



The Journey

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



February 2019

February 2019 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.

February 3

Jennifer Stokes

"Love is the Thing"

Worship Leader:

Meghan Kaminski

Accompanist: Gary Smart

Special Music:

Michael Bernos



About our Service:

Join Jennifer as she presents a happy dissertation about LOVE. She'll explore some philosophy, history, and even some interesting trivia on the topic that's on everyone's mind in February. Come hear about love - what is it, why is it, and how we can still change the world with it.

About our Speaker:

Jennifer Stokes has been a member of BBUUC for almost 20 years. She has served as Vice President, Worship Committee Chair, and Building Task Force Chair; she has been an RE teacher and occasional musician for services. Her favorite thing to do is be a Worship Leader, and truly delights in creating meaningful and enjoyable services for some of her favorite people - the BBUUC congregation!

Jennifer has a Bachelor of Science in Construction Management; holds a Florida General Contractors

License, and is a certified Project Management Professional. She works for JEA as a construction manager. Jennifer is an active member of Toastmasters, having achieved her Advanced Leader Bronze and Competent Communicator awards. She serves as the Vice President of Education of her club, and recently completed a six-month assignment as a technical trainer for Toastmasters International. In what spare time she has, Jennifer enjoys home renovation projects, sewing, tending her chickens and spoiling her two grandsons.

About our Musician:

Musician and BBUUC Member **Michael Bernos** is a singer/songwriter whose songs appear on Spotify and Pandora. Mike will sing and play the piano for his original song, "Isn't It Love?" He is currently the guitarist and vocal contributor for the Americana band, Ample Angst. He has produced several EPs including his most recent, Thunder and Rain.



Pennies from Heaven is February 3



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.

February 10
Reverend
Elizabeth Teal

"Unity in Diversity"

Worship Leader:
David Austin
Accompanist:
Gary Smart
Guest Musician:
Thomas Milovac, Bassist



About our Service:

Why the world needs our individual unique gifts, now more than ever.

About our Speaker:

Reverend Elizabeth Teal is the executive director of Giving Paws. She is also the Spiritual Director for The Ministry of Animals, and a monk in the world. Past credits include: Training Director and Consultant for Pattes Tendue (headquartered in Geneva Switzerland), coordinator of the ASPCA's Visiting Pet Program; the AACR team training and coordination of the NYC 9-11 response; sitting on Delta Society's first Pet Partners National Committee; and handling the first installed Canine Guardian ad Litem in the state of Florida. Rev. Teal thought she was going to grow up to be an ethologist focusing on interspecies relationships, but along the way became a monk, an artist, a storyteller, and an interfaith minister instead. She has taken the vows of the Community of the Mystic Heart. She is a third-generation Unitarian Universalist. Reverend Teal believes in the inherent worth and dignity of everyone, knowing that the Light of Love shines into every heart through many windows. She is committed to equity, justice, and compassion in all our relationships and blogs daily at MinistryofAnimals.org.



About our Guest Musician:

Thomas Milovac is a bassist, composer, and arranger residing in Jacksonville, FL. His music encompasses elements of jazz, classical stylings, and the avant-garde over various projects ranging from mu-

sic for solo bass to large ensemble pieces. He has worked with artists such as Vincent Gardner, Chad Lefkowitz-Brown, Sean Hamilton, Jim Ivy, and others. He is currently pursuing a bachelors degree in Jazz Studies at the University of North Florida.

February 17
Linda Crawford and
Marilyn Smart

"The Book that Transformed the Western World"

Worship Leader: Jennifer Stokes
Accompanist: Gary Smart



About our Service:

The rediscovery of one amazing book helped to usher in the modern age. That ancient book, "On the Nature of Things", introduced revolutionary ideas about science, human dignity, and free will. Marilyn and Linda will relate how the book was discovered, how its ideas impacted its society, and how it continues to influence us today.

About our Speakers:

Linda Crawford has always been fascinated by the medieval world, and by the transition from the Middle Ages to the Renaissance. She holds a Master's degree and a PhD candidacy in Medieval and Northern Renaissance art history.

Marilyn Smart most recently sang two of Samuel Barber's "Hermit Songs" with texts from the 11-13th centuries for BBUUC. Contemplating the Middle Ages from the musical perspective only heightened her interest in this fascinating book. Marilyn holds degrees from Indiana University and Yale. She has taught at Kobe College and Osaka University (Japan), and the University of Wyoming. Marilyn currently teaches music at the University of North Florida.



February 24
Michael
Bernos

***"The Child is
Father of the
Man"***

Worship Leader:
Jay Gardner
Accompanist:
Marilyn Smart



About our Service:

A musical reflection on overcoming fears and becoming a father.

About our Speaker:

Mike Bernos has recently retired from a career in corporate communications and public relations. In addition to being a well-known musician in our congregation, he has worked in an array of industries and in the political arena, authoring speeches and industry commentary, and scripting and producing corporate video. Mike is an award-winning writer who has contributed to Gannett News Service, USA TODAY, Christian Science Monitor, and ABC News. He served Reynolds, Smith & Hill (RS&H) as Director of Public Relations. Prior to working with RS&H, he served as a senior communications official with TNT North America and on the advisory committee for TNT's corporate partnership with the United Nations World Food Program. Mike holds a BS in Psychology from Spring Hill College and worked in a Master's program in Psychology at Tulane University. He is married to Annabelle Gallois-Bernos and they have a son, Joachin.

Our Mission:

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

ACTIVITIES & EVENTS



When: Saturday, February 2nd starting at 4:00 p.m.
Where: BBUUC—inside or outside based on weather
What: Potluck with a twist . . . early enough so the
whole family can attend
Activities for the youth
Great food (your cooking!)
Great company (you!)
Who: Family and friends
Why: Why not?

There is no cost involved in this event other than your delicious food contribution.

Please RSVP to secretary@bbuuc.org .

LEARN ABOUT US

Thinking about joining BBUUC? Consider attending our next learn about us classes that will introduce you to Unitarian Universalism: our principals, our history, your spiritual journey, and the workings of our own BBUUC.

The sessions will be on February 3rd and the 17th from 12-2:15. Lunch will be provided.

The format is informal and lighthearted, but you will leave with a thorough understanding of how being a UU can fulfill your spiritual needs, and how your participation can enhance the mission of our liberal faith.

Please RSVP to membership@bbuuc.org. If you are still ambivalent about actually joining, why not come to the first session and see how you feel?

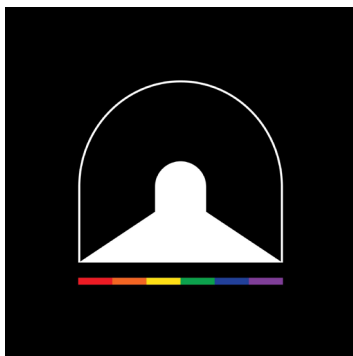
Please check out this 2 minute video. It is a wonderful little clip that explains our faith: <https://www.uua.org/beliefs/who-we-are/video/use-video>

Hope to see you at the sessions.

Cindi Jorgensen
Membership Chair

Super Bowl Watch Party & Fundraiser

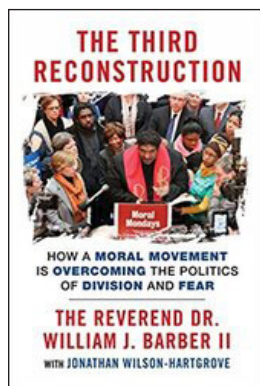
BBUUC's Rainbow Ministry (LGBTQIA+) is having a fundraiser for Rainbow Railroad, an organization that helps LGBTQIA+ people, who are persecuted badly in other countries, find their way to better living situations. (<https://www.rainbowrailroad.com/>)



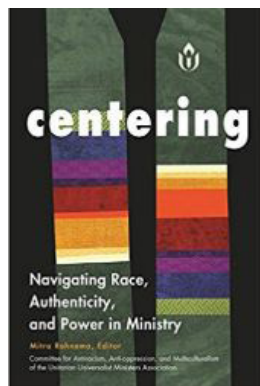
When: Feb 3rd (Super Bowl Sunday) at 4 pm
 Cost: Suggested donation of \$10
 What: Event includes presentation of Rainbow Railroad, big game on 65" flat screen, raffle tickets, football pool, and other games
 Food: hot wings, red beans and rice, hot dogs and more (feel free to bring your own dish)
 Where: Pinecrest subdivision - Normandy Blvd across from Herlong Airport.
 Note: Adults only.

Please RSVP to ezjax3@gmail.com

BBUUC Adult RE Book Club



February



March

New month, new book: *The Third Reconstruction: How a Moral Movement is Overcoming the Politics of Division And Fear*, by the Reverend Dr. William J. Barber II with Jonathan Wilson-Hartgrove.

Discussion on Feb. 6 and on Feb. 20

Dr. Barber has been described as more like Dr. Martin Luther King Jr. than anybody else in our world

today. He became widely known for his leadership of the Moral Mondays Movement in North Carolina and continues his work today in the national Repairers Of The Breach Movement. UUA Presidents including both Peter Morales and Susan Frederick-Gray have marched with Dr. Barber in nationally significant efforts to change discriminatory laws and practices. His efforts touch the heart of our justice efforts.

The book speaks through Dr. Barber's voice. It describes his personal struggles that include twelve years of not being able to walk that started after he had become a pastor. The personal religious commitments and experiences that helped make him who he was are fully described. But the major focus is on the people, their communities, the changes needed, and how some of the significant changes were accomplished through morally motivated action.

During our discussion of the book we will view videoclips from Dr. Barber's presentation at the UUA General Assembly in 2016. **We will focus primarily on the book at our first session Feb. 6 and include discussion of what Dr. Barber is doing today in our Feb. 20 session.**

New Book Club members are welcome at either the afternoon session (1-3 PM) or the evening session (7-9 PM) on both Feb. 6 and on Feb. 20, at BBUUC.

Book source information for this and following months:

February: (UUA Common Read for 2016-17): *The Third Reconstruction: How a Moral Movement is Overcoming the Politics of Division and Fear*, by The Reverend Doctor William J. Barber II. Available at: <http://a.co/d/9A5vtrx>.

March: (UUA Common Read for 2017-18): *Centering: Navigating Race, Authenticity and Power in Ministry*, edited by Mitra Rahnema. Available at: <http://a.co/d/jkaQbCG>.

April: *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis*, by J.D. Vance. Available at: <http://a.co/d/aFvPSyo>.

May: (UUA Common Read for 2017-18): *Daring Democracy: Igniting Power, Meaning and Connection for the America We Want*, by Frances Moore Lappe' and Adam Eichen. Available at: <http://a.co/d/dH5XLnB>.



CHURCH WORKDAY

Help Needed

A Winter Facilities Clean-Up Day has been scheduled for Saturday, February 9th from 8:00 am until 12:00 pm.

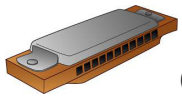
Lunch will be provided as well as beer! The primary focus will be on final clean-up of the new lot.

In addition, the following items will be concentrated on:

- Cleaning of exterior walls (wasp nests)
- Clean up and weed removal around stormwater pond

RE also needs your help! We need to clean-up our outside playset. We will sand where needed, repaint, and generally check all machinal elements for safety. Many hands make for light work and a safe play environment for our kids. Please come join in the fun, have lunch and build on our interconnected web of community.

MUSIC! SONGS! STORIES!



**FREE
BBUUC
Coffeehouse**

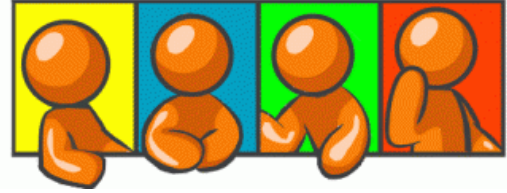


**Bring friends & family—
snacks & drinks to share.**

**February 10 — SUNDAY
from 5:00 to 7:30 pm HERE!
Children Welcome!**



Town Hall Meeting



*The U.S. government might not have a
State of the Union Address this year.*

*Fortunately, BBUUC's government is
up and running, and it will!*

Weigh in on church planning at BBUUC's State of the Church Town Hall

**Sponsored by the BBUUC Board, Finance
Committee, & Leadership Development Team**

When: Sunday, Feb. 10, immediately following
Worship service

Where: BBUUC Sanctuary

Learn what has happened in our church this year and let us know what direction you'd like to see us take going into the future. Also, get a heads-up on how possible new initiatives (minister?) stack up within our church budget.

Things you'll hear about:

- Religious Education's expansion
- Our developing Worship and Pastoral Care programs
- A task force that's working on a strategic plan for BBUUC
- Research identifying different types of ministers and what roles each could play in BBUUC's growth.

Opportunities we'll ask you about:

- A chance to work with an affiliate minister
- Updates to our bylaws
- Options to expand the facility and/or property
- What's changing in next year's budget

Learn what your leaders are doing, and let us know how well it aligns with your vision for our future!

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 February 15th from 7:00-9:00 pm.

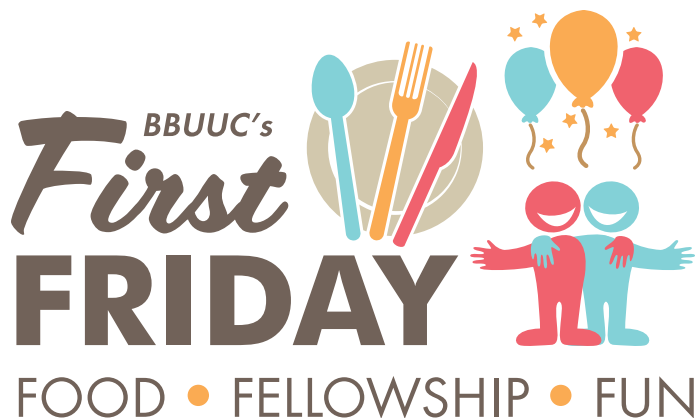
You don't have to be an experienced drummer to participate. Beginners are welcome. Bring your drum and your energy. Don't have a drum? We will have a small number of drums for folks to borrow. Don't feel you can drum? Listeners and dancers are encouraged to come and feel the rhythm. Connect with your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

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



Be-Moved Dance Classes

Be-Moved is a "Moving Meditation" where participants express themselves through movement both guided and non-guided in a non-judgemental space. BBUUC Member Kathleen Vought will offer Be-Moved classes on the second Saturday from 10 a.m. to 11:15 a.m. Classes will run from January through June. Cost per person is \$15. Contact Kathleen to sign-up: kathrod.kv@gmail.com



First Friday Potluck in March

The Green Team is sponsoring a **FREE** First Friday Potluck on March 1.

- Just bring a potluck dish and a place setting for everyone in your party (including silverware, a plate and/or bowl, coffee cup and/or glass, and a cloth napkin if you have one).
- Also bring a bag to take home your dirty dishes, etc.
- We will be having a "program" at the potluck, including:
 - Jennifer Stokes will give an entertaining presentation: "Savings and Survival"
 - Janie Dew will provide a brief update on Green Team activities, upcoming events, and her takeaways from attending the 5th Annual iCAN (Interfaith Climate Action Network) initiative
 - Jim Wood will give us the results of the JEA energy and water audit.
 - Brian Sibson will summarize the process for assessing BBUUC using biomimicry principles. If you don't know what that means, you are not alone. Brian's presentation will educate, enlighten, and excite you.

The church will provide ice, water, tea, juice, and coffee. Bring your own wine or beer if you would like.

- Sign-ups will be in February at the back of the sanctuary or e-mail social_action@bbuuc.org; you will have to provide the number of people attending and whether you are bringing an appetizer, entree, salad, vegetable or other side dish or dessert. We will also need bread or rolls.

HOPE TO SEE YOU THERE!

Adult RE Groups

What is a Journey Circle?

According to the UUA, Small Group Ministry (SGM) or as we call it a “Journey Circle” is a structured program within the UU church community; over 60% of UU congregations have small group ministry in place or are actively beginning a program.

What is Small Group Ministry About?

Groups help create a vibrant and vital religious community by providing resources in these four areas:

- **Worship.** Worship is central to the life of our congregation. Small Group Ministry is meant to augment and strengthen that shared experience.
- **Community.** Small Group Ministry meets the need for connection and intimacy that is both a deep hunger in our society and essential to the ongoing life of a religious community. Participants have established new and deeper connections with one another
- **Learning.** People come to the church seeking spiritual growth, seeking to know themselves better, to grow into their understanding of the world, and to ponder the age-old questions of faith: how to live, what to believe, how to act, and what meanings we can decipher from the mystery of life.
- **Service.** A life of faith is a life of service. As human beings, we seek to be of use and a healthy congregation needs to provide avenues through which we may serve.

Members of a Small Group Ministry get to know one another by participating together in discussions of topics of universal human significance. The spirit of community that develops in such a group radiates outward, increasing the members’ connection to BBUUC as a whole. This purpose motivates everything about SGMs: the size of the groups, the structure of the program, the form of the meetings, the topics discussed, and the ground rules, or covenant, each group agrees to.

A few things that SGMs are NOT

They are not a debate society or a study group. The point is not to convert other people to your opinion or to impress them with your intelligence and knowledge, but to speak your truth so that others can know

you, and to listen to others speak their truth so that you can know them.

The topics are not ends in themselves. We don’t talk about, say, community or forgiveness because we want everyone to become experts in community or forgiveness. (Although that would also be OK!). The topics are means to the end of getting to know each other. By watching and listening to each other grapple with the topics, the participants learn about each other in a different way than they would by serving on a committee or meeting at a purely social event.

They are not therapy. The point is to get to know one another, not to solve each other’s problems or give each other advice. People get to know each other not by confessing their deepest darkest secrets, but by participating together in discussion and sharing. The topics are intended to focus the group’s attention on the experiences we have in common just by being human.

SGM groups are not affinity groups. The topics do not assume any shared special interests or experiences. But everyone was born and everyone will die. Everyone has successes and failures, loves and losses. Everyone has the same fundamental needs and the same basic emotions. Just being human gives us a great deal to talk about.

Finally, the purpose of a small group is not to replace BBUUC’s other activities or to cut group members off from the rest of the congregation, but to draw them further in. Many other UU churches have found that the Small Group Ministry program does not exhaust the participants’ appetite for community but whets it. Having discovered how much common humanity they share with an apparently random group of parishioners, participants often become more curious about the rest of the congregation. Having been listened to, accepted, and treated with respect in one church activity, they may feel encouraged to try others.

I encourage you to take a chance and move into deeper community at BBUUC by signing up for a group. If no time or day meets your needs, let me know, there may be others who would like to meet at that time too. Sign-up sheets can be found on the RE Table in the Church Sanctuary or you can register directly by emailing Chris Jarman at dre@bbuuc.org

We have five groups to choose from with different times, different days, and different weeks to meet the needs of as many people as possible:

Group	Facilitators	Week/Day	Time	Where
1	Diane Freeman & Ellen Miceli	1st Wednesdays	1:00 pm-3:00 pm	BBUUC
2	Kris Kines & Eileen Morrison	1st Fridays	10:00 am-12:00 pm	BBUUC
3	Cindi Jorgensen & Helen Meatte	3rd Tuesdays	7:00 pm-9:00 pm	In facilitators homes
4	Dale Crawford & Linda Crawford	4th Sundays	12-2:00 pm	BBUUC
5	Linda Mowers & Chris Jarman	4th Thursdays	7:00 pm – 9:00 pm	BBUUC

Sign-up Sheets can be found on the RE Table in the Church Sanctuary or register directly by emailing Chris Jarman at dre@bbuuc.org

2019 Journey Circle Topics

February- The Spiritual Self

March- UU Session

April- Happiness & Joy

May- Compassion

June- Ethics

July- Racism

August- Emotional Intelligence

September- Healthy Belief Questioning

October- Integrity

November- Resilience

December -The Sacred



Heart to Heart Sign Up

*Heart to Heart time is coming:
Sign up time is here!*

Join a small group of fourteen gatherings for reflection and sharing.

Begins January 9 and will meet 2nd and 4th Wednesdays each month through July, meeting 7-9 pm (dates below). Sign up in the back of the sanctuary or email spiritmoves@bbuuc.org.

February 13 Balance

February 27 Forgiveness

March 13 God

March 27 Loss and Grief

April 10 Money

April 24 Nature

May 8 Success and Failure

May 22 Friendship

June 12 Doubt

June 26 Making Peace with Parents

July 10 Sustainable Living

July 24 Endings

The Heart to Heart Covenant Group is a good way to explore personal beliefs and possibilities and a great way to get to know a group of people.

We will be using the book Heart to Heart by Christine Robinson and Alicia Hawkins, available at <http://a.co/d/diPkkmn>. If you don't have Amazon Prime or for any other reason would prefer that our DRE Chris Jarman purchase a copy for you, let her know (dre@bbuuc.org) and she will get it for you at cost (currently \$12.34 per paperback copy), no shipping charge.

For our first gathering, reflect on the idea of sharing in a group by creating your own stepping stones (see below) and choosing one or more of the other journaling suggestions to explore this topic.

Stepping Stones. To help you begin to tell your story to others in the group, think about your life so far as a set of stepping stones marking major eras in your life. These could include your years as a single mother, or the time you served in the military, or the job you had in Portland, or the time you spent recovering from an accident. Often stepping stones begin or end with a major event of some kind. You might describe one by saying, "I was promoted to a job which I hated and I did it faithfully for three years until I had a heart attack, which was a wake-up call, and so I moved on to ..." Or "Joey was born and I stayed home with him and earned my degree. I graduated, he turned three, and that era ended."

Start with as many stepping stones as you'd like, but try to collapse them into about five "eras" that you are willing to share.

Journaling Suggestions: What is your favorite childhood story? What is your favorite "victim" story, your favorite "hero" story?

- When you were a child, how did your family act around the dinner table? What was mealtime like?
- Write about a time in the past few years when you called on one or several of "your communities" for help, nurturing, and support.

Along with your "Stepping Stones" list, bring to the group five tokens such as coins, game markers, pebbles, or similar small items. You can bring five of the same thing, or you can bring tokens that symbolize the five stepping stones of your life.

You are invited to attend a workshop on



An Introduction to Shamanic Journeying

Date: Saturday – March 30, 2019
Time: 9:00 AM to 4:00 PM
Cost: \$40.00
Location: BBUUC
Instructor: Jim Wood

Shamanism is an ancient spiritual practice for healing (both spiritual and emotional), divination and restoration of personal power. It has been practiced since the beginning of mankind. Jim will be providing an introduction to Universal Core Shamanism which is a distillation of shamanic practices from many cultures.

The workshop will be primarily experiential with participants learning to “journey” to the world of spirits and meeting with spirit allies for healing, divination, and other activities.

Contact Jim at 845-337-8270 or RavenInTheWood@aol.com to register or for more information.

Jim Wood has been a practicing Shamanic Practitioner for 25 years and has trained with the Foundation for Shamanic Studies as well as noted Shamanic teachers Tom Cowan, Sandra Ingerman and Gwilda Wiyaka. He is authorized by Sandra Ingerman to teach Beginning Journey Skills and Soul Retrieval courses.

**"There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything
is a miracle." - Albert Einstein**

COLUMNS

President's Perspective

February 2019

Grace Repass
BBUUC Board President
president@bbuuc.org



Did you ever play the parlor game “Telephone”? You tell something into one person’s

ear, who repeats in another person’s ear, etc, for about five to ten people. Then you compare what you said with what the last person heard. Almost always it is not even similar. Then everybody playing the parlor game laughs and a great time is had by all.

That is fine for a parlor game. But in a community or group of friends, it is not fun when what you say is taken out of context, interpreted a little differently, and passed along to another person as what you said.

If your best friend tells you something that another person says or did, usually in a negative context, you are being pulled into a triangulation. Then if, or when, you repeat what you heard to someone else, you are perpetuating the triangulation. Does this sound like gossip? (One definition of ‘gossip’: casual or unconstrained conversation or reports about other people, typically involving details that are not confirmed as being true.)

Why do some of our friends use these manipulative tactics?

1. They like to have something to tell you. It makes them feel special and smarter (sort of like a bully.)
2. It gives them power over the original person.
3. Depending on how you react, they then have more information to share (spread around).
4. They have a lack of empathy and a sense of entitlement.

What can we do to stop ourselves and others from using manipulative tactics?

1. Don't tell other people's stories for them. If your friend has something to say, let them be the one to say it.
2. Don't be the one to repeat a non-original story or incident. If your friend repeats a story to you because they are concerned or think it is funny—ask them if they told the original person they were concerned or amused. And don't pass it on.

Some people are always preoccupied with what those around them are doing and saying. They get stressed about situations and behaviors that don't even affect them. Try not to be one of those people, instead work on how you are living and relating. Then you will be able to improve and grow.

"The free church tradition of which we are a part does not offer up a creed, a certain set of beliefs, that everyone must accept in order to belong to the community. Instead, the boundaries of our community are determined by commitment and participation. Our central question is not "What do we believe?" but rather "What values will we uphold and how will we do this together?" Our covenant, the promises we make to each other in regarding how to we will be a community of faith, is at the heart of what it means to be Unitarian Universalist." -UUA.

Grace Repass
(reply to: board@bbuuc.org)

Treasurer's Report

February 2019

In December we answered a question about the church budget vs. Funds and different types of donations. This month's question is: "What are Reserves and where does the money come from?"

Unlike our Funds, where contributions are restricted for a specific use by the donor, our Reserves are created and managed by the Board. We currently have three Reserves, each for a different purpose:



1. Capital Repair and Replacement (CR&R) Reserve

When our building was new in 2011, we had no budget or money set aside for unexpected facility repairs, replacements, or additions. The Capital Repair and Replacement (CR&R) Reserve was established in 2014 to help prevent financial shortfalls, emergency fundraising, or incurring debt for these expenses. Examples include repair and eventual replacement of roof, wiring, HVAC, paving, storm damage repairs, and remodeling, to name a few. It was started with an allocation from the Shupp Bequest and is currently funded by a monthly budget allocation. We've used our CR&R Reserve to replace sanctuary chairs, HVAC equipment, fencing, and the surveillance system. We have \$113,995 in the CR&R Reserve as of Dec. 31, 2018.

2. Operating Reserve

The purpose of the Operating Reserve is to set aside funds to cover at least 3 months of operating expenses. We have \$30,000 in this reserve as of December 31, 2018.

3. Congregational Growth and Development (CG&D) Reserve

Anticipating money needed to enable future church growth and develop new programs, as well as possible initial expenses for a minister, we created the Congregational Growth and Development (CG&D) Reserve two years ago. It is funded by a monthly allocation from our budget, as well as an annual transfer (as funds permit) once we reconcile our expenses. As a result, we hope to be well positioned financially when the time is right to take actions implementing our vision and goals. We have \$63,447 in this reserve as of Dec. 31, 2018.

As you have more questions about our church finances please contact our Treasurer Pam Richards or Finance Chair Peg Christenson.

Respectfully,
Pam Richards
BBUUC Treasurer
treasurer@bbuuc.org



DRE Column

Taking It Home

Many cultures and faiths have the custom of hanging flags in the wind infused with good and hopeful intentions or prayers written on them. The image is a reminder that as the wind blows, the prayers and intentions are carried away in the wind and everyone who is touched by the wind benefits from the positive energy. Flags are left up, even when they are weathered and worn, and then eventually burned. In this month of love, I encourage you and yours to spread positive loving intentions for yourselves and our global community by making prayer flags and hanging them outside.

Materials:

5 x 10-inch squares of fabric
Hot glue gun or fabric glue
Yarn
Fabric markers or fabric paint and paint brushes

How to:

Explain the prayer/intention flags to your crafters: “these flags are special, because we will write or draw on each flag our positive intentions, hopes, and prayers and hang it outside. Then when we look at our flags outside, we will see them moving in the wind and remember how the universe always hears our highest intentions and we can imagine that our prayers for the world will be spread around the whole earth, just like the wind”.

Ask each family member and participant to answer the question, “What is one thing that you hope for our world?”

Give each participant a fabric square and fabric marker and say, “Let’s draw a picture of what our prayers would look like or write a word to represent our hope.”

It is easiest to orientate the rectangle vertically. When the flags are completed, the top two inches will be folded over the string to hang, making a five inch by eight-inch rectangle. Instruct family members and participants to allow this room at the top of the flags to be folded.

After designs are complete and dry, hang the flags. Cut a piece of yarn long enough to hold all the flags with 2-3 inches of room between each. Fold the top of each flag over the yarn and secure it with hot glue or fabric glue.

Find a place outside to hang your flags.

Notes:

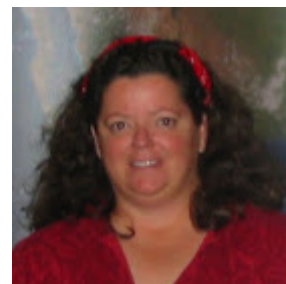
Fabric that is not sewn or finished in some way around the edges will fray easily in the wind. This is part of the evidence that the wind has moved through them!

Doing an internet search of prayer flags from around the world for inspiration.

Variations:

Make flags out of construction paper or canvas
Make one large prayer flag that all the family members decorate together
Hang the flags without decorating them, and guide family members in allowing them to represent whatever prayers are on their hearts and minds that day.

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





See Sandy Goldman or email social_action@bbuuc.org for more information

Medicaid Expansion Petition

Florida is 1 of 19 states that did not expand Medicaid under the Affordable Care Act. As a result, an estimated 700,000 Floridians fall in a coverage gap and lack access to health care. Neither the governor nor the legislators are willing to expand the Medicaid program, so it is up to the voters to take action.

- We need 100,000 signatures by February 28th to get a Medicaid Expansion amendment on the ballot in 2020.
- Please sign the Medicaid Expansion petition to right this wrong.
- **Petitions will be on the table in the rear of the sanctuary.**

Support Equal Rights for Men and Women

Did you know that Florida was one of 15 states that didn't ratify the Equal Rights Amendment (ERA) to the United States Constitution? I didn't.

While the ERA failed to be ratified by the 1982 deadline, a few states, like Illinois and Nevada, have continued to ratify it as late as 2018.

Now for the good news! Duval County's State Senator, Audrey Gibson, has again filed a bill in the Florida State Senate to ratify the ERA.

SCR 266: Equal Rights for Men and Women:

<https://www.flsenate.gov/Session/Bill/2019/00266>

SCR 266 Text of Resolution:

<https://www.flsenate.gov/Session/Bill/2019/266/Bill-Text/Filed/PDF>

Yes, it has been tried before and failed. Why should it be different this time?

- The current women-empowering environment - #MeToo
- The increase of women in legislative positions around the country

- The 2020 presidential election will include multiple women candidates.
- 2020 marks the 100th anniversary of Women's Right to Vote.

So, let's support this effort and make our Foremothers proud!

ERA Demonstrators in Front of the Florida Supreme Court 1982:

<https://www.floridamemory.com/items/show/102827>

Tell your State Senator, There is No Time Limit on Equal Rights!

Duval - Aaron Bean 850 487-5004

Duval - Audrey Gifford 850 487-5006

St. John's - Travis Hutson 850 487-5007

Clay - Rob Bradley 850 487-5005



Volunteer Survey

The Social Action Committee will be distributing a survey to all members and friends of BBUUC to find out how we volunteer in our communities. This will be consolidated into a resource document to identify volunteer opportunities to our congregation. Once the survey is complete, the next step is for those volunteers to identify what ongoing or ad hoc volunteer opportunities exist in those organizations. From cleaning, after school tutoring, food bank distribution, Meals on Wheels or trash pickup on the St. Johns, there's a lot we can collectively do to support the community and let the community know that we at BBUUC care.



Green Team Brings Lessons from Nature to BBUUC



Imagine a type of concrete that - like a coral reef - removes heat-trapping CO2 from the air. Imagine a paint that - like a lotus leaf - is self-cleaning. These examples are real. Now imagine our church also benefitting

from lessons learned from nature. The green team is bringing Biomimicry to BBUUC.

Biomimicry is an emerging field that studies and emulates nature's models, systems and elements to provide sustainable solutions to complex human problems. Nature has had 3.8 billion years to develop well-adapted solutions for living on earth. Biomimicry draws on that experience and applies it to create green products, buildings and systems.

As part of the Green Sanctuary Program, the Green Team will be conducting a Biomimicry audit of BBUUC. This audit will assess how well our church aligns with principles found in nature and suggest ways in which we can become a more sustainable church. Stay tuned to learn more about what the audit entails and ways in which we can show our "respect for the interdependent web of all existence of which we are part."



ICARE Report

February 2019

by Ken Christiansen

The Annual BBUUC ICARE Justice Ministry Network meeting is coming Monday, February 4, 7-9 PM at BBUUC. The meeting will feature updates on the current city-wide issue work of ICARE and preparation for the Nehemiah Assembly on April 1. All BBUUC Justice Ministry Network Members are urged to attend. If you aren't currently a network member but would like to learn more about ICARE, please contact ICARE@bbuuc.org.

Please, everyone, put the ICARE Nehemiah Action Assembly on your calendar now. Join with members of the other 37 ICARE churches to build

our people power to accomplish the goals first identified in House Meetings held in all of the ICARE congregations. The Nehemiah Assembly will be held April 1, 6:30 - 8:30 PM, at Abyssinia Baptist Church, 10325 Interstate Center Dr., Jacksonville, FL 32218. We will provide bus transportation to and from BBUUC for this event.

For more information about current ICARE research efforts, contact ICARE@bbuuc.org.

BBUUC Around Town

Several BBUUC Members attended both the Women's March on January 20 and the MLK Parade on January 21.



MEMBER NEWS

Welcome New Members Michal and Eric!



Michal Cox

New Member Michal Ann Cox (pronounced my-chul) hails from nowhere and everywhere. As the third daughter of an Air Force Officer, and having spent 24 years in the Navy herself, most of it overseas, it is hard for her to say where she is really “from.” She

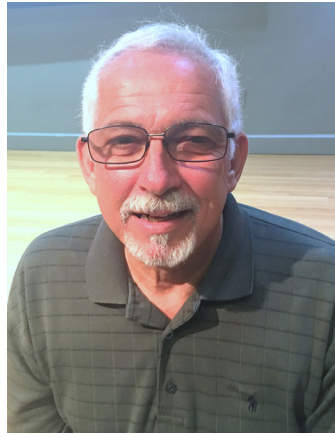
has traveled all over the world but for the last 10 years has called the Jacksonville area home.

She has two older sisters, also both retired Naval Officers, one of whom lives only a mile from her. She once made her Dad an honorary Sailor, complete with a poem she wrote him and a gold anchor charm. In typical Air Force fashion, he got a kick out of it.

Some of the highlights of Michal’s life so far include seeing Rembrandt’s painting The Return of the Prodigal Son at the Hermitage Museum in Russia, spending a day cruising underwater on the nuclear powered submarine USS Alabama, landing on (and thankfully taking back off from) an aircraft carrier, and being blessed with knowing and working with and for some of the finest military and civilians ever in the Navy. She believes that lifelong friends we make during our journeys, yesterday and today, are the best.

Family, friends, volunteering, political activism, and tending to her Australian Shepherd keep Michal busy in retirement. Her dog, Clancy man, has been the love (and disdain many times!) of her life during his 10 years on this planet. Childless herself, she has recently been made an honorary Grandmother and is enjoying her new grandkids.

An Atheist by nature, Michal was drawn to Unitarian Universalism, and to BBUUC in particular, because of its acceptance and inclusiveness, regardless of what one believes or not as the case may be. She is especially impressed with the warm and welcoming nature of BBUUC and enjoys learning something new (or being reminded of something old) and inspiring when attending service. Welcome to BBUUC, Michal!



Eric Zagorac

Eric Zagorac’s life has been filled with variety and adventure. Born in Alabama, he moved to Jacksonville and went into the Navy at age 17. After discharge, he went to work offshore in Louisiana in the oilfields, working out of every port from Grand Isle

to Cameron. By the mid 1980s, he moved to land, doing oil exploration by way of seismographing. He traveled from Florida to Texas, setting off dynamite to shock the ground .

Eric always had a passion for cooking, having had experience in food service with the military and offshore. So he obtained a job with San Destin Resort by spring of ‘88 and ended the season with a transfer to the Hyatt in Key West. After four years on the Island, Hurricane Andrew devastated the economy. So he learned to bartend and worked for several years at Pensacola’s #1 banquet facility. Some of the special events he worked on were the Opera Ball, Oktoberfest for the German Airforce, a Gypsy Wedding and many awards ceremonies.

The next five years were spent cooking at an upscale Cajun restaurant in Alabama until hurricanes damaged his and his sister’s properties, so he did the necessary repairs .

At age 45, Eric wanted a change and went to truck driving school, driving all over the country in every state in the lower 48 except Montana and Michigan. Still more jobs remained to be added to his list: Burger King marination, chicken processing for Tyson, quality assurance, and BP oil spill cleanup from Destin to Perdido Key. Eight years ago he returned to Jacksonville for the first time since 1979 to help his mother raise her two grandkids and a niece and nephew, as he worked as an independent taxi driver. Eric says he is currently a yard jockey for Samsonite, moving shipping containers around, and has just purchased a property on the Northside which will keep him busy for a long time. One day he heard that the Unitarian Church welcomed everyone. He tried us and liked us. We are glad to welcome you to our BBUUC family, Eric!

Happy Birthday!

Marilyn Jones.....02/01
 Nina Hemmelgarn.....02/01
 Karen Christiansen.....02/02
 Ken Weintraub02/02
 John Sheffield.....02/05
 Ellen Miceli.....02/06
 Lynn Wadley02/09
 John Seng02/09
 Dave Fleming.....02/18
 Jesse Rogers02/21
 Stacy Asimos.....02/22
 Charles Rippo.....02/23
 Patty DeStephano.....02/24
 Phyllis Higginbotham02/25



Membership Anniversaries

02/15/2004 Bonnie McCullar
 02/15/2004 Steve McCullar
 02/20/2005 Christine Rothberg
 02/20/2005 Ron Rothberg
 02/10/2013 Madeline Sims
 02/16/2014 John Giordano
 02/16/2014 Ken Weintraub
 02/14/2016 Kelly LoTempio
 02/14/2016 Job Meiller
 02/05/2017 Alexa Adamecz
 02/05/2017 Adrienne Cology
 02/05/2017 Diane Freeman
 02/05/2017 Peter Hampton
 02/05/2017 Carole Hawkins
 02/05/2017 Caitlin Regan



Help us keep our records up-to-date! If you see birth-day, anniversary, or membership anniversary that needs to be corrected or added to our list, please send it to membership@bbuuc.org.

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 our 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.

BBUUC NEWS



Update from the Board

We are fortunate to have Rev. Carmen Emerson, a fully fellowshiped UUA minister, moving to Jacksonville later this spring. She is moving here to attend a Chaplain training program with Community Hospice and Palliative Care of Jacksonville. She intends to become an active member of our congregation and would like to be a community minister affiliated with our church. The concept of a community minister was new to the current board. We were excited to explore this idea.

At our State of the Church Town Hall, scheduled for February 10, we will discuss accepting Rev. Carmen Emerson as an Affiliated Community Minister at BBUUC. At that time we will have a Question & Answer session. As you think of questions, please email them to the Board by responding to this email. We will be prepared to answer them at the Town Hall, and will also accept questions at that time.



Please make note of our new church office hours for 2019:

Wednesday 4:00-7:00pm

Friday 11:00-2:00pm

Sunday 9:00-10:30am



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/>

FEBRUARY 6TH & 20TH @ 7pm



PRAYER SHAWL GROUP

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

FIRST FRIDAY @ 12pm



LUNCH BUNCH

(Location to be determined each month)

Call or Text

John Sheffield to RSVP
(904) 728-3565

SECOND WEDNESDAY @ 11:30am

unitarianuniversalist

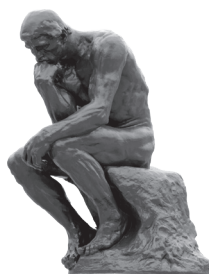
CHRISTIAN FELLOWSHIP

freely following jesus



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

FOURTH SUNDAY @ 9am



First Coast Freethought Society

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

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

NO MEETING IN DECEMBER!!!



Beacon

**Beacon is a community
of UU teens aged 12-20.**

<https://sites.google.com/site/bbuucbeacon/>

WEDNESDAY EVENINGS FROM 7-9pm



Lunch Bunch @ GiGi's

inside the Ramada Inn
(in Mandarin)

RSVP to Ron Nowack
ronow@yahoo.com

LAST FRIDAY @ 12pm

**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.

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:

\$93 from purchases made in March, received in May
\$142 from purchases made in April, received in June
\$156 from purchases made in May, received in July
\$179 from purchases made in June, received in August
\$113 from purchases made in July, received in September
\$244 from purchases made in August, received in October
\$137 from purchases made in September, to be received in November
\$178 from purchase made in October, to be received in December
\$130 from purchases made in November, received in January
\$199 from purchases made in December, to be received in February

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

Mail: P.O. Box 844, Orange Park, FL 32067
8447 Manresa Avenue, Jacksonville, FL 32244
Church Phone: (904) 276-3739 • www.BBUUC.org

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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