



July 24, 2016

WEEKLY CONTACT

Unitarian Universalist Church of Sarasota (UUCS)

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SATURDAY EVENT, JULY 23

*** A special invitation has been extended to church members. To culminate the seven months of celebration of the 100th birthday of Sarasota author John D. MacDonald**, the Sarasota libraries have scheduled a number of special events for **Saturday, July 23**. This includes a rare showing of "Flash of Green," based on his novel about the development of Bird Key, which will be shown at **2:00 p.m. at Selby Library**. John D. MacDonald was a friend of the artist, **Richard Oxley**, who was very active in this church in the 70s. They worked together trying to save the environment in Sarasota. The screening of the film is sponsored by the author John Jakes, another Sarasota resident.

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?

A Michigan native, Dorothy Okray held executive design positions with major corporations, such as Bloomingdale's in New York City. Eventually she owned her own design firm, Okray Associates, with projects throughout the U.S. She has two children, Jennifer, a dental assistant, and John, an attorney with Cornell University. When the children went off to college, Dorothy began a second career, receiving her Master of Divinity from Andover Newton Seminary in Boston. As a United Methodist pastor, the Reverend Dorothy Okray served churches in New York and Michigan. Retired, she is now part of the artist scene in Sarasota.

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

Betsy Hudson Traba has served as Principal Flutist of the Sarasota Orchestra and Sarasota Wind Quintet since 1993. She is the former Principal Flutist of the Hofer Symphoniker in Hof, Germany, where she performed as a featured soloist on nine concerts during a two-year period. A native of Cleveland, Ohio, she studied with William Hebert and Jeffrey Khaner while earning a Bachelor of Music degree from Baldwin-Wallace College, followed by a Master of Music degree earned at the Manhattan School of Music as a student of Julius Baker. Betsy has been heard frequently as a soloist throughout Florida, including recent guest artist performances with the La Musica International Chamber Music Festival, Artist's Series of Sarasota, Charlotte Symphony and in multiple

performances with the Sarasota Orchestra. During the summer, she performs at the Cabrillo Festival of Contemporary Music in Santa Cruz, CA under the direction of Marin Alsop.

*** 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.

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**

* **Sunday, July 24th is "Hero Day"**

Join us to hear the "Legend of Bluebonnet," a folktale of the Comanche people. We'll learn about a young girl who sacrifices her most prized possession and becomes a hero to her people. We'll also talk about what makes a hero and create our own hero shields to decorate and take home.

* **The RE Committee is meeting on July 27th at 6:30 p.m. in the Teen Room.** Interested in the plans of our religious education program? Looking to be more involved with our children and youth? Join the RE Committee to discuss the 2016-2017 RE program and our Open House on August 21st. Everyone is welcome to attend.

OTHER SUNDAY EVENTS

* **Share the Plate with Homeless Teens**

Sunday's offering will support this congregation's Back-to-School Day with the Sarasota Y Teen Shelter. Volunteers from the church will take kids book shopping, bowling, and will celebrate the teens' birthdays. In past years, our offering has also provided movie tickets throughout the year to shelter residents.

The shelter provides temporary housing and safe care for southwest Florida youth ages 10 to 17 who have run away, are experiencing family conflict or have been locked out of their homes. The shelter is open 24/7 at 1106 South Briggs Avenue in Sarasota.

At the shelter, teens live in a family-like atmosphere. During the school year they receive daily transportation to and from school and after school tutoring. They also participate in educational and recreational activities.

A Residential Counselor and a Case Manager provide individual, group and family counseling. Their goal is to teach youth and parents appropriate behaviors that will strengthen their family and home life. When family members are reunited, they are referred to an appropriate after-care counselor or program to continue the healing process.

Please give generously in support of our Back-to-School Day for these teens, their families and our caring volunteers.

CARING

- * **Our best wishes to Helene Reeder** who is recovering from a stroke. Cards may be sent to her home.
- * **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

* **Giving Directly From Your IRA**

In 2015, making charitable gifts from your IRA became a permanent part of the federal tax code. If you are 70-1/2 or older, you can instruct your IRA trustee to send money from your Regular or Rollover IRA directly to your church or favorite charity without claiming the amount as income. (IRA withdrawals are normally taxable.) This way of giving also reduces your annual Required Minimum Distribution dollar-for-dollar which may reduce your taxes. Ask your advisor for complete information about the Qualified Charitable Distribution.

UPCOMING EVENTS

- * **Military veterans will be meeting on Thursday, July 28** at 9 a.m. at Denny's on Bee Ridge Road. Contact Barry Dyer, barry.dyer13@gmail.com or 813 508-5671.
- * **Cinema Conversations** - We are doubling the fun on Wednesday, **August 3rd** at 7 p.m. in the Lexow Wing. Join us as we discuss **two** films - "Weiner," a documentary about former Congressman Anthony Weiner's run for mayor of NYC in 2013 and "Absolutely Fabulous," a comedy based on the popular British TV show of the same title. You can expect a super lively discussion when we get into these two films!!!
- * **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.

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@uucarasota.org or stop by the Social Justice table on Sunday.

* **Support Solar, Vote YES on 4--** Vote YES for Amendment 4 on the August 30 primary ballot to extend tax breaks to businesses that install solar panels. You can help small business to invest in solar and create solar energy jobs statewide. All registered voters -- including Independents -- may vote for this nonpartisan issue. More information and wallet cards at the social justice table.

* **Restore Voting Rights to Floridians** -- Florida is now one of only two states that do not restore voting rights to felons after they have completed all terms of their sentence, parole, and probation. In Florida, former felons must petition the clemency board to restore their right to vote - 11,000 are waiting for a response. Most would be eligible to vote in 48 other states. The petition to amend the Florida constitution and restore rights automatically is back on the Social Justice table. Registered Florida voters only.

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

* **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, cocoa, 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@uucarasota.org, subject line Fair Trade Special Order.

SUNDAY EVENTS, JULY 31

* **10:30 a.m. "What Do Evangelicals Have That We Don't?" Sermon by Rev. Dr. Maureen Killoran**

Come prepared to be tickled and provoked, as Rev. Dr. Maureen Killoran shares her perspective on a group about which Unitarian Universalists often have little good to say.

Rev. Dr. Maureen Killoran is an accredited interim minister who, over the past decade, has helped seven congregations in five states as they navigated conflicts and engaged change. Previously, Rev. Maureen served as

parish minister in Oregon and North Carolina, two congregations that each doubled in size during her ministry. She also served as a community minister, where she developed a practice in spiritually-based life coaching. Rev. Maureen currently serves as developmental minister at the Unitarian Universalist Fellowship of Gainesville. She holds Masters Degrees in sociology and divinity and a Doctor of Ministry in church organizational systems. Rev. Maureen shares her life with her spouse, Peter Hyatt, a lifelong Unitarian Universalist and active volunteer.

*** 10:30 a.m. Music: Karen's Violins Duet; Don Bryn, piano**

*** 9:30 a.m. Forum: "Spotting the Predatory Organization"**

Business, government, and even charities can be predatory, everything from private prisons to payday lenders to organizations set up to help Vets can be predatory. Presenter, Dale Anderson, Moderator, Don Diddams.