

The Unitarian Universalist Church of Pensacola

The Light

Vol. 68 Issue 7 July 2025



Celebrate Diversity *Strive for Justice* *Inspire Love*

Full Embrace of Summer

From Your Board: President's Letter

Dear Beloved UUCP Community,

As we step into July, we find ourselves in the full embrace of summer. The days are longer, the sunshine stronger, and the air often filled with the scent of rain-soaked earth after an afternoon thunderstorm—our quintessential Gulf Coast summer. I hope this note finds you well and finding ways to stay cool, connected, and inspired.



This month, our Sunday services will explore powerful and timely themes that speak to both our past and our future. We will reflect on activism in today's political climate, a vital topic as we continue to engage in the work of justice and equity. In a time when the world feels especially complex, we will also focus on bouncing back from adversity—how we care for ourselves and each other in the face of life's inevitable challenges. And finally, we will take a thoughtful look back at our roots with a series on the development of the UU Church in its early years, grounding ourselves in the resilience, courage, and vision of those who came before us.

As always, our community is a place of sanctuary and strength. I encourage you to join us each Sunday, whether in person or online, as we gather to learn, share, and grow. These services are not just opportunities for reflection—they are invitations to action and connection.

Let us remember that the heat of summer also mirrors the fire of our commitment—to justice, to love, to one another. May this month bring moments of rest and renewal, and may we continue to nourish our spirits while working toward a more compassionate world.

In gratitude and community,
Crys Brockway (They/Them)
President, UU Church of Pensacola



DIRECTORY

See our website, uupensacola.org, for updates and a complete list of teams

Office Administrator

(850) 475-9077, uupensacola@gmail.com

Community Minister

Rev. Maggie Lovins

Governing Board

President: Joe Vinson

President Elect: Crys Brockway

Past President: Scott Satterwhite

Secretary: Lisa Rawson

Treasurer: Bradley Vinson

(treasurer@uupensacola.org)

Members at Large:

Denise Gunn

Claire Helton

Marybeth Ramsey

Barbara Wright

MINISTRY TEAMS

Adult Exploration: TBD

Buildings & Grounds: Ed King

Caring: Trista Blouin & Rev. Maggie Lovins
(caring@uupensacola.org)

Children's Religious Education Coordinator:
Honor M. Bell, III (cre@uupensacola.org)

Communications: Joe Vinson
(communications@uupensacola.org)

Denominational Affairs: Scott Satterwhite

Finance: Laurie Winterberg

Fun and Fellowship: Marybeth Ramsey

Leadership Development: Scott Satterwhite

Membership: Lauren Anzaldo
(membership@uupensacola.org)

Outreach: Laura Keith King

Safer Congregation: TBD
(safer@uupensacola.org)

Social Justice: Paula Montgomery & Scott Satterwhite

Sunday Services: Nancy Hagman



Even after the Nehemiah Action in the spring and before the House Meetings in the fall, the work of JUST Pensacola goes on. The research committees continue their work on the topics under study and needing followup. The Head Organizer is busy training us volunteers in how to be effective advocates and workers for justice. And she continues to work with the committees who stay in touch with the elected officials who have the power to change unjust systems. She is also engaged with clergy in Escambia County inviting increased participation to make our voices even more audible to the powers that be. She has a very full plate.

Our congregation with its commitment to Justice is actively involved in all phases of this work. We are committed financially to support it as well.

A designated amount of money is committed from our congregation to the organization as dues. Many of us are engaged as much as we can be with voluntary individual pledges. The suggestion is that we each pledge an amount that is personally meaningful. The suggested amount is \$200, but can be whatever you choose. There are a number of ways this can be paid. You can write one check once a year or make monthly or quarterly payments. Some people arrange to have the money direct deposited from their financial institution. The address for mailing checks is JUST Pensacola, 6 East Wright Street, Pensacola, FL 32591.

Consider how you can donate to creating a better, more just Pensacola.

For questions contact:

Paula Montgomery, Lauren Anzaldo or Barbara Wright

Sunday Services in July



The first Sunday of the month is always Manna Sunday! The collection basket will be in the lobby to drop off items. Most requested items from Manna Food Pantries include canned fruit in 100% juice, fruit cups (20 oz. or less), soups (low sodium), canned dinners (20 oz. or less), and canned tomatoes (16 oz. or less).

July 6, 2025

From Activist, to Congressional candidate: Why I ran for office

Presenter: Gay Valimont, former Democratic nominee FL Congressional district 1. Founder of Engage Y'all Political Action Committee.

Gay Valimont will introduce herself by telling her personal story and what led her to run for office. She will share her journey through the campaign and the next steps in her political career. In light of July 4th, she will address patriotism and why it is important to stay engaged.

Second Hour: Earth Stars

July 13, 2025

Living the Mystery

Presenter: Heather Lindsay, mother, lawyer, and the Mayor of Milton, Florida (since 2018)

Experiencing loss is challenging emotionally, mentally, physically, and spiritually. Bouncing back from adversity is one way to describe having resilience, but learning how to adapt positively in response to disruptions in life is a continuing process. Heather will share some of her reflections on how she has been developing greater resilience.

Second Hour: OutoftheBox Story Circle

July 20, 2025

Sketch History of the Unitarian Universalist Churches in the United States

Presenter: Mark Swaney (he,him), Member of the UUCP since August 2023

The presentation will cover the development of the UU's in the early American church, the controversies of the Unitarians in the 1800's and the church history through the 20th century. .

Second Hour: Earth Stars

July 27, 2025

Rewriting the Self: Finding Freedom in Bigger Stories

Presenter: Zachary Helton

Our minds work to pull us into roles: I am an employee... a parent... a partner... a voter. Each of these stories shapes our well-being. And while these roles matter, without perspective, they can seriously constrict our sense of self. This Sunday, we'll explore what it means to zoom out from narrow, daily narratives and root ourselves in the deeper, cosmic stories of connection and continuity. By learning to live in multiple stories at once, this talk will explore how we might discover a grounded, sacred spaciousness in the midst of ordinary life.

Zachary Helton (he/him) is a writer, ordained minister, and board-certified spiritual care counselor exploring spirituality beyond traditional religion. His work, engaging the intersection of progressive faith and spiritual imagination, has been featured in Braided Way, Flash Fiction Magazine, and Nurturing Faith Magazine, and was nominated for an Orison Best Spiritual Literature award in 2024. You can find his essays, stories, and weekly video reflections at zhelton.com or on social media.

August 3, 2025

How do you describe UU? (What does UU mean to and for you?)

Presenter: Dr. Pat Gleich, Doctorate in Social Sciences with an emphasis in Sociology.

How do you describe UU? (What does UU mean to and for you?) will be an interactive opportunity for the congregation to learn about the many and different ways we understand Unitarian Universalism. Building on a recent post on the UUA facebook page, "Two sentences. One big question: What is Unitarian Universalism?" we will use the same two sentence limit and share our answers with one another. We know that we as a group have



followed many different pathways leading to UUCP. Our previous experiences, especially religious cultural traditions, rituals and celebrations are often incorporated in how we approach and shape our belief systems. It will be very interesting to discover these influences as well.

Thought homework before the service is encouraged. (What does UU mean to and for you?) Sometimes an off the cuff answer to a question like ‘what does UU mean to you?’ is informative, but deeply thoughtful responses can be very illuminating. Try to give this topic some thought before the service.



Sunday Sweets

On Summer Break

The Sunday Sweets Fall Schedule for 2025 is:
Sept. 14th; Oct. 12th; Nov. 12th; and Dec. 14th.

Sunday Sweets is held on the **second Sunday** of each month.

Thank you to all the bakers who took the time and effort to make an item for this church fund raiser. Michael Newcomb

Readers' Group

The June Readers would like to recommend....

Fahrenheit 451 - *Ray Bradbury*

The Invisible Life of Addie LaRue - *V. E. Schwab*

The Art Thief - *Michael Finkle*

The Rosie Project - *Graeme Simsion*

The Measure - *Mikki Erlich*

Mink - *Brian Doyle*

Songbird - *Walter Zacharius*

London Rules - *Mick Herron*

The Readers' Group does not meet in the months of July and August. We'll resume in September.

The cleaning can wait - grab a book!

The next meeting will be in August.



The Sunday Sweets Sweet Tooth Recipes

The Sunday Sweets Bunch have been asked to provide a few recipes for you to try until we return in September.

Peach Polenta Cake

- 2 eggs
- 4 oz raw sugar
- 3 1/3 oz almond meal
- 3 1/2 oz polenta
- 2 tsps gluten-free baking powder
- 1 1/2 oz rice flour
- 2 fl oz olive oil
- 3 peaches, sliced
- 1 tbsp lemon juice
- 3 tbsps melted butter

Preheat the oven to 350° F Grease and line a 10 in cake tin

Whisk together the eggs and sugar until light and fluffy

Add the almond meal, polenta, baking powder, rice flour, and olive oil. Mix to combine

Pour into the prepared baking tin

Place the peach slices into a bowl with the lemon juice and melted butter and toss to coat.

Arrange peach slices on top of the cake batter.

Transfer to the oven and bak for 35-40 minutes until a skewer inserted in the center comes out clean

Enjoy!

-Michael Newcomb

JULY LUNCH BUNCH



Well.....maybe its that my plate is too full, and I don't mean "food plate". .Over-busy plus somethings suddenly not so routine. So lets go with Founaris' Bros. Restaurant at 6911 Pensacola Blvd.,(north of Honda, south of Toyota) ph. 850-969 9099. They have a pretty varied menu and you seldom leave hungry. And a table or two is usually easy to come by. As usual, 1300/1 PM, on Tuesday 8 July. Please let me know so we can get the right size table. ...And in the meantime, Goggle "Karen's" on Pace Blvd. and check the website for a

future visit. This was referred by one of our church ladies, and I checked in person at a time I thought they would be open, Saturday AM, but they were fully closed. Wanted to get a better understanding of the menu, since one of their reviews mentioned mullet but... not on the web-site menu.

And how about Ichiban? Went well, with a turnout of 9.5, the point 0.5 being the hard to suppress Vincent Cobb, expressive son of Heather and Daniel. Everyone expressed satisfaction with their lunch. I enjoyed a Ginger Salad, which turned out to be iceberg lettuce with a ginger dressing that certainly raised the status of the lettuce. My second dish was the Calamari appetizer, with a nice dip sauce, but not really enough quantity. The batter of the calamari seemed oil free, perhaps baked, and could have used something something to jazz it up. Interestingly, I don't recall any of the "usual" restaurant table condiments (ketchup, etc., maybe NOT a Japanese "USUAL".)

-Hugh Ed T.

Click to help Mike. Help them fight their cancer.



The new pet memorials have been installed. The mosaic for Our Beloved Companions was crafted by Kate Wolverton. This initial installation was done by Heather Viron, Michael Newcomb and Laurie Winterberg.

If you're interested in memorializing a pet, use a form to submit the information. They are located on the table just outside the library. The fee is \$50. For questions, contact Heather Viron.

NEW UUCP MEMBER MACKENZIE COOK

“Gentle Giant” Finds Her Way to NWF, Now East Hill

Statuesque Mackenzie Cook, a trans woman, uses “Gentle Giant” as her email handle, and approves of its use here. The following is her response to the UUCP questionnaire provided each new member. We encourage each new member to request the questionnaire from me as soon as possible for publication in the LIGHT. —Dolly Berthelot for the Membership Committee.

What are your pronouns?

She/her.

Where were you born and raised?

I was born in NY and adopted as an infant. I moved a lot growing up but most of my time was spent in South FL, Texas and Kentucky.

Career history:

Over the years I have worked many jobs: child caregiver, security guard,

Family:

My family consists of my sister, Christi, her mother, partner and her kids.

When did you move to the area?

I moved to Ft. Walton Beach in 2021 and then over to Pensacola. I now live in East Hill.

Special interests or hobbies – now or in the past?

I love to bake. In fact I recently baked cupcakes for my niece’s birthday party. I also like to sing, though I admit I am not very good at it! But every once in a while when I get brave, I have been known to do karaoke!

What is your religious background? When did you become interested in Unitarianism, and what is there about it that appeals to you? Were other family members associated with a Unitarian Church, specifically UUCP?

I was raised Roman Catholic but got away from catholicism as fast as I and as far as I possibly could, as quickly as I could, as soon as I possibly could. For



a long time I believed in nothing, now I believe in an eclectic mix of beliefs. Although god and Jesus Christ left my life along time ago, I believe as the native Indians believe -that all living things, not just people, have spirits and that while animals and trees and other living things may not be as advanced as humans they are capable of having feelings and I believe that we should respect every living thing.

As far as what happens to your soul when you die, I believe that Buddha had that right when he spoke of reincarnation. I believe that when your physical body dies that your soul or spirit is recycled back into another person and life starts all over again only you know absolutely nothing about the previous life or lives you have lived and you begin life brand new all over again.

Were you a member previously? No.

What do you like about our church? Changes you would like to see made? Programs you’d like to see added?

I like the fact that you accept those of us who are transgender as an equal part of the church family! A huge part of my problem with other churches and I have tried many is their intolerance and homophobic intolerance towards the LGBTQ community!

As far as changes I would like to see made: I haven’t been a member long enough yet to form an opinion on that

As far as what programs I would like to see added again I haven’t been a member long enough to form an opinion about that yet.



Sunday – August 3 and 10th

After Sunday Service

Conference Room

No set prices

- **Select what you like**
- **Take your treasures**
- **Payment methods -**
- **Treasure \$\$, Time and/or Talent**
- **All proceeds go to the Church**

To **donate items**

Contact

Marybeth Ramsey

Or

Kristi Ging

Space is limited

The Unitarian Universalist Church of Pensacola
9888 Pensacola Boulevard
Pensacola, FL 32534

TO:



LGBTQ

Welcoming Congregation

Deadline for the August
Light:
Monday, July 21

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