



WE ARE:

ALL CONNECTED

STRONGER TOGETHER

LOVE'S HANDS IN THE WORLD

CALLED TO CREATE JUSTICE

RESPONSIBLE FOR ONE
ANOTHER AND THE EARTH

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Happy New Year!



Page 2
Sermons
Vespers

Page 3
From The DRE

Page 4
Flea Market News!
Fellowship Cares Sunday

Page 5
Family Promise

Page 6
Open Door Acupuncture
Board of Trustees Email Address

Page 7
How to Overcome Procrastination Now -
presented by Cary Bayer
February Submission Deadline

Page 8
Healing Justice

Page 9
UUFBR Elections
Back on Schedule
Girls Night Out
Mindfulness Based Stress Reduction

Page 10
What's Happening

Page 11
Fellowship Calendar



January Sermons

January 7

Being Neighbors

Service led by Healing Justice with special guests from DISC (Developing Interracial Social Change), an organization in Boca working to strengthen our community since the 1990's.

January 14

Using Whiteness for Good

In the past year we have seen identity politics increase social tension.
How can we turn this around?

The Reverend Harris Riordan and Rachael Hayes, Ministerial Intern

January 21

Piece of the Parachute

Rachael Hayes, Ministerial Intern

January 28

Our Covenant:

What does it mean to say,
we promise to dwell together in peace and seek the truth in love?
The Reverend Harris Riordan

Vespers

After the holiday frenzy, the gifts given and the visits visited, how do we come back to ordinary life? Come join us for a time of reflective calm in the middle of the week.

This evening service will take place on January 10 at 7pm.

If you would like to participate in planning this service, contact Rachael Hayes, Ministerial Intern, at rh2691@utsnyc.edu or 202-841-2918.

From the DRE

Ellen Cormier



Each day is a new beginning. Each day.

We humans have put numerals on our days and have created the madness of New Year resolutions- as if January 1st is any different from any other day. What does this teach our kids?

Our calendar, our media, our social media- all contribute to “teaching” our kids. What do WE teach our kids?

Years ago, our family made a compact. Each Sunday we would attend “church.” No matter how busy we were, tired, or distracted. Sunday is UU day. We planned this for ourselves: us adults, creating a space of peace in our chaotic lives. One day each week. What does this teach our kids?

I know that we cannot get back a day after the night has come. I know that those days that we come together as family pass by quickly. I also know how important my weekly UU Day has been for me, and my family.

I know that what we strive to teach our kids at UUFBR is made more powerful by family involvement. Because family involvement is how kids really learn what is important.

Here’s a resolution: Sunday is UU Day, it’s UUFBR day, it’s family day!

Each day is a new beginning. Each day, not just January First.

Happy New Year!

-ellen

January RE Theme: Notable and Famous UUs!!

We will meet modern day UUs that the kids learn from and be proud!

ENCOUNTERS

1/7 - Ingathering with visiting kid's dance troupe: Dreams for 2018, How to catch our Dreams!

1/14 - Civil Rights: Annie B. Jordan Willis. Getting kids a good education during the Jim Crow years

1/21 - Disabilities: Superman was a UU; actor Chris Reeves.

1/28 - Women-power: Voices of six women from the past and we "meet" Susan Frederick-Gray, the first Woman UUA President!

**January 27, 2018 is our next Flea Market!
Start bringing in your stuff NOW!**



This is an everything Flea Market!

We need household and decorative items, toys, working electronics, tools, gently used clothing and shoes (women, men, teens and kids), jewelry, handbags, sporting goods, furniture, etc.

Ask your friends and family for their stuff!

Re-gift to the Flea Market!

We'll happily take any holiday gifts you can't use.

Bring your donations directly to the Flea Market Storage Room.

Go thru the wooden gate on the right at the front of the building and take the path to the Memorial Garden. Go thru the next wooden gate (reach over the left top side of the gate for the latch) and turn left. See the sign on the door and bring your donations in. The light switch is on your right.

Please do not block the doorway. Close the door tight behind you.

No drop-offs anywhere else in the building.

Fellowship Cares Sunday is January 21st at 12 Noon.

It's the first day of Flea Market Week set-up with light and moderate tasks for people of all ages and abilities.

Everyone who pitches in after service is invited to stay for a fun BBQ hosted by the Board of Trustees.

Use this link to sign-up for this and all other Flea Market Volunteering:

<http://www.signupgenius.com/go/30e0b4fafac2fabf58-flea>

On Facebook? Help publicize the Flea Market!

Use this link <https://www.facebook.com/events/2085604781455444/> and click on Share to Invite Friends/Share in Messenger/Share as Post.

UUFBR and Family Promise Need YOU!



Our next Hosting Week begins the evening of Sunday, January 28th and ends the morning of Sunday, February 4th.

UUFBR rents the “260 House” (260 NE 2nd Street, Boca Raton, 33432) for the week and provides basic pantry staples for the Guest Families. This is funded by your generous “share the plate” donations and a grant from the Endowment Committee.

Our volunteers throughout the week will greet the Guest Families, prepare and serve dinner, and also be overnight hosts. These are temporarily displaced families, usually with small children, who need us.

In order to fulfill our promise to them every day of hosting week we need:

Dinner Assistant (1)

The Dinner Assistant arrives at the 260 House by 5pm to greet the Guest Families. The Dinner Assistant has the table set for the Dinner Host. The Dinner Assistant may also be asked to contribute items for the dinner. The Dinner Assistant may leave when the Overnight Team arrives at 7:15pm.

Dinner Host (1)

The Dinner Host arrives at the 260 House by 5:30pm to serve their prepared meal to the Guest Families. The Dinner Host may leave when the Overnight Team arrives at 7:15pm.

Overnight Team (2)

The Overnight Team arrives at the 260 House by 7:15pm. The Overnight Team ensures that all Guest Families are out of the 260 house by 6am during the week and 9am on weekends. The Overnight Team is NOT responsible for providing breakfast to the Guest Families.

First time volunteers will be paired with experienced volunteers. This is a family friendly opportunity to make a difference.

You can sign-up to volunteer by using this link: <http://www.signupgenius.com/go/30e0b4fafac2fabf58-family1>.

If you have any questions about the Family Promise Program please speak to any one of us.

**Thank you from your UUFBR Family Promise Service Team
Cathy Nelson, Danna Mattocks, Linda Harmon, Louise Malusis**

OPEN DOOR ACUPUNCTURE

A Community Acupuncture Clinic, Located in the Rockberger Room

Erica Siegel, A.P. Acupuncture Physician,
D.O.M. Doctor of Oriental Medicine (Florida)



Clinic Hours:

Sunday: 8:30-10:30 AM, 12:00-3:00 PM

Monday: 5:00-9:00 PM

Tuesday: Clinic closed

Wednesday: 9:00 AM-2:00 PM

Thursday: 8:00 AM-2:00 PM

Friday: Clinic closed

Saturday: 9:00 AM-3:00 PM

Acupuncture and herbal medicine can be used to treat a wide variety of health complaints, either as a stand-alone treatment or in conjunction with other modalities. Many people simply enjoy that acupuncture makes them feel good, and allows them to better cope with stress and emotional issues.

Erica has a Masters in Oriental Medicine (4-year program) from Pacific College of Oriental Medicine (New York City), and has been practicing acupuncture and herbal medicine for 11 years. In this professional clinic, treatments are given in a community setting, meaning that a handful of patients will relax and receive acupuncture in the same room at the same time. This community method allows cost to stay low for both practitioner and patient. After a private consultation with Erica, patients move to a massage table or comfortable recliner where they can receive a treatment and then relax and heal in a quiet, serene environment.

Fees are on a sliding scale of \$15-\$50 per treatment, with each patient deciding what he or she can afford for each treatment. There is an initial consultation fee of \$10. The traditional model which prevails in the United States - that of charging patients up to \$200 for private acupuncture in a spa-like setting, has made Chinese medicine unaffordable for most. Community acupuncture opens the door to the many who could benefit from treatment, but who could not previously afford it. Moreover, the pricing structure allows many people to come very frequently, which is how acupuncture works best.

Start the New Year feeling good! GIVE ACUPUNCTURE A TRY!

Erica can be reached at ericasiegel8@gmail.com or by cell 718-541-4931 to answer any questions or to book an appointment.



You can contact the UUFBR Board of Trustees by sending them an email to

uufbr-board@googlegroups.com.

HOW TO OVERCOME PROCRASTINATION.. NOW!

YOU'LL LEARN:

- Win-Win Techniques to get things done...Finally
- Bite-Sized Approaches to Tackling Large Chores



- Processes to Enhance Self-Esteem
- A Method to Enliven Courage & Decisiveness
- The Art of Self-Forgiveness

Led by life coach **CARY BAYER**
Author, *How to Overcome Procrastination NOW!*

Sunday January 14 12:30—3 PM

Unitarian Universalist Fellowship of Boca Raton
2601 St. Andrews Blvd., Boca Raton

Investment: \$20.

Contact: (561) 482-2001

www.uufbr.org

Cary Bayer is a Life Coach with offices in New York and south Florida. He's worked with Alan Arkin, David Steinberg, and Quality Inns, and has helped people make their dreams come true in personal growth seminars since 1973.



He founded The Breakthrough Aerobics InnerWorkout, and is the author of nearly two dozen publications about personal growth.

Cary's unique brand of private work, called Breakthrough Coaching, creates dramatic breakthroughs in people's relationships, money, career and spiritual lives. To book a session, call him at (845) 664-1883.

and how about this?

The submission deadline for the February Unicorn newsletter is Thursday, January 25th at 12 noon.



Submitted by Carolyn Brown, Healing Justice member

Something NEW for 2018

It's time to try some new tactics as we grapple with institutional and structural racism through our UU faith. Learning more deeply, challenging ourselves, being a little uncomfortable as we straddle what we are sure of, saying "I wonder if this is so?" One way to do this is to hear one another more fully. In order to begin this, Healing Justice is presenting the worship service for January 7, 2017. The focus? **Being Neighbors**. At this service we will hear from our **DISC (Developing Interfaith Social Change)** neighbors and have the opportunity to share a lunch and informal conversation with one another after worship. Let's start the year by opening our hearts to hear what we can do for and with one another as Boca neighbors. Check the kiosk in Osias for more information about DISC and Pearl City.

Just a week later, January 15 is Martin Luther King Day, when we will join with these same neighbors to celebrate. Watch for more announcements about this event. In the past few years, UUFBR has attended the celebration ceremony, marched in the parade to honor the day, and shared in the fun after the parade. Watch for more information about this.

On another note, last month UUFBR received a beautiful note from Cherry Steinwender, Executive Director of the Center for the Healing of Racism out of Houston, Texas. In 2016 and 2017, she and Lucy McLaughlin led workshops for us and our South Florida neighbors to help all of us recognize the racism that exists in us and in our society and to celebrate our oneness as a human family. Cherry also spoke to a packed congregation at a worship service in 2017. In her note, she sent us her love and recognition that our relationship the Center for the Healing of Racism is ongoing as we all work to heal racism.

Lastly, as we herald 2018, we are offered yet another time to think again about what we want for our future. Definitely, we plan to continue to bend the world toward justice. This quote keeps reverberating in my mind: The definition of insanity is "...doing the same thing over and over again and expecting different results." **Author unknown.** https://www.brainyquote.com/quotes/unknown_133991

So as we work to heal racism, of course there is comfort in doing what we have always done. Some of it helps to slowly and surely shift the world toward justice. Thus Healing Justice expects to continue to honor these traditions that work **AND** to step out of our comfort zones as we try new things to help us on the journey toward becoming one human family. Our next Healing Justice meeting is Wednesday, January 3, 2018 at 7:00 PM in Osias at UUFBR. Please join us. All are welcome and needed.

UUFBR Elections Will Soon Be Here

A NEW YEAR and a chance to become a part of keeping UUFBR wheels greased and running smoothly. UUFBR elections will soon be upon us. There will be positions open on the Board of Trustees, the Endowment Committee and the Nominating Committee. Please let us know if you are interested in being placed on the ballot or if you know someone who might like to be more involved with UUFBR. You can [email Carolyn](#) to follow up. The nominating committee will do the rest.

Back on schedule this month:

- ☑ Mystics and Metaphysics - January 14 at 6:00pm
 - ☑ Odyssey Group - January 21 at 6:30pm
-

Girls Night Out

Friday, January 19th 5:00pm – 7:00pm

Burton's Grill & Bar

5580 North Military Trail, Boca Raton, 33496

GNO is our opportunity to get to know each other better in a relaxed social setting. We'll be doing various fun things throughout the new year. Your ideas and suggestions for GNO activities are always welcome! How about being a host and making the arrangements for one month? That would be great! For more information contact [Linda Harmon](#).

Mindfulness Based Stress Reduction (MBSR)

There's no time like the present to begin taking an active role in your health and well-being. Join us on January 4th, or January 11th from 5:30 - 7:00PM at UUFBR to find out more about the 8 week Mindfulness-Based Stress Reduction Program (MBSR). You will experience some simple meditation practices, and learn how this course can provide the tools to better cope with life's challenges, to be present and open to experience, and make wise choices. Find out about the many health benefits that have been reported by participants and scientific research over the last thirty years.

Contact Linda Gradess 610-246-5927 or email lgradess1951@gmail.com to register. The Free MBSR Orientation is required before starting the class.

The full program begins January 18th from 5:30 to 8:00PM for 8 consecutive Thursdays.

What's Happening!

Sundays

Forum Discussion Group: Sundays at 9:00am, Living Room. Discussions of social and political issues.

Grocery collection for Boca Helping Hands: Please leave your donations in the Box in Osias Hall. Non-perishable items only. Please do not donate any opened, expired or glass items. Donate: cereal & cereal bars, tomato sauce, canned meat, fish & poultry, powdered juice, beans & rice, peanut butter & jelly, milk (can or box), Chef Boyardee products, canned fruit & vegetables, pasta, soup, crackers.

Open Door Acupuncture Clinic: Practitioner [Erica Siegel](#) has a Masters in Oriental Medicine (4-year program) from Pacific College of Oriental Medicine (New York City), and has been practicing acupuncture and herbal medicine for 11 years. In this professional clinic, treatments are given in a community setting, meaning that a handful of patients will relax and receive acupuncture in the same room at the same time. This community method allows cost to stay low for both practitioner and patient.

Mystics and Metaphysics: 2nd Sunday of the month, 6:00pm at Harris's house. This is an adult-centered group to explore individual spiritual quests. Pot-luck meal and discussion.

Sign the Book Sunday: 3rd Sunday of every month at 11:30am. Feel at home at UUFBR? Ready to become a voting member? Right after service, a member of the Board of Trustees will be on the chancel with the Membership Book. Come Forward. Sign the book!

Odyssey Group: 3rd Sunday of the month 30-somethings (give or take ten years). Meet at Harris' house at 6:30pm. Bring something for the grill—salads, beverages and desserts provided.

Fellowship Cares Sunday: We get together on building & grounds projects. Volunteers stay for a BBQ hosted by the Board of Trustees. See each month's Unicorn for date and details.

Daytime

Open Door Acupuncture Clinic. See page 6.

School Support Program: Fridays from 9:00am - noon in Classroom 1. For children ages 5-8 years, focuses on small group tutoring, hands on/play based learning, positive discipline, and joyful/mindful living. Interested? [Contact Amy](#) for more information.

Writers Circle: Wednesdays from 12:30pm - 3:30 in the Smith Room. For all who seek supportive peers. Size is limited. Interested writers should [contact Carolyn](#).

Non-Violent Communication: 2nd Thursday of the month at 12:30pm in the Rev's office. A communication process that focuses on three aspects of communication: self-empathy, empathy, and honest self-expression.

Evenings

Choir Rehearsal: Typically meets every Thursday at 7:30pm. New voices are always welcome to join in.

Dinner Discussion Group: 1st Friday of the month, join a great evening of fun and getting to know each other! See each month's Unicorn for details.

Girl's Night Out: 3rd Friday of the month at 6:00pm, UUFBR women and friends get together for a fun evening activity. See each month's Unicorn for details. Postponed until January.

Healing Justice Group: 1st Tuesday of the month at 7:00pm in Osias Hall. All are welcome to become a part of this group as we work for justice in our communities.

Ukulele University: 3rd Thursday of the month at 5:30pm in the Sanctuary. This group meets to learn songs on the ukulele, have fun and keep active.

Lunation Moon Ceremony: Twice a month, dates and times vary. See calendar on the next page. Join the circle! The New Moon is considered a time of beginnings and the Full Moon a time of endings, elimination, letting go. This practice offers twelve opportunities to create a consistent rhythmical practice that enables you to bring in what you most desire and to prune away what gets in the way of manifesting it.

On-going

P.E.A.C.E. People Engaged in Active Community Efforts. A congregation-based community organization charged with the mission of effectively fighting injustices in the communities of PB County.

Family Promise. A network of area congregations who open their doors to families in need. Families receive hospitality from congregations for a week, with each family sleeping in a private area. The program is to bring temporary shelter, meals, and support to these families.

Remembering Their Names. Each quarter during worship we remember the names of coalition forces killed in conflict abroad. In December 2004 we began this meditation practice. With this ritual we stretch our hearts so that together we might find a path to peace.

Share the Plate. Half of each Sunday's offering is shared with an organization outside of UUFBR, which has been suggested by our Members/Friends. The rest helps to pay our bills.

Dates and times are subject to change.
Check the calendar on the next page
or call the office.

Office Hours: Mon-Thu, 9:00am-2:00pm

January 2018 Fellowship Calendar

| Sunday Grocery Collection | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
| | 1 | 2 7:00pm-Lunation Moon Ceremony | 3 9:00am-Acupuncture Clinic 12:30pm-Writers Circle 7:00pm-Healing Justice Group | 4 8:00am-Acupuncture Clinic 7:30pm-Choir Rehearsal | 5 8:00am-Home School Support | 6 9:00am-Acupuncture Clinic |
| 7 8:30am-Acupuncture Clinic 9:00am-Forum 10:30am-Service 12:00pm-Acupuncture Clinic 2:00pm-UUFBR Families New Year Celebration | 8 5:00pm-Acupuncture Clinic | 9 | 10 9:00am-Acupuncture Clinic 12:30pm-Writers Circle 7:00pm-Finance Committee Meeting 7:00pm-Vespers Service | 11 8:00am-Acupuncture Clinic 7:30pm-Choir Rehearsal | 12 9:00am-Home School Support | 13 9:00am-Acupuncture Clinic 12:30pm-Citizen's Climate Lobby |
| 14 8:30am-Acupuncture Clinic 9:00am-Forum 10:30am-Service 12:00pm-Acupuncture Clinic 12:30pm-Cary Bayer, Overcoming Procrastination 6:00pm-Mystics and Metaphysics | 15 <u>Office Closed</u> <i>Martin Luther King Jr. Day</i> 5:00pm-Acupuncture Clinic | 16 7:00pm-Lunation Moon Ceremony | 17 9:00am-Acupuncture Clinic 12:30pm-Writers Circle | 18 8:00am-Acupuncture Clinic 5:30pm-Ukulele University 7:30pm-Choir Rehearsal | 19 9:00am-Home School Support 5:00pm-Girls Night Out | 20 9:00am-Acupuncture Clinic 3:00pm-Morgan Memorial Service |
| 21 8:30am-Acupuncture Clinic 9:00am-Forum 10:30am-Family Christmas Service 11:30am-Sign the Book 12:00pm-Fellowship Cares, Flea Market Set-up & BBQ 12:00pm-Endowment Meeting 12:00pm-Acupuncture Clinic 6:30pm-Odyssey Group | 22 Flea Market Set-up 5:00pm-Acupuncture Clinic 7:00pm-Board of Trustees Meeting | 23 Flea Market Set-up | 24 Flea Market Set-up 9:00am-Acupuncture Clinic 12:30pm-Writers Circle | 25 Flea Market Set-up 8:00am-Acupuncture Clinic 7:30pm-Choir Rehearsal | 26 Flea Market Set-up 9:00am-Home School Support | 27 Flea Market Sale Day 9:00am-Acupuncture Clinic |
| 28 Family Promise Week 8:30am-Acupuncture Clinic 9:00am-Forum 10:30am-Service 12:00pm-Acupuncture Clinic | 29 Family Promise Week 5:00pm-Acupuncture Clinic | 30 Family Promise Week 7:00pm-Lunation Moon Ceremony | 31 Family Promise Week 9:00am-Acupuncture Clinic 12:30pm-Writers Circle | 1 Family Promise Week | 2 Family Promise Week | 3 Family Promise Week |



Unitarian Universalist Fellowship of Boca Raton
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Boca Raton, FL 33434
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www.uufbr.org email: admin@uufbr.org

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The inherent worth and dignity of every person * Justice, equity and compassion in human relations * Acceptance of one another and encouragement to spiritual growth in our congregations * A free and responsible search for truth and meaning * The right of conscience and the use of the democratic process within our congregations and in society at large * The goal of world community with peace, liberty, and justice for all * Respect for the interdependent web of all existence of which we are a part. Unitarian Universalism.

Unitarian Universalist Fellowship
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2601 St. Andrews Boulevard
Boca Raton, FL 33434

Time Dated Material—Please Expedite
Change Service Requested