bring your coffee/tea/water and a goody to share, if you wish.

* **RE (Religious Education) is having a Movie Night Saturday, July 16th at 5 p.m.** Join us as we watch the movie, "Inside Out" in the West Wing on our new big screen! Please bring a dish to share for a potluck dinner. There will be popcorn!

SUNDAY EVENTS, JULY 17

* **10:30 a.m. "Cobbling Together as Best We Can," Sermon by Rev. Margaret Beard**

Many people come to one of our congregations and say, "I was a Unitarian Universalist all my life and did not know it, until I arrived here." Well, yes and no. You can feel at home in a place and not really be home until you have made the place yours. How is it that we make Unitarian Universalism ours and therefore, really our home?

Rev. Margaret L. Beard is a life-long Unitarian and Unitarian Universalist. She received her Master of Divinity from Meadville Lombard Theological School in Chicago. For over 22 years she served Unitarian Universalism first as the UUA's Director of New Congregations and Growth Resources and later as a parish minister in congregations in Georgia, North Carolina and several places in Florida. She is the co-editor of the book *All Are Chosen: Stories of Lay Ministry and Leadership*, the editor of *Listening for Our Song* and the co-editor of the web based edition of the *UUA Congregational Handbook*.

She also has a Master of Social Work from Washington University in St. Louis and is currently working as a social worker for Hope Hospice and Healthcare in Fort Myers and Lehigh. Earlier in her life she was a clinical social worker who directed community-based programs for people with a serious mental illness. Margaret is also a fiber artist who has exhibited in juried art shows and galleries in the southeastern United States. Margaret lives in Fort Myers, FL and is married to Rick Eddy, a musician.

* **10:30 a.m. 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 a.m. Forum: "The Final Black Swan - Whose finger do you want on the nuclear button?"**

Donald Trump? Hillary Clinton? Any one person? For over 70 years we have given a single American - the President - the authority to launch the weapons that could destroy civilization and hundreds of millions of lives. How would the decision to launch be made, are there any rules, what values do they reflect, and how much risk are we taking? Can you think of a better way? Presenter, Don Diddams; Moderator, DeeAnna Dowdle.

RELIGIOUS EDUCATION (RE)

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

* **RE Summer Program** is available for children during the 10:30 a.m. Service.

Summer RE Program - Myths, Legends & Tales

* **We're having another "Mad Science Sunday" on July 17th.** Join us as we read the Hawaiian myth "Pele and the River of Fire." We will then attempt to make our own volcanos! Have no fears - hot lava is not involved.

CARING

* **A Tribute from Nancy Richardson to thank all who were thoughtful enough to send cards after her recent surgery.** A huge recommendation for Beverly Wiberg's collard greens and corn bread. YUMMY.

* **Our heartiest congratulations to member Emily LeCoz** for taking second place in the "Best Reporting-Hardship Issues" by the Society of Professional Journalists, Florida Chapter. Emily wrote in the Herald-Tribune about Southwest Florida's homeless population.

* **Does the Minister have your Memorial Form on file?** Has your emergency contact information changed since you filled out the form? Update and submit your form for a memorial service and have peace of mind knowing you've made choices easier for your loved ones. The form can be found online at www.uusarasota.org or in the church office.

* **The Caring Committee** offers short term help with rides, meals and companionship. If you are ill or having surgery and would like us to be in touch, please contact Dee Widder at 377-9028 or DeanaWidder@gmail.com. News of our congregation can also be found at Caring in the Members Corner.

* **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*.

OUR COMMUNITY

* **Qigong - exercise indoors and avoid the summer heat!**

Qigong is a Chinese self-care practice that combines breath, movement, meditation, and self-applied massage to maintain health, reduce stress, and bring harmony to the mind, body, and spirit. This mind-body practice is simple and relaxing and accessible to all at any level of fitness and physical ability as it can be done standing or sitting with equal benefit. No prior experience required.

Curious? Come to your first class and experience Qigong at no cost and without obligation. We meet **Thursdays, 10 - 11am in the West Wing, through August 11th.**

Questions? Call Nancy Saum, 703 297-1749 or email nancy.saum@gmail.com.

UPCOMING EVENTS

* **Military veterans will be meeting on Thursday, July 21** at 9 a.m. at Denny's on Bee Ridge Road. Contact Barry Dyer, barry.dyer13@gmail.com or 813 508-5671.

* **UUWomenspirit Fall Retreat, October 19-23, 2016**

UUWomenspirit is a non-profit, volunteer-run organization that has hosted all-women retreats since 1987. The retreats emphasize and celebrate the Divine Feminine in her many forms. The next retreat will be held on **October 19-23, at The Mountain Retreat and Learning Center in Highlands, NC.**

The theme for this event is Moon Energy: Rhythm, Mystery, Illumination. During this event, we will explore the six phases of the moon and how the moon's influence has an impact on us, in both overt and subtle ways. We will also experience moon rituals and share ideas on how you can work with the moon's energy to enhance your connection to the Divine Feminine.

For more information about UUWomenspirit, please visit the website, www.uuwomenspirit.org. Information about The Mountain Retreat and Learning Center can be found at www.themountainrlc.org.

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 each month (except July), join the mailing list at justice@uusarasota.org or stop by the Social Justice table on Sunday.

* **Children First's Head Start** is an award winning program servicing the needs of underprivileged children and their families. One program, "Sunbeams," is uniquely designed to help 4- and 5-year olds deal with loss by providing nine-week groups staffed by volunteers. If you love children and want to make a difference in their lives by volunteering, please call Kathy Westhoff at 504-0993.

* **Bethesda House Pantry: Every Sunday** we collect canned food (pork-and-beans, ravioli), travel size toiletries and paper products (toilet paper and towels). Look for the donation bin outside the sanctuary.

* **Looking for volunteer opportunities?** Several local nonprofits are looking for readers, drivers, food pantry helpers and more . . . flyers on the SJ table.

* **Voter Information on Solar Energy Amendments:** "Yes in August" and "No in November." Details and wallet cards at the social justice table.

* **Produce Shopping Guide at SJ Table:** Do you know which produce is important to buy organic and which is safe enough when grown conventionally? The Environmental Working Group (www.ewg.org) tests for residual chemicals on the food we eat. It recently released the 2016 Dirty Dozen and Clean 15. Pick up your 2-sided wallet card at the social justice table. Carry it when you shop. Take an extra for a friend.

Also at our courtyard table today: Organic Fair Trade coffees, teas, olive oil; collection box for school points labels from food boxes; collection jug for non-recyclable plastic caps to benefit a local school. For Fair Trade special orders, contact Suzie Brucklacher at justice@uusarasota.org, subject line Fair Trade Special Order.

SUNDAY EVENTS, JULY 24

* **10:30 a.m. "Don't Worry, Be Happy," Sermon by Rev. Dorothy Okray**

Being happy goes beyond just pleasant emotions. Learning to remain joyful throughout the day can have dramatic positive effects on physiology and even improves the overall mental function. Isn't that enough reason to keep smiling? Many philosophers, theologians, mystics tell us there is only one reason that happiness eludes us, claiming we already have everything we need right now to live blissfully. Will we, can we, take the steps?

* **10:30 a.m. Music: Betsy Traba; Don Bryn, piano**

* **9:30 a.m. Forum: "Where to Invade Next: Great Ideas for America from Around the World"**

A discussion of ideas sparked by the latest Michael Moore film. What can we learn from other countries? Presented by DeeAnna Dowdle, moderated by Dale Anderson.