



**The Newsletter of the
Buckman Bridge
Unitarian Universalist Church
November 2012**



Thanksgiving dinner at BBUUC has become an annual tradition! Join your church family for a Thanksgiving feast and fellowship on Thursday, November 22. Come early for setup and we will serve at 1:00 p.m. Turkey (including a vegetarian main course) will be provided by the church. All participants are invited to bring a dish to share and your own place setting. (Suggestion: Bring your “real” dishes and utensils to make a lovely table!). This meal is for all –grown ups, kids and teens alike– there will be crafts for kids, and football on tv.

Keep your eye out for the signup list on the back table (but we always welcome last minute guests). Anyone interested in helping with planning, cooking, set-up or decorations please contact Beth Christiansen (e-mail admin@bbuuc.org). Family and friends are all welcome to attend. Please sign up to R.S.V.P. or let Beth know you are planning to join us so that we can prepare the necessary amount of turkey, tables and chairs.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-LEO BUSCAGLIA

November is Caring Month

Each Sunday during the month of November, there will be a Caring Committee Volunteer Resource Form in the order of service.

Please use this form to let your BBUUC Caring Committee know what you might be able to do to help your church family in a time of need. We hope that you will also let us know what services you would like to see offered. Please drop your completed form in the red box by the door, or hand it to any member of your Caring Committee (we are the ones wearing the red ribbons). Thank you for your help.



**ELECTION DAY IS
NOVEMBER 6TH!
GO VOTE!**



Our UU fifth principle is “The right of conscience and the use of the democratic process within our congregations and in society at large”. Please exercise your democratic right to vote this November 6th. It makes the process work in our society.

MAKING CONNECTIONS

Circle Suppers

One of things we try to do at BBUUC is make connections, and then strengthen those bonds. One way we've found to do this is to hold Circle Suppers. For those of you who don't know what a Circle Supper is, it's a small dinner gathering in a home setting. There can be several dinners at different homes planned during the same weekend, or on different weekends. Host homes are found...people sign up to participate and are assigned a dinner to attend...food themes or menus are planned...everyone brings a dish to share...food and fellowship follow in an intimate setting that results in deeper connections!

There is a sign up sheet at the back table where you can put your name down to join in and begin making your own connections!



We wish congratulations to Ariel and Rob Cook on their recent marriage!

We extend our sympathy to Karen and Ken Christiansen on the death of Ken's brother Gerry Christiansen.

Our condolences to the Jarman family on the passing of Chris Jarman's mother, Bonnie Amons.

Member Pat Ray is home again after several long months in the hospital following a motorcycle accident. We're so happy for you, Pat!

Lunch Bunch

Wednesday, November 14th at 11:30am

The BBUUC Lunch Bunch meets on the second Wednesday of each month at 11:30, at Pengree's Restaurant in Orange Park (556 Kingsley Avenue) for food and fellowship. All are welcomed to join us! Please contact Frances Kennicutt or Beth Christiansen, the office administrator, at admin@bbuuc.org if you plan to join us, so that a table can be reserved at the restaurant.

Directions to Pengrees: From the exit at 295 and 17 (Park Ave) just west of the Buckman Bridge, you will turn off into 17/Park Ave) south past Wells Road and proceed towards Kingsley. Turn right onto Kingsley and get into the left hand lane as early as possible as you will turn in just three short blocks on Kingsley. Turns left at the light on Plainfield and then turn into the parking lot. You are there!

Welcoming Congregation Ministry

The Welcoming Congregation Ministry was involved in two major events in October: the River City Pride LGBT parade and the River City Pride LGBT Festival. The Ministry made contact with many with the out-reach information which has been developed. Approximately 40 people asked for directions to the church after seeing the information at the booth at the Festival! Thanks to all who were able to help. The next event the Ministry will be involved in is the feeding of 50 youth at JASMYN on Dec 7. Volunteers will be needed for this event, details to follow.

UUA Statement on Hurricane Sandy

In the aftermath of Hurricane Sandy, our thoughts and prayers are with the millions of Americans who were affected by this devastating storm. Our Unitarian Universalist congregations are committed to being places of comfort and solace in their communities during what is certain to be a long period of recovery.

In response to numerous inquiries, the Unitarian Universalist Association (UUA) field staff reports that it appears that our congregations have not sustained any major damage. Our staff is still investigating and gathering information, and we will update the UUA website as we learn more.

The UUA offices in Washington, DC, New York City, and Boston suffered no significant damage. The storm caused an interruption in email and online services in Boston, but email service has been restored and repairs are underway for the other services that are offline.



REGAINING CIVILITY in an ANGRY WORLD

Saturday, November 17, 2012

1:00 - 5:30pm

PARTICIPANT COMMENTS

“I came back from vacation early for the 2nd half of training, I couldn't miss it”

“Best training this agency ever offered”

“Marvelous communicator... humanistic & humorous”

“Have another, I'm hungry for more”

“A new, exciting way to see oneself”

“The formulas have been life changing. Explanations clear & easy to apply.”

“Wow! What power.”

Marta brings 30+ years as an informative, entertaining, dynamic Speaker, Trainer, Coach to her presentations.

She's trained & coached psychologists & social workers; business executives & staff; teachers, school staff & administrators as well as Individuals, couples, foster & other parents.

Marta made multiple expert appearances on Geraldo, Donahue & Sally Jessy Raphael television programs.

Marta has 14 years as a Trauma Recovery Therapist plus 20 years as a Life Coach in her background & is an author.

THE CHALLENGE - Anger & Rudeness in:

the workplace (customers & co-workers)
on the roadway (inside the car & outside)
in places of worship
in homes (families & neighbors) & in the world at large
is an ongoing & escalating problem.

A RESPONSE -

- Identify the core issues beneath the surface of anger & fear in ourselves & others.
- Learn strategies for de-escalating confrontations & creating effective dialogue.

GAIN - specific skills & tools to:

1. determine when true anger is present
2. decrease the prevalence of anger
3. effectively diffuse angry situations
4. secure peace in one's own mind
5. create the civility you desire

LEARN WHAT -

- to trust in a situation with an angry person
- never to say to an angry person
- control you have during an angry confrontation

SYLLABUS:

MODULE 1: Behind the Angry Mask
Definitions, Trust, Anger, Fear

MODULE 2: Peace in Your Own Mind
Personal Responsibility, Guidelines vs. Rules

MODULE 3: Effecting Environmental Change
Communication, Boundaries, Esteem

Sponsored by

Buckman Bridge Unitarian Universalist Church

8447 Manresa Avenue Jacksonville FL 32244

\$20 per person \$30 per couple

Reserve your seat - bring your payment to the church office or mail to BBUUC: P.O. Box 844, Orange Park, FL 32067 (Checks should be made out to Marta Varea Pearson)

January Retreat at Beautiful Camp Montgomery

Save the Date! Refresh and renew friendships with your BBUUC community on January 19th and 20th at our 2nd annual church retreat. Just an hour drive from our own church the beautiful Camp Montgomery provides the perfect setting for connecting with each other and with nature. Look for more information in upcoming weeks, but expect costs for the weekend to be 105-140 for adults depending on choice of lodging, youth (12-17) children (5-11) will be in the 60-80 range.

Last year the company was excellent, the food was great, the weather was superb and the workshop was highly informative. This year we are planning on keeping all the great parts and making it even better. Did I mention the wonderful bonfire on Saturday night? Registration for our 2013 retreat will open in mid November and right now there is limited housing options. Look for forthcoming registration materials and register as soon as you can so that we can make sure we have room for everyone who wants to come.

If you have questions, or would like to contribute to the planning and implementation of this year's retreat please contact Nancy Murrey artfulfun@gmail.com or Linda Mowers lkowers@bellsouth.net.

Old age is like everything else. To make a success of it, you've got to start young.
- Fred Astaire



BIRTHDAYS

11/07	Linda Mowers
11/10	Robert A. Nortstedt
11/11	Brenda Patterson
11/11	Carl Shrader
11/11	Nicholas Amaru
11/15	Grace Lindewirth
11/15	Hunter Rafuse
11/16	Debbie Atkins
11/16	Linda Crawford
11/16	Jack Ford
11/16	Marianna Marquardt
11/16	Melinda Rafuse
11/17	Pierce Toupin
11/19	Peg Christenson
11/19	Karen Roberts
11/23	Annabelle Gallois-Bernos

One is not born into the world to do everything
but to do something.

-HENRY DAVID THOREAU



Fellowship Hosts

Nov 4	Karen Nolan and Peggy Mullins
Nov 11	WE
Nov 18	NEED
Nov 25	VOLUNTEERS!
Please sign up at church!	



Greeters/Ushers

Nov 4	Ariel Cook and Dani Slader
Nov 11	Karen Nolan and Peggy Mullins
Nov 18	Anna and Simon Strickland
Nov 25	Valerie Bouffard



Greeters/Ushers

Nov 4	Melinda Kluding
Nov 11	Chris Bak
Nov 18	Stephen McCullar
Nov 25	Eileen Morrison

Beacon CON: First CONTACT

In October, BBUUC's Beacon hosted our second district CON, First CONTACT, a CON centered around Sci-Fi. More specifically, First CONTACT centered around Star Wars, Star Trek, Battlestar Galactica, Firefly, and Doctor Who, with what some district advisors think was the most thematic activities they've seen at a CON. We did movie voice-overs: playing the Return of the Jedi on mute, making our own dialogue; played Pyramid, the basketball-like game from Battlestar Galactica; and turned members of Beacon into aliens.

Unlike the mini-CON the BBUUC Beacon group hosted in August, this CON was open to all groups in the district, which would include churches such as Ft. Lauderdale, Sarasota, Tampa and Miami; however, only Orlando and Tallahassee came. We still had a good number of youth, with about 25 attendees, both old CON-goers and newcomers. We all had lots of fun, and cannot wait for the next CON, which will be held in Gainesville in January.

Mark these Dates on the Calendar!

December 14 @ 6:30pm Cookies and Carolling at Annabelle and Michael's

December 21 CUUPS Yule Ritual

More information about these events will follow in December!

*As we express our gratitude,
we must never forget that
the highest appreciation is
not to utter words, but to live
by them.*

-JOHN F. KENNEDY

A NOTE FROM BBUUC'S PRESIDENT

"The only constant in life is change." I heard that my whole life and it is the truth! As most of you are aware by now, the Marquardt family will be moving to New Mexico at the end of the month. We wish them all the best on their new adventure and they will be missed greatly. Not the least of which is that we will need to fill Paul's position as Vice President of our Board of Trustees. The Board is looking into possible replacements & we hope to have some news on this front soon.

In other news we have a new addition to our Chaplain team. Jack Ford is the newest member of our Pastoral Care Team and we are thrilled to have him! With Pat Ray returning to Chaplain duties this really helps round out our Pastoral Care Team. We are awaiting Karen Christiansen's return from Ohio as well, but are thrilled to have Liz Teal assist in the meantime.

Happy Thanksgiving from the Board!

Namaste,

Gina

Witnessing together for farmworker justice

Port Charlotte UU Church will be the venue for a farmworker justice workshop on Saturday, November 10, from 10 a.m. to 6 p.m. This is the next phase of supporting the Coalition of Immokalee Workers, an internationally acclaimed organization of Florida farmworkers.

Come together on November 10 to worship, strategize and witness with these incredible

people! This event will be held at the UU Fellowship of Charlotte County, 1532 Forrest Nelson Boulevard, Port Charlotte.

*Injustice anywhere is a threat
to justice everywhere.*

-MARTIN LUTHER KING, JR.

November 2012 Schedule of Services
Services are held Sundays at 10:30 a.m. at
8447 Manresa Avenue, Jacksonville, FL 32244
Church Phone: (904) 276-3739 • Website: www.BBUUC.org

November 4: The Worship Committee presents “A Celebration of Memory” Service

"**The Celebration of Memory Service** is a UU ritual wherein we remember our loved ones who have died. You are invited to bring a photograph or memento of your beloved (person or animal) and speak about them. Let everyone know the difference they made in your life and others. Photographs of our loved ones will be displayed on a table for the congregation to view."

Led by **Sarah Ritzmann** • Accompanied by **Gary Smart**

This service will include a Hymnbook Dedication

November 11: Reverend Jack Ford will present: "*The Beauty of All Things Broken*"

In Terry Tempest Williams' latest book she talks about mosaics. "A mosaic is a conversation between what is broken," she says. "I believe in the beauty of all things broken." I like the sentiment, the poetry of this statement. Then i came across this UU World article by Meg Barnhouse. She has a Buddha statue with one hand broken off. She is drawn to the statue because it reminds her of her own enlightenment: imperfect, cracked and chipped. "The broken Buddha says i don't have to be scared of being the way i am...."

Led by **Eileen Morrison** • Accompanied by **Gary Smart**

November 18: Reverend Elizabeth Teal will present: "*Sustainable: What Does it Mean?*"

We hear the word “sustainable” so often now. The first thing that comes to mind is often energy - we think of gasoline - or how we power our electric plants - but sustainability is much much more - and it applies to all our personal as well as our political and professional actions. What does it mean to live a sustainable life-style?

Led by: **David Dean** • Accompanied by **Paul Marquardt**

November 25: Linda Crawford will present: "*Through a Glass, Darkly: How Childhood Experiences Affect our Worldview*"

Linda will draw on her own childhood to explore how negative experiences can create a distorted “lens” through which we view the world.

Led by: **Deborah Jones** • Accompanied by **Eileen Morrison**



November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> 7pm Welcoming Congregation Mtg 7pm CUUPS Samhain Ritual at UNF	<i>2</i>	<i>3</i>
<i>4</i> 9am Member- ship 12pm Hospital- ity	<i>5</i>	<i>6</i> 7pm PR	<i>7</i> 7pm BEACON 7pm Articulating Your Faith	<i>8</i> 7pm Steering	<i>9</i>	<i>10</i>
<i>11</i> 12pm BBUUYA Lunch 12pm Caring	<i>12</i>	<i>13</i> 7pm Council Mtg	<i>14</i> 11:30am Lunch Bunch 7pm BEACON 7pm Articulating Your Faith 7pm CUUPS	<i>15</i>	<i>16</i>	<i>17</i> 1pm-5:30pm Civility in an Angry World Workshop
<i>18</i>	<i>19</i>	<i>20</i> 7pm Worship 7pm Finance	<i>21</i> 7pm BEACON 7pm Articulating Your Faith 7pm Comfort Shawls Group	<i>22</i> 1pm Thanksgiv- ing Dinner Served	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i> 7pm Board Mtg 7pm BBUUYA	<i>28</i> 7pm BEACON 7pm CUUPS	<i>29</i>	<i>30</i>	

Become part of a global phenomenon.

Over the centuries, shawls have come to symbolize shelter, peace and spiritual sustenance. Since the inception of the first Prayer Shawl Ministry in 1998, crafters of all faiths have lovingly donated their time and talents by creating knitted and crocheted shawls. What started as a grass-roots movement has quickly grown into an international cause, with countless numbers of Prayer, Peace, Comfort, Caring, & Kindness Shawls being given to grateful recipients around the globe.

Please join the newly created BBUUC Comfort Shawl Affinity Group, on **Wednesday, Nov 21st 6:30 – 8:30pm** for an evening of friendship and crafting. Don't knit or crochet? Not a problem. Someone will help you get started. Don't have yarn or needles? Not a problem. We'll have supplies to get you started. Prefer weaving or quilting? Not a problem. We would love to see what you are working on.

Finished shawls (and lap blankets?) will be given to BBUUC members, friends & family in need of comfort and solace, as well as in celebration and joy.



For more information please email Lisa Cromar at LisaSanCrom@gmail.com.

The Journey

Newsletter of
Buckman Bridge Unitarian Universalist Church
P.O. Box 844
Orange Park, FL 32067