



The Journey

The Newsletter of the
Buckman Bridge Unitarian Universalist Church
 *A Welcoming Congregation*



August 2018

August 2018 Worship Services

Regular Services are held on Sunday mornings at 10:30 a.m.

8447 Manresa Avenue, Jacksonville, FL 32244

Church Phone: (904) 276-3739 • www.BBUUC.org

Check the BBUUC Calendar for information on other programming.



August 5

Jim Wood (along with Jacksonville CUUPS) presents
"Lughnasadh—Festival of the First Harvest"

Worship Leader: Meghan Kaminski

Accompanist: Gary Smart

About our Service:

Jim Wood along with members of our own Jacksonville CUUPS (Covenant of Unitarian Universalist Pagans) will present the history, folklore and customs of this ancient Celtic Fire Festival and its relevance to today. Join them as we explore our own personal "harvests" through ritual and guided meditation.

About our Speaker:

Jim Wood is an ordained Druid of FoDLA (Fellowship of Druidism for the Latter Age) as well as a Shamanic Practitioner. He has a private Shamanic healing practice and teaches workshops, facilitates gatherings, and performs rituals in North Florida and New York's Hudson Valley. He is a member of BBUUC where he co-facilitates the Jacksonville CUUPS affinity group, serves on several committees and task forces, helps facilitate the new drumming circle, is training to serve as a lay chaplain and sings loudly (if not well) on Sunday.



Pennies from Heaven is August 5



Please save all of your coins for the first Sunday of each month and remember, bills are welcome too! Pennies from Heaven donations are given to Meals

on Wheels programs in Mandarin and Clay County and are alternated each quarter.



August 12

Chris Jarman

(Director of Religious Education)

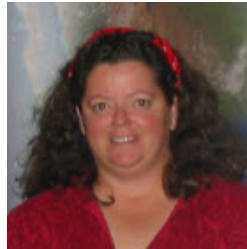
presents

Blessing of the Backpacks

and

"Three Teachings from Dr. Seuss"

(A Family Worship Service—for All Ages!)



Worship Leader: Dani Slader

Accompanist: Sydney Crisp



About our Service:

Blessing of the Backpacks:

Join us for a joy filled day to start the new school year.

Three Teachings from Dr. Seuss:

Since Theodor Geisel published his first children's book in 1937 under the pseudonym Dr. Seuss, children and adults alike have been captivated by the charming and laconic tales of whimsical characters and imaginative worlds. But Dr. Seuss stories are more than just catchy poems; they often wrestle with serious philosophical and moral dilemmas, whether it is Horton discovering the very essence of life or the Lorax teaching us about morality.



August 19

Phillip Baber presents

***"The Death of Manhood:
Beyond Masculinity"***

Worship Leader: Kris Kines

Accompanist: Eileen Morrison

Special Music: Guitar and song by Phillip Baber

About our Service:

What does it mean to be a man in the day and age of "toxic masculinity"? Phillip explores answers to this question: from redefining "manhood" to ridding ourselves of the notion of "masculinity" altogether.

About our Speaker:

Phillip Baber is a graduate of the University of Kansas with a Juris Doctor degree from William & Mary. He is a former high school educator with extensive experience in youth and music ministry. He is happily married and the father of two beautiful girls. He is currently the minister at the Unitarian Universalist Church of Jacksonville.



Remember to collect your water for our September 9th Ingathering and Water Sharing Service

Our September 9th Ingathering and Water Sharing Ceremony is an annual event. The service will include our annual water sharing ritual. In preparation for this,

we invite everyone to bring a SMALL sampling of water from a place that is special to you and bring it with you. This can be from travels near or far, from the ocean, rain puddle, backyard, or even your kitchen sink. Any place that holds special meaning for you. During the service, everyone will be invited to add your water to the collective waters.

August 26

Linda Crawford

presents

"Spiritual Growth"

Worship Leader:

Carole Hawkins

Accompanist: Gary Smart



About our Service:

Our third principle asks us to encourage each other to grow spiritually. But what is spiritual growth? To Linda, spiritual growth is mostly about becoming as open and vulnerable as we can. That means we become open to both pleasure and pain, to both the joys and the hard lessons that our experiences offer us. We gradually peel off the layers of protection that we have accumulated throughout our lives. We enter each moment afresh, without preconception. Linda will discuss the difficulties and rewards of this path to spirituality.

About our Speaker:

The daughter of an atheist and an agnostic, Linda never explored spirituality before joining this church. But through the almost 10 years of her membership, Linda has gradually awakened to the need for a more profound way of living. Linda and her husband Dale have two sons, Benjamin and Andrew. They are very grateful for this church and its fellowship.

Our Mission:
Buckman Bridge
Unitarian Universalist
Church
exists to create and
nourish a loving
community that seeks
justice and respect for all.

ACTIVITIES & EVENTS



Spirit Play—The Rainbow Connection:

The Rainbow Connection uses popular story books, as well as crafts, songs, and playtime, to discuss the values inherent in the Principles and in Unitarian Universalism. At this age, children begin to understand the concepts of justice and fairness and begin to learn about what is “right” and “wrong”, or “good” and “bad”. Story books are chosen to help illustrate the values supported by parents.

Spirit Explorers—Spiritual Makers Space

William Ellery Channing said, “The great end in religious education is not to stamp our minds upon the young, but to stir up their own.” Perhaps the best way to do that is to hand them tools now and give them the opportunity to grow knowledge and skills, becoming problem-solvers who really can change the world. They end up learning a great deal, by default. By teaching early that there are problems in the world that need our combined focus, we teach, like Forrest Church, that deeds, not creeds, are of great value. Problem solving and project planning in RE are developmentally appropriate ways for kids to encounter challenging social justice issues in a safe space. They will be better prepared later to engage in social justice work. By asking kids to help solve problems, we teach that we can “choose to bless the world,” as Rebecca Parker describes. This reflects our Universalist belief that we are all in this together, so we should figure out our shared human challenges. We know our children need RE experiences that help them “take it home” every day of the week, in all their activities. Makerspace work lets them bring skills and passion into their daily lives. We can bring our UU values and theology to life when we build capacity in our kids for imagining, doing, helping, healing. We say we are the church of the open minds,

loving hearts, and helping hands. Makerspace work in RE programs can help make that a reality.

Spirit Seekers & Youth—D'oh, God!

uses episodes of The Simpsons as the basis for in-depth discussions of a wide variety of religious topics. At each class, an entire episode is viewed, a distinct advantage when discussion is the intention. After viewing, the class engages in discussion and activities, designed to encourage deep contemplation of issues. Please allow an extra 15 minutes in your schedule, as this class will run till 11:45 most Sundays.



Religious Education Summer Social Action: School Supply Care Package Project

"Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness." —Dalai Lama XIV

Please join Children's Religious Education with our School Supply Care Package Project. In conjunction with our annual Back Pack Blessing on August 12th, this year we will be collecting school supplies and back packs for Project Reach, a nonprofit that helps homeless students in the Clay County School District. Our kids will put the donations together and they will be blessed during our service before being delivered.

Donations will be collected between July 15-Aug 5. The following supplies are needed: backpacks, loose leaf paper, crayons, composition books, colored pencils, rulers, markers, pencils, erasers, sharpeners, highlighters, pens, spiral notebooks, folders, 3-ring binders, tissues, scissors, and glue sticks.

Monthly Drumming Circle



Join us on the 3rd Friday of the month 7:00-9:00 pm for Drumming Circle. The next one will be held Friday, August 17th at 7 pm.

You don't have to be an experienced drummer to participate. Beginners are welcome. Bring your drum and your energy. Don't have a drum? We will have a small number of drums for folks to borrow. Don't feel you can drum? Listeners and dancers are encouraged to come and feel the rhythm. Connect with your spirit and your community on a deeper level.

Learn about the 10 health benefits of drumming: <https://www.drnorthrup.com/health-benefits-drumming/>

One Year to Live Class

The ONE YEAR TO LIVE CLASS will be a discussion in 12 sessions, one each month, of life's goals and purposes, establishing life's priorities, and how an individual needs to view the last 12 months, possibly, remaining in life.

The class is limited to twenty persons (ages 18 or over), to be held on the second Sunday of each month, from 12:00 - 2:00. Classes will begin on September 9, 2018 at BBUUC and continue for 11 months.

A resource for the class is "A Year to Live" by Stephen Levine. The book is sold at Amazon.com. Other resources will be recommended over the course of the year.

Some questions to be answered in 12 months:

1. What are the hard questions for any person or for a UU?
2. What has been my concept of my choices of life and my Life Faith?
3. Do I need or have a will? What Florida laws relate to final preparations?
4. How do I approach my life and faith in the final 12 months?

Leader: Don Repass, donrepass@gmail.com



EXPLORE INDIVIDUAL LIFE JOURNEYS DOUBTS THOUGHTS CURRENT BELIEFS EXPERIENCES R U SIGNED UP?

**EVENSONG 2 - BEGINS
AUG 4 - 10am-12pm @BBUUC**

We hope you will be a part of this second series of Evensong. In this Evensong series, participants will explore individual life journeys through sharing thoughts, experiences, doubts, and beliefs. We will meet on Saturdays from 10AM to Noon at the church.

Again, each week we will follow an order of service with the central event being a sharing time. We will be listening attentively and without interruption to one another. Listening is at the core of Evensong.

Here is our plan:

Aug. 4 Gathering 1, Childhood Memory and Knowing
Aug. 11 Gathering 2, Scripture and Story
Aug. 18 Gathering 3, Prayer and Spiritual Practice
Aug. 25 Gathering 4, Fear

Labor Day Weekend (no Gathering on Sept. 1)

Sept. 8 Gathering 5, Generosity
Sept. 15 Gathering 6, Hospitality and the Stranger
Sept. 22 Gathering 7, Being Alive
Sept. 29 Gathering 8, Beliefs and Actions

Evensong is a good way to explore personal beliefs and possibilities and a great way to get to know a group of people.

There is no fee for Evensong. To register, call 904 781-8129 or email karen@christiansens.com.

For our first gathering, please bring an object, memento, photograph, or drawing that reminds you of a truth you knew as a child that has served you well through life, a truth, a knowing, for which you are grateful. Try to think of a deep understanding, or truth you knew as a child, even if your childhood situation was difficult. Was there a strength that, as a child, you found in yourself?

—Thank you. Karen Christiansen,
904-781-8129, karen@christiansens.com



BEACON is a community of youth aged 12-20. We meet Wednesday evenings from 7:30-9:00 pm in the Forrest Church Room.

Critical components of our Youth Ministry include community building, spirituality, learning, social action, youth empowerment, leadership, and good youth-adult relations. To aid that goal, we currently have three advisors: Chris Jarman, Dani Slader and Mark Yount.

We welcome the youth of the congregation to come and enjoy the fun and fellowship!

For additional information, contact an advisor to talk to one of the youth.

Celebrating Sacred Places 9th Annual Florida Unitarian Universalist Women's Retreat

**April 5-7, 2019 at the
Day Spring Episcopal Conference Center
Begins Friday at 5:00pm and ends Sunday**

DaySpring Conference Center is conveniently located off I-75 just north of Sarasota on Florida's West Coast. The beautiful campus nestled under ancient oaks and located on a cove of the Manatee River offers a serene setting for our annual retreat. Take a look: <http://Dayspring.dioswfl.org>.

\$220 per person covers expenses for a semi-private room and meals. 8 women share a cozy cottage with 4 bedrooms and 4 baths, a screened porch and common area. A limited number of single rooms are available at \$292 each.

**\$5 Discounts Available for Registration
Before September 15, 2018**

A non-refundable deposit of \$15 for a semi-private room or \$25 for a private room will reserve your place. Final payment is due January 15, 2019. Come join us for an enriching and memorable weekend.

To register, contact Helen Leddy at helen.leddy@gmail.com.

COLUMNS

President's Perspective

The Covenant of Right Relations

When I worked in elementary schools, RESPECT was the most important word we used

with students: Respect Self, Respect Others, and Respect Property. That pretty much covered it all for the children. In my mind, Respect Self, Others and Property easily translates into Buckman Bridge Unitarian Universalist Church's Covenant of Right Relations. While our Covenant mainly speaks to relationships of individual to congregation, it could also be interpreted as individual to self.

Dani Slader, in her May 6, 2018 sermon at BBUUC, told the fascinating story of how BBUUC's first and current Covenant of Right Relations was developed. If you missed that service, Dani's sermon is on our website and is worth listening to. Dani ended her sermon by saying it may be time to update our Covenant, which was written in 2005. But whether or not we revisit our Covenant this year – it is currently an active and valuable document for us. Ideally we would not need to have a covenant to remind us to respect ourselves and others. But we do. It is easy to “know and say” our Principles and to “know and say” our Covenant, but it is harder to practice in our daily lives.

Why do we have a Covenant of Right Relations? Historically Unitarian Universalist congregations are covenanted in nature. Covenanted means we are a community based on our relationships and the promises we make to one another. The promises we make have to do with how we relate – thus – relationships are important. A covenant focuses on the relationship



and how to attend to relationships. A covenant helps members understand how to function with others in the community.

A covenant is not the same as a creed. A creed based community is based on beliefs. So the members believe the creed that is put before them.

A covenant is not the same as a contract. In a contract there are consequences that focus on guilt or innocence.

Having a written Covenant helps us to remember the way we want to conduct our relationships. Reviewing a Covenant frequently also helps us to remember. I am asking the BBUUC Board, Council, and Committees to each develop their own Covenant this year and to review it prior to each meeting. I think that will help us practice Right Relations during our meetings and use Right Relations in our daily lives.

Here is our current Covenant. Take a careful look at it. Then think about your relationships with others. Does remembering our Covenant help you improve your relationships at BBUUC and on a daily basis? Do you think we need to update our Covenant? Let me know your thoughts.

In order to foster a healthy community with an open and safe environment, we the members of the Buckman Bridge Unitarian Universalist Church do hereby covenant to:

- Practice gentleness and kindness with one another,
- Speak respectfully and honestly,
- Know that we will sometimes disagree, so do so in the spirit of equity; do as much as possible to reach a mutually acceptable solution,
- Practice fair treatment and respect differences,
- Address issues and behaviors rather than people and personalities,
- Speak personally and privately with one another about concerns or disagreements, avoiding gossip and indirect communication through another person,
- Acknowledge the spirituality of the community, maintaining a sacred focus,
- In the midst of conflict, keep perspective – take a breath,
- Seek denominational or professional help for resolutions when needed, and
- Trust and use this covenant.

Grace Repass
BBUUC Board President
president@bbuuc.org

Treasurer's Corner

Our overall financial position for the fiscal year ending June 30, 2018 was strong. Revenues were higher than the previous year; expenses were lower than the previous year and well within the approved budget; investments grew. Lower expenses were largely due to not having a Director of Religious Education (DRE) for most of the year. Looking ahead to this fiscal year, we have a tighter budget due to hiring our ¾ time DRE.

The year-end transfer to the Congregational Growth and Development Reserve (CG&D) was \$34,904, in addition to the budgeted \$10,000 that was transferred throughout the fiscal year ending June 30. We now have \$62,127 in the CG&D Reserve.

The complete Treasurer's report and accompanying financial statements for the fiscal year July 1, 2017 - June 30, 2018 are posted in the Member section of our website. Please contact me if you have questions or would like to discuss.

— Pam Richards, BUUC Treasurer,
treasurer@bbuuc.org



DRE Column

“Covenant is a promise I keep to myself, about the kind of person I want to be, the kind of life I mean to have, together with other people, and with all other living things.”

—Victoria Safford, from the article *Bound in Covenant* from UU World magazine, summer 2013

At the beginning of every new church year we make covenants in our religious education classes. Here's the thing about covenants: they are going to be broken. The beauty of covenant is the process by which we live into them, failing and trying again and again to come back to our better selves. We use covenant instead of rules in RE classes very intentionally. Rules are hierarchical; adults typically tell kids what the rules are. Rules are also inherently punitive; break the rules and you will get into trouble.

Covenant is about community. In covenant, everyone shapes the agreement. In reaching something which works for us all, we learn to compromise. It's a living document made by the community, for the community. When covenant is broken, we invite one another back in. This invitation is at the heart of covenant and grounded in our Universalist theology; we believe in second chances. This doesn't mean people get away with awful behavior. The covenant serves those who commit to its purpose. This is all we ask of our children and youth, all we ask of you: commit to the purpose of covenant.

“Come, come, whoever you are. Wanderer, Worshiper, lover of leaving. It doesn't matter. Ours is not a caravan of despair. Come, even if you have broken your vows a thousand times. Come, yet again, come, come.” —Jalaluddin Rumi

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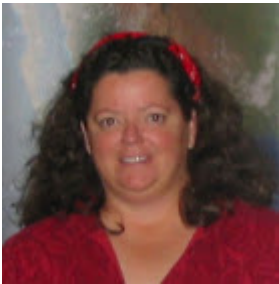


Blessing OF THE Backpacks

We invite all students, teachers & educators to bring their backpacks to our service on August 12th, literal or figurative, as we fill them with well wishes for the start of this new school year.

The above poem by Rumi has been adapted and included in our hymnal. The song, as we sing it, leaves out my favorite lines: “even if you have broken your vows a thousand times, come, yet again, come”. Covenants break. They take work. When we look at the covenant of marriage, or the covenant represented in some religious traditions between the individual and God, we know they are serious business. We also know without upkeep—love, attention, and care— they break.

So as we enter into another year, take good care of each other my friends. Love each other, pay attention, care for the well being of one another along this shared journey. Be prepared to call others, and be called, back into covenant. Know we will have some broken vows, but with love we can come back. Come, yet again, come.



Love & Peace,
Chris Jarman
Director of Lifespan
Religious Education
dre@bbuuc.org

Bringing it home

Creating a Family Covenant

Family covenants have a lot of potential. Used with younger children, the covenant serves as a deeper lesson about compromise and demonstrates our religious values lived in the home. Used with teens, the covenant helps shift power dynamics through the co-creation of agreements. Family covenants guide us to intentionality around our expectations of one another and our living arrangements. We go beyond the surface of being annoyed when our sibling borrows our clothes without asking and get to the root of our needs; in this case privacy, respect, or consent. The covenant also helps parents and children/youth better understand what each of us is facing in our daily life when we go out to work or school. These things affect us and they show up in the needs or desires we have for our household covenant.

Create a covenant together.

Start by asking each person to consider the question, “what do I need to do in order to be my better self in

relationship with my family?” Then, ask “What do I need from other family members in order to feel at ease, safe, and respected at home?” Other questions to consider: “How should we behave with one another when we are upset?”, “How can we remind each other gently when the covenant is broken? What words might we use to invite one another back into right relationship?” Remember to post the covenant where it can be seen. It’s a living document, you can always add to it or revise it later. It’s a good idea to revisit the covenant a couple of times a year routinely. The covenant isn’t magic, like rules it will likely be broken. However, the covenant teaches us about the shared commitment and responsibility of relationship, enriching our connection with one another.

- A covenant is an aspiration to go deeper in relation to ourselves, to our best intention, and to each other.
- A covenant is a living, breathing aspiration, made new every day.

Chalice Lighting

Love is the doctrine of this family, and service is its law. This is our great covenant, to dwell together in peace, to seek the truth in love, and to help one another.

Family Grace

God, make me a channel of thy peace, that
where there is hatred, I may sow love;
where there is wrong, the spirit of forgiveness;
where there is discord, harmony;
where there is error, truth;
where there is doubt, faith;
where there is despair, hope;
where there are shadows, light;
where there is sadness, joy.

—St. Francis of Assisi

Promises Meditation

A great practice for an individual or a whole family.
As a family practice, share with one another about the promises you’ve made and how it would change you to be unable to keep them. Close your eyes, become comfortable in your space. Breathe in, breathe out... I want you to think of the promises you have made in your lives. The ones that are the most important to you. Perhaps it is the promise you made to be in relationship with someone. Perhaps it is the promise you made to care for someone when they

were born. Perhaps it is the promise you made to join and care for the other members of your community, this church. Maybe a promise you made to a friend. Perhaps it is a promise you made to the wider world. Think of those promises you have made, that if you were not to keep them, would drastically change who you are as a person. Breathe in, breathe out.

Resources:

Rev. David Pyle, "Covenant as Spiritual Practice"
Starr Austen, UUFH DRE
Victoria Safford- UU World Magazine contributor

2018-2019 Religious Education Registration & Parent Orientation

After the service on August 12th, grab a cup of coffee and a snack and join your Director of Religious Education in the front of the Sanctuary for our 2018-2019 RE Orientation and Registration Meeting. We will share what we are doing in the coming RE year and the 2018-2019 RE registration forms will be available. Registration is required for every infant, child, and youth participating in religious education programming at BBUUC. Please register even if your infant does not yet go to the nursery or you are unsure how regularly you will attend. We ask you to fill out a registration form each year to help us keep current on medical information, allergies, and important milestones in your child's life.

"RE"-Visioning Meeting Thursday August 9th 7:00-9:00 pm



What is our vision for Adult Religious Education at BBUUC? What possibilities can we dream up? All interested folks are invited to join the Director of Religious Education on Thursday, August 9th, 7:00-9:00 pm to dream together and cast a vision that will guide the planning of adult religious education programs going forward.



Are you interested in volunteering in Religious Education?

Volunteering is a great way to learn more about Unitarian Universalism, connect across the generations, and help create a safe learning community for our children and youth. All volunteers working with children and youth must have been part of BBUUC for at least 6 months, be able to pass a background check, and be approved and trained by the DRE. Many volunteers are needed to make our programs happen!

Volunteers serve under the ongoing supervision and support of the DRE. For more information or to volunteer, contact: Chris Jarman, Director of Religious Education, dre@bbuuc.org or (904)-568-1522.



Green Team Update

We're very excited to announce that the Green Team has been recognized as a subcommittee of the Social Action Committee! Soon we will be doing an energy audit and a congregational assessment to determine just how green we already are. We meet every 2nd Sunday from 9-10 am. Come and join us. We'd love your ideas and participation!



ICARE Report - August 2018

by Ken Christiansen

ICARE is working to increase funding for the Jacksonville Reentry Center (JREC) which helps persons released from prison make a positive adjustment to life in civil society.



JREC's FY 2018 budget is about \$700,000. Under pressure from ICARE, Sheriff Williams has increased the proposed budget for FY 2019 to just under \$1,000,000. The ICARE Crime and Policing Research Committee (which includes two BBUUC members) feels strongly that a budget of \$1,500,000 would enable 1) significantly more outreach to inmates before release from prison; and 2) the provision of housing, job training, psychological adjustment help, and other services to 300-400 additional persons not currently served. (Each year about 30,000 people return to Duval County after release from prison.)

There is still time to change the outcome for FY 2019. The hearing for the JSO budget which includes JREC will happen August 16. You are welcome to attend.

A person who thoroughly understands the politics of the Jacksonville City Council has advised us that sending letters of support for the JREC budget to the chairs of the Finance Committee could make a difference. The chairs are Greg Anderson and Joyce Morgan. The letters should be sent via email as the press watches the council's email accounts. While it always helps to use your own words, the email content should be similar to the paragraph below. Please send your email by August 10.

The addresses are: JoyceMorgan@coj.net and GAnderson@coj.net. Our goal is to send as many of these letters as possible by August 16th's budget hearing for JSO. Let me know at icare@bbuuc.org when you have sent it.

"I am a member of Buckman Bridge Unitarian Universalist Church living in City Council District _____. I am writing you to advocate for more funding of the Jacksonville Reentry Center. I support JREC because people coming back from prison deserve a chance to rebuild their lives. When returning citizens get access to housing, jobs and mental health counseling they are less likely to reoffend. The crime rate in Jacksonville

is one of the most important issues to our city and we spend over \$400 million on JSO's budget to prevent crime yet our murder rates continue to rise. The Jacksonville Reentry Center is the best way to turn our crime problem around, yet it is woefully underfunded. We are counting on you to fund programs that get results and 80% of JREC clients never reoffend. The Sheriff is asking City Council for \$997,000 for JREC and we ask that you allocate \$1.5 million for the program. A budget is a moral document. It outlines our values. We urge the finance committee to value fixing our crime problem by increasing funds for JREC."

Other council members on the finance committee are Lori N. Boyer (LBoyer@coj.net), Reginald Gaffney (rgaffney@coj.net), Bill Gulliford (Gulliford@coj.net), Jim Love (JimLove@coj.net) and Sam Newby (snewby@coj.net). If any of these members are in your district, or you know them, you are welcome to add them to the email you send, but the priority is to get a lot of emails to the chairs.



COURAGE AND COMPASSION FOR LIFE AS IT IS

Braver/Wiser is a weekly message of courage and compassion for life as it is. Every Wednesday, you'll receive an original written reflection and brief prayer, grounded in Unitarian Universalism, straight to your email. Sign-up at <https://www.uua.org/braverwiser/subscribe>



LIVE ON

THE VUU

Thursdays @ 11 am ET

The VUU is a live Unitarian Universalist talk show. It features activists and community organizers, multi-faith leaders, UU insiders and other guests. We cover current events, social justice issues, religion, spirituality, faith, Unitarian Universalism, and whatever else seems interesting. Each episode is entertaining and newsworthy! It's a can't miss, especially if you travel in UU circles.

Join us on Facebook LIVE Thursdays at 11 am Eastern to ask questions and chat with other viewers. Check our calendar for the schedule and links.

MEMBER NEWS



We welcome new Member, Cindi Jorgensen!

Cynthia (Cindi) Jorgensen grew up in the Baltimore area and lived in Vero Beach for the last 40 years. She became a UU seven years ago after visiting the Fellowship in Vero Beach and being exposed to a thriving community that taught and followed the principles. She became an active member, working in the Fair Trade Corner and acting as chairperson for the Ministries Council.

She and Pete, her husband of 43 years, recently moved to Avondale, where they are busily turning a 1926 bungalow into their forever home. Her daughter, son-in-law, two grandsons, and BFF from Vero also live here.

Cindi enjoyed the many opportunities being a nurse gave her. She was nationally certified in Critical Care nursing and was a nurse manager for a Pediatric Unit. For the last 20 years she and her BFF developed and taught the very successful medical careers program in Vero Beach. She was a National Board Certified teacher in career-tech and active in many school and community committees.

She also has a degree in history and is an unapologetic history nerd. She wanders as much as money and time allow. Her travels have taken her to most countries in Europe, quite a few in southeast Asia, and to Tanzania where she spent 2 summers volunteering in schools and hospitals.

She is passionate about the environment, univer-

sal healthcare, DACA, equal rights, the Beatles, and Led Zeppelin. She is convinced that being part of a liberal community is essential to leaving a positive footprint on the earth and is already very active in the membership committee.

Great to have you with us, Cindi!



We welcome new Member, Jennifer Milam!

New member Jennifer Milam, was born and raised in Jacksonville, received her Bachelor's in Sociology and Women's Studies from the University of Florida and worked for several years at Hubbard House, and then at Child Protective Services. Every day of her career, she loved helping people – AND proving those wrong who had said that her Liberal Arts degree wouldn't be useful.

Unfortunately, two chronic illnesses, Endometriosis and Graves' Disease, pulled her out of the workforce during the late 2000s. Happily though, after taking her health and recovery into her own hands, she is no longer in significant pain and is steadily regaining her strength. This turnaround was possible thanks to pioneering folks like those of the Endometriosis Association, Our Stolen Future, and the Environmental Working Group. She found that it really works to go Organic with her diet and home, get the mercury fillings out of the mouth, and identify / avoid all her allergens. It takes the right bloodwork and most doctors and labs don't do it all, or all that well.

She still wears rose-tinted "Migraineur" glasses

to tolerate light and it will be a while until her cardiovascular system and spine recover. Yet the upward progress has begun and she is prescription-free, which is key since Graves' causes allergies to medications.

Jennifer has two easy going cats that help her take life slowly while she convalesces. In addition to these expert lounging coaches, she lives with her parents who generously took her in after she stopped working. Although she used to be a kitchen-klutz, jogger, and outdoor enthusiast; she now enjoys cooking allergen-free organic food, walking, and reading (mainly classic and sci-fi novels or investigative journalism).

After hearing "the Unitarians" getting lampooned on A Prairie Home Companion about a decade ago, curiosity led Jennifer to a Google search and she was spiritually hooked. Fast forward to this past year, and Jennifer is now strong enough to brave the Sunday morning sun and become active in the BBUUC Congregation. We are so glad to have you with us, Jennifer!

**YOU
CANNOT DO
A KINDNESS
TOO SOON,
FOR YOU
NEVER
KNOW HOW
SOON IT WILL
BE TOO
LATE.**

**-RALPH WALDO
EMERSON**

Introduce Yourself!

If you are a recent member and we have not run an introduction article about you for the Journey yet, please feel free to contact publishing@bbuuc.org. We're interested in how you found BBUUC, what you like here, and what you would like other members of the BBUUC community to know about you.

We can help you write the article or you can write a 400 word or less article about yourself. We would also like a photo so that people know who you are and can introduce themselves to you during Fellowship Time after the service.

Happy Birthday!

08/02Rev. Pat Ray
08/02Zoe Atkinson
08/07Cindi Jorgensen
08/08Janice Knapik
08/09Victor Siebert
08/10Elizabeth Garcia
08/10Michael Bernos
08/11.....Brad Goodrich
08/19Barry Heath
08/20Lee Albright
08/21Hanna LoTempio
08/24Gabriella Siebert
08/25Judah Ritzmann
08/26Abby Crisp
08/26Ava Lopez



Wedding Anniversaries

08/05Bunce, James & Anunnaki Marquez
08/07Maskell, Cliff & Joani
08/17Smart, Marilyn & Gary
08/28Hilliard, David & Viqui



Help us keep our records up-to-date!

If you see birthday, anniversary, or membership anniversary that needs to be corrected or added to our list, please send it to membership@bbuuc.org.



Join us for a friendly discussion of the issues of the day. All are welcome!

Every Sunday @ 9:30am

JACKSONVILLE
COVENANT
OF
UNITARIAN
UNIVERSALIST
PAGANS



<https://www.facebook.com/JacksonvilleFICuups/>

Aug. 1st & Aug.15th @ 7pm



PRAYER SHAWL GROUP

<http://www.bbuuc.org/connection/affinity-groups/prayer-shawl-affinity-group-2/>

FIRST FRIDAY @ 12pm



Lunch Bunch @ Pengree's

RSVP: Call or Text
John Sheffield
at 904.728.3565

SECOND WEDNESDAY @ 11:30am

unitarianuniversalist
CHRISTIAN FELLOWSHIP

freely following jesus



<http://www.bbuuc.org/connection/affinity-groups/bbuucf/>

Monthly on the 4th Sunday @ 9am



First Coast Freethought Society

<http://firstcoastfreethoughtsociety.org/cms/>

**THIRD MONDAY OF EACH MONTH
6:30 - 8:30pm (doors open at 6pm)**

BBUUC's Full Calendar can be
found on line at:

<http://www.bbuuc.org/activities>



Childcare is available for many church activities, but must be requested in advance when you sign up for an activity. Please contact the activity sponsor listed in the announcement for more information.



Lunch Bunch @ GiGi's

inside the Ramada Inn
(in Mandarin)
RSVP to Ron Nowack
ronow@yahoo.com

LAST FRIDAY @ 12pm

Joys and Concerns

Mark Yount is now a Pop Pop! **Molly Huth** was born to **Emily** - Mark's daughter - and **John**, weighing in at 5 lb 15 oz.

And grandmother **Debby Jones** is so thrilled for the arrival of her daughter **Charlotte's** baby girl, **Evie Indigo**.



amazonsmile
You Shop. Amazon Gives.



Are You Shopping on Amazon?

This a great way to support BBUUC with no cost or effort!

Revenue we have received from Amazon purchases made through our BBUUC link:

- \$176 for purchases made in September, received in November
- \$100 for purchases made in October, received in December
- \$131 for purchases made in November, received in January, 2018
- \$300 for purchases made in December, received in February
- \$93 from purchases made in January, received in March
- \$112 from purchases made in February, received in April
- \$93 from purchases made in March, received in May
- \$142 from purchases made in April, received in June
- \$156 from purchases made in May, to be received in July
- \$179 from purchases made in June, to be received in August

Remember to use the BBUUC link to Amazon every time you make a purchase, and ask your family and friends to do the same – you don't need to be a Member of our church to contribute.

Just use this link (also found at the bottom of our webpage www.bbuuc.org)

<http://amzn.to/1LcEwFZ>

No special login or code is needed. How easy is that!

Church Directory

If you would like online and quick/easy access to the BBUUC directory on your computer, tablet, or smart phone (always up to date and with photos), contact membership@bbuuc.org or see Pam Richards or Peg Christenson for login instructions.



If you would like the PDF directory and separate Picture directory emailed to you so you can access the file on your computer, tablet, or smart phone without an internet connection (or so you can print a hard copy), contact admin@bbuuc.org or see Stacy Asimos in the church office.

If you don't use a computer and need a hard copy, see Stacy Asimos in the church office.



Buckman Bridge Unitarian Universalist Church

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The Journey is the official newsletter of the Buckman Bridge Unitarian Universalist Church. It is distributed monthly by electronic means to members and friends of the BBUUC community.

If you would like to subscribe, please send an email to publishing@bbuuc.org.

Physical printouts of the Journey are also available at the Membership Table in the Sanctuary.

(If a pledging member of the community does not have home Internet or computer access, a mailed printout can be requested from admin@bbuuc.org, or by contacting the church administrator at 904-276-3739.)

If you have comments or suggestions about the format or content of the Journey, please contact the editorial team at publishing@bbuuc.org.

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