



Board Corner

In community life, such as we experience at church, it would be difficult to overstate the importance of being present—truly here in the moment, mentally if not physically.

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From the Minister

Beloveds,

Did you know that local area UU ministers gather monthly at my home? Harris always serves an incredible feast for us all.

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From the minister...

Reverend Edith A. Love



At a recent meeting, the minister of the First Unitarian Universalist Congregation of the Palm Beaches, the minister of the Unitarian Universalist Congregation of Fort Lauderdale, and I discussed working together to educate ourselves and each other about race and racism. Reverend Latifah Griffin is leading us all in a study of the book, 'Widening the Circle,' put out by the UUA's Commission on Appraisal. The zoom meets each Thursday, we would love to see you there. We will then read and study, 'Love at the Center,' and follow that with a screening and discussion series entitled, 'Race: The Power of An Illusion.' We would love to see you there Thursday! The sign up link is <https://www.eventbrite.com/e/uu-palm-beaches-8th-principle-congregational-reading-series-tickets-1404927378609>

Also happening this month, I'll be representing our congregation at SUUSI, as I represented us at General Assembly last month. I'll be leading worship there, as well as acting as chaplain for the youth. SUUSI is at Radford University in West Virginia, this year's theme is, 'Love is Central,' and if you want to get more information, check out their website, <https://www.suusi.org/>

It would be wonderful if more of us attended! It's a great opportunity to network with other UU's from across the country.

Finally, I learned this week that we used to have cluster gatherings of congregations in South Florida. Isn't that marvelous? They invited other area congregations to have lunch together on Saturdays once in a while. I wonder if we could do something like that?

As always, if you would like to speak with me, I am in the office on Mondays, Tuesdays and Wednesdays between 10 and 2, and other times by arrangement. Just email me, I'd love to speak with you.

Edith



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

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trustees@uufbr.org

<https://groups.google.com/uufbr-board>

It impacts nearly every part of our lives: our relationships, our work, our spiritual growth, and our sense of peace. Here are some of the ways it does so:

Consistency Builds Trust: When you show up—on time, prepared, or even imperfectly—you communicate reliability. People begin to trust you not because you're flawless, but because you're there. In relationships, work, and community, trust is built not just by what you say, but by your steady presence.

Deeper Connection: Being present allows you to really see and hear others. It strengthens relationships because people feel valued when they know you're fully engaged with them. In families, friendships, and community life, showing up is one of the most powerful expressions of care. Being there—for the celebration, the loss, the ordinary Sunday—says, you matter to me. It's how we hold each other up. Showing up doesn't require you to have all the answers—it just requires you to be present. Whether it's a difficult conversation, a committee meeting, or a creative pursuit, your willingness to engage speaks of courage. You can't grow if you're not present.

Greater Clarity and Focus: When you're mentally scattered, it's easy to miss details or make mistakes. Presence brings your full attention to what's in front of you, improving your concentration, creativity, and decision-making. You can only seize opportunities that you're there for. The job offer, the chance connection, the breakthrough idea—these moments don't find people hiding. They find those who show up, often even when they're tired, scared, or unsure.

Board Corner Continued

Emotional Well-being: Many of our anxieties stem from dwelling on the past or worrying about the future. Being present grounds you in the now—where life is actually happening. That helps reduce stress and increases your capacity for calm and resilience. Motivation is fickle. But showing up, even without feeling ready, creates momentum. It's how habits form, progress is made, and healing begins. Often, just being present is enough to move forward.

Spiritual awareness: In many spiritual traditions, presence is sacred. It's in the present moment that we can truly encounter the divine, practice gratitude, and become more attuned to what matters most. It is in being present that we are able to lose ourselves and loosen the grip of the everyday world on our psyche and soul and reconnect with the awareness that there is something bigger than ourselves.

Living Fully: When you're not present, life can pass you by. But presence turns the ordinary into something meaningful—it's how you experience joy, beauty, and purpose, even in small things. Showing up is the gateway to everything else: success, connection, healing, learning. None of it starts unless you're willing to walk through the door—literally or metaphorically. It's not always easy, but it's always meaningful. Being present is how we stop simply existing and start truly living. So the next time you're tempted to skip that service, that meeting, that gathering of fellow congregants, ask yourself: what might I gain by being present?

July Worship Service Schedule

Sundays at 10:30 am

July 6 - We Are All Needed - Ember Kelley UUA

What are the unstated things that we believe about community and leadership and do these shape our communities? Join us for an exploration of a shift in narratives - towards shared ministry and reflection on the power of creating community together presented by Ember Kelley, UUA Youth and Emerging Adult Ministry Staff.

July 13- WFBR (Double U F B R)

Live from Double-U.B.R., the station broadcasting a message free in faith, diverse in thought, united in caring, and committed to action.

Come join us in song, or tune in by Zoom, for our caller-request hour—a soulful, spirited broadcast where voices from our community request and share favorite songs from the Gray Hymnal. We will sing our favorite hymns as requested by those in attendance. Marina Machado will be on piano and welcomes musicians to bring their instrument and play along. Bring your memories. Bring your song. We'll be listening.

July 20- Spirit of Summer Cindy & Shawn Malaney

Join us for a joyful, music-filled service celebrating the spirit of summer. Through guitar-led songs, reflections, and readings, we'll explore the warmth, wonder, and freedom this season brings. Together, we'll remember childhood joys, savor the beauty around us, and reconnect with what makes summer sacred.

July 27- No Such Thing As A "Free Lunch" for Schools by Pagan Study group

No child should go to school hungry, especially in one of the wealthiest countries in the world. School meal programs play a vital role in curbing student hunger. But due to serious policy failures, bills from Florida lawmakers to ensure students across the state in public schools have access to free breakfast and lunch died in committee in June. Learn more about the ways we can help hungry kids (since kids can't vote, and they don't have political action committees or lobbying power).

Share the Plate Offering



The Institute for Regional Conservation (IRC) is headquartered in Delray Beach and is dedicated to the protection, restoration, and long-term management of biodiversity on a regional basis, and to the prevention of local extinctions of rare plants, animals and ecosystems.

Founded in 1984, IRC promotes an innovative approach to conservation. They seek to protect - and restore - viable populations of all native plant and animal species within key regions by designing conservation strategies powered by rich, geographically-distributed data.

They have several current initiatives, and they sponsor local volunteer clean-up efforts. They aim to "restore the link between people and nature."

To learn more please go to their website the [Institute for Regional Conservation](https://www.instituteforregionalconservation.org/).



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."

From Within, Outward



This July at UUFBR, we're taking a musical journey that feels special. It starts in those quiet moments we all know, maybe sitting with your morning coffee, watching the light change, and moves outward into the messy, beautiful world of connection and community.

Each song we'll bring to the services tells part of this story. Some are old hymns that have been sung for generations, others are songs you might hum along to on the radio. But together, they map out something I think we all experience: a pull from solitude into belonging.

We're starting with stillness, and honestly, that feels right for summer. Debussy's *Rêverie* has this dreamy quality that makes you think of those lazy moments when your mind can finally wander. It's impressionistic and soft, like watching clouds drift by. In that space, questions come up naturally: What's been stirring in me lately? What needs attention or expression?

What Wondrous Love carries that same sense of wonder, with its haunting melody and centuries of voices behind it, it asks us to pause and marvel at the mystery of being held by something greater, especially in times of questioning or transformation.

But we can't stay in reflection forever, can we? *I Know This Rose Will Open*, our new congregational response from this month, feels like that moment when you realize something is shifting. There is no drama, just a quiet confidence that growth is happening, even when you can't see it yet. Whereas *Loosen* by Aly Halpert, our past congregational response, was urging us to let go of what no longer serves and make space for the unexpected, *I Know This Rose Will Open* invites that new energy in.

We will have a very special service on July 20th with Cindy and Shawn Malaney. I won't reveal what's to come but bring your best voice to join them for some of the best Summer themed songs that you can find.

When we see all these songs together, they tell the story of how we emerge. We start in the quiet of our own hearts, naming what we find there. We gather with others. We sing together. We share the sun and the streets, the silence and the song. And somehow, in doing all of this side by side, we make our way toward lives that feel more whole, more connected, more fully expressed.

That's the journey we're on this July: from within, outward, together.

Marina Machado
Music Director

One of the most pressing issues in our modern age is that of race. Racial injustice permeates every aspect of life in the United States. It is a unique issue because race is a fictional, made up concept but it has very real and severe consequences in people's lived experiences.

<https://race.undark.org/articles/race-is-a-biological-fiction-it-is-also-a-powerful-social-reality>

Please join us this August as we collaborate with the Unitarian Universalist Congregation of Fort Lauderdale, the First Unitarian Universalist Congregation of the Palm Beaches, and our congregation, sharing a film series entitled Race:

The Power of An Illusion.

<https://www.racepowerofanillusion.org>

Our congregation will begin next month by reading and discussing the book, 'Widening the Circle of Concern.'

[https://uuabookstore.org/products/widening-the-circle-of-concern?
_pos=1&_sid=9e5ec83f5&_ss=r](https://uuabookstore.org/products/widening-the-circle-of-concern?_pos=1&_sid=9e5ec83f5&_ss=r)

I would personally love to see you attend if you can. It is by learning and working together that we can create positive change in our church, our community, and in our world.

-Reverend Edith

"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."
- If you need a 6 digit code for Zoom sign in call Mary, Rajeev or Dave.

Thank you,

It Team



Committees & Elected Roles

ZOOM links & descriptions

Board of Trustees

4th Wednesday at 5:30 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

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

IT Team

Meets as needed
Group contact:
Mary Wickensheimer, tech1@uufbr.org

Use this link to join on Zoom:

[https://zoom.us/j/95229659211?](https://zoom.us/j/95229659211?pwd=SVJUdU93WXLbEVhSWXuR0duNE9aQT09)

[pwd=SVJUdU93WXLbEVhSWXuR0duNE9aQT09](https://zoom.us/j/95229659211?pwd=SVJUdU93WXLbEVhSWXuR0duNE9aQT09)

Meeting ID: 952 2965 9211 Passcode: 023036

Worship Team Meeting

Weekly on Monday at 7:00 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

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trustees@uufbr.org

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 UUFBF and our UU Principles.

Use this link to join on Zoom:

[https://zoom.us/j/92039364170?](https://zoom.us/j/92039364170?pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJQdz09)

[pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJQdz09](https://zoom.us/j/92039364170?pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJQdz09)

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

The Legacy Group

Third Sunday at 1:00 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=d1NuVzZnM05ycDkwVWtQQnJyUm1PQT09)

[pwd=d1NuVzZnM05ycDkwVWtQQnJyUm1PQT09](https://zoom.us/j/98795244584?pwd=d1NuVzZnM05ycDkwVWtQQnJyUm1PQT09)

Meeting ID: 987 9524 4584 Passcode: 388278

Membership Committee

2nd Tuesday at 4:00 pm
Group contact: Sharon Drew

Use this link to join on Zoom:

[https://zoom.us/j/93534994263?](https://zoom.us/j/93534994263?pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGMdwdz09)

[pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGMdwdz09](https://zoom.us/j/93534994263?pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGMdwdz09)

Meeting ID: 935 3499 4263 Passcode: 232167

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.

Endowment Committee: Elected

Mitch Major, Treasurer

Jacqueline Velazquez, Chair

Wendy Aron

Emil Kessler

Rona Solomon

Amanda Bowers

Nominating Committee: Elected

Danielle Smith

Terry Jordan

Barb Jensen



Shawn Malaney
July, 28

Best wishes to you on your birthday!

Featured Fellowship Events

Please join Reverend Edith for a new group,
meeting monthly,
'Introvert Book Club.'

The idea is you bring whatever you are
reading, and we read books at the same time
in the same place, like being in a cozy library.

If we feel like talking, we can, or we can
simply sit and enjoy our books together. Hot
water for tea will be available, bring your
favorite tea bags and snacks to share if you
like.

**The first
meeting will be
12:00 pm noon
on July 2nd
in Osias hall.**



**Wednesday, July 9th
10:00 AM**



BANNED BOOK CLUB

**Meets the Second Wednesday
of Every Month**

10:00 AM

UUFBR • Parker Room

JULY'S BOOK:

**The Absolutely True Diary
of a Part-Time Indian
by Sherman Alexie**

**Thoughtful discussion, open minds, and
community welcome!**

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



REIKI CIRCLE

**A SANCTUARY OF
HEALING AND CONNECTION**

**Thursday, July 10, 2025 | 7:00 PM
In the Osias Hall**

**Unitarian Universalist Fellowship of Boca Raton
2601 St. Andrews Blvd., Boca Raton, FL 33434
WWW.UUFBR.ORG**

Featured Fellowship Events



Join UUs for a Spaghetti Supper Fundraiser and "Sauciest" Chef Contest on Sunday, July 27th

The Unitarian Universalist Fellowship of Boca Raton invites the community to a Spaghetti Supper Fundraiser featuring the "Sauciest" Chef Contest on Sunday, July 27, 2025, from 12 to 3 PM. The event will take place in the Osias Hall at the Unitarian Universalist Fellowship of Boca Raton, located at 2601 St. Andrews Blvd. (approximately a half-mile north of Glades Rd., next to University Woodlands Park).

This family-friendly event will feature a delicious spaghetti supper complete with a fresh lettuce salad with a choice of ranch or vinaigrette dressing, warm bread rolls and butter, serving of spaghetti with choice of tomato or creamy sauce, sprinkle toppings, and a cold beverage. The highlight of the event is the "Sauciest" Chef Contest, where local chefs will compete to create the best spaghetti sauce. Guests will have the opportunity to sample each sauce and vote for their favorite. The winning chef will be awarded the title of "Sauciest Chef" and a special prize. Get a heaping helping of spaghetti, and give a heap of help to UUFBR. Suggestion donations are \$7.27, and can be given online at givebutter.com/saUUciestchef or at the door.

SAVE THE DATES



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 10-4pm Grounds Maint. 9:30am Introvert book club, 12pm, In person Choir rehearsal 7pm, In person Midweek Meditation 8pm, Zoom	3 Admin in office 10-3pm	4 4th of July/ Independence day Friday Night Happy Hour 5pm, Zoom	5
6 Admin in Office 9-1pm Worship Service 10:30 am (Zoom also) Newcomer Welcome, 11:45 am, In person	7 Cleaning service 8am Office closed Worship Team 7pm, Zoom	8 Admin in office 10-4pm Membership meeting 4pm, Zoom	9 Admin in office 10-4pm Grounds Maint. 9:30am Banned Books Club, 10am Ukulele group 2pm Board of Trustees Meeting 5:30 pm, Zoom Choir rehearsal 7pm, In person Midweek Meditation 8pm, Zoom	10 Admin in office 10-3pm Non-violent Communication Practice 12:30 pm, Zoom Outreach Team Meeting 4pm, Zoom Widening the circle of concern 6:30 pm Endowment committee meeting, 7pm, Zoom Reiki 7pm	11 Admin in Office 10-3pm Friday Night Happy Hour 5pm, Zoom	12
13 The Spiral of Becoming 9-part series 9am Admin in Office 9-1pm Worship Service, 10:30 am (Zoom also)	14 Office closed Cleaning service 8am Worship Team 7pm, Zoom Death Cafe 7:30pm, Zoom	15 Admin in office 10-4pm	16 Admin in office 10-4pm Grounds Maint. 9:30am Choir rehearsal 7pm, In person Midweek Meditation 8pm, Zoom	17 Admin in office 10-3pm Creativity Matters 7pm	18 Admin in Office 10-3pm Friday Night Happy Hour 5pm, Zoom	19
20 The Spiral of Becoming 9-part series 9am Admin in Office 9-1pm Worship Service 10:30 am (Zoom also) Program Planning meeting, 12pm Legacy group 1pm, Zoom	21 Office closed Cleaning service 8am Worship Team 7pm, Zoom	22 Admin in office 10-4pm Care Team meeting, 1pm, Zoom Healing Justice 7pm, Zoom	23 Admin in office 10-4pm Grounds Maint. 9:30am Choir rehearsal 7pm, In person Midweek Meditation 8pm, Zoom	24 Admin in office 10-3pm Outreach Team Meeting 4pm, Zoom Widening the circle of concern 6:30 pm	25 Admin in Office 10-3pm Friday Night Happy Hour 5pm, Zoom	26
27 The Spiral of Becoming 9-part series 9am Admin in Office 9-1pm Worship Service, 10:30 am (Zoom also) Spaghetti Fundraiser 12pm	28 Office closed Cleaning service 8am Worship Team 7pm, Zoom	29 Admin in office 10-4pm	30 Admin in office 10-4pm Grounds Maint. 9:30am Banned Books Club, 10am Board Meeting- Adaptive/ strategic 5:30pm, Zoom Choir rehearsal 7pm, In person Midweek Meditation 8pm, Zoom			

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Check out our website for more information at
[UUFBF.org](#) or scan the QR code below



Classifieds



Intergenerational Camp July 20th - 25th

A Summer Camp for everyone! Are you age 0 to 100+? It's for you! Are you a family looking for a fun summer experience? It's for you! Are you a group of friends wanting to explore nature? It's for you too! Everyone is invited to come together for crafts, hiking, campfires, and more. It's a great way for family and friends of all ages to enjoy the summer together in an amazing mountain setting!

Registration closes July 6.

<https://www.themountainrlc.org/event/intergenerational-camp/>