



# Unitarian Universalist Church of Pensacola

# The Light

VOLUME 65 ISSUE 1

January 2022

*Celebrate Diversity · Strive for Justice · Inspire Love*



9888 Pensacola Blvd  
Pensacola, FL 32534  
[uupensacola.org](http://uupensacola.org)

#### Office Hours:

We do not have regular hours at this time, but arrangements can be made as needed. Email and phone messages are checked as usual. Please check your email, Facebook and our website for updates.

#### UUCP Staff Contacts

##### **Minister**

Rev. Alice Syltje

##### **Community Minister**

Rev. Maggie Lovins

**Children's Religious Ed Coordinator**

Sarah Stubbs

##### **Office Administrator/Editor**

Terra Shute **850-475-9077**,

[uupensacola@gmail.com](mailto:uupensacola@gmail.com)

**Proofreading Editor:** Linda Cobb

#### UUCP Leadership Contacts

##### **Governing Board**

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Thom Botsford

##### **Buildings and Grounds**

Gerry Donnelly & Jay Butcher

##### **Caring**

Lesley Ortiz

##### **Communications/Publicity**

[communications@uupensacola.org](mailto:communications@uupensacola.org)

Erin Renfroe

##### **Denominational Affairs**

Trista Blouin

##### **Finance**

Marylee Donnelly

Laurie Winterberg

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Trista Blouin

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## From Our Minister

### Living With Intention



Here we are at the beginning of another New Year. Last year at this time, we looked forward to 2021, believing it had to be better than 2020. I don't know about you, but I have decided that it is important for me to focus on accepting and making the best of whatever comes my way. As our theme for January is Living with Intention, I have given some thought to what that might mean for me.

One practice I have noted among some of my colleagues is a daily listing of three things for which they are grateful. Gratitude, as a regular or spiritual practice, helps many people stay above the pit of negative thinking or depression. The benefits have been affirmed by medical and scientific research. It takes true intention and discipline, though. The benefits reach beyond oneself to family and community, making gratitude an act of compassion, as well as one of personal worth.

Being intentional about gratitude often leads to another practice which I try to embrace, mindfulness. Being mindful helps me tune in to beauty and goodness that surrounds me. Sometimes this is in the world of nature and sometimes in the people I am close to. Mindfulness calls me to recognize how I am connected to that which is within me and around me.

January calls a lot of people to make resolutions or set goals. Those are often made of our fondest wishes to do or be better. The focus then is on what we are not doing well, or where we fall short of our idealized self. Resolutions and Intentions are often considered to be the same thing. We are familiar with the adage, "The road to hell is paved with good intentions."

What if we considered the difference between self-improvement and self-knowledge? Living with intention takes examining how our thoughts and actions match our highest values. Intentional living is living with integrity: Integrating what we believe with how we respond to the world. In this time of tremendous chaos and confusion, it is not easy to stay grounded in who we truly are. Perhaps our work for this month is to make space in our lives for reflection and reconnecting with our truest self.

I invite you to let go of the desire, and pressure, of setting self-improvement goals that may evaporate by spring, to make room in your life to remember who you really are, how you are connected to the goodness and beauty of life, and what about you is a gift to yourself and others.

In Love and Hope,  
Rev. Alice

## How do we build Beloved Community?

### From Your Board: President's Column

*And now we welcome the new year. Full of things that have never been.*

-Ranier Maria Rilke

Happy New Year! There's something about the turning of a year that is deeper than just going from one month to the next. Years are measures of so many things, and the blank book of a new one fills us with hope and resilience—the promise of things that have never been.



We came rolling out of the 2022 gate. Within our walls, the Welcoming Congregation ad hoc Committee continues to work on the steps to becoming a **Welcoming Congregation**, and we can expect to hear about their progress soon. We have also been busy living our faith outside our walls. In conjunction with the Humanists of West Florida, and with Open Books, we have made two **Little Free Libraries** available to underserved neighborhoods in Pensacola. UUCP continues its **partnership with JUST Pensacola**, which is now in the research process related to the community issues of affordable housing and criminal justice.

The UUCP Social Justice Team is also leading a **blanket and coat drive** to benefit the Street Outreach program of the Children's Home Society. Please consider donating a new blanket or new, or gently worn, coat/jacket/sweatshirt. Please refer to the announcements for specific details.

The Governing Board is pleased to announce that **Laura Keith King** has been appointed to the vacant position of **President Elect**. Laura has provided leadership in many areas at UUCP, and we are grateful that she has agreed to take on additional responsibilities. Her name will appear on the ballot for election by the congregation at the Annual Congregational Meeting in May.

Please make plans to attend the **Mid-Year Congregational Meeting**, which will be held in person, and available live on Zoom, after the service on **Sunday, January 23<sup>rd</sup>**. This is an opportunity to get an update on church finances and the activities of various Ministry Teams. As Past President Lauren Anzaldo has said, an informed and engaged congregation is critical to the success of our church.

I would also take this opportunity to remind you that Governing Board meetings are scheduled on the first Wednesday of each month, from 5:30 p.m. to 7:30 p.m., via Zoom. The meetings are open; please let me know if you would like to attend, and I will send the Zoom invitation. Also, meeting Minutes are available in the office for review.

As we move forward in this new year, let us imagine those "things that have never been," and create them. Together.

Faithfully,

Arnie Ondis  
Governing Board President



# CRE \*\*\* Faith Development

Hello Friends,

January often comes with New Year’s Resolutions. Bright hopes and expectations of how we will do better this time.

But let us go easier on ourselves this year. We have lived through some really strange times that have stressed even the best of us. Let us find a way to our *intentions for this New Year* that leaves room for a change of plan. For example, “I *intend* to bring my child to CRE Sunday school each Sunday.” Rather than the resolve “I resolve to bring my children to church every Sunday this year.” It just takes one Sunday to trash that resolution. Whereas with an Intention you are forgiven and allowed to start again the next Sunday.

I look forward to seeing you all Sunday!

In Peace,

Sarah Stubbs  
CRE Coordinator

**Living with Intention**

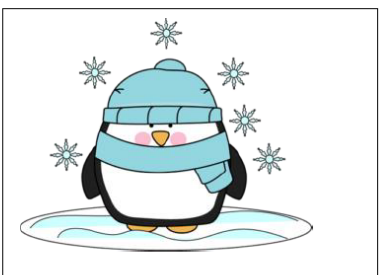
In January we will explore the ways in which our times call us to “Live with Intention.” There are five ways we will explore the skills it takes to live with intention. Here they are:

- It Takes Empathy** - The activation of our intentions.
- It Takes Passion**- The driver of intention.
- It Takes Persistence** - The fuel of intention.
- It Takes Accepting Mistakes** - The impacts of intention.
- It Takes Pausing** - The replenishment and sorting of intention.

**Intention**

*“Here’s what I discovered. Intention is different from setting goals or resolutions in that it “pulls us into” who we truly are. Goals and resolutions “push us out” into future possibilities. To set intentions, we must listen to our inner voice which tells us who we truly are.”*

*- Katie Covey, Soul Matters  
Director of RE Resources*



**Children’s Religious Education (CRE) Ministry Team**  
Coordinator: Sarah Stubbs    Team Leader: Open  
Team Members: Linda Cobb, Penny Featherstone, and Kate Wolverton.



## Sunday Services in January

### Jan 2 “Jazz Sunday Service” Thom Botsford, Jack Wolverton & Chris Saunders

Our Annual New Year jazz Sunday Service with member Thom Botsford, on saxophone, member Jack Wolverton on drums and Chris Saunders on keyboards. Welcome the New Year with great live music, always seasoned with a little enlightening commentary.



# LGBTQ

Welcoming Congregation

### Jan 9 “The Welcoming Congregation in Unitarian Universalism” Rev. Alice Sylie

Language to indicate that a congregation is welcoming and inclusive varies among denominations and different faith communities. For more than twenty years, the Welcoming Congregation Program has helped Unitarian Universalist congregations design their own unique program to engage in the deepest way possible with the question of how to intentionally welcome individuals, families, and communities of all sexual orientations and gender identities. This Sunday we will explore

the process of becoming a Welcoming Congregation within the UUA.

### Jan 16 TBD

### Jan 23 “Living with Intention: A Look at Religion and Politics” Rev. Alice Sylie

Our theme for January is Living with Intention. In this deeply divided time in our country, we often find religion at the center of controversy and division. How does Unitarian Universalism respond to the question of living with intention, while separating religion from our politics?

### Jan 30 TBD



## BARBARA MAE REIME KENYON GOGGINS

Barbara Mae Reime Kenyon Goggins of Pensacola, FL passed away just shy of the age of 91 on Tuesday, November 16, 2021.

Barbara was born in Brooklyn, New York on December 18, 1930 to Elsie Mae Reime and Nils Munthe Reime. She graduated from Oswego State with a BS in Elementary Education and from Florida State University with an MS in Elementary Education. She married William Francis Goggins in 1972.

Barbara spent her career in elementary school education as a first-grade teacher and a reading specialist. She taught in the Escambia County School System and also for the United States Military in Lakenheath, England and Kaiserslautern, Germany. It was here where she met and married her husband, Bill.

She loved teaching and her talents were recognized by being awarded numerous education awards. After retiring from teaching Barbara spent her retirement years actively participating in numerous organizations. Some of these organizations include the Unitarian Universalist Church of Pensacola, Twenty-One Investment Club, League of Women Voters, Impact 100, Alpha Delta Kappa Sorority, Pensacola Little Theatre Guild, and Beta Sigma Phi Sorority. Her church recognized her a few years ago with the Clara Barton Sisterhood Award given to women over 80 years of age who have continued to hold leadership positions in her church. Additionally, she was active at Azalea Trace serving on multiple committees, where she has been a resident for 14 years. She is well known for taking on the major project of classifying all the books and other media in the Azalea Trace library so residents could more easily find items of interest. Moreover, she was a volunteer for several agencies such as serving as a volunteer at the polls during elections and a volunteer for the Pensacola Historical Society, serving as a docent in downtown Pensacola for several years.

Besides being involved in diverse community service organizations, Barbara loved to have fun—she played Bridge and Poker weekly with her many friends and loved to attend Pensacola Little Theatre performances. Barbara also loved to travel, setting foot on every continent except Antarctica. This included, not only most of the United States but most of the countries in Europe. She also visited Russia, China, Australia, countries in South America, the Arctic, Africa, and her favorite Egypt. Barbara always said that if she would go back to any country, it would be Egypt. Hence her passion for archeological studies. Up until her death, she had some sort of activity on her calendar almost every day.

Barbara is survived by her sister Virginia Anne Reime and Geneolga Tadlock. She is preceded in death by her husband Bill and her parents. In lieu of flowers the family suggests, in the spirit of Barbara and to share in this celebration, a donation be made to an organization that is dear to your heart.

A celebration of Barbara's life was held Sunday, December 12, 2021, at 2 p.m. at the Unitarian Universalist Church of Pensacola (9888 Pensacola Boulevard, Pensacola, FL). A reception followed.

## How do we Inspire Love?

### *Caring Connection*

◆ Congratulations and many happy returns to Daniel Cobb (son of Linda Cobb) and Heather Stefanescu on their recent engagement!

◆ The new address for Monty Mountcastle is:

Summer Vista Assisted Living  
#MC21  
3450 Wimbledon Drive  
Pensacola, FL 32504

Monty and Kay would both enjoy receiving cards from their UU friends.

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Our caring for one another is deepened by spending meaningful time together, and some of our members are kindly creating new opportunities for us.

A huge thank you to Thom Botsford, Adult Education Team Lead, who has geared up our Adult Ed programs again with two sessions on Critical Race Theory in January and in late March, a presentation and discussion by photographer Chuck Lisner on his own work (see page 7).

Many thanks to Laura Keith King who is presenting a session on understanding LGBTQA+ issues in early February. And who has accepted the nomination for President-Elect for the 2022-2023!

And much appreciation to Trista Blouin who will be facilitating a Second Hour six-part study group, "Exploring a Spirituality of One's Own" with one meeting per month from January to June (see page 8).

Our heartfelt thanks also go out to Jack Comstock, who is ***planning another fundraiser for UUCP, one of his amazing Asian dinners. The one planned for Jan 15 WILL BE RESCHEDULED.***

### **Donations Needed for Homeless Youth**

***\*\*\*A youth in the CHS outreach program is expecting a baby in January and requested a changing table. If you can donate a new or gently used changing table, please contact Lauren Anzaldo or the UUCP office before Jan 9 to coordinate delivery to the youth.***

The UUCP Social Justice Team is leading a blanket and coat drive to benefit the Street Outreach program of Children's Home Society (CHS) of Florida. The program serves youth aged 14-22 by connecting them with services and resources so they can move from mere survival to hope, resiliency, and success. Please consider donating a new blanket and/or a new or gently used coat/jacket/sweatshirt in larger youth sizes or adult sizes. Socks and hygiene products also are needed.

**Items will be collected in a marked basket in the foyer of the church through Sunday, Jan 9. After church on Jan 9, items will be delivered to CHS for distribution to youth throughout the winter.**

For more information about CHS and the Street Outreach program, visit this website:

<https://chsfl.org/services/for-teens/street-outreach/>

### **Thank You**

A heartfelt thank you goes to Michael Newcomb and the families who read the weekly Advent readings and lit the candles.

Thanks go to the Vinson family, Bradley, Joe and Althea, the Anzaldo-Satterwhites, Lauren, Scott and Des, the Wood family, Laura, Caroline, Lucy and Victor, and Denise Gunn and grandson, Raylan.

At this time of the year it is special to have reminders that Advent is a time of Hope, Peace, Joy and Love. There is room in this Place for Stranger and Friend.



## **January 9th and 16th: New Adult Education Sessions Scheduled!**

Join us for two adult education sessions scheduled for January on critical race theory (CRT): After the service on Jan. 9 and 16, at 11:30 a.m. We hope to hold these meetings in person and via Zoom. The first session will define critical race theory and introduce The New York Times' "1619 Project." The second will focus on controversial "anti-racist" responses to systemic racism. For more information, call Thom Botsford.

## **Jan 15th: Delicious—and Fun Social Event: Asian Dinner and UUCP Fund Raiser**

**CANCELED AND WILL BE RESCHEDULED**

**Please Attend the Mid-Year Congregational Meeting**, held in person, and available live on Zoom, after the service on **Sunday, January 23<sup>rd</sup>**. This is an opportunity to get an update on church finances and the activities of various Ministry Teams. As Past President Lauren Anzaldo has said, an informed and engaged congregation is critical to the success of our church.

## **1st Session Jan 30th: Exploring a Spirituality of One's Own Study Group**

Each month, for 6 months, the group will be exploring and practicing how to develop a spirituality of our own design using Thomas Moore's book *A Religion of One's Own*. Facilitated by Trista Blouin. See p. 8 for more info.

## **We Need Elves to Help "Undeck Our Halls"**

Can you spare some time on **Saturday, January 8 at 9AM**? Let's welcome in the New Year by "undecking our halls!" It won't take long with several volunteers; as you know, many hands make light work. Please lend your hands, and contact Marylee Donnelly if you can help.

## **Calling all Singers!**

The UUCP Singers are back in action, and if you like to sing, you are cordially invited to join us! We are a welcoming and affirming group of all ages, so whether you are a skilled and experienced singer or a beginner, please come and share the joy of making music.

Until further notice, our rehearsals are every *Sunday morning from 8:55 to 9:45*. And for safety's sake, we are singing with masks on. If you have any questions, feel free to contact Laura Keith King by text, phone, or email.

## **An Update from Reverend Alice**

Thank you all so much for your messages of care and concern after my bizarre encounter with a tree limb in my own back yard. I knew it hurt and looked bad, but I imagined after a few stitches I would heal normally, and I was not expecting it to be a big deal. I was shocked when the urgent care doctor told me I could not go to the Christmas dance that night, nor drive to Pensacola the next day. Once the lidocaine shots wore off, and the swelling began, I understood why. He told me to go home, keep it elevated, and let him have another look in two or three days. On that appointment he referred me to a surgeon who explained that it would probably take a long time to heal. Once the stitches came out, he began a process of weekly debridement, while we wait for healthy skin to take over and heal appropriately. So, that is where I am now. Things are much better and seem to definitely be going in the right direction. I see the surgeon again in a week, and I'm looking forward to being back in Pensacola on January 9th.

**Exploring a Spirituality of One's Own Study Group**  
**Adult Education Series: January – June 2022**  
**Facilitated by Trista Blouin**

Each month, for 6 months, we will be exploring and practicing how to develop a spirituality of our own design using Thomas Moore's book *A Religion of One's Own*. This is part of my studies at seminary as I work toward my degree in Interreligious Chaplaincy, so I will be taking this journey with you. Please acquire a copy of the book as we will be using it heavily. There are several used copies available on Amazon for under \$10.

"Whether we are agnostics, atheists, seekers, or devotees of a specific religious tradition, it's possible to fill the gaps in our lives between the spiritual and the secular. Moore reveals how by paying attention to our inner guidance, seeking out mystical experiences in nature and art, and doing the service we feel called to do, we can find a sense of purpose that satisfies us spiritually, intellectually, and emotionally." -Back cover of book

The first meeting will be held after church on January 30. If possible, please come prepared to discuss the Introduction and Part 1 of the book. Please let me know one week in advance if you will need childcare, so that can be arranged.

Trista Blouin (she/her)

**Installation of First  
Little Free Library**

On Saturday, December 11, members of UUCP joined with the [Humanists of West Florida](#) and the New World Believers Community Center to install and dedicate the first of two new Little Free Libraries.

Present from UUCP were Arnie Ondis, Erin Renfroe, Lauren Anzaldo, Paula Montgomery, and Bill Caplinger.

Partnering with the Humanists of WFL on the Little Free Library was the 5th Sunday Share the Plate project in August 2020, when UUCP raised enough to build not just one, but two library boxes. Covid delayed the project, but the first one is finally up at the New World Believers Community Center at 2112 Yonge St.

The box was paid for by UUCP, built by the Humanists of West Florida, hosted by the New World Believers Community Center, and stocked by donations from Open Books, (and anyone who wants to donate). There is a particular need for books for children – Early Readers through high school. If you have books you'd like to donate, please contact Erin Renfroe.

The second Little Free Library is ready; installation date TBA.



**Notice to All Ministry Teams: Budget Requests Due Now**

The Finance Team requests that all Ministry Teams provide budget requests in January 2022. Ministry Teams will meet early in January. Please make this date your deadline to put together any requests for your line items. If you need information as to what your budget amount is for the 2021-2022 fiscal year, please contact Erin Renfroe. This is a very important item and helps to put together a comprehensive and thoughtful budget for the new fiscal year 2021-2022. Thank you.



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*Return service requested*

[uupensacola@gmail.com](mailto:uupensacola@gmail.com)  
[www.uupensacola.org](http://www.uupensacola.org)



**MOST NEEDED FOODS LIST**

Utilize this list to provide the most healthful food donations for our neighbors.  
 Help Manna by planning a Food & Funds Drive.  
 Details available at our website: <http://www.mannafood.org/give-food/host-a-food-drive/>



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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• Instant oatmeal packets, original flavor</li> <li>• Brown rice (16 oz)</li> <li>• Whole grain pasta (16 oz)</li> </ul> <p><b>Protein</b></p> <ul style="list-style-type: none"> <li>• Tuna, Salmon or Chicken, in water</li> <li>• Dry or canned beans (low sodium)</li> <li>• Natural nut butters</li> </ul> | <p><b>Fruits &amp; Vegetables</b></p> <ul style="list-style-type: none"> <li>• Canned vegetables (low-sodium)</li> <li>• Canned fruit (in juice)</li> <li>• Fruit cups</li> </ul> <p><b>Other Healthy Items</b></p> <ul style="list-style-type: none"> <li>• Shelf-stable, individual milk boxes</li> <li>• Cooking oils &amp; spices</li> <li>• Infant formula &amp; baby foods</li> </ul> |
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July 2016

The first Sunday of the month is Manna Sunday, but you can bring donations on any Sunday.

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