



Unitarian Universalist Church of Pensacola

The Light

VOLUME 60 ISSUE 10 October 2017

Celebrate Diversity · Strive for Justice · Inspire Love

The Unitarian Universalist Church of Pensacola



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The Light

Editor: Terra Shute

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Coffee & Conversation 9 a.m. / Sunday Services 10 a.m.

October 1 — “Embracing the Mystery” **Rev. Dr. Julie Kain**
Our search for knowledge, wisdom and faith is shaped by the ideas we carry about who we are, where we belong and why we are here. What relationship do you have with mystery in your journey through this life?

October 8 — “No is Not Enough” **Rev. Dr. Julie Kain**
Continuing in a series that began with “Antidote to Despair,” we will look at some painful realities at how our nation and world have arrived in its current state of crises along with hopeful action each of us can take. Sources of insight to be drawn upon will include “No is Not Enough” by Naomi Klein and “Daring Democracy” by Frances Moore Lappe (one of the UUA Common Reads). *Join Rev. Julie and members for a Newcomer Hospitality Welcome after the service.*

October 15 — “Living the 10 Principles of Burning Man” **Mark Beyerl**
The participants of Burning Man, which takes place annually in the Nevada desert, are guided by 10 Principles which help guide them in the creation and nurturing of their intentional community. We can use those 10 Principles to help guide us as we strive to improve our own communities.

October 22 — “The Wages of Sin is...Death?” **Rev. Maggie Lovins**
I have been contemplating this passage from Romans 6:23 lately as it invites us to look at a sinful life leading to painful death in the New Testament but also of a free gift available to all people of faith-salvation. We will look at the modern meaning of sin, salvation and faith and how it applies to our current political (Continued on p. 3)

October 29 — “Remembering” **Rev. Dr. Julie Kain**
Join in our annual celebration of remembrance for all of our departed loved ones and ancestors by bringing *a photo or memento to honor your beloved dead to be placed on our community table*. The Service for All Ages includes a brief ceremony in our Memorial Garden with the addition of names of congregation members we have lost this past year. The Fifth Sunday “Share the Plate” Offering will be given to HER, see page 9. *After service, Potluck Luncheon, see page 6 for more info.*



Remember Daylight Savings Time!
Don't Forget to set your clocks BACK an hour November 5.

Nov. 5 — “Time to Leap” **Rev. Dr. Julie Kain**
We will continue to explore the topic of our current national and global crises with practical ideas for building a positive future for humanity even in the midst of chaos. Third in a series of four sermons that began with “Antidote to Despair.”

Julie's Jazz Notes

How do we take care of each other and ourselves in these trying times? How do we find our way forward? In the wake of a devastating series of hurricanes, national and world events, many of us are feeling overwhelmed. While the greater Pensacola area was spared from Irma, it's still important for us to keep our emergency preparedness attitude in place.

I will be offering a series of four messages that began on September 24 with the title "Antidote to Despair." In the coming weeks I will continue to draw from insights drawn from Naomi Klein's newest book "No is Not Enough" (author of "The Shock Doctrine, The Rise of Disaster Capitalism" and from "Daring

Democracy" by Frances Moore Lappe (one of the UUA Common Reads for this year that congregations throughout our denomination will be engaging together).

While more people are showing up to raise their voices for important human rights causes currently under threat AND showing up for each other, humanity has a unique opportunity with its heightened sense of urgency to respond to climate change and global geopolitical instability. The more we learn about how we got to where we are now, the better equipped we can be for building a future that is grounded in genuine care for the earth that sustains us all, and an active care for each other, despite our very real differences.

We are getting some pretty serious wake-up calls these days. How will we choose to respond? Perhaps we can take hope and inspiration in words like these from Margaret Mead –

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has."

See you at church,

Rev. Julie



Our Caring Community

Our gratitude to **Shea Winterberger** (Coast Guard Lieutenant) and all the first responders who generously assist those in dire need following the terribly devastating Hurricanes Harvey, Irma and Maria.

It's great to have **UUCP Minister Emeritus Rev. Bob Eddy** back from his summer travels! We are grateful also to Rev. Bob's wonderful friend in the congregation **Bob Gerold** for all the ways he has helped Bob during a time of grief after the loss of his beloved Gerry Eddy in the spring.

Congratulations to member **Mary Anne Andrews** (retired naval aviator) and **Charles Hodges** on a beautiful wedding ceremony at their home that included **Mary**

Anne's daughter Evie as maid of honor and ring bearer, and Rev. Julie as the officiant. Wishing your family a bright future filled with love and happiness, Mr. And Mrs. Hodges!

Healing thoughts to **Jan Hervieux** who has another back procedure scheduled (cards are welcomed but no calls or visits, please) and to **Paul Cutchen** who recently had a procedure to address a hiatal hernia. Wishing you both a smooth recovery.

Best wishes to **Pam and Marc Levitt and their children Valerie and William** as they move to a new home locally. They also recently received a long-awaited diagnosis that we hope will improve the serious, chronic health

issues Pam has been struggling with for months. We are holding you all in lots of love!

Many thanks to **Rose Jansen** for serving as our interim church office assistant after **Honor Bell's** resignation in late May. Honor's new address is 1246 Robinson Ave, San Diego CA, 92103. We welcome **Terra Shute** as the new office assistant with hours on Tuesdays and Thursdays, 10 a.m. to 4 p.m.

SPECIAL THANKS to everyone who donated, purchased or volunteered for our UUCP Fall Yard Sale! And gratitude once again to Georgianna Bryant for being the master organizer of this major church fundraiser.



President’s Notes:

Monthly column from our Board President, Kate Wolverton

The Board is working to decide our goals for the year. Foremost are our future “Transition” plans, considering the announcement from Rev Dr. Julie Kain that she will be leaving our community as Parish minister in May of 2018.

Our Long Range Plan (2015-2020) states its vision under Ministry “to maintain a full time settled minister.” We are faced with questions of what is next for our beloved community. We need to get our ducks in a row, strengthen ourselves where we are weak, and be prepared for what is next.

When I first heard about Julie’s plan to leave, I thought we would return to Lay Led ministry like we had back in 2005 when we were starting our Search Process. Then I had an opportunity to attend a “Transitions Workshop” in New Orleans during the UU General Assembly. It was led by Keith Kron (Transitions Director of the UUA) who has researched and written a book about how to assist UU congregations through these transitions. The recommended process involves hiring an Interim Minister. The success rate of hiring a settled minister is highest with the Interim Minister being present for 2 years, while holding the Search Process in the second year.

I understand that this is not our only option, but it was comforting to feel the UUA has our back and is organized in a way to share their wealth of experience. They will be there to give us support through the transition. We will have numerous opportunities to discuss the options with the congregation over the coming months.



PLEASE NOTE: If you want to learn more about this subject, please join Penny Featherstone and me for a 2nd Hour discussion on Sunday Oct 8th at 11:15.

As I piece together the Chalice Mosaic project to celebrate our 60th anniversary, I realize each piece has its part, forming a beloved community. If you are interested in being more involved at UUCP, please contact me.

*Speak respectfully,
listen to understand,
and act compassionately,*

Kate Wolverton

Do you ever wonder what goes on at board meetings? There is a 3-ring binder in the church office with all the meeting minutes plus you're welcome to attend! We want to make sure our UU family is informed and up to date!



From Our Community Minister, Rev. Maggie Lovins

It’s fall y’all! So much good stuff starting to happen as the seasons change, the heat diminishes (note how I did not say ‘goes away!’) and we are thinking of warm

snuggly blankets with hot cocoa chasers! But we here in Pensacola have, still have, a huge homeless population with no dreams like these. I recently met a man who was doing some handyman type work and as we talked more over a few months, bonding over dogs and work around the house I can no longer do, his trust became such, that he told me about his life. About a year and a half ago he lost his place to live after helping his mom at the end of her life and now due to paperwork and the legal system has very little to his name and no place to lay his head at night. I have watched him do the work that Jesus spoke of - he reminds me of the saying of casting stones only if one is without sin, he throws no rocks, bet he won’t even pick one up! Rather than just

holding *the book*, that book that is the most numerically printed and distributed in history, he holds the words in his heart. I have made sure he knows he is welcome to take a shower whenever he is here, he was also given info on shelters and programs, most of which he doesn’t qualify for due to having a dog or his own truck, but at least he knows it’s there for him if he needs it. I wish for us all to be grateful for what we have, what we could lose in an instant and for hot cocoa, well, because it’s me writing this article and, well, it’s hot cocoa!

Namaste!

Rev. Maggie

————— ☩ —————

Oct. 22 — “ The Wages of Sin is...Death?” Rev. Maggie Lovins (Cont’d from P.1)

...and humanitarian situations. We will explore how it has changed over the millennia, in some cases how it has not changed much at all, and how we Unitarian Universalists can bolster ourselves around these topics to better understand our Judeo-Christian roots to make the world a better place through our deeds and actions.



Children's Religious Education News:
WAY Cool Sunday School in October!

CRE Goals are to engage Children, youth and teens in meaningful exploration of our Unitarian Universalist Church of Pensacola community through simple interactions with their surroundings and to develop a sense of our UU identity and a personal commitment to living our seven Unitarian Universalist Principles.

2017-18 registration

Have you filled out a registration for your child this year? Each year we ask that everyone fill out a new registration for their child. It contains important information regarding how to care for your child in the brief time they are with us and gives you an opportunity to tell us where you can share your talents with us. *Please see me or the information table for the form.*

Calling all Teens!

Let's try the teens sitting along the back row and just before the congregation sings out the children, the teens slip out to their classroom. I will help them do this. If they follow along in the Order of Service (OOS) we can make this happen. Remember the teens will only have classes the first and third Sundays each month; the remaining Sundays they will be welcome to join the adults in the service, volunteer in one of the classrooms or help me in my office.

- In the Youth Pathfinders room (7th grade -12th grade) Linda Cobb and Penny Featherstone will be facilitating a class around "Backpacker's Notebook, Exploring Unitarian Universalist Faith Community" written by Donna Disciullo and Michael Tino.

Sundays

Each Sunday with the exception of Children's Chapel Sundays the children will start with their families in the service. The Teens will meet the first and third Sundays of each month with the Teen Facilitators. The remaining Sundays of the month they will be earning volunteer hours in by working alongside our teachers or child care providers.

During this year's WAY Cool Sunday School the teachers will be ready to receive your children as follows:

- Olivia Hawkins will be leading our Wanderers (pre K - 2 grade) as they explore the Tapestries of Faith "Love Surrounds Us."
- Laurie Winterberg and Emma Mulvaney will be guiding our Adventurers' (3rd grade - 6th grade) discovery of Tapestries of Faith "Toolbox of Faith."

Bright blessings,
 Sarah Stubbs, CREC

October Schedule:

- 10/1: Classes & Youth Pathfinders meet
- 10/8: Children's Chapel & Youth Pathfinders attend service or volunteer. CRE Team Meeting
- 10/15: Classes & Youth Pathfinders meet
- 10/22: Time For All Ages/Classes & Youth Pathfinders attend service or volunteer
- 10/29: All Souls Day Service For All Ages / Potluck

Children's Religious Education (CRE) Advisory Team

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

Team Leader: **OPEN**

Team Members: Melissa Ardoin,
 Jill Cicero, Emma Mulvaney, and Pam Levitt





Welcome, New Member – Don Harrison

Don Harrison took “a leap of faith” in 2014 when he opened a private mental health counseling service in Navarre, FL. Then he made another significant move, changing his residence from Fort Walton Beach, where he had lived since 1985, to Midway, a town between Navarre and Gulf Breeze – partly to be closer to his Navarre business, he says, but also: “Being able to drive more easily to UUCP was definitely an important factor in my decision.”

Don was raised Methodist as a child, but later in life was “unchurched” until he discovered the Unitarian faith, thanks to a friend who pointed him to the Unitarian Universalist Fellowship of the Emerald Coast (UUFEC) in Valparaiso. “I quickly found like-minded and open-minded people there, and a safe place to explore my own spirituality.” He served there on the board as an at-large member, then as president in 2009 and as past president. And then: “I met Julie Kain and Maggie Lovins at a Southern UU Leadership Experience” and in May 2017 was welcomed into UUCP.

Don is an Alabama native (Demopolis), a graduate of University of Alabama in Tuscaloosa (Applied Sciences), and a master’s degree recipient (Psychology) from the University of West Florida. His father, now 98 years old, and his sister continue family residence in Demopolis. His mother and a younger brother have passed.

Don’s professional life began in the tech world.

“My first career was in Computer Systems and Software Development, beginning at Georgia Tech Research Institute, then moving to the Fort Walton Beach area to continue with Network Management and Software Systems Analysis.”

And then: “In 2005, I had a health scare which caused me to reflect on what I really wanted to do with my life. I left my first career and concentrated on completing an MA in psychology in December 2006. I have worked in various inpatient facilities in mental health (Fort Walton Beach Hospital Psychiatric Center) and addiction recovery (Twelve Oaks in Navarre).”

Time then for “that leap of faith”: He opened the Bindu Institute in October, 2014, “and we are doing very well for a practice less than three years old.

“Mental health counseling is the most rewarding endeavor of my life,” says Don – and one of the greatest challenges. “The challenges of marketing and financial management were areas I had to learn ‘on the fly.’”

In his practice, he focuses on working on the whole person: working with mood disorders, anxiety disorders, trauma and PTSD.

He is currently the president of the Board of Emerald Coast NAMI, a local chapter of the National Alliance on Mental Illness, which, he notes, is “the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.”

Don enjoys living close to Pensacola – which he says offers somewhat more to do than other parts of Northwest Florida, including “seeing shows, plays and opera at the Saenger Theatre, educational and informational events at UWF.” And he invites UUs: “If you know of something interesting to do, please tell me – especially if you want to go along with me!”

What’s ahead? “I’m looking forward to continuing to get to know UUCP members and becoming more involved over time.” - *Charlotte Crane*

From the Finance Team: A Monthly Gratitude Message

Thanks to Your Generosity

Thanks to yoUUr generosity, we have enjoyed and benefited from the support, and guidance of high quality professional ministry for over eleven years!

It couldn't be done without yoUUr support.

It is appreciated! Thank you.

ATTENTION NEW MEMBERS!!!

(or Returning)

If you HAVEN'T had a Welcome published yet, please contact Charlotte Crane or the Church Office as we'd love to feature you!

Sincerely,

YoUUr Beloved Community
uucp@bellsouth.net

MARK YOUR CALENDARS!!

Sunday, November 12 from 4 - 6 pm

An Afternoon with Bobby Van Deusen Finest Pianist in Northwest Florida

Admission Donation - \$15 suggested per person

Proceeds will benefit the church's Music Programming

Light finger-foods, coffee, tea and water available

Wine will be served for a donation

*Donations appreciated,
Finger-foods very welcome!*

For more info,
contact Laurie Winterberg or
Marylee Donnelly, Finance Team Co-Chairs



Potluck Luncheon Sunday, October 29

Enjoy food, fun and fellowship at our potluck luncheon after the service.

*Volunteers are needed for setup and cleanup –
the sign-up sheet is on table in the foyer.*

We'll provide the beverages. Please bring a covered dish according to the following:

Last name begins with A - D:

vegetable, salad, or appetizer

Last name begins with E-L: dessert or bread

Last name begins with M - Z:

main dish or casserole

*We often have guests so please be generous
with your contribution.*



Friday Night Live October 20 @ 7pm UUCP - Main Sanctuary

**“Let the Body Heal the Spirit”
Faerin Collins & Jeff Olive**



Join Faerin and Jeff as they demonstrate how movement and posture can combat depression and anxiety to instill confidence and poise. Interactive practices of victory poses and Tai Chi to be included in the session. Shy people especially welcome!



GATHERINGS

BEFORE SERVICE:

9am every Sunday we have "Coffee and Conversation"

After Service: Second Hour Adult Exploration:

OCT 8:11:30-12:30

Newcomer Hospitality Welcome

Rev. Julie and members will host an informal "Meet and Greet" to be held for all interested — new members and newcomers alike — in learning more about our congregation and Unitarian Universalism.

Ministerial Transition 101

Kate Wolverton and Penny Featherstone will share the take-home message and information they gleaned from attending a half-day workshop on ministerial transition put on by the UUA Transitions Office during GA in New Orleans this summer. Bring your questions!

OCT 15: 11:30-12:30

Why is "PRAY" a Four-Letter Word for UUs?

Chuck Wheeler will lead an engaging discussion on this topic.

OCT 22 : 11:30-12:30

Eight Spheres of Spiritual Growth

Inspired by the Eight Gates of Zen training developed at the Zen Mountain Monastery in Mount Tremper, New York, Spirit in Practice articulates eight spheres in which one can develop his/her spiritual life. You can think of the eight spheres model as a spiritual analogue of the USDA's "food pyramid." To be well balanced in nutrients, you must eat from all of the different food groups in the food pyramid, yet not every meal need include food from every group. Similarly, engagement with each of the eight spheres over time can lead to a well-balanced spiritual life.

This Second Hour is the first of, and introduction to, the Tapestry of Faith program titled "Spirit in Practice" which will be offered over this church program year. Spirit in Practice contains 10 workshops to help Unitarian Universalists develop regular disciplines, or practices, of the spirit—practices that help them connect with the sacred ground of their being, however they understand it. Whether participants follow a path they identify as Humanist, Jewish, Christian, Pagan, Theist, Atheist, Agnostic, Mystic, and/or any of the other paths we follow in our diverse congregations, the Spirit in Practice workshops offer a forum for learning, sharing, and growth that can enrich their faith journeys. *Attend one, attend them all...it's up to you!*

Take a look at the "Spirit in Practice" curriculum at...<http://www.uua.org/re/tapestry/adults/practice/introduction>

After Service: Other Offerings

OCT 1: CHOIR PRACTICE, YARD SALE SET UP

OCT 8: UU BOOK TABLE, SECOND HOUR

OCT 15: SUNDAY SWEETS, CHOIR PRACTICE, SECOND HOUR

OCT 22: 60TH ANNIVERSARY TEAM MEETING, SECOND HOUR

OCT 29: POTLUCK LUNCHEON (SEE PAGE 6 FOR MORE INFO)



UUCP

LUUnch BUUnch

Wed. October 11, 1pm

For October's 2nd Wednesday, the 11th, we'll revisit Skopelos (last, over a year ago). It's been recommended for its usual positive culinary attributes as well as also positive for vegetarians. This resurrection of the original (Scenic Highway) Skopelos (432-6565) is found at the New World Inn, 600 South Palafox, about half way from Main to the end of Palafox/de Luna Plaza, on the left/east side, with plenty of parking ... Since this is a more formal dining facility than Sept.'s OAR House, reservations would be greatly appreciated - by Skopelos' staff I'm sure, who set the tables/chairs/table ware, as well as by those of us who are expecting to find the seats we "reserved" instead of having to fit in with additional tables, chairs and utensils being moved from elsewhere in the dining room. ... As usual, Huturn@juno.com and 478-2373 by Monday PM, 9 Oct. Thank you.

Sept. 13's LB event at OAR House was well attended, by 12, necessitating the joining of round and rectangular tables - thanks to those who arrived early and picked a flexible location - and I think everyone ate something in the marine category, plus the hush-puppies. A single waitress did a good job of keeping orders straight and service pretty much "on time".

WOMEN'S SPIRITUALITY CIRCLE

*Has taken a break and will no longer meet until further notice.
Q&A—Audrey Preston*



UUCP CHURCH
FALL YARD SALE WILL BE
FRIDAY, OCTOBER 6 &
SATURDAY, OCTOBER 7, 2017
MARK YOUR CALENDARS!!

LAST MINUTE REMINDERS FOR UUCP FALL YARD SALE

1. Bring items to the church **Sunday, October 1** or arrange to bring your items Monday or Tuesday, Oct. 2 & 3 (no later please) between 9 a.m. and 4 p.m. Kitchen items, linens, toys, children's books, outdoor items, furniture, electronics, shoes, purses, hats, knick knacks, tools, jewelry, pictures, collectibles, appliances, gardening supplies, and pet items are all good sellers (no clothing). Volunteers need your items **NOW** in order to organize and price them. Thanks.
2. Bring us your **portable folding tables by Sunday, October 1**. Be sure to put your name on underside. Items sell better that are displayed on tables easy to see and examine. Tables can be picked up on Sunday, October 8. We always need more tables!
3. Contact Georgianna Bryant if you need large or heavy items picked up and brought to the church. We must do these pickups no later than Wednesday, October 4.
4. Plan to **stay after church Sunday, October 1** to help with initial set up. Help is needed to set up some long tables and to bring items from storage to the church foyer. Just thirty minutes or an hour or so would help a lot. ☺
5. Volunteer to help with set up and pricing of items on **Monday, Oct. 2, Tuesday, Oct. 3 and Wednesday, Oct. 4** beginning at **9:00 a.m.** (until about 4:00 p.m.) –any shift during these times will be appreciated. A sandwich lunch will be provided. Other food donations appreciated. We need lots of helpers just to organize items so they will sell better. No expertise required. Remember volunteer helpers find the “early bargains.” We may also work **Thursday, Oct. 5** if we don't get done on Wednesday.
6. Volunteer to help with actual sale on **Friday, Oct. 6 and Saturday, Oct. 7**. Any shift you can work between 7:30 a.m. and 1:00 p.m. would be great. Help will also be needed on Saturday from about 1:00 p.m. until 2:00 p.m. to help pack up any remaining items for donation to charity.

Any and all assistance is GREATLY APPRECIATED!!!

Georgianna Bryant, Yard Sale Coordinator 623-2539 home or 572-1734 cell or

gbryant2@mchsi.com

Don't forget to attend the Yard Sale—we guarantee the BEST PRICES IN TOWN!!

SOCIAL JUSTICE NEWS



Fifth Sunday “Share the Plate” Offering: October 29th - HER (for Women Veterans)

Our fifth Sunday collection will support a new, local non-profit foundation that is providing services to women veterans who have become homeless. HER (Honor, Empower, Rebuild) was started by retired Navy Chief Nancy Bullock, who will introduce the special offering on Oct. 29 with background on her vision to provide transitional housing and training for overcoming obstacles to female vets in need. She has converted a house with three floors in Pensacola to be used as transitional housing and plans to open in October.



***Thanks to the generosity and caring hearts of our congregation,
we sent \$819 to the UUA/UUSC Hurricane Harvey Relief Fund!***

From The Treasurer

If you're ever curious as to how the church fiscal year is going, financial statements are available on the bulletin board in the church office following the close of each month. The Treasurer, Erin Renfro, or either of the Finance Team leaders, Laurie Winterberg and Marylee Donnelly, are always happy to answer your questions.



Presented by

**LEAGUE OF WOMEN VOTERS
PENSACOLA BAY AREA**

**Tuesday, October 10, 2017
6:30pm–8:40pm**

**at AMC Bayou 15
5149 Bayou Boulevard, Pensacola, FL, 32503**

\$11.00 General Admission

Tickets are available at <https://www.tugg.com/events/equal-means-equal-gwuv>

Join us for a special screening and discussion of
"Equal Means Equal", by director Kamala Lopez.

The film is an unflinching look at how women are treated in the United States today.
There will be a five minute introduction and 25 minutes discussion after the film.



What is your passion?

Input for 5th Sunday

Offering Needed

What local organization would you like our UU congregation to help in working toward solving or ameliorating a social justice problem? At our annual meeting on May 21st we voted as a congregation to take measures to protect the democratic process. There are a number of different organizations in town which are active in addressing parts of this problem. We may choose to do direct actions on this issue in coordination with these other groups while giving our 5th Sunday Plate to an organization which is impacted by the lack of protection to our democratic process. However, you do not need to be confined to finding an organization that works on that issue directly. Do not be restricted in your nominations.

In the next church year there are 5 fifth Sundays to consider. They fall in July, October, December, April & July. There is a clipboard on the bulletin board in the North Hall where you can register your nominations. Or you can call or email the church, or call Paula Montgomery (438-8891), Scott Satterwhite (352-634-2256), or Rev. Julie (454-6333). We will consider all the nominations and get back in touch with you for further information. What non-profit is addressing an issue close to your heart? Speak up! Let our congregation honor their work.

UWomenspirit Fall 2017 Retreat

INSTITUTE OCT 11-13 • GATHERING OCT 13-15



Join us! Celebrate! Worship!

Join us this fall as we gather once again in the beautiful setting of The Mountain near Highlands, NC where for 30 years a sacred web of women has assembled to celebrate the power of the Divine Feminine. We will find the courage and strength to meet our challenges and accomplish our goals as we awaken to the gifts we find in the lengthening nights and embrace the lightning in our blood, bringing us to fruition in these times we were born for.

Delving deeply into earth-centered themes of power, we will explore the Goddess through workshops, worships, dancing, drumming, and much, much, more.

Rise Up Sisters!



FOR MORE INFO: UWOMENSPIRIT.ORG

We are living in uncharted times.

Many feel instability and chaos are challenging us, and stretching us to our limit.

Protecting all we love, we find we have strengths uniquely ours - enabling us to endure, resist, and transform.

We come to know we are sovereign to discover and choose our own paths of power.

We discover the power of the sun, moon, storms, earthquakes, volcanos, whose great forces radiate within ourselves, from the Goddess, from the Sisterhood, and from the Universe.

In elemental ways, we become these forces - rocks, flames, water, moon, sky, and stars.

Moving with the planet, we embody Her wisdom, Her energy, Her love.

And we create a world where our remarkable gifts bring healing to ourselves, rippling beyond us into the greater cosmos.

Rise Up in supportive sisterhood to birth new beginnings, plant seeds of change, and feel connected to the Divine Feminine and Spirit of all Women.

IMPORTANT DATES

Wed Aug 16: Registration Opens

Wed Sept 13: Early Bird Deadline

Wed Oct 4: Last day to register



October 2017 Calendar of Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Coffee & Conversation 9am Sunday Service 10am Choir Practice Bring Manna Donation	2 Yard Sale Setup	3 Yard Sale Setup	4 Yard Sale Setup	5 Board Mtg. 6pm	6 YARD SALE	7 YARD SALE
8  Coffee & Conversation 9am Sunday Service 10am Book Table Second Hour CRE Team Mtg.	9	10	11  LUUNCH BUUNCH 1pm (See Page 7)	12	13	14
15  Coffee & Conversation 9am Sunday Service 10am Sunday Sweets Second Hour Choir Practice	16	17	18	19	20 Fri Night Live 7pm	21
22  Coffee & Conversation 9am Sunday Service 10am Second Hour 60th Ann. Team Mtg.	23	24 NOVEMBER Light Deadline	25	26	27	28
29  Coffee & Conversation 9am Sunday Service 10am All Soul's Day SFAA 5th Sun Share the Plate Potluck 	30	31				

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The Light

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www.uupensacola.org

Return Service Requested

Deadline for submissions for
NOVEMBER LIGHT:
OCTOBER 24

Celebrate Diversity · Strive for Justice · Inspire Love

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MANNA

Manna Memo

The need is great so please give wholeheartedly!

Please keep donating generously in the beginning of every month. Thank you for your support!



SUNDAY SNACKS

Please consider donating snacks one week, for after Sunday Service fellowship time. The sign-up sheet is on the table in the foyer. Snacks will not be needed on days when Sunday Sweets are for sale or on Potluck Sundays.