

The Unitarian Universalist Church of Pensacola

The Light

Vol. 68 Issue 10 October 2025



Celebrate Diversity *Strive for Justice* *Inspire Love*

... A Month of Growth and Change...

From Your Board: President's Letter

Dear Beloved UUCP Community,



As we enter the month of October, we can feel the subtle shifts all around us. The heat of summer is finally beginning to give way to cooler breezes, and the days grow shorter as the season turns. Autumn has a way of reminding us that change is natural, and that each cycle in our lives carries beauty, challenge, and opportunity.

This month at UUCP, our Sunday services will focus on the theme of growth and change—both spiritually and emotionally. Just as the trees let go of their leaves to prepare for renewal, we too are invited to release what no longer serves us, making room for fresh possibilities and deeper connections. Spiritual growth often comes not in leaps but in small, steady steps, and emotional change can be both tender and transformative. Together, we will explore how to nurture these changes in our lives and in our community.

As the air turns crisp and pumpkins and fall colors brighten our days, may we also remember that we are on this journey together. Our congregation is a place where we can support one another in times of transition, celebrate growth, and hold space for each other's evolving paths.

I encourage you to join us each Sunday as we reflect, learn, and grow together. May this October bring you clarity, peace, and joy in the unfolding of your own journey.

With warmth and gratitude,

Crys Brockway

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: Crys Brockway
 President Elect: Brett Ramsey
 Past President: Joe Vinson
 Secretary: Marybeth Ramsey
 Treasurer: Bradley Vinson
 (treasurer@uupensacola.org)

Members at Large:

Ian Briggs
 Herman "Pappy" Campbell
 Penny Fendt
 Claire Helton
 Mark Swaney

Key People & Contacts

Adult Exploration: Scott Satterwhite
Buildings & Grounds: Wayne Chardon Jr.
Caring: Crys Brockway
 (caring@uupensacola.org)
Children's Religious Education Coordinator:
 Honor M. Bell, III (cre@uupensacola.org)
Communications: Joe Vinson
 (communications@uupensacola.org)
Denominational Affairs: Joe Vinson
Finance: Laurie Winterberg
Fun and Fellowship: Marybeth Ramsey
Leadership Development: Scott Satterwhite
Membership: Lauren Anzaldo
 (membership@uupensacola.org)
Outreach: Laura Keith King
Safer Congregation: Brett Ramsey
 (safer@uupensacola.org)
Social Justice: Paula Montgomery & Scott Satterwhite
Sunday Services: Nancy Hagman

OutoftheBox

OutoftheBox Story Circle Second Hour has been canceled for October, currently isn't one scheduled for November or December. So we will take a break for the season and return in the new year! Thank you all for everyone who has participated.

~ Claire Helton



All are welcome to attend the **Celebration of Life for Mae O'Shea**

in the church sanctuary on Sunday November 9, 2025 at 12 noon. Please RSVP to her daughter Sandy O'Shea, with a call or text to cell phone number (440) 840-0639. If this is not convenient for you, please speak to Nancy Hagman and she will let Sandy know. Should you like to share a memory of Mae during the memorial service, that would be most welcome. Our family greatly appreciates the warm fellowship Mae enjoyed with you for so many years.



Oct 11 | Nov 22
 (None in December)

Sunday Services in October



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).

October 5, 2025

Service for All Ages (SFAA)

"What Are We Becoming? Faith Communities in a Time of Change"

Presenter: Zach Helton

Liberal religion is at a crossroads. Many of the forms and habits that once gave our communities life are beginning to unravel, leaving us to wonder what will remain. This talk explores what our churches are becoming in this time of change—and what they may need to become if they are to truly live into their calling. We'll reflect on how our faith can evolve into communities of resilience, honesty, and transformation, capable of meeting the deep needs of our age.

*Children stay in the
Sanctuary/Main Hall this Sunday.*

Zach Helton is an ordained minister, board-certified spiritual care counselor at Sacred Heart Hospital in Pensacola, and a writer exploring the intersection of storytelling and spirituality.

Second Hour: Earth Stars

October 12, 2025

"When the Old Story Falls Apart"

Presenter: Zach Helton

What happens when the spirituality that once held your

world together no longer fits? When the prayers stop working or the story simply can't hold the weight of life anymore? This talk explores the grief of spiritual unraveling—the loss of what once gave us meaning—and honors the courage it takes to let go. It's a place to acknowledge that, often, letting go isn't a failure of faith. It's the beginning of a new story, waiting to be told.

Zach Helton is an ordained minister, board-certified spiritual care counselor at Sacred Heart Hospital in Pensacola, and a writer exploring the intersection of storytelling and spirituality

Second Hour: Sunday Sweets

October 19, 2025

"Growing Up in Adulthood: the Journey to Emotional Maturity and Inner Peace"

*Newcomer Welcome Ceremony
included in this service.*

Presenter: Guest Speaker, Martha S Horton, PhD

Dr. Horton will offer information and hope that immature adults who are psychologically normal can heal their early emotional stoppages, achieve emotional maturity, and gain inner peace. It is possible.

She will share what her life was like when she was immature, how she discovered her immaturity and

healed herself, and what her life has been like since becoming mature. Included will be the description of the generic stages all emotionally immature adults experience on the journey to maturity and peace, from deciding immaturity is the issue, to seeking and following Inner Guidance to Peace.

Dr. Horton's latest book: "Be the Mature Adult in the Room: By Growing Up in Adulthood and Finding Inner Peace," is in prepublication.

Second Hour: Earth Stars

October 26, 2025

"Inspiration, healing and cultural meaning in natural spaces"

Guest Presenter: Mary Gutierrez, BS, MPA, CPH, environmental professional, advocate, and community leader.

Human beings share an intrinsic relationship with nature, relying on it for the essentials of life—clean air, water, food, and shelter—while also finding inspiration, healing, and cultural meaning in natural spaces. This connection is both practical and spiritual, shaping our identities, communities, and traditions. Yet, as we alter ecosystems and strain

October at UUCP

the planet's resources, the balance of this relationship is threatened. Rebuilding and honoring our connection to nature is essential not only for environmental sustainability but also for human well-being and resilience.

In 2008, Mary Gutierrez founded Earth Ethics, Inc., a nonprofit dedicated to environmental justice and education, followed by Earth Action, Inc., a 501(c)(4) advancing advocacy and policy reform.

Second Hour: TBD



Sunday Sweets

Summer break for Sunday Sweets **has ended** and will resume on **Sunday October 12th**. The rest of the 2025 schedule is as follows **Nov. 12th** and **Dec. 14th**.
Thank you. - Michael Newcomb

Readers' Group

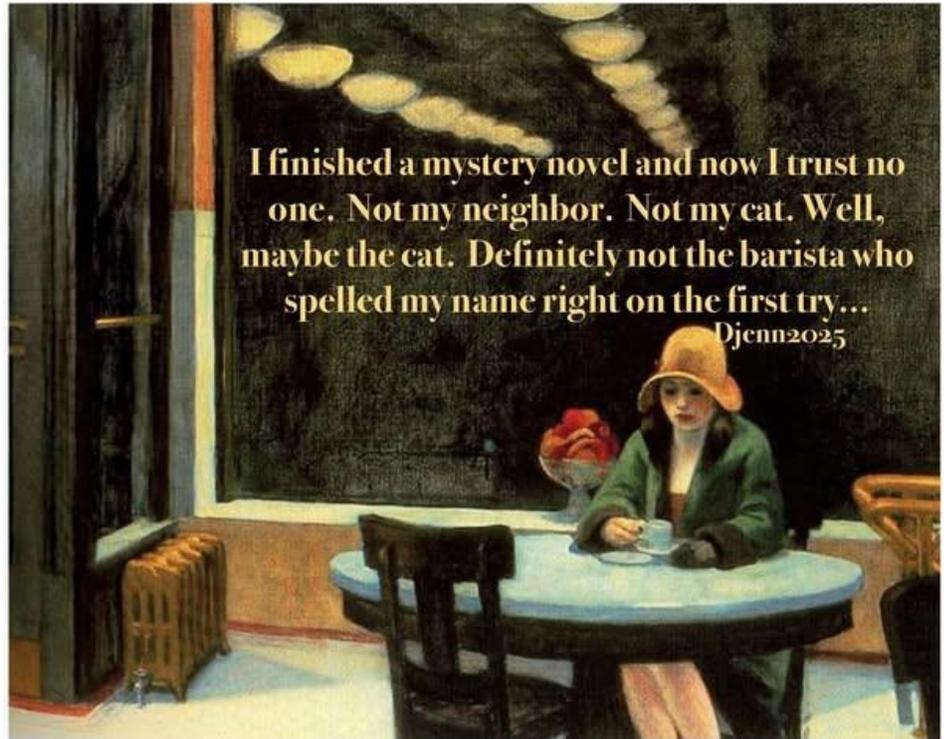
New Season begins Monday,
October 13th - 10 am

In its 7th year - The Readers' Group Fall schedule is here:

Second Monday of each month - 10 am - via ZOOM.

November 10, and December 8

NO required or suggested reading - enjoy the pleasure of the company of others who enjoy a good read!



Automat (Edward Hopper) 1927

Our oldest reader, Flo Fulwiler, has a few reading recommendations. Yes, at 103 years of age, Flo continues to enjoy a good read - nowadays it is an audio book.

You CAN TRUST the book recommendations from your fellow UUCP friends -

The Secret Diary of Hendrik Groen - 83 1/4 Years Old - Hendrick Groen

The Yiddish Policemen's Union - Michael Chabon

The Emperor of Gladness - Ocean Vuong

How the Penguins Saved Veronica - Hazel Prior

This is Happiness - Niall Williams

Horse -

Geraldine Brooks

The Briar Club -

Kate Quiunn

The Light Eaters -

Zoe Schllanger

Kills Well With Others -

Deanna Raybourn

The ZOOM link for the Monday, October 13th Readers Group will be emailed to Members and Friends a few days prior to the meeting.

Where else can you casually hear about 9 or more great books - in an hour!

See you!



OCTOBER LUNCH BUNCH



So, October's second Wednesday may be sunny and bright, but cooler. Go for the last outdoor LB of the year?? No'ooo, as a Google search of Pensacola's restaurants revealed a choice not previously noted sufficiently : Don Cha Peruvian, at 3103 East Strong (a block+ short of Scenic, the street north of Cervantez, phone 850 542 7500.) The menu was a lure for sure, some items were conventional, more not, including the ceviche dishes. (You might want to review your understanding of "ceviche cooking" to make sure it's right for your gut and food preferences, but the "non-c" dishes still fit the idea of interesting and unusual)... As currently usual, at 1 PM on the second Tuesday of October, the 14th.

Don Cha may be relatively new to Pensacola, but home "base" is Ft. Walton. We have previously eaten in the building it now occupies, probably 8-10 years ago, when I think it was Chinese fare. Anyone who remembers, please advise. The front door entry is still off the garden patio at the north of the building.

Well, how was 5 Sisters? I think "tasty" adequately describes our repast.... But noisy also needs to be part of the description. We were last to 5 Sisters about 6-8 years ago, inside, (before it became part of the 4-5 restaurant group it is now a part of) and I was impressed with the inside exposed brick walls; old and decorative yes, but hard deflectors of sound, so it was pretty noisy.

This time, Michael and Paula were standing with the "table lady" as I came in, and said how many: I said 8, and the gal said inside or outside? The choice being our lady's, and it being a nice day in the shade, the patio was comfortable, and quieter, except for the audio speaker just above our heads. With no OFF/ON switch that our questions to staff revealed. ... Maybe we got accustomed to it, a little, but it discouraged conversation.

I had the catfish, with a tasty batter coat (which inconveniently fell off the fish when cut), and sides of coleslaw and collards (choice of 10 or 12), both good. (Ask Penny about the ox tail, and Michael about the fried green tomatoes.) At least 3-4 boxes went home for laterconsumption, so I think all ate well.

-Hugh Ed T.



- **UUCP Thanksgiving!** Sunday, November 23rd, directly after service. Turkey & ham will be provided, but we're asking everyone to bring a side dish or dessert to share. Please see Marybeth Ramsey for details.
- **UUCP Holiday Gift Exchange Party!** Sunday, December 14th, directly after service. Lunch will be provided, just bring a wrapped gift to exchange at the party. The children will have their own Holiday party, so this gift exchange is adults only. Please see Marybeth Ramsey for details.

FUN AND FELLOWSHIP ANNOUCEMENTS!!!

- **Church Lunch @ Vallarta Mexican Restaurant!** Sunday, October 19th, directly after service. Join us for a yummy lunch just down the road at Vallarta. Please RSVP to Marybeth Ramsey by that Sunday, the 19th.



NEW UUCP MEMBER FELIPE MUNOZ

Brazilian Roots, US Citizen, He Nurtures Client Potential

Felipe Munoz is the latest UUCP member to fill out our standard questionnaire to help the congregation get to know newcomers better. We encourage all new members to get in touch with me to request their questionnaire. We encourage each new member to request the questionnaire from me as soon as possible for publication. As a 40+ year member myself, I'd be happy to answer any questions you might have and will appreciate the opportunity to get to know you. —Dolly Berthelot for the Membership Committee.

What are your pronouns?

He/Him.

Where were you born and raised? Education – High school, college, major, graduation?

I was born and raised in Brazil. I studied design and art direction before moving toward business and psychology. I hold an MBA in Positive Psychology, I am a certified PCC Coach with training in Solution-Focused Coaching from an Ericksonian perspective, and I am currently pursuing my Master's in Social Work.

Your Career:

I am the CEO and founder of Empathic Practice, where we integrate coaching, mindfulness, and therapeutic approaches with a holistic, people-first philosophy. My career has been a blend of art, music, design thinking, entrepreneurship, and healing practices. What I enjoy most is creating spaces where people can grow, find clarity, and align with purpose.

Adventures or valued experiences the work has provided for you – and/or is still providing?

My work has given me the opportunity to guide people through meaningful transformations, to experiment with blending ancient wisdom and modern science, and to witness healing and creativity flourish in others. It also allows me to bring my own artistic and musical background into the process.

Family:

I am married to Liz, and we've been together since 2013. My parents and siblings are in Brazil, but I remain close to them despite the distance.

Children:

We have two sons: Emil (born in 2017) and Julian (born in 2020).

Are you from the Pensacola area, or recently moved here? What made you decide to choose the Pensacola area and where did you move from?

I moved to Pensacola on Thanksgiving of 2013 from São Paulo, Brazil. My wife is from the U.S., and Pensacola offered both community and opportunities for building our life together close to her family.

What do you like about the area?

I'm not a fan of the area, but I appreciate the community I'm part of. The people I've met throughout the years is what keeps me here. Pensacola has been a supportive place to grow a family and a business.

Special interests or hobbies – now or in the past?

I play synthesizers and love creating music. I've always been drawn to art, writing, and creative



projects. Beyond that, I'm deeply interested in mindfulness, psychology, and coaching. I love board games and TTRPG, videogames and storytelling.

Life's adventures you'd like to share:

Moving from Brazil to the U.S. was one of the greatest adventures of my life. Building a business from scratch, raising two boys, and creating a space where people come for healing and growth has been both challenging and rewarding.

What is your religious background? When did you become interested in Unitarianism, and what is there about it that appeals to you?

I grew up in Brazil with a Catholic background, but my path has always leaned toward spirituality, mindfulness, and philosophy rather than strict religious doctrine. I was drawn to Unitarian Universalism because it embraces diversity of thought, inclusivity, and freedom of spiritual exploration.

Were other family members associated with a Unitarian Church, specifically UUCP?

No, this is my personal journey.

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?

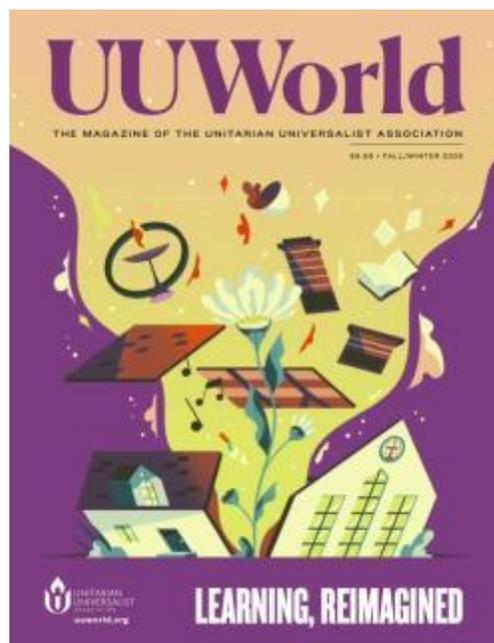
I appreciate the openness, inclusivity, and the balance between community and individual spiritual exploration. It feels aligned with my values of compassion and empathy. I would love to see continued emphasis on intergenerational programs, mindfulness practices, and opportunities for dialogue around mental health and social justice.



**You can receive emails through
UU World Wayfinder.**

Read the **UU World Newsletter** online, get featured articles, and special UUA news.

Enter your email to sign up
at the bottom of webpage @
<https://www.uuworld.org/issues/fall/winter-2025>
for Wayfinder, our free newsletter:



Aiming for Allyship: 4 Part Series



Aiming for Allyship is a 12-hour multiracial intersectional antiracism training occurring on four Tuesdays from 4:00 PM to 7:00 PM Pacific / 7:00 PM to 10:00 PM Eastern.

Continuing Education certification is available upon request to Rev. Joseph Santos-Lyons, DRUUMM Community Minister at revjoseph@druumm.org.

This virtual program will be facilitated by [Justice Movement](#) and sponsored by [DRUUMM](#). The training is **open to all** and includes opportunities for caucusing in racial groups.

You can find more information at <https://druumm.wildapricot.org/event-6316323>

Sliding scale pricing available.
Registration closes on October 28.

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

TO:



LGBTQ

Welcoming Congregation

Deadline for the November
Light:
Tuesday October 21

FAMILY
Heating & Air

Over 50 years experience in the Heating, Air Conditioning and Refrigeration industry! **24-Hour Emergency Service!** In addition, we now offer Duct Cleaning Services!

We are bonded, insured and a Bryant Factory Authorized Dealer! We service and install all major brands of air conditioning, heating and refrigeration equipment!

Call us today at **850-972-1879!** You can also visit us on the web

@www.familyheatingandac.com
Facebook @familyheatingandac
Instagram @family_heatingandair