

# The JOURNEY

The Monthly Newsletter of the Unitarian Universalist Church of Fort Lauderdale

July 2017  
Volume 59, Number 7

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## August 2017 Issue Deadline

Sunday, July 9, 2017  
Submit articles to:  
[submission@uucfl.org](mailto:submission@uucfl.org)

## Editors

Valerie Bressler  
Gary Ladka

New visitors receive *The Journey* upon request.  
To continue receiving our newsletter, please call the office.

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A Center for  
Liberal Religious Thought  
and Social Action in  
Fort Lauderdale

Unitarian   
Universalist  
Church of Ft. Lauderdale

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\*Established in 1958\*



**Full Moon Drum Circle**  
Sunday July 9 at 8:00pm  
Circle Up on Page 5

## UU Social Group Events

### Social Gathering

Wednesday July 12 at 7:30pm at Church

Morikami Sushi and Stroll

Friday July 14 at 5:30pm

Petty Hearts Tribute Concert at Mizner

Friday July 21 at 7:30pm

St. Augustine Trip (New Date)

Friday August 4 - Sunday August 6  
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## Second Friday Vespers Service

Friday July 14 at 7:00pm  
Marty McAnulty Presents  
Service Info on Page 5

## Ex Opus: Southern Regional Arts & Science Event Travel the Silk Road to the House of Wisdom

Saturday July 15 Starting at 8:00am at the Church  
Travel the Road to Page 8



## CUUPS' Lammás Celebration

Saturday July 29 at 7:30pm  
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UUA GENERAL ASSEMBLY

Unitarian Universalist Association  
General Assembly 2017  
Events Now Available Online  
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Unitarian Universalist Church of Ft Lauderdale  
Mission Statement:

To come together as a caring community and sanctuary  
for seekers of spiritual growth, truth, and meaning.



## President's Message

*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."*

**Harriet Tubman**

Greetings and May Your Day Be Filled With Wonder,



I sit here listening to songs about Changes; David Bowie, Ozzie Osbourne, Tupac and Eminem.....I think about all of the changes we have made at our beloved UUCFL and all the ones in planning and process. Change of all kinds is an amazing journey and challenge and this speaks very highly of the human being's adaptive ability. After all, our church is composed of our congregation and our related community members and our "home" is the building and grounds. We, as a congregation, have adapted well and worked hard to continue our visioning process in order to make sure this community stays alive and vibrant in the future. In order to do that we had to change some of our habits and look at new ideas and ways of doing things that had become tired and worn. Changes have been made and we are revived and excited about the direction in which we are headed.

Our attendance and involvement has improved. More people are lending their ideas to give us new motivation and momentum.

Our physical plant has been mostly patched and poked to keep it going for a long time. Your Board is now looking at longevity for the building as well as the people who lovingly fill it with their presence. We are so very excited about the latest two additions of our rehabilitated parking area lighting and our long anticipated new doors; and so are our renters! A more attractive and well taken care of facility will draw more people to us. That brings more income and the possibility of new members, and the aforementioned longevity becomes a real possibility now. Other projects we are working on are the floors being re-finished for the final time, new chairs, a better storage solution for outside, a new lighted pavilion, and beautifying the entrance to our church, as well as several other renovations to make our building more accessible, more adaptable and more inviting.

I invite your comments and suggestions to the Board or to me personally. We are on the Yellow Brick Road to Recovery in our community and your voice is important also. Please feel free to share ideas, the willingness to help on committees or with projects, or compliments when you feel excited or happy about the changes you see. Whether you are mainly a Sunday-going participant, a member of Loaves and Fishes, a Moonpath CUUPs member, or you enjoy Vespers, or a participant of our various social activities and /or social justice activities, we embrace your presence and your participation.

Changes are difficult for some of us. Some of us embrace the arrival of new adventures, of moving forward, as it is the opportunity to grow and metamorphose into our best and most elegant and beautiful way of being. Please feel welcome to enjoy and share your metamorphosis with the rest of us. May whatever Force you believe in.....Be with YOU!

*"Progress is impossible without change, and those who cannot change their minds cannot change anything."*

**George Bernard Shaw**

**Sandy Lange**

## Annual Poetry Service Returns!



I am once again honored to carry on David Fisher's annual tradition of the UUCFL Poetry Service (begun in 2004) on Sunday, Jul 23. As before, I am requesting that members and friends submit a copy of their favorite poem (could be your own creation or another poet's) for presentation during the service. Please include a brief note telling me how the poem speaks to you and/or how it came into your life. I'll let you know regarding inclusion in the service.

E-mail me at [ozwoman321@aol.com](mailto:ozwoman321@aol.com).

**Susan Moss**

## *Rev. Susan's Space*

First, I want to thank those of you who gave your time to participate in the Visioning Event in May. We had some very inspirational conversations and came up with some ambitious and impactful ideas that the Committee on Ministry will process and present back to you as a draft vision.

After we're sure we have the vision right, we'll move on to developing a plan. Study of best practices will be an important part of this planning. The chairperson of the Committee on Ministry this coming church year will be Annette Vafa, and she is joined there by Larry Wilkner and Grandfather.



At this point, we also need the help of artists (poets, musicians, visual artists, educators) to transform our words into images and other expressions. Given our four values (Compassion, Connectedness, Conscientious Choice and Transcendence), how might we express these in banners, signs, works of arts, t-shirts, memes and bumper stickers? Are there songs, readings, stories and other performing arts pieces that come to mind or are you inspired to create something? Feel free to propose a project in person or post something on our Facebook blog.

"Transcendence" may be the hardest of these four to wrap our mind around. Do we know it when we see it? In July, I'll be leading three experiential services specifically designed to tap into our 1st UU Source, which is direct experience of transcendent mystery and wonder. Our Strange Uncle Ralph Waldo Emerson declared that we should be able to experience "The Holy" as we understand it "without mediator or veil." That can be a scary prospect, but it is a worthwhile goal.

If you think of UUism as a cerebral religious path, just consider that our 1st Source is grounded in our direct experience. We'll also have our annual Poetry Sunday in July, which is another manifestation of the experience we seek.

The Transcendent is what calls us out of ourselves into a more robust sense of our connectedness to all things while also calling us deeply into ourselves as yet another manifestation of "all that is holy". It is hinted at in terms like Mystery, Awe and Wonder. Transcendence is not strictly a spiritual or religious thing. Whenever we are inspired, joyful, creative or filled with compassion, we have touched the realm of the transcendent. Arts, service, justice-seeking, quiet, celebration and so many others are well-known and often-traveled paths to the Transcendent.

As Lao Tsu wrote in the Tao teh Ching: "There is no need to run outside for better seeing... rather abide at the center of your being; for the more you leave it the less you learn."

Blessings,  
*Rev. Susan*

### **Susan Frederick-Gray Elected President of the UUA**



Minister of Phoenix, Arizona, congregation wins three-way race to become Unitarian Universalist Association's ninth elected president and the first woman elected to the office.

"This is a defining moment, and the stakes are very high," Frederick-Gray told the assembly, which met in New Orleans June 21-25.

"We have deep work to do within our association and our tradition, and critical work to do beyond the association."

Visit [www.uua.org](http://www.uua.org) to learn more about Rev. Susan Frederick-Gray and her vision for the new direction of the UUA



Director of Religious Education (DRE) - Susan Dirgins-Friend  
 Phone (954) 424-1910  
 Email tiredmomofbob@aol.com



I have been lighting a candle to Maria Milagrosa, the Miraculous Mother. I don't know what else to do. I figure that Pascal was right: if there is nothing out there listening, you haven't lost anything, but if there is, you have all the bases covered. We have to believe that love will triumph over hate, and no matter how angry we may get over someone else's words or deeds, we cannot react with hate. We can get inspired, fired up, organized, but in the end, we must face force with Soul Force, as Dr. King said. We are compelled by all that is holy in this world to try to love each other, care for each other, listen to each other, and leave the world better than we found it. This is a tall order indeed in the current climate. The children of the world are depending on us, and we cannot let them down. We must save the planet, save ourselves and save the future. Maybe it starts with a conversation or a handshake, a shared meal or a letter. We have to begin. Now. I am looking into the face of Maria Milagrosa as I write this, and her smile seems to be for me. Love and blessings,

*DRE Susan*



### July Children's Calendar

Sunday July 2, 11am  
 July 4th Fun!!

Sunday July 9, 11am  
 Kids Attend Service

Sunday July 16, 11am  
 Kids Do Coffee Hour

Sunday July 23, 11am  
 Kids Attend Service

Sunday July 30th, 11am  
 Puppets!!

### Drum Circle

Full Moon Drum Circle will take place on Saturday

July 9 – 8 to 10pm at the Church. Meet us at the large firepit, using the hallway by the bathrooms to go outside.

DO NOT GO THROUGH SANCTUARY.

Bring a chair or blanket & your percussion.

Love Donation.

Contact me for more information debe24@hotmail.com

**Debra Fisher**



### Second Friday Vespers Service



Our second Friday Vespers for July 14 at 7:00pm will be led by Marty McAnulty. Please come out to end your week or start your weekend with a lift!!

Vespers at UUCFL is a themed one-hour meditative service that includes stories, poetry, prose, music and/or periods of silence. It is led by congregants on the second Fridays beginning at 7:00 p.m. Each month the service will be led by two members – a Facilitator and a Presenter and occasionally our own Rev. Susan Smith. Do you have a topic you would like to share? Yes? We are looking for you. Topics may be based on a monthly holiday – Labor Day, Earth Day; an observation – Women's History Month, Winnie the Pooh Day; a religious holiday – Imbolc, Hanukkah; an interest – Jazz Appreciation Month, Love Your Pet Day; World Holidays or your favorite activity. You may choose to honor your favorite poet, hero, thinker, musician or music genre, etc. Visit [www.uucfl.org/vespers](http://www.uucfl.org/vespers) for openings or contact me – [opalom18@gmail.com](mailto:opalom18@gmail.com) or 770.265.6242 and voila!

Here are the other 2017 dates: 8/11; 9/8; 10/13; 11/10; and 12/8.

**Rev. Opal Murray**

### Loaves and Fishes Study Group Continues at UUCFL



Loaves and Fishes (our chapter of the UU Christian Fellowship) will meet on the 2nd and 4th Sundays at 9:30am in the multi-purpose room. All are welcome and invited. For more information contact me at [cathywaltz@bellsouth.net](mailto:cathywaltz@bellsouth.net).

**Cathy Waltz**

### Lifenet 4 Families/Cooperative Feeding Program



LifeNet4Families

Cooperative Feeding Program

Thanks to the UU Sisterhood for their great project which is bringing exactly the sort of food products needed at the pantry. If you have not participated yet, it is super easy. Grab a reusable grocery bag from the lobby, buy what is on the list on the bag, bring the bag back and put it in the box, and pick up another bag, easy as pie. Special thanks to Kathy Waltz, Molly St. Cavish, Molly Lesnick, Susan Black-McAlpin and Nicole Shulman for their efforts on this.

Remember that if you want to volunteer at the pantry, it is the second Saturday of the month that our River of Grass friends have their workday, and we are always welcome to join them from 9-11 a.m. If you would like to volunteer at other times, you can contact the folks at Lifenet directly.

As always, thanks to those who keep the basket filled, and the best things to bring are canned proteins, like tuna, beans, meats, canned fruits and vegetables, peanut butter, dry goods like pastas and rice, dry beans, and boxed mac and cheese.

DRE Susan (954) 424-1910 [tiredmomofbob@aol.com](mailto:tiredmomofbob@aol.com)

**Susan Friend**

After hearing Rev. Susan's sermon on compassion, one of our church's four values, the UUCFL Sisterhood decided to take action. Our action is to collect food for LifeNet4Families. Here's how you can help. Pick up a reusable bag with an attached list of requested items at the Fair Trade table in the back of the sanctuary. Return your bag with some of the requested items to the food baskets in the foyer. Pick up a new bag, also in the foyer, in a big pink bag.

Pick up a new bag, shop, repeat. Weekly? monthly? Your choice. The Sisterhood will deliver the food to Lifenet4families.

**Molly St. Cavish**

## The Seven Principles of Unitarian Universalists

There are seven principles which Unitarian Universalist congregations affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.



## Labyrinth Café - Upcoming Season - Save the Dates

We are working to get the website ([www.labyrinthcafe.com](http://www.labyrinthcafe.com)) updated and all will be revealed in late-July/early-August. Watch your e-mail, check our Facebook page, and listen to Michael Stock's show for announcements of the harmonic treats in store in our upcoming season.

We will once again be offering a Season Pass for \$150 per person, which entitles you entrance to all 9 concerts, a beautifully-designed Labyrinth Cafe T-shirt and premium, reserved seating.

Have a great summer. Can't wait for you to join us once again for song and camaraderie. See you soon!

SAVE THE DATE! UPCOMING 2017-18 LABYRINTH CAFÉ SEASON

Saturday, August 12, 2017 - Sing-Along

Saturday, September 9, 2017

Saturday, October 7, 2017 ( first Saturday)

Saturday, November 11, 2017

Saturday, December 9, 2017

Saturday, January 6, 2018 (first Saturday)

Saturday, February 10, 2018

Saturday, March 10, 2018

Saturday, April 14, 2018

Saturday, May 12, 2018



*Susan Moss Coordinator - Labyrinth Cafe Concert Series*

## Broward UU Social Group Activities



July 12, Wednesday, 7:30 p.m.: Social Club Meeting in the UUCFL Multi-Purpose Room.

July 14th, Friday, 5:30-8:30 p.m.: Morikami Museum Sushi and Stroll to experience and explore our Japanese gardens, cold drink in hand. Admission: \$8 pp and \$3 for Taiko Drumming shows.

July 21, Friday, 7:30 to 11:00 p.m., Mizner Park in Boca Raton: Petty Hearts: Tom Petty Tribute band. Cost: Free, Chair Rental \$5.

St Augustine Trip 2017 (Please note that the date and lodgings have been changed): August 4th, Friday noon through August 6th Sunday, late afternoon. Lodging: Super 8 Beach Augustine Hotel, cost per person \$120 for shared room for two nights and breakfast both mornings. We are currently working on an Activity Package. Balance due Friday July 22nd.

Please let me know if you have questions or need more information please contact me at 561-767-5713 or email [victoria.abbott23@gmail.com](mailto:victoria.abbott23@gmail.com) . Thank you

*Victoria Abbott - UU Social Group*

## Women's Lunch Group



The Monday women's lunch group has tweaked our meeting dates for the summer. We have changed the time to 11:30-1:30 p.m.

These times will apply to meetings held June 26 and July 10 & 24. There will be no meetings in August. We will regroup in September. All church members are welcome to nosh and become better acquainted with others.

*Molly St.Cavish*

## Reiki Attunement I - Sunday July 30

Reiki Attunement I will take place on Sunday July 30 1 PM to 5 PM in the Multi-Purpose Room

Cost is \$65.00 - Cash or Check Accepted ~ All Proceeds go to UUCFL ~

Wear comfortable clothes - Eat a light lunch

Prerequisites:

1. Attendance to at least 3 Healing and/or Reiki Circles.
2. Ability to meditate for 20 minutes or longer.



Rev. Priestess Edie "Moonday" McNulty is an Usui Reiki Master since 2001 and has been teaching

and practicing various spiritual healing techniques since 1994. Contact [edie.moonday@gmail.com](mailto:edie.moonday@gmail.com)

*Edie "Moonday" McNulty - Usui Reiki Master*

### Coming CUUPS Events

CUUPS Study Group takes place every Thursday at 7:30pm at the Church.  
\$2 Suggested donation. Bring healthy snacks to share.

July 6 - The Element of Water. Learn about the Western element and how to use it in magickal workings. We will be creating holy water to take home.

July 13 - Join us as Lore teaches us about LGBT themes in mythology and LGBT Gods/Goddesses. Ritual to follow discussion.

July 20 - Join us as Victoria teaches us about Animal Totems and messengers in Earth Magic and Shamanism with guided meditation to find spirit animal.

July 27 - Lammas Meditation & Ritual Planning with Opal Luna & Karl the Drummer.



### CUUPS Special Event

Saturday July 29 – 7:30 p.m. – Open Ritual to celebrate Lammas. This ritual will be performed in the Strega Tradition, led by Opal Luna & Karl the Drummer. Bring food to share at the feast held after the ritual. Wear ritual garb. \$5.00 suggested donation.

*Edie & Marty McAnulty - CUUPS Facilitators - The MoonPath Chapter of CUUPS*

### Stay For Eclectic Mind Shoppe at UUCFL on Sundays After Service - 1:00pm

Eclectic Mind Shoppe takes place every Sunday at 1:00pm at the Church.  
\$5 Suggested Donation



- July 2 - Guided Meditation & Healing.
- July 9 – Spiritual Philosophy - Sarah Paulus will be leading a discussion about Paulo Coelho.
- July 16 - Wicca 101 with Oстана.
- July 23 - Spiritual Crafting by Alba Kauffman – Create a Sun Catcher.
- July 30 – Praying in Color by the Rev. Susan Smith.

*Eclectic Mind Shoppe*

### Yoga Classes Available Mondays and Thursdays at UUCFL

#### Monday night 6:30pm to 8:30pm Traditional Sivananda Yoga Class

This is a form of Hatha Yoga, which will include breath work, asanas, relaxation and guided meditation. This is gentle class and can be modified to accommodate most levels of fitness.

#### Thursday night 6:00pm to 7:00pm Yoga Express: Hatha Yoga Flow class.

The class will be a little faster paced and shorter than the traditional Sivananda Class. Most levels of fitness can be accommodated.

Please bring a yoga mat or large towel and water.

Suggested donation \$10 per class but all are welcome!

For more information please contact me at 561-767-5713 or victoria.abbott23@gmail.com.

*Victoria Abbott - Certified Instructor*



### Building and Grounds News



Come and knock on our door. We are waiting for you. Yes! We have new front entry doors thanks to the efforts of Doug Friend. It is a vast improvement from our former front doors with a warm and welcoming feeling as we all come in. This month the floor restoration company is set to return to complete the work in the sanctuary and hallways. After that is complete and with thanks to the Endowment Fund and your input, the Board has decided on new chairs which are the design of the two brown sample chairs that you test-sat-in, but in a burgundy color closer to the refab of our older chairs that Cathy and Jerry Waltz had done so well. In true UUCFL democracy, this was a well processed compromise.



More projects in the works - interior doors, a sign at the entry and improved lighting there plus other doors, more improvements to lighting, sound and video in the sanctuary, a storage trailer to replace our sheds and an outdoor pavilion.

*Building and Grounds*

### Dinner for 8 – Lasagna

Our First Dinner for 8 will be Friday August 11 at 7:30pm at Susan Black McAlpin's Home in Oakland Park . Susan has been a member of UUCFL for 40 years, a retired special education teacher who is enjoying her free time with gardening, reading, yoga, photography and travel.



Susan will be cooking up two types of Hearty Homemade Lasagna - Meat & Vegetarian. You are asked to RSVP and bring one of the following sides to contribute and complete the feast: Rolls, Simple Salad, Cheese, Olives, Nuts, Crackers, Dessert, Herbal Tea Beverage, and Wine.

The cost is \$10. Please pay and RSVP to [edieemoonday@gmail.com](mailto:edieemoonday@gmail.com) no later than Sunday, August 6.

*Edie McAnulty*

### Unitarian Universalist Association General Assembly 2017 Events Available Online

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process.



UUA GENERAL ASSEMBLY

This year's UUA General Assembly held at the end of June has come to a close, but many of the major events are archived in video for you to view at any time as well as videos from past GAs.

Visit [www.uua.org/ga](http://www.uua.org/ga) to see moving services, engaging speakers, inspiring presentations, and awesome music that will make you want to go and experience it all live next year in Kansas City, MO.

### Ex Opus: Southern Regional Arts & Science Event Travel the Silk Road to the House of Wisdom Saturday July 15 Starting 8:00am at the Church

"A caravan has come to the Southern Shires, bringing with it riches and wisdom from distant lands! We the Shires of Sangre del Sol (Broward County) and Southkeep (Miami-Dade County) entreat the Populace of Trimarisis (Florida) to travel and bring with them their most prestigious artisans to Ex Opus on the 15th of July AS 52 (2017), and thus share their knowledge at the storied House of Wisdom (Broward Unitarian Church). We of the Society of Creative Anachronism are of an organization with the mission to bring the knowledge, skills and experience of the Medieval and Renaissance age to the modern mind, and possibly back again. We will once again be hosting the Southern Regional Arts & Sciences Fair. The theme is "Bayt al-Hikma (House of Wisdom)" and we invite you to travel the Silk Road to Baghdad with us. Activities include a large array of classes, archery, a regional A&S competition, and a period feast featuring foods from along the Silk Road, traveling from Chang'an to Baghdad. Hope to see you all there."

Indoor and Outdoor Classes, Arts and Sciences Competition, 'Show Us What You Do' Display Area All Day Site Fee is \$17 with a \$5 discount for members, Feast is \$10. Gate Opens at 8:00 a.m. For detailed information please contact the Rescrat, Lady Catalina Damiana Flores de la Montaña at [scasouthkeepregistrar@gmail.com](mailto:scasouthkeepregistrar@gmail.com) or go to: [www.southernartsci.wordpress.com](http://www.southernartsci.wordpress.com)



### cUUrrious cUUrier and Journey Newsletters–

If you are not receiving our weekly email newsletter, the cUUrrious cUUrier or a mailed copy of The Journey newsletter visit our website at [www.uucfl.org](http://www.uucfl.org) and click on "Subscribe" to sign up

### Name Tags –

If you have not yet received a name tag lanyard, please sign up in church on Sundays. You have a choice of designs between a picture of the church and a chalice. Please wear your name tags each Sunday so our veterans and our newer members and visitors recognize each other better.



## Directory of Staff, Board, Committee Chairs & Affiliates

### STAFF

- **Minister**  
Rev. Susan M. Smith susan.smith.uu@gmail.com---318-550-8462
- **Director of Religious Education**  
Susan Dirgins-Friend tiredmomofbob@aol.com---954-424-1910
- **Music/Choir Director**  
Mark Henschel pianoyesmh@bellsouth.net-----954-536-5220

### BOARD OF TRUSTEES

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- Past President**  
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- **Treasurer**  
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- Marty McAnulty mpminfla@gmail.com -----954-559-2816

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#### Community Outreach

#### Social Justice/BOLD Justice

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- Marie Turner emtuvel@yahoo.com-----954-850-4889
- Cooperative Feeding Program -LifeNet4Families**  
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Molly St. Cavish mstcavish@yahoo.com-----954-752-5717

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- Valerie Bressler tapwitch@gmail.com-----954-663-3859
- Gary Ladka garylada@mindspring.com-----954-650-3728

#### Webmaster/Email Newsletter

- Gary Ladka garylada@mindspring.com-----954-650-3728

#### Caring Committee

Open

#### Building Usage

- Dave Griswold dgriswold2001@hotmail.com-----786-389-9575

#### Labyrinth Café Concerts

- Susan Moss ozwoman321@aol.com-----954-478-8637

#### Loaves and Fishes - Christian Study Group

- Cathy Waltz cathywaltz@bellsouth.net-----954-527-5275

#### Welcoming/Membership

- Michael Slater mttjlater@aol.com-----860-712-5552

#### Mens Group

- Jerry Waltz waltzj@bellsouth.net-----954-527-5275

#### Ministry

- Claire Mostel cmostel@gmail.com-----786-512-5180

#### Nominating

- Jerry Waltz waltzj@bellsouth.net-----954-527-5275

#### Religious Education

- Michael Coburn michael@coburn.org-----305-409-7340

#### Sisterhood

- Nicole Shulman --franknick@gmail.com-----954-942-0394

#### Sunday Services

- Opal Murray opalom1@gmail.com-----770-265-6242

#### UUCFL Social Group

- Victoria Abbott victoria.abbott23@gmail.com----561-767-5713

#### Yoga

- Victoria Abbott victoria.abbott23@gmail.com----561-767-5713

#### Young Adults (Mockingjays)

- Ria Gaffud mgaffud06@gmail.com

### ASSOCIATE & AFFILIATE GROUPS

- **CUUPS (Covenant of Unitarian Universalist Pagans)**  
Edie and Marty McAnulty ediemoonday@gmail.com--954-294-4757

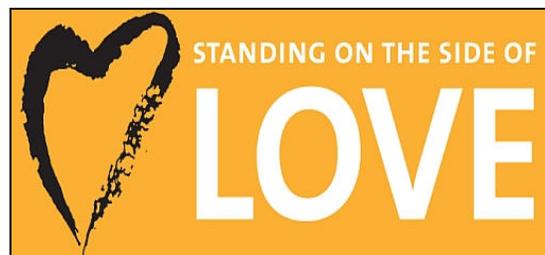
- **Endowment**

- Doug Friend dfriendperc@aol.com-----954-424-1910

#### UU Service Committee

- Michael Coburn michael@coburn.org.....305-409-7340

  
 Unitarian  
 Universalist  
 Church of Ft. Lauderdale



**Building Usage Scheduling**

With all of the activities going on in the building, especially with all of the exciting new things coming along, it will be very important to keep a close look at the calendar to make sure we have room for all events and renters that we have, and to have scheduling conflicts kept to a minimum. Please email me at [dgriswold2001@hotmail.com](mailto:dgriswold2001@hotmail.com) with any inquiries or to schedule an event at the church. Thank you.



*Dave Griswold*

Unitarian  
Universalist  
Church of Ft. Lauderdale

**Supports:**



**Expand Your UU Horizons**

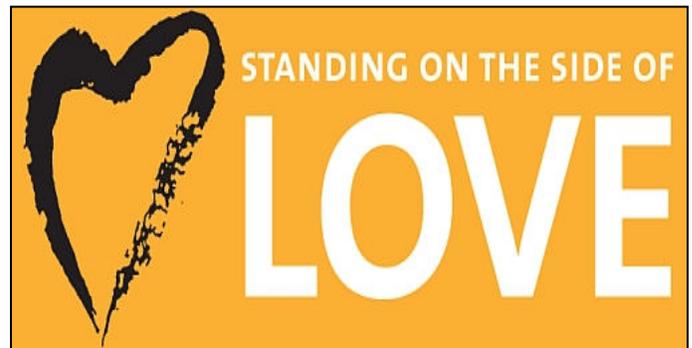
Learn more and how you can become more involved beyond our walls

**UU Association** - [uua.org](http://uua.org)

**UU Southern Region** - [seduua.org](http://seduua.org)

**UU Southeast Cluster** -

[facebook.com/UUFloridaSoutheastCluster](https://facebook.com/UUFloridaSoutheastCluster)



**Remember the Hungry People Around Us**

Please continue to fill the Food Baskets at the church with non-perishables for the LifeNet for Families |Cooperative Feeding Program.

Learn more about the CFP and other ways you can help.

Visit [www.lifenet4families.org](http://www.lifenet4families.org) or call (954) 792-2328



**July Birthdays**

- RICHARD JOHNSON 7/4
- KIP BARKLEY 7/5
- ROMAN CISNEROS 7/8
- MARIE TURNER 7/8
- SUSAN M SMITH 7/10
- ANNETTE VAFA 7/14
- LAURITA ABNER 7/21
- BILL SCHOOLMAN 7/26
- LYN KURPIEWSKI 7/28
- JENNIFER LADKA 7/28
- DAN FRIEDMAN 7/30
- PAT HUEY 7/30



If you would like to see your birthday announced here and in the cUUrious cUUrier email newsletter, please contact the office to make sure we have your updated information in the computer



"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

—F. Scott Fitzgerald, *The Great Gatsby*

Sun

Mon

Tue

Wed

Thu

Fri

Sat

**Unitarian  
Universalist**  
Church of Ft. Lauderdale

# July Calendar



<b>2</b>	<ul style="list-style-type: none"> <li>● 9:30am- UU Sisterhood</li> <li>● 11:00am - Sunday Service</li> <li>● 1:00pm - Eclectic Mind Shoppe</li> </ul>	<b>3</b>	<ul style="list-style-type: none"> <li>● 6:30pm - Sivananda Yoga with Victoria</li> </ul>	<b>4</b>		<b>5</b>		<b>6</b>	<ul style="list-style-type: none"> <li>● 6:00pm Yoga Express with Victoria</li> <li>● 7:00pm Mens Group</li> <li>● 7:30 pm CUUPS</li> </ul>	<b>7</b>		<b>8</b>	
<b>9</b>	<ul style="list-style-type: none"> <li>● Journey Article Submission Deadline</li> <li>● 9:30am - Loaves &amp; Fishes</li> <li>● 11:00am - Sunday Service</li> <li>● 1:00pm - Eclectic Mind Shoppe</li> <li>● 8:00 pm - Full Moon Drum Circle (See page 5)</li> </ul>	<b>10</b>	<ul style="list-style-type: none"> <li>● 11:30am- UU Sisterhood</li> <li>● 6:30pm - Sivananda Yoga with Victoria</li> <li>● 7:00pm - Board Meeting</li> </ul>	<b>11</b>	<ul style="list-style-type: none"> <li>● 7:00pm - Sunday Services Committee</li> </ul>	<b>12</b>	<ul style="list-style-type: none"> <li>● 7:30 pm UUUCFL Social Group</li> </ul>	<b>13</b>	<ul style="list-style-type: none"> <li>● 6:00pm Yoga Express with Victoria</li> <li>● 7:00pm Mens Group</li> <li>● 7:30 pm CUUPS</li> </ul>	<b>14</b>	<ul style="list-style-type: none"> <li>● 5:30pm Morikami Museum Sushi &amp; Stroll</li> <li>● Admission: \$8 \$3 for Taiko</li> <li>● Drumming shows</li> <li>● 7:00pm Second Friday Vespers Service (See page 5)</li> </ul>	<b>15</b>	<ul style="list-style-type: none"> <li>● 8:00 am(open) - SCA "Travel the Silk Road" (See page 8)</li> </ul>
<b>16</b>	<ul style="list-style-type: none"> <li>● 9:30am- UU Sisterhood</li> <li>● 11:00am - Sunday Service</li> <li>● 12:30pm - Fellowship Lunch Day</li> <li>● 1:00pm - Eclectic Mind Shoppe</li> </ul>	<b>17</b>	<ul style="list-style-type: none"> <li>● 6:30pm - Sivananda Yoga with Victoria</li> </ul>	<b>18</b>		<b>19</b>		<b>20</b>	<ul style="list-style-type: none"> <li>● 6:00pm Yoga Express with Victoria</li> <li>● 7:00pm Mens Group</li> <li>● 7:30 pm CUUPS</li> </ul>	<b>21</b>	<ul style="list-style-type: none"> <li>● 7:30 pm The Petty Hearts-Tom Petty Tribute, Mizner Park - Cost Free</li> <li>● Chair Rental \$5</li> </ul>	<b>22</b>	
<b>23</b>	<ul style="list-style-type: none"> <li>● 9:30am - Loaves &amp; Fishes</li> <li>● 11:00am - Sunday Service</li> <li>● 1:00pm - Eclectic Mind Shoppe</li> </ul>	<b>24</b>	<ul style="list-style-type: none"> <li>● 11:30am- UU Sisterhood</li> <li>● 6:30pm - Sivananda Yoga with Victoria</li> </ul>	<b>25</b>		<b>26</b>		<b>27</b>	<ul style="list-style-type: none"> <li>● 6:00pm Yoga Express with Victoria</li> <li>● 7:00pm Mens Group</li> <li>● 7:30 pm CUUPS</li> </ul>	<b>28</b>		<b>29</b>	<ul style="list-style-type: none"> <li>● 7:30 pm - CUUPS' Lammas Celebration (See Page 7)</li> </ul>
<b>30</b>	<ul style="list-style-type: none"> <li>● 11:00am - Sunday Service</li> <li>● 12:30pm - Fellowship Lunch Day</li> <li>● 1:00pm - Eclectic Mind Shoppe</li> <li>● 1:00pm - Reiki Attunement I (See Page 6)</li> </ul>	<b>31</b>	<ul style="list-style-type: none"> <li>● 6:30pm - Sivananda Yoga with Victoria</li> </ul>			<p>Every Sunday : 11:00 AM- Church Service and Children's Religious Education</p>	<p>Religious Education Events See special calendar on the RE page 4</p>	<p>Religious Education Events See special calendar on the RE page 4</p>		<p>Visit our on line calendar for late-breaking events <a href="http://www.uucfl.org">www.uucfl.org</a> and click "Coming Activities"</p>			

# Unitarian

## Universalist

Church of Ft. Lauderdale

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Minister Phone: 318-550-8462

E-mail: [uucfl@aol.com](mailto:uucfl@aol.com)

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Sundays at 11 am: Service & Children's Religious Education

## The JOURNEY



### Sunday Morning Services at 11 am

### JULY 2017

**July 2 – "For All?" by the Rev. Susan M. Smith.** We conclude our study of our 1st UU Principle: "The inherent worth and dignity of all persons" by asking whether ours can be a country with "liberty and justice for all".

**July 9 – "Idle & Blessed" by the Rev. Susan M. Smith.** The depths of summer with its slower pace and greater opportunities to enjoy nature are the perfect time to explore our 1<sup>st</sup> UU Source: "Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life." This source is not so much to be studied as to be, as it says, experienced with all of our senses and our intuition. Expect something different.



**July 16 – "Our Transcendent Ancestors" by the Rev. Susan M. Smith.** None of our U, U or UU ancestors were greater proponents of the 1<sup>st</sup> Source and direct experience of the holy as were The Transcendentalists. We will look to them for guidance – even though they were the first to tell us to look to no guides on our spiritual journey.

**July 23 - Poetry Sunday.** Susan Moss is once again honored to carry on David Fisher's annual tradition (begun in 2004) of the UUCFL Poetry Service. Members and friends will be reading poems (original or otherwise), as well as sharing the story of the relevance to their lives (and hopefully yours as well). See Page 2 for more information.

**July 30 -- "Being is Enough" by the Rev. Susan M. Smith.** Completing our enjoyment of the 1<sup>st</sup> Source, we will turn to inspiration from Tao teh Ching which tells us, "The way to do is to be." We will experience the fully-embodied Tao.