



Unitarian Universalist Church of Pensacola

The Light

VOLUME 62 ISSUE 8 August 2019

Celebrate Diversity · Strive for Justice · Inspire Love



9888 Pensacola Blvd.
Pensacola, FL 32534
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communications@uupensacola.org

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Laura Keith King..... 530-6714
Laurie Winterberg857-9646

Social Justice

Paula Montgomery.....438-8891
Scott Satterwhite.....352-634-2256

*For a full list of Ministry Teams and Leadership,
see the church website.*

Coffee and Conversation 9-10am, Sunday Service 10-11am

Aug. 4 “The Super Power of Resilience – Watch the Bouncy Ball” by Trista Blouin of Guardian ad Litem and UUCP Member

Trista Blouin will share how important resilience has been throughout her life and in the lives of those she has encountered in her work as a photographer and in the Guardian ad Litem Program.

Aug. 11 “Seeking Wholeness”

Rev. Alice Syltie

Unitarian Universalists often speak of wholeness as a journey. We seek to become our best selves, living from our deepest values. Rarely does anyone become everything they wish. And yet, we continue to try and to hold ourselves to certain standards. In Lifespan Religious Education we speak of this as Faith Development. This Sunday we will consider how a congregation nurtures and supports people of all ages in the journey of Faith Development.

Aug. 18 “Family Ties—Songs Of Family Relationships From Babies To Old Folks” with Ken Sizemore, musician:

“I’ll share a few of my own tunes about my family, including a song about my Dad, one for my wife of 54 years, and a happy little song for my son at age 2 (he’s 43 now!). I’ll also share my take on some classics like *Cat’s In the Cradle* and *Teach Your Children*.”

Annual Ingathering Service

Sunday, August 25

*Don’t forget while on your summer adventures,
near or far, to bring a stone, shell or water
to place on our Community Table!*



Aug. 25 “Annual Ingathering And Sharing Service for All Ages” with Rev. Alice Syltie

As the summer season comes to a close we gather as a church community with renewed commitment to what we value most. Whether we travel or stay close to home, summer usually offers a change of pace, inviting time for renewal and reflection. Perhaps you took a dip in a pool, played in the waves, floated on a river, or sipped from a tall glass of ice water. This Sunday you are invited to bring a small sample of water to represent a memorable moment from your summer experience. As we blend the waters of our separate journeys, you are invited to share in a sentence or two the significance of the water you bring.

Sep. 1 “Valuing Inherent Worth and Dignity”

Rev. Alice Syltie

Those of us who choose to join Unitarian Universalist Congregations covenant to affirm and promote seven principles. The first is the inherent worth and dignity of every person. A similar belief was at the heart of the development of Labor Unions. The leaders believed everyone deserved to be treated with respect. On this Labor Day weekend we will consider the beliefs and theologies that motivated leaders of Labor Unions.

From Your Minister

August brings us to the one-year anniversary of my ministry with UUCP. I am delighted to start another year of working with you. Last year I came on board with very little knowledge of the congregation. What I knew was that two people who meant a lot to the congregation were gone and you would be figuring out how to move forward in a different way. Rev. Julie had served you as Parish Minister for 12 years. That's a long time. And your relationship with Rev. Bob Eddy, as retired Minister Emeritus, went back even longer. Regardless of the nature of the relationship each of you shared with these two people, the congregation as a whole was rocked by leaving and by loss. Because it is natural for people and organizations to desire stability, or automatically strive for homeostasis, significant change can bring discomfort. It's amazing to me how long people hold on to memories of the past. It is not uncommon to hear people suggest that we go back to the way things were 15, 20, or even more years ago. There are days when I long for the earlier times in my life, when my husband and I were building a future together and dreaming of things turning out much differently than they have. Thank goodness for the good planning in anticipation of those dreams; they have made things much easier as I navigate the changes.



UUCP has done some great planning and has a solid foundation for a new future. When significant change occurs, it is necessary to evaluate the current situation and determine how to move forward. Again, this can bring some discomfort, even disagreement. Not everyone will agree on what is best, or even how best to achieve a desired outcome. I am always reminded that in leadership it is best not to be committed to a particular outcome. A congregation works together to envision the future it wants, and then works together to move in the desired direction. Sometimes there are delightful surprises along the way. A covenant with one another about how to negotiate differences and move in harmony can make the journey much more enjoyable.

In the last decade or two, a lot has changed in our world. The role of the faith community has dramatically changed. Congregations of all types have been struggling to meet the different needs and expectations of the communities they serve. While this may seem daunting, it can also be a time of excitement and creativity as we envision new ways to energize ourselves and our church community.

I am delighted to be with you as together we consider this new stage of life for UUCP, and how it will serve its members and the larger community.

In Love and Hope,
Rev. Alice

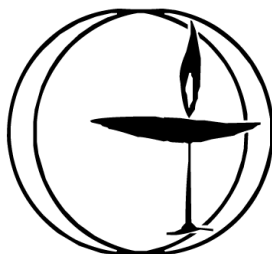
Are You a Frequent or Recent Visitor to UUCP?



Do you like what you've experienced and want to find out more about UUCP?

If you said "YES" - you're invited to join our Minister and members of our Membership Team in our Library on Sunday, September 1st at 11:15am after the services. Child care and light refreshments will be available.

Although not required, Laurie Winterberg will appreciate knowing if you're interested in participating. You can reach her at LaurieAnne1950@gmail.com OR 850-857-9646.



It is with deep sadness that we inform you of the passing of longtime UUCP member Neil Cobb on Wednesday, July 24, 2019, from complications of diabetes. Neil and Linda are longtime members of the congregation and have been committed and involved in many areas. For more details about Neil's many contributions to UUCP and our wider community, see our website at uupensacola.org. An obituary is expected in the Pensacola News Journal by Sunday. All of you are in my thoughts as we deal with this sad loss within our church community. We hold Linda Cobb and all of the family's dear ones in our hearts during this time.

In love and hope,
Rev. Alice



A Celebration of Life Service

will be held for Mr. Neil Cobb on Sunday, September 1, 2019, at 2:00 p.m., at the Unitarian Universalist Church, 9888 Pensacola Boulevard, Pensacola, Florida, 32534. In lieu of flowers, the family respectfully suggests that contributions be made to the Tate High School Drama Department or the Unitarian Universalist Church Memorial Garden Fund.

From Your Board

I've been swimming in the Fountain of Youth.

Well, not the Fountain of Youth, but a similarly rejuvenating body of water. The famed and sought-after restorative fount may not exist, but our family did visit Ponce de Leon Springs recently. These natural cold springs named after the conquistador and seeker of the Fountain of Youth are located in a picturesque state park about 85 miles east of Pensacola.

My soul was restored by the splash in the 68-degree, crystal clear waters and time spent enjoying the spot with family. The chilly water has an invigorating effect. The timing of our visit was perfect. Not only am I battered by waves at work right now, but August brings much activity at UUCP, too.

July 1 marked the beginning of our new church year. That means there have been some shifts in leadership within our Ministry Teams, in addition to the turning of the tides on the Governing Board.

As proclaimed on our website, our Ministry Teams make everything happen in our Beloved Community. We have a small staff and no full-time staff at this time. The teams work above and below the surface for our congregation. Now is a great time to familiarize ourselves with and remind ourselves of the Ministry Teams, their purposes, and the people who work with them. I am posting the team points of contact on page 5 to help promote awareness of our Ministry Teams and to encourage more engagement. More info on the teams is available on our website.

Traditionally, each team had a Chair or Team Leader who anchored the team's work. However, life being what it is, most of the teams now share responsibilities with a pair of leaders or a crew with individuals performing discrete tasks. The Caring Team and the Fun & Fellowship Team are two examples of the crew approach. One team, CRE, is without a captain, and more hands are needed for other teams, such as Building & Grounds. Gerry Donnelly reminded me that all members of the congregation are part of the Building & Grounds Team as we all have a responsibility to care for our building and property.

The Communications & Publicity Team is launching a new process. This team is responsible for maintaining our online presence through Facebook and the church website. Submissions for one or both of these venues should be sent to communications@uupensacola.org with specific instructions about what is needed. Just like with submissions for The Light, time is critical when submitting an item for the Facebook page or website. The more lead time given, the better.

Our Ministry Team volunteers are talented, caring folks who perform much-needed work that benefits us all in one way or another. We cheer them on while welcoming new faces.

For the uninitiated, maybe it's time to dip your toes into the pool of UUCP teams. Or dive in. The water's fine.

Until next time,

Lauren Anzaldo

Board President



Ministry Teams 2019-20

Adult Exploration:

Thom Botsford

Building & Grounds:

Gerry Donnelly

Caring:

Meals/Food Coordination - Penny Featherstone

Memorial Garden - Kate Wolverton

Member News column - Kate Wolverton

Children's Religious Education (CRE):

OPEN

Communications & Publicity:

communications@uupensacola.org

Website - Charlie Steed

Facebook - Audrey Preston

Denominational Affairs:

Nancy Hagman

Finance/Ways and Means:

Marylee Donnelly

Laurie Winterberg

Fun & Fellowship:

Campout – Emma Mulvaney

Circle Dinners – Linda Cobb

Coffee Hour/Potlucks – Barbara Goggins & Kaye Kemnitz

Coffee & Conversation - Rob Palme

LUUnch BUUnch - Hugh Ed Turner

MLK parade – Kate Wolverton

Membership:

Laurie Winterberg

Laura Keith King

Social Justice:

Paula Montgomery

Scott Satterwhite

Sunday Services:

Marylee Donnelly

Leadership Development Team 2019-20: 1-Year Terms

Chair: Nancy Hagman, Past President

Laurie Winterberg, Membership Team Leader

Penny Featherstone

Marcy Moreland





WAY COOL Sunday School

AUGUST

Greetings!

I want to take a moment to give a big shout-out to all the people that have and are making our summer programming a big success this year. Summer attendance has been way up this year. Thank you, teachers and parents, for making that happen.

Coming up this month on 8/25 we will have a traditional Ingathering Water Communion service for All Ages. This is a great time to be in community and share our summer wanderings and wonderings.



The 2019-20 Teaching teams:

We are still recruiting for teachers for next year and could use a couple of substitutes too. Please see Sarah or a team member if you are interested in serving our children and youth.

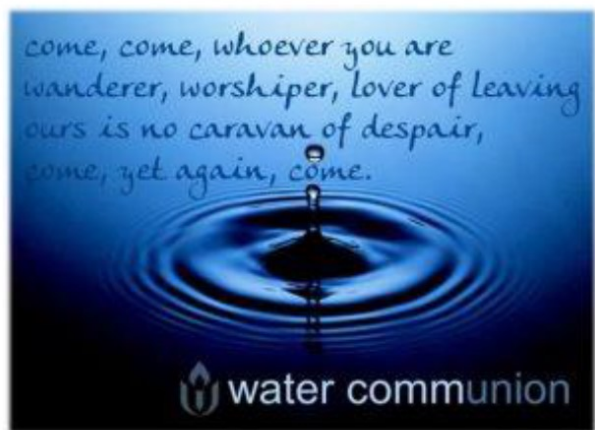
August Schedule for Children's Programming:

- 8/4: ORSS led by Pam Levitt
- 8/11: Multi-Age Activity Led by Sarah Stubbs
- 8/11: Parent Informational Meeting at 11:30
- 8/18: Children's Chapel led by Sarah Stubbs

Parent Informational Meeting set for

August 11 at 11:30

I want to encourage all interested parties, be it parents, aunts, uncles, grands or just curious folks, to join us for a very important meeting where we will discuss curriculum, Children's Chapel, attendance, special events, and simple guidelines for being in community. Meeting starts at 11:30 in the Sanctuary.



Children's Religious Education (CRE) Advisory Team

Coordinator: Sarah Stubbs (437-5979) Team Leader: Open mssarahstubbs@gmail.com

Team Members: Emma Mulvaney, Linda Cobb, Penny Featherstone, Kate Wolverton, Pam Levitt
Feel free to contact any member with comments or suggestions!

We're Going Back To School





Comprehensive Sexuality Education for 4th-6th Graders

An 8-session program offered in Pensacola in Fall 2019

The Unitarian Universalist Church of Pensacola (UUCP) will offer the Our Whole Lives (OWL) class for 4th-6th graders, Sept-Nov 2019, and is now accepting registrations.

Registration form for OWL is on reverse or attached.

SCHEDULE OF CLASS DATES & TOPICS

Sun., Sept. 8, 11:30am-12:30pm: Mandatory Parent/Student Orientation. Introduction to the course contents.

The first and last class will be a double workshop from 11:30am - 2:30pm. All other classes will be 11:30-1:00pm. Please bring a packed lunch or eat before class.

Sun., Sept. 15: Workshop # 1 and 2
Sexuality and Values; Images in Popular Culture

Sun., Sept. 22: Workshop #3
Body Image

Sun., Sept. 29: Workshop #4
Changes of Puberty

Sun., Oct. 6: Workshop #5
Gender

Sun., Oct. 13: Workshop #6
Feelings and Attractions

Sun., Oct. 20: Workshop #7
Reproduction and Staying Healthy

Sun., Oct. 27: Workshop #8
Decisions and Actions

Sun., Nov. 3: Workshop #9 and 10
Consent and Peer Pressure; Healthy Relationships & Celebration

Honest, accurate information about sexuality is life changing. Comprehensive sex education dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and potentially saves lives. OWL is a nationally recognized, secular, values-based program that emphasizes self-worth, sexual health, responsibility, and justice & inclusivity.

OWL affirms the role of parents as their children's primary sexuality educators. OWL covers topics and skills that both parents and students want but that schools are less likely to cover. National surveys show that most parents, as well as educators and students themselves, would expand sex ed courses and curriculum. OWL does just that.

OWL provides holistic, accurate, and developmentally appropriate information. OWL uses interactive workshops and lessons to engage participants. The program helps students make informed and responsible decisions about sexual health and behavior.



For more information about the Our Whole Lives (OWL) program, visit the Unitarian Universalist Association's OWL site at www.uua.org/re/owl or the Unitarian Universalist Church of Pensacola's OWL page on Facebook at www.facebook.com/OWLUCP/.

OWL Parent Interest Meeting

OWL, Our Whole Lives, is a comprehensive sexuality education program designed by the Unitarian Universalist Association along with the United Church of Christ. On **Sunday, August 25, 2019 at 11:30am**, the UUCP OWL team will host a meeting at UUCP to introduce the concepts and values of OWL to parents (UUCP members and non-members) who might be interested in enrolling their children in future classes.

OWL 4-6th Grade Program, Fall 2019

This fall, the UUCP OWL Team is hosting an 8-week course for 4-6th grade children. See the flyer above for details on the course content and dates. This course is open to UUCP members and non-members.

The Lunch Bunch

For August's second Wednesday, 14/8, at 1:00PM (1300) as usual, we will eat Italian at La Trattoria, 2256 East Olive Road/north side and about two blocks east of Davis Highway. The building will perhaps remind you of Hispanic design, and indeed, until about 6 months ago, it was a Mexican eatery, last visited perhaps 5 or so years ago. The PNJ ran a positive article (26 June) on the aspirations of the new chef/operator, Mr. Julio Xec (half Italian/Guatemalan born) so it should be a favorable experience.

From the online menu, bring lots of Lira; the Pasta starts at \$15. As usual, please advise of your intended attendance to Hugh T. at 478-2373 (auto greeting) or huturn@juno.com, by Monday, 12 August. (Laurie W. has already tried LT.)

Wednesday 10 July's event reached a record of attendance at The Enchanted Tea Room and Celtic Cauldron, 1900 Pace Blvd., a total of 19. There was only one seat unused and three folks failed to advise me they were coming. (A group's Saturday luncheon meetings I attend has had to announce that "those not making reservations will have to wait until the seating of those who reserved ahead." I doubt we will reach that level...but not never, so please let me know). So, we were a bit too many at one time for TCC, but they worked it out.

All the sandwiches were of your own (cheese/meat/veg condiment) "design" except that it was presumed that you expected it to be toasted (panini-style), which gave us all variations on "toasted cheese/whatever;" I've been thinking that my combination of sharp cheddar and pear was not enhanced by all that toasting heat. (Sitting at the last table to be served probably gave me too much time to ponder such things.) The entrée dish was preceded by a small but multi-green salad with tasty (Greek) dressing, served on a plate (saucer) just big enough for careful greens pursuit. And peach cobbler/strawberry shortcake was the final dish. All in all, an interesting LB event. And for perhaps the last time, 98% of the noise generated in the tea shop was of our own UUCP making.



The Needlers

Do you knit, crochet or sew? Would you like to join a lunch bunch and work on a personal project? This group is for you. We get together the 4th Wednesday of every month for conversation, lunch and to do hand work. We eat at a nearby restaurant and then go to a member's home where we keep our hands busy. This month we'll meet on Wednesday, August 28 at 11:30am, for lunch at Shanghai Buffet located at 1741 E Nine Mile Rd Suite 11&12, Pensacola, FL 32514 on Nine Mile Road. Please call Barbara Goggins (phone 478-2953), Penny Featherstone or Erin Renfroe for more information.

Want to Play?

Plans are underway for an adventure to Marianna Caverns. The tentative date is Friday, August 23rd. If you would like to join us, email Penny Featherstone at pfeatherstoneggaf@gmail.com or Marcy Moreland at marciamoreland@gmail.com. Please let us know your preference and RSVP by August 15th. In the future, coordination for activities will rotate amongst participating UUs.



What's UUp @ UUCP?

Inspire Love



Pensacola Area Interfaith Justice Ministry Update

The Interfaith Justice Ministry is moving steadily toward its action phase. UUCP is one of 20 participating congregations. The focus is to agree on a local social injustice and work as a large group to correct it.

The Representatives from 14 of the congregations met on July 9th at AME Zion Church. The meeting was about half black and half white. This is a mix that more nearly reflects the makeup of our community. The group (of which we are a member) is in the process of hiring a local community organizer to help train us all and keep us moving in the direction of justice. We are also planning to vote on a name for our Pensacola group at a meeting in September. I like the name Pensacola Justice Action Ministry: Pensacola JAM. In September we will be training to hold small group meetings within each congregation to find out what concerns we would like to address. The meetings will take place in October. The groups will be about 8 or 10 people and will probably meet in homes, or at church. Be thinking about social injustices that you would like to see corrected locally. Write a list and plan to meet and discuss in October. If you have questions, call Paula Montgomery at 850 438 8891.

Have an Emergency Contact?

You can enter info about your chosen Emergency Contact person (name and phone number) on Simple Church.

Just log into your account: go to the "Edit" tab, then scroll down to the area headed "Additional Information." Then just enter your contact's information in the box labeled "Emergency Contact - Name & Phone." Be sure to click the "SAVE" button before you leave the page. If you want someone to enter your information for you, just let Laurie Winterberg know at LaurieAnne1950@gmail.com or contact Terra Shute in the church office at uucp@bellsouth.net.

August 18th Second Hour: 'Digital Immortality' May Be on the Horizon

The Second Hour book review session for August continues our discussion of *The Future of Humanity* by the bestselling author Michio Kaku. Christian Williams will lead the discussion, which starts at 11:15 a.m. in the Library following the regular 10 a.m. service.

Kaku has collected a startling collection of possibilities for the near and far future, including biological and digital "immortality." He speculates that our consciousness might even survive the death of the universe! The discussion will be geared to those who haven't read the book, but might be interested in the subject. For information, contact Thom Botsford at thombotsford@gmail.com, or call (850) 384-3282.

Calling All Artists!

Our next wall change will be Sunday, August 25. Bring up to 3 pieces of art to church to drop off in the Conference Room with the two pieces of paperwork (your inventory sheet and your waiver of liability sheet) either before or after Sunday Services. Laura Keith King will be accepting artwork. You can secure copies of the necessary forms by emailing Carol Hemmye at hemmyec@yahoo.com or stopping by the office during regular business hours to pick them up. There will be extras available the day of drop off. Work you may have hanging should be picked up that day and taken home. Remember that your work must have a wire hanger, not sawtooth, as our hanging system won't accommodate sawtooth hangers. Guidelines for size, frame, and subject matter are in the conference room in the basket. Questions? Call Carol (850) 438-3736. Open to all members and friends! Kids' show coming up soon!

Celebrate Diversity

Move to Amend Statement on Islamophobia:

At a rally this week, the President's tirade against Representative Ilhan Omar was met with vicious chants of "send her back." The violence and danger has gone too far to stay silent. Move to Amend stands in solidarity with the courageous Congresswomen currently under attack by those in power, most notably the President, in a blatant display this week, and members of Congress -- including members of her own party -- more passively in recent months with harmful rhetoric and perspective.

In particular, we lift up Representative Ilhan Omar, the first freshman in the 116th Congress to cosponsor our [We the People Amendment](#), and all Muslims in the U.S. and abroad who are being targeted in this recent and sharp rise in Islamophobia and blatant racism, fueled by the Trump administration and its allies worldwide.

Move to Amend recognizes that it is not enough to simply renounce acts of white supremacy. Specifically, our coalition recognizes that the term "Islamophobia" must be explicitly defined to avoid perpetuating white supremacy and its connection with rising fascism in the US and around the globe. So what does it mean to say we renounce Islamophobia? What is Islamophobia?

Islamophobia is the direct or indirect discrimination, oppression and subjugation of Muslims or anyone who fits the Western notion of who looks "Middle Eastern." Islamophobia can take the form of the violence we saw at Christchurch, the hijab bans in France, the Trump administration's Muslim travel ban, or in the hatred we see levied against people who are not even Muslim but fit under the Western notion of Middle Eastern (Sikhs, for example, fall prey to Islamophobic attacks, despite not being Muslim, as well as Jews and Christians of Middle Eastern descent). It can even be seen in the recent attacks on synagogues, which were fueled by a belief that Jewish people are secretly trying to destroy the fabric of America by promoting immigration from Muslims and other non-whites.

Acts of Islamophobia are not just perpetuated by supremacists, or right wing extremists. Certain ophobia. For example, the intentional misrepresentation of Ilhan Omar's comments about Muslims vulnerable to a wave of blatantly that plays into the dangerous worldview the Christchurch shooter). It can also be "incompatibility" of Muslim culture with includes a presumed hatred for both their worldview by virtue of being Muslim,



overtly racist individuals, violent white kinds of rhetoric can also be acts of Islam- sentation of Ilhan Omar's comments about Muslims vulnerable to a wave of blatantly that plays into the dangerous worldview the Christchurch shooter). It can also be "incompatibility" of Muslim culture with includes a presumed hatred for both their worldview by virtue of being Muslim,

Selective solidarity is also an issue when we support Muslims when they are attacked violently while ignoring the oppression of other Muslims. For example, standing in support of the victims of Christchurch while ignoring the genocide of the Palestinian people can be argued as an act of perpetuating Islamophobia. We cannot pick and choose the "right kind" of Muslim to stand with. We should also be standing with Muslim victims of violence and genocide no matter what.

It is important to be clear that Representative Omar is being targeted not only because she is a young Black Muslim-American woman in Congress (which would be enough on its own, as anti-Blackness, misogyny and ageism are all contributing factors) who was not born in the United States. She also courageously speaks truth to power regarding the influence of foreign governments like Israel and Saudi Arabia over our political system, and our financial support of their genocidal oppression of the Palestinian and Yemeni people.



We can't advocate for democracy and not stand for human rights - which is why we are making this statement. Islamophobia is a form of white supremacy that affects all Muslims, as well as people who Western societies would profile as "Middle Eastern." It can be blatant with acts of violence, xenophobia, and hate speech such as the chanting that the President incited or passive with harmful rhetoric and perspective. ***Move to Amend actively condemns all forms of Islamophobia as we condemn all forms of white supremacy.***



#WeStandWithIlhanOmar


MOVE TO AMEND COALITION
PO BOX 188617
SACRAMENTO, CA 95818-8617
United States

(916) 318-8040 | www.MoveToAmend.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST 2019	For further information, see the Simple Church Calendar.			1	2 1st UUCP Revolving Art Show Sundays June 1— Aug 25	3 Lughnasadh 6pm UUCP Garden
4 Manna Donations Conversation Hour 9am NO CHOIR PRACTICE Sunday Service 10am Coffee Hour 11am CRE Team Mtg. 11:15am	5	6	7	8	9	10
11 Conversation Hour 9am Multi-Age Activity 10am Sunday Service 10am Coffee Hour 11am Parent Orientation for Children's Religious Education 11:30am	12	13 Lit Lover's Readers Group 10 – 11:30am See Billye C.	14 LUUNCH BUUNCH 1pm La Trattoria 	15 RSVP TODAY FOR UUCP OUTING AUG 23 SEE PG. 8	16 SUBMISSIONS FOR AUGUST LIGHT DUE TODAY 	17 League of Women Voters and Girl Scout Council 8:30am to 4:00pm UUCP
18 Conversation Hour 9am NO CHOIR PRACTICE TODAY Children's Chapel 10am Musical Sunday Service 10am Coffee Hour 11am 2nd Hour 11:15am	19	20 Lit Lover's Readers Group 2 - 3:30pm See Robert P.	21	22	23 UUCP Adventure at Marianna Caverns! See pg. 8 for more info.	24 Board Retreat 9:30 - 3:30pm
25 CHOIR PRACTICE 9am Conversation Hour 9am Ingathering Service 10am Coffee Hour 11am OWL Meeting 11:30am	26	27	28 The Needlers Group 11:30am at Shanghai Buffet See Barbara G.	29	30	31

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Return Service Requested

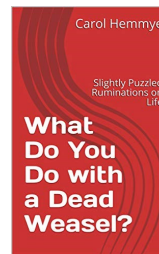
Deadline for submissions for
SEPTEMBER LIGHT:
 **FRIDAY, AUGUST 16**

Celebrate Diversity · Strive for Justice · Inspire Love

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Just released on Amazon – rated 5 stars! And the reviews are coming in for...



"Carol Hemmye is one of those writers that makes you feel like you are sitting down for a chat with a cherished old friend. Her thoughtful takes on the everyday concerns as well as unusual situations are shared with wisdom, compassion, and just the right touch of humor. Like potato chips, you can grab a quick story or two, or find yourself indulging in a satisfying binge. I heartily recommend this book."

Heather M.

"Just bought this book and started reading. How fun! She takes so many of my thoughts and feelings and writes about them in a fun and thought-provoking way. I feel better about my own insecurities after reading this."

Sharon L.

"Carol's essays are much needed in our time. Relevant, real and hopeful. She examines facets of our 'ordinary' lives and puts into language universal emotional truth. Reading her essays is like spending precious time with a dear friend."

Bud W.

Paid Ad