

The Unicorn



October 1, 2024
Vol.79, Issue 22



Board Corner

The board corner section in this issue includes some thoughts on examples of recent inspiring and exciting events at the Fellowship as well as discussion on aspects of future planning and some spiritual reflections.

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What else is inside?

[Upcoming Services & Share the Plate Recipient](#)

[Featured Events for October](#)

[October Birthdays & Anniversaries](#)

[Calendar](#)

October Worship Service Schedule

October 6 – Forgiveness Across Faiths

Ron Roth and Robyn Stuart led a service focused on forgiveness and the renewal of community through love, aligning with the spirit of Yom Kippur, the holiest day in the Jewish calendar. Yom Kippur, the Day of Atonement, is a time when Jewish people reflect on past mistakes, seek forgiveness, and strive for a fresh start. The concept of forgiveness is interpreted in many ways across cultures and religions. Most world religions include teachings on forgiveness and mercy, forming the foundation for many of today's modern traditions and practices around healing justice.

October 13- Ayudha Puja: Venerating the Tools of Our Trades

This Sunday we observe the Hindu holiday of Ayudha Puja. It is a day for expressing gratitude, and even reverence, for the tools that help us to live our lives. We honor the wisdom in this tradition by considering the tools and the technology that are woven into and ubiquitous in the way we live today. How does our relationship with all these machines affect our spirits as well as our material well-being?

October 20– We Are All Connected

Stewardship invites each person to balance spiritual development with good works in the wider world, enabling us to put our faith in action. How can we be better stewards of our Unitarian Universalist faith?" and of this congregation?

October 27 – The Walking Fed: Food for Thought about "Zombies".

Halloween, and we find ourselves at the intersection of ancient tradition and a modern understanding of the mind. Whether you call it Samhain or All Souls Day, the end of October invites us to connect with our ancestors and remember the dearly departed, as we delve into the notion of "zombies"--not just the fictional monsters, but as a metaphor for our unconscious brains. BRAAAINSSS!

Share the Plate Offering



Established in 1953, the Florida Council of the Blind (FCB) is the largest self-advocacy and support group of its kind in the state with many local chapters and several special interest affiliate groups, including a Chapter of At-Large Members (CALM) for those who are in an area where there is no local chapter. Our members are of all ages from students to seniors. Since its inception, our primary goals have been to encourage independence and enhance the quality of life of people who are blind/visually impaired. FCB promotes independence by bringing together people who have visual challenges in common at an annual convention. Our gatherings are packed with information on a variety of subjects such as access to information and employment, technological advances, legislative issues, and pedestrian safety.



Donate using link
<https://donorbox.org/support-uufbr> or QR code
"Please write Share the Plate in the comment section when you make your online gift."

Fellowship Events

Newcomer Welcome

October 6, 2024 After the Service

Welcome, Friends! ✨

Whether you're new to our community or have been attending for a while, we warmly invite you to join our Welcome Team for a casual conversation! This is a wonderful opportunity to explore our faith tradition, learn more about the life of the Fellowship, and discover how to connect with others and get involved in our activities.

This gathering is a great first step on your journey toward membership.

If you have any questions or would like more information, feel free to reach out to me at Welcome@uufbr.org.

We can't wait to meet you!

Warmly,

Sharon

WHAT IS PEACE?

People Engaged in Active Community Efforts

--Team Assembly, OCT 7 at 7:00 PM. Report House Meeting Results.

Location TBD

--Community Problems Assembly, OCT 21 at 7:00 PM.

Updates on County Commissioners forum.

Welcome new members.

Location: Tabernacle Missionary Baptist Church

Please register with the UUFBR office. Some carpooling will be available.

Check out PEACE at www.peacepbc.org

Questions: Please contact your UUFBR PEACE TEAM

John Tilton - 516-318-5653

Betty Tilton - 561-430-8455

Rick Troiano - 561-236-7427

Sandy Troiano - 240-328-3033



HEALING



JUSTICE



UUFBR's Healing Justice group is currently focused on the Yes on 4 campaign, with support from UU the Vote. Proposed Amendment 4 states that the government cannot interfere with a woman's decision to have an abortion up to viability. After viability, if abortion is necessary to protect the woman's health, that decision is between the woman and her medical care provider. Currently, Florida is enforcing a 6 week abortion ban. **For more info about all the ways you can help, [click here](#).**

Sunday, October 13th, 12:00 - 2:00 pm: Postcard writing for Yes On 4! (Lunch too!) - Please join UUFBR's Healing Justice group in the Parker room after the service to write postcards to voters. Lunch will be provided.

SATURDAY, NOVEMBER 2nd – ORLANDO, FLORIDA! UU THE VOTE FLORIDA ACTION WEEKEND! UU the Vote is planning a weekend of action to support Yes on 4 in Florida ahead of the November 5th election. UU the Vote has offered to help 1st UU Palm Beach charter a bus so they can participate, and they are happy to have UUFBR folks ride on their bus with them. We will be joining UUs from all over Florida as well as the rest of the country who will be coming together to push for Amendment 4. It will be a long day (14+ hours?) but with someone else driving!

Please contact Jennifer Ligeti ASAP if you would like to come along!



THANKSGIVING BOX BRIGADE

FILL A BOX • FEED A FAMILY

We're proud to help local families in need celebrate a happy Thanksgiving for the 20th consecutive year. We encourage our supporters to fill a box of Thanksgiving dinner essentials (exact quantities and sizes below) and drop it off by Monday, November 18.

Please contact Suzan@BocaHelpingHands.org to reserve your box.



Each box must contain:

- (1) - 6 oz. Stove Top Stuffing Mix
- (1) - 10.5 oz. Canned Gravy (no glass)
- (1) - 1.56 oz. Powdered Drink Mix
- (4) - 15 oz. Canned Vegetables
- (2) - 15 oz. Canned Fruit or Fruit Cocktail
- (2) - 4 oz. Instant Mashed Potatoes Mix
- (1) - 29 oz. Canned Yams
- (1) - 14 oz. Cranberry Sauce
- (1) - 21 oz. Canned Pie Filling
- (1) - 9" Ready-Made Graham Cracker Pie Crust (non-perishable)



Share your Thanksgiving Box Brigade experience with us! Tag @BocaHelpingHands on social media and use the hashtag #TBB or #ThanksgivingBoxBrigade

Boca Helping Hands Thanksgiving Box Brigade

If you have any questions please contact Cathy Nelson by email at catjlowes@gmail.com



BOOK GROUP

Wednesday

October 16th at 7:00 pm

Hello Book Lovers

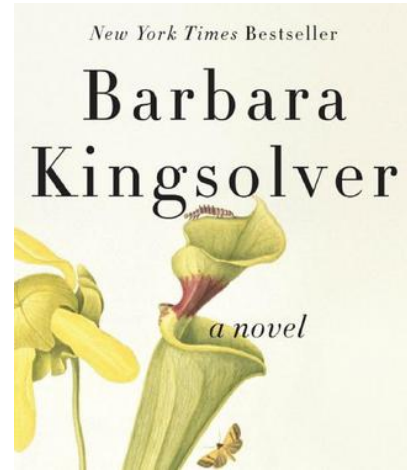
Join us on Zoom as we discuss the book for this month which is; Unsheltered A Novel By Barbara Kingsolver .

Join Zoom Meeting:

<https://zoom.us/j/99281156440?pwd=MIkyNFk3VjdPUkh4dFNUaVVKT1BGQT09>

Meeting ID: 992 8115 6440

Passcode: 107466



TRUNK OR TREAT: kids, cars, costumes, candy and comic books (or other non-sweet treats, like stickers or small toys)!

SPOOKY STORYTELLING: enjoy a free kids movie and popcorn in Rockburger Hall.

Setup: bring your vehicles NO LATER THAN 3:30 PM to the back parking lot loop of UUFBR, facing the playground of University Woodlands Park. decorate your trunks with Halloween decor, and hand out some treats! This year's theme is wicked witches. Don't forget to bring your kids or grandkids so they can go Trunk or Treating!

We will start trunk or treating at 4 PM and run the event until sunset at 6:30 PM or until we run out of candy!

We will be giving out prizes for BEST trunk!

If you have any questions feel free to contact us!



Sharex Events

Contra Dance

Saturday,
October 19, 2024

\$10 admission

\$5 Students

Doors Open @ 6:30 PM

Lesson/Mixer@ 7 PM

Dance @ 7:30 PM

located at UUFBR

2601 St. Andrews Blvd Boca Raton, FL, 33434

Meditation on Breathing: Connecting Music, Breath and Healing

Hymn #1009 Meditation on Breathing, in Singing the Journey is our current Congregational Response after the Sharing of Concerns and Sorrows. This simple chant, written by Sarah Dan Jones after 9/11, offers a way for our congregation to center ourselves after we express personal and collective grief. The refrain—“When I breathe in, I’ll breathe in peace. When I breathe out, I’ll breathe out love”—invites us into a calming practice and can become a source of comfort and healing.



The beauty of this hymn lies in how it brings together music, meditation, and breath. In meditation practices, focusing on the breath helps us center ourselves and stay grounded and present in the moment. This hymn uses the rhythm of breath to transform singing into a meditative practice. As we repeat the chant, the act of breathing in peace and breathing out love helps us slow down and focus, creating a peaceful moment of mindfulness. It’s simple, but its effect on the mind and body can be profound.

Singing Meditation on Breathing as a congregation adds another layer to this experience. While each person connects with their breath and finds peace in the music, the act of singing together strengthens our bond as a community. After the Sharing of Concerns and Sorrows, this communal singing allows us to come together, hold each other in a space of compassion, and create a collective sense of healing. The simplicity of the chant makes it easy for everyone to join in, allowing us to feel united in the shared rhythm of our breath and song.

The connection between music and breath is powerful, and this hymn embodies that beautifully. By combining simple lyrics with mindful breathing, it helps us tap into a deeper sense of calm and awareness. Whether we’re singing it during a service or using it in personal reflection, it offers a space for healing and connection.

As we breathe together, we are reminded of the power of shared mindfulness. Each breath becomes a moment of intention, allowing us to find peace within ourselves and radiate love to those around us. In a world that often feels fast and chaotic, Meditation on Breathing offers a gentle reminder to slow down, breathe deeply, and be present for ourselves and our community. It’s a gift that keeps giving, allowing us to find moments of calm and connection wherever we are.

Join the congregation in singing this hymn during our Sunday services and experience it for yourself.

Marina Machado
Music Director

"IT Team Monthly Reminders

- Have UUFBR-related technology issues or questions? Email the IT Team itteam@uufbr.org.
- Need to make a change to the website? Email the web team at website@uufbr.org.
- Need to find the online member directory? Go to the Empower Directory at <https://uufbr.empowerchms.com/Members/>.
- Need to login to the Members only portion of the UUFBR website? Click on the Member Login option under the menu in the top right corner. If you do not remember your password, click Lost your password? at the bottom of the page. If you find out that you do not have an account, please email the IT Team and we can create one for you.
- Need to know more about scheduling Zoom meetings? Check out the Google Document, "[Scheduling Zoom Meetings](#)" The IT Team can email you a link to this document upon request."

Thank you,
Louis

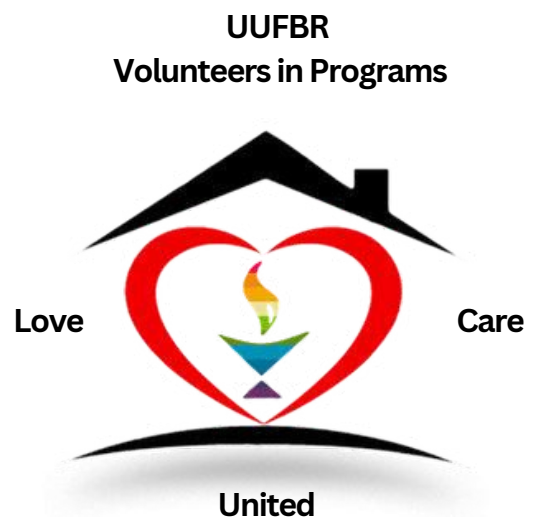
Stewardship

We can all agree that we are united in our love for UUFBR and the beloved community that it provides for us all.

How can we then help sustain our community for the future (or even the next 5 -10 years) or protect our UUFBR legacy? We are able to love and care for each other, but we also need to love care and steward UUFBR today. If you have the time, the skills and the commitment, you may be the right person to join the stewardship development team and we want you! We will cherish your courageous heart, strategic mind and bold creative thinking. Together we will protect and care for our beloved community today, and for our future generations at UUFBR. Please give your careful consideration to joining the Stewardship Development Team at UUFBR.

Please email admin@uufbr.org or anyone on the Stewardship Team.

Linda Prentice,
Volunteer Coordinator



Board Corner Continued



Click [here](#) to view Board Minutes. You must be a Member and sign in.

Board of Trustees
Rajeev Arora
Claire Smith
Co-Presidents
Patrick Larson, VP, Facilities
Judy Keiser, Secretary
Bill Jensen - Treasurer
Trustees at Large
Rajeev Arora /
Carole Stephens/ Claire Smith/
Howard Prentice/ Rick Troiano/
Lynn Smith
trustees@uufbr.org
<https://groups.google.com/uufbr-board>

Rumi--Compassion and kindness:

In compassion and grace, be like the sun...

In concealing other's faults, be like the night...

In generosity and helping others, be like a river... In anger and fear, be like dead...

In modesty and humility, be like the earth...

In tolerance, be like the sea...

Either appear as you are, or be as you appear...

I believe the above quote from Rumi encompasses many of the core values of UUA on Kindness and Empathy.

I have been attending UUFBR since 2022. My wife Linda and I were very attracted to the Fellowship because of the philosophy of kindness, love, inclusiveness, inclusion and empathy. We enjoy the Sunday services and we have participated in many of the fellowship and community activities. I was honored to be nominated to join the Board of Trustees in February 2024 and I hope to make valuable contributions over the next 3 years of my tenure.

Myself and my wife Linda have particularly enjoyed ---the "Soul Matters" monthly meetings we participated in over the past year. The group meetings provided an excellent opportunity for discussion, insight, and spirituality in a non- judgmental setting. Many of my group felt we benefited immensely from these meetings which used materials supplied by UUA and covered several very significant themes that included topics such as The Gift of Renewal, The Gift of Interdependence, and the Gift of Liberating Love. This year a new series of planning meetings was initiated for members of the fellowship. These planning meetings have created a sense of optimism in UUFBR as they focus on looking forward and generating discussion around ways to progress and improve processes at the Fellowship.

I have enjoyed and found inspiring social group activities including the Drum Circle and the Craft Fair and various celebrations for individuals within the fellowship. The drum circle event was wonderful. My son and I loved the atmosphere in the evening, and had the chance to walk through the Labyrinth, and to sit and enjoy the drums by the light of the fire. The event was supported by UUFBR members and it represents a unique and exceptional opportunity for community engagement. The craft fair last weekend was another fabulous success and was very well attended by visitors from the community. There was an amazing range of creative items on sale and a very vibrant, fun and dynamic feel to the whole event.

The Board of Trustees Retreat 2 weeks ago also afforded the opportunity to discuss several current goals and priorities for UUFBR. These included the recent survey, mission and vision, program planning, strategies for recruitment of a new minister and coordination of liaisons with some of the teams run by the congregation.

At this time, I would like to say that the UUFBR Board is enthusiastic and excited for the future as we move forward in this dynamic program of lay worship and as we search for a new minister. Myself and my family are looking forward to our future at UUFBR for many years to come and Rumi's thoughts on Kindness fully express how we feel about being part of this beloved UUFBR community.

Rumi—Kindness:

Your acts of kindness are iridescent wings of divine love, which linger and continue to uplift others long after your sharing.

Board Corner
Howard Prentice



Committees

ZOOM links & descriptions

Board of Trustees

1st Thursday at 7:00 pm
Rajeev Arora, Claire Smith
copresidents@uufbr.org

Use this link to join on Zoom:

[https://zoom.us/j/93768534897?](https://zoom.us/j/93768534897?pwd=WEFNODZBV21Bc25sQWVjUGlmRzdmdz09)

[pwd=WEFNODZBV21Bc25sQWVjUGlmRzdmdz09](https://zoom.us/j/93768534897?pwd=WEFNODZBV21Bc25sQWVjUGlmRzdmdz09)

Meeting ID: 937 6853 4897 Passcode: 114338

Endowment Committee

2nd Thursday at 7:00 pm
Group Contact: Mitch Major: mitchmajor@earthlink.net
The Endowment Fund: Sustaining the Legacy, the Continuity, and the Future of UUFBR and our UU Principles.

Use this link to join on Zoom:

[https://zoom.us/j/92039364170?](https://zoom.us/j/92039364170?pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJGdz09)

[pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJGdz09](https://zoom.us/j/92039364170?pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJGdz09)

Meeting ID: 920 3936 4170[1] Passcode: 361129 One tap mobile:
+19292056099,,92039364170# US (New York)

Landscape Committee

First Tuesday at 7:00 pm
Group contact: Celia Hirsch 561-870-3577

Use this link to join on Zoom:

[https://zoom.us/j/95](https://zoom.us/j/95432721616?pwd=dWNySFF5bTdoN3JSYi9JT1hBTEs0Zz09)

[432721616?pwd=dWNySFF5bTdoN3JSYi9JT1hBTEs0Zz09](https://zoom.us/j/95432721616?pwd=dWNySFF5bTdoN3JSYi9JT1hBTEs0Zz09)

Meeting ID: 954 3272 1616 Passcode: 575795

The Legacy Group

Third Sunday at 1 pm
Group contact: Judy Keiser Zoom Host: itteam@uufbr.org

Use this link to join on Zoom:

[https://zoom.us/j/98795244584?](https://zoom.us/j/98795244584?pwd=d1NuVzZnM05ycDkwVWtQnJyUm1PQT09)

[pwd=d1NuVzZnM05ycDkwVWtQnJyUm1PQT09](https://zoom.us/j/98795244584?pwd=d1NuVzZnM05ycDkwVWtQnJyUm1PQT09)

Meeting ID: 987 9524 4584 Passcode: 388278

IT Team

Meets as needed
Group contact:
Louis Merlin, louismerlin@gmail.com

Use this link to join on Zoom:

[https://zoom.us/j/95229659211?](https://zoom.us/j/95229659211?pwd=SVJUdU93WXJLbEVhSWxuR0duNE9aQT09)

[pwd=SVJUdU93WXJLbEVhSWxuR0duNE9aQT09](https://zoom.us/j/95229659211?pwd=SVJUdU93WXJLbEVhSWxuR0duNE9aQT09)

Meeting ID: 952 2965 9211 Passcode: 023036

Membership Committee

Third Tuesday at 7:30 pm
Group contact: Sharon Drew

Use this link to join on Zoom:

[https://zoom.us/j/93534994263?](https://zoom.us/j/93534994263?pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGdwdz09)

[pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGdwdz09](https://zoom.us/j/93534994263?pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGdwdz09)

Meeting ID: 935 3499 4263 Passcode: 232167

Worship Team Meeting

Weekly on Wednesday at 5:00 pm
Group contact: Bill Jensen wmjensen44@gmail.com
Zoom Host: itteam@uufbr.org

Use this link to join on Zoom:

[https://zoom.us/j/94556595523?](https://zoom.us/j/94556595523?pwd=cDE3VkwvMUNSVXo2N3pra0drV25UZz09)

[pwd=cDE3VkwvMUNSVXo2N3pra0drV25UZz09](https://zoom.us/j/94556595523?pwd=cDE3VkwvMUNSVXo2N3pra0drV25UZz09)

Meeting ID: 945 5659 5523 Passcode: 540050 One tap
mobile +13052241968,,94556595523# US

Religious Education Council (RE Council)

RE Council is taking a hiatus until further notice
RECouncil@uufbr.org
This group organizes activities for families with children and promotes religious education for all ages.

HAPPY



*Birth*day



“Best wishes to you on your birthday .

**Jennifer Ligeti,
October 18**



Happy
Anniversary
Bill & Barb Jensen 15+ years at UUFBR



WHAT'S HAPPENING

Everyone is welcome!



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Admin in office 10 -3pm Landscape Committee Meeting 7pm, Zoom	2 Admin in office 10 -3pm Ground Maint. 9:30am Worship Committee 5pm, Zoom Midweek Meditation 8pm, Zoom	3 Outreach Team Meeting 4pm, Zoom Stewardship Meeting 4pm, Zoom Board Meeting- Adaptive/strategic 5:30pm, Zoom	4 Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom Game-Night 7pm- Cancelled due to holiday	5 The Forum 10am, Zoom
6 Admin in Office 9 -12pm Journey to Spiritual Renewal 9am, Hybrid Worship Service 10:30 am (Zoom also) Newcomer Welcome 11:45am, In person	7 Office closed Cleaning service 8am Pagan Study Group 7pm, Zoom	8 Admin in office 10-3pm	9 Admin in office 10 -3pm Ground Maint. 9:30am Ukulele Group 2pm Worship Committee 5pm, Zoom Choir rehearsal 6:30pm, In person Midweek Meditation 8pm, Zoom	10 Non-violent Communication Practice 12:30 pm, Zoom Board Meeting- Adaptive/strategic 5:30pm, Zoom Endowment Committee 7pm, Zoom	11 Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	12 The Forum 10am, Zoom
13 Admin in Office 9 -12 pm Journey to Spiritual Renewal 9am, Hybrid Worship Service 10:30 am (Zoom also) Yes on 4 Postcard writing w/lunch 12pm, In person	14 Office closed Men's group in person 10am Death Cafe 7:30pm, Zoom	15 Admin in office 10-3pm Membership Committee Meeting 7:30pm, Zoom	16 Admin in office 10 -3pm Ground Maint. 9:30am Worship Committee 5pm, Zoom Choir rehearsal 6:30pm, In person Book Group 7pm, Zoom Midweek Meditation 8pm, Zoom	17 Outreach Team Meeting 4pm, Zoom Stewardship Meeting 4pm, Zoom Board Meeting- Adaptive/strategic 5:30pm, Zoom	18 Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	19 The Forum 10am, Zoom
20 Admin in Office 9 -12 pm Journey to Spiritual Renewal 9am, Hybrid Worship Service 10:30am (Zoom also) Program Fair 11:30 am, In person The Legacy Group 1pm, Zoom	21 Office closed Cleaning service 8am Pagan Study Group 7pm, In person	22 Admin in office 10-3pm Healing Justice 7:30pm, Zoom	23 Admin in office 10 -3pm Ground Maint. 9:30am Worship Committee 5pm, Zoom Choir rehearsal 6:30pm, In person Midweek Meditation 8pm, Zoom	24 Board of Trustees meeting 7:00pm, Zoom	25 Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	26 The Forum 10am, Zoom
27 Admin in Office 9 -12 pm Worship Service 10:30am (Zoom also) Program Planning Group Meeting 12pm, In person Trunk or treat & Spooky Storytelling 4pm, In person	28 Office closed Cleaning service 8am	29 Admin in office 10-3pm	30 Admin in office 10 -3pm Ground Maint. 9:30am Worship Committee 5pm, Zoom Choir rehearsal 6:30pm, In person Midweek Meditation 8pm, Zoom	31 Outreach Team Meeting 4pm, Zoom Stewardship Meeting 4pm, Zoom		

Groups on hiatus

Bowling- will return in the Fall

Movie Group- will return in the Fall

Check out our website for more information at

UUFBR.org or scan the QR code below

Please follow us on

[UUFBR Facebook](#) and [Instagram](#)



UUFBR.org