

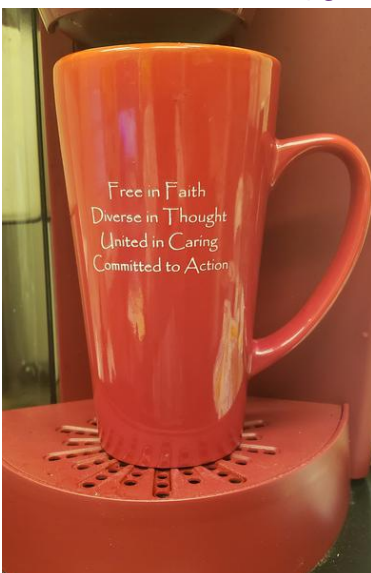


Board Corner

Introducing Our New Emergency Response Plan

In every community, preparedness is an act of care. Our new Emergency Response Plan was created with that spirit at heart—to help ensure the safety and well-being of everyone who gathers within our Fellowship.

[Cont. on pg. 8](#)



From the Minister

Greetings, beloveds. I am the Reverend Edith A Love. It is my great joy, honor and privilege to be your minister here at UUFBR.

[Cont. on pg. 2](#)

What else is inside?

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

[Featured Article](#)

[Featured Events for November](#)

[November Birthdays & Anniversaries](#)

[Calendar](#)

From the minister...

Reverend Edith A. Love



So, our spooky topic this time is fear. What are we afraid of? First of all, let's define our terms. What is fear? According to Merriam-Webster, fear is an unpleasant often strong emotion caused by anticipation or awareness of danger.

It seems a part of our brain called the amygdala is what is in charge of sudden fear. It developed in human beings millions of years ago, to help protect us from things like sabre-toothed tigers. The trouble is that now, our bodies can't really distinguish between a tiger that might eat us, and an email that seems aggressively unkind. Fear can hijack our brains, our speech, and our behavior, regardless of the source. But we no longer live in a world with sabre-toothed tigers running around. And many of our fears are much more amorphous, like fear of pain or loss.

So what can we say about fear? I could start out by quoting Franklin Delano Roosevelt, who said, almost a hundred years ago, 'We have nothing to fear but fear itself,' or I could quote Dorothy Thompson, "Only when we are no longer afraid, do we begin to live,' but I am going to go in a different direction than that.

I've been reading *How Not to Be Afraid, Seven Ways to Live When Everything Seems Terrifying* by Gareth Higgins. According to Higgins, fear is mostly a story we tell ourselves, and he asserts that we can change our stories. There were 7 fears he listed. Those are, fear of being alone, fear of having done something that can't be fixed, fear of a meaningless life, fear of not having enough, fear that you'll be broken forever, fear of the world, and fear of death.

He goes on in the course of the book to assert why each of these can be seen in a different way, I highly suggest his book, I found it quite helpful. The overarching point that I took away from it, was that he believes all fears come from stories we tell ourselves, and we can choose to live into different stories.

In the course of my work as a minister, over the past ten years, I have met people who were afraid of lawnmowers, car accidents, heights, ants, snakes, elevators, failure, being abandoned, and many other things. Most noteworthy, to me, was the person I met who was extremely afraid of butterflies. Yes, butterflies. To her, they were utterly terrifying. We could not sit outside and sip tea because she had seen one and was worried that it might touch her. This particular person was not interested in changing this fear, she simply avoided any possible chance of a butterfly landing.

From the Minister Continued

I would offer the opinion that in reality, worrying or being afraid has not added days to our lives, rather, it has all too often added needless stress. Fear isn't bad! We have to distinguish between fear that helps us and fear that is holding us back.....

I have probably spoken about attachment theory before in a sermon. Contrary to the old adage, you can't teach an old dog new tricks, all human beings are capable of growth and change, thanks to neuroplasticity, across the full span of our lives. According to Dr. Thais Gibson, through connection to ourselves and to others, we can change the way we approach our fears, if there are specific things that we wish to overcome.

How do we do that? First, we have to recognize our patterns. We have to name them, then we have to decide if we want to change them. The formula for changing is repetition plus emotion. Our subconscious can only hear positive messages, so instead of 'I won't be afraid of (whatever it is)' you might tell it, 'I am perfectly safe with (whatever it is).' Because of neuroplasticity, we can change. So you figure out a positive override to connect to the thing that has you scared. And then you use that positive emotion every time you come in contact with the thought or the thing or the issue. Consistency in repetition plus emotion is the formula.

Let me give an example, I met someone who had been afraid of something her whole life which you might regard as trivial....escalators. She told me that she would watch those little silver teeth endlessly rotating, going up and down again, around and around in an endless loop, imagining that once she stepped onto it, that monstrous thing was going to eat her toes off. She felt genuine fear every time she stepped on an escalator, whether she had closed toe shoes on or not. One day, she told her new partner about that fear, and you know what they did? They made sure to hold her hand and kiss her every single time she had to get on an escalator with them.

And in the span of just a couple of months, her fear of an escalator is now completely gone. That is the power of connection. That is the power of relationship, that's what love looks like in action. That is rewiring the brain, in real time.

And so, for you, if there are fearful patterns that you want to break, something that you would like to shift, first recognize it, acknowledge it, admit it to yourself. Second, decide if you want to change it. You don't have to change, if you don't want to. But if you do want to....you move to step three, which is, you need consistency in the magic formula, repetition plus emotion. So you find a positive emotion to override to literally rewrite the neurons in your brain.

That is one way we can change, if we want to. Catch me after the service if you want to speak further about this.

Specifically for us as a congregation here at UUFB, I want to identify three fears I have observed. The first is, I know there is fear around what's happening in our country right now.

From the Minister Continued

Yes, what's happening in our country is scary. In the service on November 9th, we are going to explore that a little bit, along with a brand new tradition, book communion. In these troubling times, we must join together and support each other, the only way out is through. There are not going to be shortcuts. Things are tough, and may become much more difficult than they already are, that is why this place is such a vital refuge. We are in the midst of serious political strife in our nation. Our climate is in grave danger. Immigrants are being taken from their cars, their homes, their workplaces, and their schools. This fellowship is a place of healing as well as challenge, a spiritual recharging station for love and justice work.

The second fear I see here is around whether you UUFBR will have enough money.

Yes, it is true, some in this congregation have financial anxiety. You might be afraid of not having enough. As a single mother, I understand those fears. But here is what I know. This fellowship has existed since 1961, and somehow, it has always sustained itself. Decade after decade, year after year, look at what you all have built! You may say it was all the work of previous people, or bequests, or a certain minister, but if you hear me say nothing else today, please hear me now, YOU did that. The collective strength of all of us, all the way back to the very first time this fellowship met, you have done this and you will continue to do it. The universe provided and you provided, you have kept this place running and I trust that you will continue to do the same. It is my hope that you will begin to explore year-round stewardship, rather than a big push once a year. It takes love and effort and dollars to sustain a magical place like this. I know that the wisdom of the collective is so much more than the wisdom of any one person, and you can maintain UUFBR well into its next decades to come.

The third fear I have observed is I know there is fear as to whether you will find another minister after I am gone....

My beloved people, as many of you know, after a period of discernment, the board and I were unable to come to an agreement, we have decided to part ways. I had high hopes that we might have many long years together, but that is not to be. I love you and I know this is for the best.

It is not easy to say goodbye. I will miss each one of you. It has been a blessing and a joy to be your minister. Change can hurt, but it is a necessary part of growth. Someday, we may gain perspective on this decision. I know you will find exactly the right person to be your next minister. Leaving with love is a gift that we give each other to help pave the way.

A congregation is a living entity, making a journey of learning and discovery. A minister can offer love, care, and the wisdom of their education and experience, but truly, it is the congregation who do the work of growing and becoming. Ministers help build relationships, but the community grows itself. Eventually, in a short or a long amount of time, a season comes when the minister must leave.

From the Minister Continued

I know there are some good memories we have built here together. I want you to know how much I love being a tiny part of your world, and sharing my perspectives from this pulpit, as Emerson says of preaching, 'life passed through the fire of thought.'

Leading a church community is a sacred duty. This place is holy, you are doing the hard work of love and justice, this is a safe space for those who are oppressed in many ways. I trust you to continue to build and deepen the relationships I have been blessed to witness in this church community. I am forever altered by the experience. Thank you for loving me, thank you for allowing me to love you. I believe that learning how to love each other is the entire reason we are here on this Earth. I am tremendously proud of the growth I have seen in you all over the past ten months.

Our relationship will end on January 13th, 2026. According to Unitarian Universalist Ministers Association guidelines, we will have no further contact. If we happen to run into each other in the future, it is okay to say hello, but we cannot have deeper conversations. The reason it is this way, is to make space for your new minister, without any confusion as to whom you should look to for support, guidance and pastoral care. Our guidelines are very strict. I know you will hold this shared boundary with love and grace.

I treasure every moment with this congregation. I love you, thank you for allowing me the honor of being your minister.

UUFBR has the wonderful distinction of being a beautiful place with kind, loving and generous people, in a climate that many might consider to be paradise. It's bright and sunny almost all the time. It's warm and breezy, with the ocean so close nearby. There are people here who care about taking action to live our values, who care about keeping covenant, who care about keeping this congregation financially viable. We've got growth in exciting new ways, like creativity matters, like the homeschool co-ops that are occupying our RE building. We have a thriving care team which will need some additional members in coming months. We're going to need some board members in the spring. I encourage you to consider whether you might be one who can step forward and join the board when four people rotate off. We're going to have a ministerial search team forming. Some really wonderful people brought me here. I know that the next right person for you is just around the corner.

Although you may feel a range of emotions, I do not want you to lose hope. If you do the work of learning to mend covenant and forming a right relations team, you will be ready for your next minister, you are going to be just fine. Avoiding issues or speaking indirectly when we have a concern is perpetuating the problem. I know it can be intimidating to talk to someone you have an issue with, but that is the path of healing, the path of growth, the path of courage. Brene Brown says, "We don't have to be scary when we are scared. Let's choose awkward, brave, and kind. And let's choose each other." I choose you, my loves. I choose to face the hard stuff with you.

From the Minister Continued

I'm almost done, I promise. I have a poem by Becky Hemsley I want to share with you, and then I will wrap up.

He asked of me why it was raining
He asked was it tears from the sky
And I replied yes
That this was the case
That even the heavens can cry
He asked of me what was the thunder
He said it was hurting his ears
And I told him that sometimes
Even the clouds
Need to scream so that somebody hears
He asked of me what was the wind
And why was it whirling and swirling around
So I explained
Even the sky takes deep breaths
When it's trying to calm itself down
Yet often, we keep our tears secret
And we swallow our own cries for help
And we think that it's weak
To be catching our breath
So we don't let our struggles be felt
And yet, if the clouds never emptied
If the sky never screamed through the storm
It would sit growing darker
And darker until
It was simply no use to us all
So throw all your fears to the wind dear
And toss all your tears to the clouds
And you will discover
The infinite power
The heavens hold over the ground
See, it's normal and natural to struggle
And it's healthy and human to cry
And if anyone questions
Your power my darling
Just tell them it's matched by the sky.

From the Minister Continued

That is why I urge you, please, don't hold in what you are feeling and thinking. Talking about the problem to someone who isn't involved just makes things worse in the long run. Whatever it is, whatever is upsetting you, hurts your feelings, seems wrong.....

Bring it to me, bring it to your therapist, or bring it to the person you are upset with, to talk it out, human to human. We can do this, we can do hard things, that is what covenant is all about....

17th century British author Thomas Traherne said, "You never enjoy the world aright til the sea itself floweth in your veins, til you are clothed with the heavens, and crowned with the stars." We are all a part of the interconnected web of life, and in this country, we are going to have to network and band together, to enable all of us to survive in the coming days. We are each and all, intimately intertwined with the fate of the planet, and of each other. What harms one of us, harms all of us. Franz Kafka said,

"You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait, be quiet, still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet."

If you all take the time to contemplate the choices before you in this historic moment, it is my hope that you will find it an opportunity rather than something to fear. This is a chance to choose a new path. I trust that you will consider carefully, and decide to push past what you are afraid of, because the world is at your feet. You can do anything you set your mind to. Go out there and change things for the better, my beloveds. I love you and I believe in you. You've got this.

Board Corner Continued



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

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Though we hope we never face an emergency, being ready allows us to respond calmly, compassionately, and effectively if we do.

The plan is brief, clear, and complete. It provides concise guidance for a range of situations—from medical and fire emergencies to severe weather, building security, and active-threat incidents. Each section outlines what to do in the moment, whom to contact, and how to keep people safe until professional responders arrive. It was written with careful attention to the needs of our community: volunteers, visitors, staff, and renters alike.

Because a plan is only as good as our ability to use it, training is an essential part of the rollout. Short orientation sessions will help everyone understand their roles, learn evacuation routes, and know where safety equipment is located. Regular drills—respectful of the church’s worship and community rhythms—will make sure these procedures become familiar, not frightening. The goal is readiness, not alarm.

Behind the plan is thoughtful collaboration among our leadership, staff, and local safety officials. We have worked closely with the Boca Raton Police Services Community Engagement Group to ensure that drills and exercises are coordinated in advance with their dispatch and patrol teams. This coordination prevents confusion and allows first responders to assist us quickly if needed.

Our plan also reflects our UU values. It is rooted in respect for every individual’s dignity, in our covenant to care for one another, and in our commitment to justice and inclusion. By preparing for emergencies together, we strengthen our sense of interdependence—the recognition that none of us is truly safe unless all of us are.

Copies of the plan will be available for review, and key procedures will be posted in common areas throughout the building. Members who would like to assist with training or serve on the response team are warmly invited to volunteer.

In creating this plan, we affirm that safety is sacred. The best emergency plan is one we hope never to use—but having it in place gives us peace of mind and allows our community to focus on what it does best: welcoming, worshiping, and working together to make love and justice real in the world, one interaction at a time.

Claire Smith,
Co-president, UUFBR Board of Trustees

November Worship Service Schedule Sundays at 10:30 am

November 2 - Venerating Ancestors: A Day of the Dead Celebration

You are invited, under the theme of All Souls Day, to partake in the Mexican holiday Dia Del los Muertos (Day of the Dead). Bring a photo of your loved one or a former congregant who has passed away. You are welcome to say something about them as the photo is placed and honored on a special altar. Later the altar will be moved to Osias Hall where we can continue to reflect together. This is a time to remember, to celebrate, and to affirm that those who came before us remain a part of our community.

November 9 - The More You Know, with Rev. Edith A. Love

Please come join us for our brand new annual tradition, Book Communion. Please bring one specific book that has been meaningful for you, and write in the front or on a slip of paper, how it has helped you or given you insight or maybe even, changed your life. During the service, we will be giving the books to each other. We will also have a brief new member ceremony. And, the premiere of our "Be the 'I' in KIND" video. You won't want to miss this one!

November 16 - SERMON OF THE MONTH: Five Jagged Rocks of Unitarian Universalism

"We are in control of what we do with our daily living. If we, each one of us, represent a missing remnant in the fabric of our collective future, then together we can lean into a possibility that we have yet to fully experience in human history: a collective wholeness, an unassailable good... [So] immerse yourself, unapologetically, in what it means to be a Unitarian Universalist in these days. Then go out into the world and live knowing that your faith matters."

The Sermon of the Month series is an offering from your UUA Congregational Life Staff to help support small congregations with quality worship resources.

November 23 - Love Is The Reason, with Rev. Edith A. Love

What should we do when people act in ways that upset us, disturb us, or make us angry, perhaps even hurt our feelings? Is there something in our Unitarian Universalist theology that can help us? Join the service on November 23rd to explore the question.

November 30 - This Abundant Universe: How Gratitude Compels Us

In gratitude for all we have, what might the universe compel us to do to live justly in solidarity with our neighbors? Join us as we explore that question.

Share the Plate Offering



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."

Tomorrow's Rainbow is funded almost solely through the generosity of individuals, foundations, and corporate donations. Your tax-deductible donation makes a difference in the lives of bereaved & traumatized children in our community.

Each year, Tomorrow's Rainbow provides free grief support groups for more than 700 children, teens, and their families through direct services and thousands of bereaved youth through workshops, community advocacy, and mission-focused events. Additionally, many of our equine-assisted psychotherapy services are provided free of charge for qualifying individuals. Tomorrow's Rainbow must raise \$1,500 per child annually to participate in our bereavement support program for more information go to their website.

<https://tomorrowsrainbow.org/>

CHARLIE CORMIER
DECEMBER 6, 1948
TO
OCTOBER 5, 2024



A Celebration of Life will be held for Charlie Cormier on **Sunday, December 7 at noon**. Reverend Edith Love and Reverend Harris Riordan will co-officiate. Ellen Cormier, UUFBR's DRE Emerita, will join us on zoom from her home in Rhode Island. Following interment in The Memorial Garden, lunch will be served.

If you are unable to attend, but wish to share thoughts or memories of Charlie, please send them - in words or video - to Harris at revhr1@gmail.com or 561 715-9593

Remembering, Rising, and Radiating Light

November is a month of remembrance and reflection. As autumn deepens, the days shorten, and we begin to feel the turning of the year, our music at UUFBR invites us to honor what has been, to lift our hearts toward hope, and to share the Light we carry with one another.

We begin the month with our Día de los Muertos service, proposing a time to celebrate life by remembering those who came before us. In this service our voices will join in the hymn #1001 “Breaths”, reminding us that “those who have died have never, never left.” We’ll also sing “Remember Me” from Disney Pixar’s *Coco*, a song that so beautifully expresses the idea that love transcends death, and that remembrance itself is a form of love, and #305 “De Colores” will add that vibrant burst of joy and color to this service, honoring the beauty of the earth and the diversity of life. These songs weave together memory and gratitude, sorrow and celebration.



This quarter also brings a new congregational response, “Sending You Light” by Melanie DeMore. This simple, powerful refrain, “Sending you Light to **heal** you, to **hold** you”, will accompany us through the winter months, a musical hug that affirms our interconnection. In a time when the world can feel uncertain, this song offers warmth, hope, and solidarity. I encourage everyone to listen deeply and let the response become a shared breath of love during our services, holding and lifting the sorrows shared.

November also happens to be the birth month of several remarkable composers and musicians whose work reminds us of music’s transformative power. Among them are Aaron Copland (born November 14, 1900), whose *Appalachian Spring* captures the spirit of gratitude and new beginnings. Claude Monet’s musical counterpart and contemporary, Paul Hindemith (born November 16, 1895) [hey! we share birthdays!], explored in his works the harmony between intellect and emotion. Their music, like the season itself, reflects both introspection and renewal.

As we move through this month of remembrance and thanksgiving, let’s notice how the music we share resonates in your own spirit. Which songs call forth memories? Which lift your heart? Which offer comfort or courage? In every note we sing, we are participating in something larger than ourselves, an act of community, of continuity, and of love.

May the music of November remind us to remember, to rise, and to send our Light into the world.

Marina Machado
Music Director

Let's Celebrate One of Our Own! 🎉

Our dear member Honoratha Lwiza has just published a new book now available on Amazon in both digital and hardcopy formats! This is a wonderful accomplishment, and we invite everyone to show their support by purchasing a copy and helping spread the word.

You can also purchase the

book directly from

Bob and Honoratha, who will donate \$1.00 from every book sold to UUFBR.

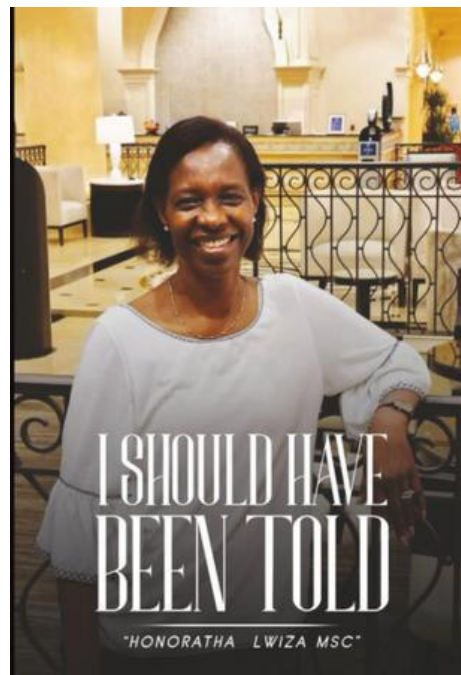
The link to the book is included below.

Let's join together in congratulating Bob and Honoratha on this exciting milestone and celebrating this inspiring achievement!

[https://www.amazon.com/I-Should-Have-Been-](https://www.amazon.com/I-Should-Have-Been-Told/dp/BOFXK4PY24/ref=tmm_hrd_swatch_0?_encoding=UTF8&dib_tag=se&dib=eyJ2ljoMSJ9.DJb40Rg8CD42qajctWL163nJM50dl8X5i4OUCTLtXIh74BX_hkeOVmaML9VbgGxcw_LpSZguKBugsU4zJsozJQ.AjHYusP7A_J6PTAP44FF5a0QxyDWO72WrAjnSQa8ol4&qid=1761675466&sr=8-1)

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"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 signin call Mary, Rajeev or Dave.

Thank you,

It Team



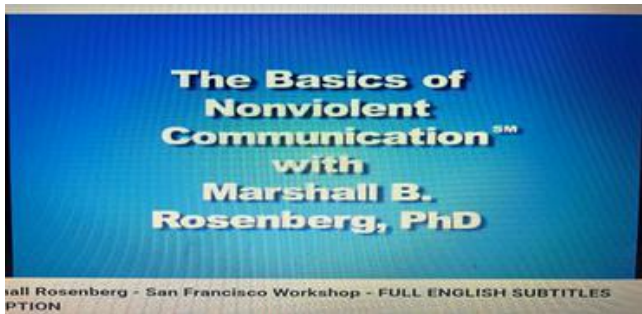
Caregiver Support Group

Are you a caregiver, someone who tends to the physical and emotional need of a loved one on a regular basis? If so, and you'd like space to talk to others who are also caregivers, please reach out to Reverend Love and she will connect you to the organizer.

Monthly NVC Practice Circle:

Join us Thursday November 14, 2025. 12:30-2:30

Practice based on workshop by author and mediator, Marshall Rosenberg.



NVC (Nonviolent Communication, also known as Compassionate Communication) has been described as a way of listening and relating which keeps the needs of all concerned in consideration. To this end, NVC offers a way to communicate in an honest manner, without any criticism, insults, or put-downs, and without any intellectual diagnosis implying wrongness. It is a communication framework that aims for compassion and collaboration rather than harm or disconnection.

At the core are four components: observations, feelings, needs and requests. Practicing NVC involves a flow of communication, expressing ourselves compassionately through the four components and hearing the four pieces of information from others empathically.

Our next session will continue to introduce the four components of NVC. We plan to invite participation in the practice exercises guided by the author in a video of one of his workshops. We will explore exercises covered in the first 1.5 hr of the video. We are asking participants new to NVC to have a look at it prior to the group meeting if possible, so please contact us for the link.

Newcomers to NVC are welcome! We look forward to your curiosity and openness to new ideas.

Zoom Link <https://zoom.us/j/96682068893?pwd=Xa6bllv9bp6KclrVRTWdrI4RWPGLi4.1>

Meeting ID: 966 8206 8893 Passcode: 924753

One tap mobile

+13052241968,,96682068893# US[KK1]

Questions? Email David at DubbinDC@gmail.com or Kim at KishK4Good@gmail.com.

UUFBR BYLAWS REVIEW PROJECT –WHAT’S IT ALL ABOUT?



One of our congregation-wide projects this year is to review our Bylaws. Why are we undertaking this project and what does it matter to YOU?

In our UU Fellowship, our Bylaws determine who can be a member, how we choose our congregational leaders and our ministers, how we make decisions as a community, what kinds of donations and gifts we accept, and what we do with them. Bylaws are really important – and usually get very little attention.

We're focusing on our Bylaws now because we're building a bright future as a Fellowship, and we want to give some attention to the ways we do things and make sure that those processes make sense for our congregation now.

We are in the process of forming our Bylaws Review Team. **We Want You** if you:

- Are detail-oriented and love thinking about why we do what we do...
- have prior experience with bylaws... OR
- think things could run more smoothly with some change...

We will be asking for input. **We Want Yours** if you:

- know a different way of doing things...
- have been impacted by operation of our Bylaws in some way...OR
- think there might be a better way to do things...

If you are interested in being part of the Bylaws Review Project, please let Mitch Major know. And please mark your calendar and RSVP to Mitch to attend the first of three Bylaws Review Workshops. The first workshop will be held Sunday, **November 23**, after worship, with a hybrid format, and will be open to all.

The November 23 workshop will give a general overview of our Bylaws, and then we'll ask for your opinions about how our Bylaws address **membership**. Future workshops will provide opportunities to give your feedback about **leadership, ministers, gifts and donations, our Endowment, and administrative details**. In all our workshops we'll be asking you to tell us:

- What should stay?
- What should change?
- What should go?

Tell us what you think. Help us give our Bylaws the love and attention they deserve. **We Want You!**



Healing Justice Committee Update

Racial Justice

Upcoming Speaker: Myra is collaborating with the Worship Team to bring a racial-justice speaker to UUFBF in **March 2026**.

Community Healing & Transformation Initiative

Join this action-oriented workshop series designed to move from dialogue to community change:

- **Saturday, Nov 9, 2025**
- **Sunday, Nov 23, 2025**
- **Sunday, Dec 7, 2025** (possible location change)

 **2–4 PM**

 *First United Methodist Church*, 625 NE Mizner Blvd, Boca Raton, FL 33432

 Refreshments served

RSVP (even if you can't attend all sessions): gwynnettewilliams@unitedwaypbc.org.

This initiative, supported by United Way and DISC, helps us build trust, collaborate across differences, and plan for systemic change.

Immigration Justice

Presentation: Amanda shared an excellent overview of Immigrant Advocacy in Palm Beach County. Slides are available.

Vigil Against the 287(g) Agreement

 **Tuesday, Nov 4 | 7 PM | West Palm Beach**

 Carpool from UUFBF at **5:45 PM** (contact Jennifer Ligeti for a ride).

 [Sign up here](#)

Florida Immigrant Coalition (FLIC) Orientation

Learn how to get involved in statewide immigrant rights work:

 secure.everyaction.com/VXH3a3aErE-WGzUGls8rxw2

Amanda serves on the South PBC Indivisible Immigration Rights Committee. <https://www.facebook.com/PBCIIC>

UUA Statements on Immigration:

- Immigrants Are People Who Have Inherent Worth and Inalienable Rights
 - Immigration as a Moral Issue
-

Reproductive Justice

Get connected with **Floridians for Reproductive Freedom:** floridareprofreedom.org

 **Service Project:**
Make Travel Care Kits & Period Packs with UU Palm Beaches
 **Saturday, Nov 1 | 1–3 PM EST**
 [Register here](#)

LGBTQ+ Justice

The Delray Pride Intersection has been removed, and the City is considering a **statue honoring the LGBTQ+ community**.

Residents are encouraged to attend City Council meetings or contact officials to express the importance of visible, lasting support for LGBTQ+ inclusion in Delray Beach.

PEACE (People Engaged in Active Community Efforts)

Nine UUFBR members attended the Community Problems Assembly on **Oct 27**, where Immigration was selected as PEACE's new focus issue.

A research team is now forming—Amanda is on the team, and new participants are welcome!

Learn more at peacepbc.org.

Save the Date:

Nehemiah Action Assembly

 Jupiter First Church

 **Tuesday, March 24, 2026 | 7–9 PM**

Food & SNAP Updates

If the federal government shutdown continues, **November SNAP benefits may not be issued**, affecting 3 million Floridians (most with children).

Here's how you can make a difference today:

1. **Donate Funds:** Financial gifts allow food banks to purchase exactly what is needed, often at wholesale prices, maximizing impact.
2. **Volunteer Your Time:** Food banks need hands to sort, pack, and distribute food.
3. **Neighbors Helping Neighbors:** Sponsor a family's groceries; gift grocery store gift cards to agencies assisting clients; donate essential baby items; offer transportation to food banks and affordable grocery stores; or organize a food drive for high-demand items like protein and canned goods.
4. [Boca Helping Hands](#)
Feeding South Florida
 - a. Serve: Broward, Dade, Monroe, Palm Beach
 - b. Donation Link: <https://feedingsouthflorida.org/donate/>
Volunteer Link: <https://feedingsouthflorida.org/volunteer/>

Portraits of UUFBR
A Community Art Raffle Benefit
(extended until December 14th)

A tradition of the arts and its influence on us as a whole, where we as a community contribute to UUFBR in a unique and artful way!

Each year a budding new artist will commemorate our congregation in their unique way and help bring our community's faces and stories to life through original works of art via a live and ongoing portrait sketch exhibition until the final raffle drawing dates are called for 3 prizes.

Every raffle ticket holder, if they so choose, will also receive a 5.5in. x 8.5in. graphite sketch as a thank-you. These sketches will be displayed in Osias Hall and later returned as keepsakes. **20% of all raffle sales will be donated back to UUFBR. If sales reach \$1500, the donation increases to 30%** Tickets are \$25 each — or bundle your tickets (3 for \$60, 7 for \$125) to increase your chances of winning! You do not need to be present to win.

1st Raffle Drawing Event- Sunday, November 9, 2025

(with green-screen photo shoot)

CURRENT SALES

■■■■■■■■■■ (\$400) ■■■■■■■■■■ (\$900) ■■■■■■■■■■ (\$1600)

\$400 Digital Illustration 11x14 print, framed to 16x20

\$900 Mixed-Media (Graphite & Charcoal): 9x12 on archival paper, matted and framed to 14x18. Includes background chosen from curated designs inspired by community, nature, or light

\$1600 Acrylic Painting 16x20 canvas, offering more space and presence than the other works. Includes background chosen from curated designs inspired by community, nature, or light.

This year, your very own organizer and initiator of this tradition, is our congregant and artist, Isis (Marie) Nabut — socially known as Marie. Marie studied Fine Arts in the University of Florida. There she specialized in a department called Electronic Intermedia. Her career was focused in video editing for many years in New York. Having illustrated in the Sun-Sentinel early on and exhibited in New York with works such as animation, video art, digital drawing, and installation, she hopes now to transition back to her earlier days of painting and drawing and to break into the art scene here

in Florida. Find her at her Instagram handle @i.marie.nabut, showcasing her paintings/illustrations/drawings.



How to Buy Tickets

In Person: At the end of each Sunday service. Fill in your **name, phone, and email** on each ticket. I'll collect tickets in the raffle basket, accept **cash or check (make payable to Isis Marie Nabut)**, and provide a receipt.

Online Payments: Venmo: @marienabut • PayPal: mnabut@outlook.com • Zelle: 646-641-3706

Include your name, phone, and email in the memo. Also provide a photo (physical or emailed to mnabut@outlook.com) for your sketch.

Sponsored by UUFBR. Raffle drawing will be conducted randomly on November 9, 2025. Winners will be announced after Sunday service during the congregational potluck. You do not need to be present to win.



UUFBR

Committees & Elected Roles

ZOOM links & descriptions

Board of Trustees

4th Wednesday at 7:00 pm
Rajeev Arora, Claire Smith
copresidents@uufbr.org

Use this link to join on Zoom:

<https://zoom.us/j/93768534897>

pwd=WEFNODZBV21Bc25sQWVjUGImRzdmz09

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>

432721616?pwd=dWNySFF5bTdoN3JSYi9JT1hBTEsOZz09

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>

pwd=SVJUdU93WXJLbEVhSWxuR0duNE9aQT09

Meeting ID: 952 2965 9211 Passcode: 023036

Worship Team Meeting

Weekly on Sunday at 4:00 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>

pwd=cDE3VkwvMUNSVXo2N3pra0drV25UZz09

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

Board of Trustees

Rajeev Arora

Claire Smith

Co-Presidents

Patrick Larson, VP, Facilities

Judy Keiser, Secretary

Howard Prentice - Treasurer

Trustees

Rajeev Arora / Patrick Larson

Carole Stephens/ Claire Smith/ Nader Tavakoli

Howard Prentice/ Lynn Smith/ Bill Jensen

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 UUFBR and our UU Principles.

Use this link to join on Zoom:

<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>

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>

pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGdwdz09

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



Jim Smith
November 2nd

**Best wishes to
you on your Birthday.**

Featured Fellowship Events

Sunday, November 2nd at 11:45 am



For new visitors and those who have been attending for a while, we invite you to join the Welcome Team in an informal conversation about our faith tradition, the life of the Fellowship and how to get further connected with people and activities. Please reach out to Welcome@UUFBR.org with questions. We look forward to getting to know you better!



The Ukulele Group

Wednesday, November 5th at 2:00 pm

The Ukulele Group will now meet on the first Wednesday of each month at 2:00 PM

For questions or concerns, please contact Sharon Drew
sldrew@bellsouth.net



**Game night, Friday night
November 7th at 7:00 PM**

Welcome to Game Night! Gather with other gamers for an evening filled with fun, laughter, and friendly competition. We'll be serving up mouthwatering pizza and refreshing bottled water to keep you fueled for the games ahead. Feel free to bring along your favorite drink to sip while you strategize! Don't miss out on the fun! Secure your place and your pizza by sending an email to Deliver2trish@gmail.com.

Featured Fellowship Events



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.

**Friday, November 7th at 12:00 pm
in Osias hall.**

 *UUFBR Presents*

PHANTOM MELODIES: A CONCERT IN CANDLELIGHT

SATURDAY | NOVEMBER 8 | 7 PM

MUSIC SELECTIONS FOR PIANO TRIO

TICKETS \$25

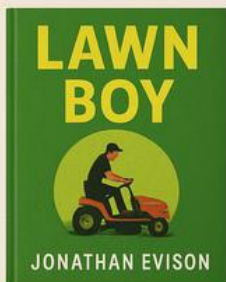
UUFBR.ORG | 561.482.2001

2601 ST. ANDREWS BLVD., BOCA RATON, FL 33434



BANNED BOOK CLUB

SECOND WEDNESDAY OF THE MONTH
NOVEMBER 12 • 10 AM
PARKER ROOM, UUFBR



THIS MONTH'S BOOK
LAWN BOY

ALL WELCOME EVEN IF YOU
HAVEN'T READ THE BOOK

LOVE • GENEROSITY • TRANSFORMATION • EQUITY

THURSDAY NOV 20
6:30 - 8:30 PM

CREATIVITY MATTERS



THANKSGIVING CELEBRATION

★ Bring songs, poems, stories of Thanksgiving
★ Totally open mic, no judgment
★ Create Oracle Cards with Jody King
★ Tables with art and craft supplies
★ Always OK to bring light snacks to share
★ Fun Interactive Mini-Workshop on stage fright



This event is co-created by our beloved community.
Your contribution is welcome.

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

DEMOCRACY • PEACE AND JUSTICE • ECOLOGY
DIGNITY • COMPASSION • SPIRIT • TRUTH
INTERDEPENDENCE • PLURALISM • JUSTICE

Featured Fellowship Events



Black Friday FRIENDSGIVING Celebration

November 28, 2025

2 PM - 5 PM

UUFBR- Osias

Join together, be grateful, eat Thanksgiving leftovers.
Bring your yams, or stuffing, or just your healthy appetite
for food, fun and fellowship.

All are welcome. .

See you there!

The Circle Supper Crew

External Events

BE A VOLUNTEER TUTOR

Help a Child Learn to Read



LITERACY COALITION OF PALM BEACH COUNTY
LITERACYPBC.ORG

Building Better Readers

Classroom Tutoring: Tutor elementary school students in reading comprehension during school hours at selected elementary schools. **Time required:** 90-minute sessions twice a week or partner with another volunteer to each tutor one 90-minute session.

After School: Tutor in person at various locations or

UPCOMING VOLUNTEER TUTOR TRAINING DATES & LOCATIONS

Monday, November 3, 2025
TIME: 9:30 a.m. – 4:00 p.m.
LOCATION: Blume Literacy Center
3651 Quantum Blvd., Boynton Beach

REQUIREMENTS: Volunteers must be at least 18 years old. Training for tutoring will be provided by the Literacy Coalition.

REGISTER: Scan the QR Code, right, or go to our website:
<https://www.literacypbc.org/event/bbr-tutor-training/>

Contact us for more information about the Building Better Readers program:
Jeanne Heavilin (561) 767-3366 | JHeavilin@LiteracyPBC.org

LITERACY COALITION OF PALM BEACH COUNTY
LITERACYPBC.ORG

UNITED WAY
Palm Beach County

UNITED WAY
Palm Beach County

COMMUNITY FOUNDATION
Palm Beach County

LITERACY COALITION OF PALM BEACH COUNTY | 3651 QUANTUM BLVD., BOYNTON BEACH, FL 33426 | 561-279-9103

*“The more that you read, the more things you will know.
The more that you learn, the more places you’ll go.”—Dr. Seuss*

NOVEMBER 4TH

7 PM
LAKE LYTAL PARK

3645 LAKE LYTAL PARK,
WEST PALM BEACH

A VIGIL FOR OUR IMMIGRANT COMMUNITY



SHERIFF BRADSHAW
Your Constituents Are Watching
Serve & Protect

RESIST 287G

A vigil is being held on November 4 in West Palm Beach to oppose the 287g agreement in our county and support our immigrant communities.

Here is the signup link:

<https://tinyurl.com/resist287gvigil>

External Events

State of the Transgender Community

Hosted by Transinclusive Group

Join us for an intentional conversation and panel discussion about Transgender rights, resiliency, and the pursuit of equity as we look back on 2025 and strategize for the future.

WEDNESDAY 11.05.2025
6:30 PM - 8:30 PM EST
Artserve 1350 E Sunrise Blvd, Fort Lauderdale, FL 33304

Moderator:

Nik Harris
VP of Strategic Initiatives & DEIB - Human Rights Campaign

Panelists:

Carison Jenkins
Community Advocate

Misty Alecia
Director of Trans Services - Sunserve

Regina Livingston
CEO - Unspoken Treasure Society

Entertainer:

Erika Norell
Cash App - Erikanorell LLC

WITH SUPPORT FROM:

IN PARTNERSHIP WITH:

FREE Registration:

11th Annual Bishop S.F. Makalani Mahee Transgender Equality Awards

Hosted by Transinclusive Group

Honoring South Florida's community advocates, organizations, and healthcare providers who are working to advance Transgender equality

THURSDAY 11.13.2025
6:30 PM - 8:30 PM EST
The Center for Spiritual Living 4849 N Dixie Hwy, Oakland Park, FL 33334

Your Hosts:

Missy Mayakie LePaige
Cash App - Smaylepage85

Zelle
theeyezoff@gmail.com

Entertainers:

Chyna Stacks Hilton
Cash App - Gungghyna

Tyesha Braxton
Cash App - SorantonBaby305

Melissa Hilton
Cash App - @Phatic305

WITH SUPPORT FROM:

IN PARTNERSHIP WITH:

FREE Registration:

Transgender Day of Remembrance

Hosted by Transinclusive Group

Gather with us at The Pride Center at Equality Park as we unite together for an evening of spoken word, music & performance, and a community meal as we remember and honor our transgender siblings whose lives have been stolen by violence.

THURSDAY 11.20.2025
6:30 PM - 8:30 PM EST
The Pride Center 2040 N Dixie Hwy Wilton Manors, FL 33305

SAY THEIR NAMES & HONOR THEM WITH ACTION

Speakers:

Angelique Godwin
Director of Transgender Equality - Equality Florida

Monroe Alise
LGBTQIA+ Advocate, Actor & Media Personality

Thomas J. Murrell
CEO - 3T Fitness & LGBTQIA+ Advocate

Star Adita
Community & Wellness Organizer

Entertainers:

Miss Florida Court Winners

WITH SUPPORT FROM:

IN PARTNERSHIP WITH:

FREE Registration:

WHAT'S HAPPENING

Everyone is welcome!

NOVEMBER
2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Movie Discussion Group 3pm, Zoom
2 Admin in Office 9 -1pm Worship Service 10:30 am, Hybrid Newcomer Welcome, 11:45 am, Parker room Worship Team 4pm, Zoom	3 Office closed	4 Cleaning service 7am Admin in office 10-3pm Landscape Committee meeting 7pm, Zoom	5 Grounds Maint. 9:30am Admin in office 10 -4pm Ukulele group 2pm Board Meeting- Adaptive/ strategic 7pm , Zoom Choir rehearsal 7:15 pm, in person Midweek Meditation 8pm, Zoom	6 Admin in office 10-3pm	7 Admin in Office 10 -3pm Introvert Book Club, 12pm in person Friday Night Happy Hour 5pm, Zoom Game night 7pm	8 Sharex Team meeting, 11am Movie Discussion Group 3pm, Zoom Phantom Melodies Candlelight Concert, 7pm
9 Admin in Office 9 -1pm Worship Service, 10:30 am, Hybrid New Member Ceremony 10:30 am Worship Team 4pm, Zoom	10 Office closed Death Cafe 7:30pm, Zoom	11 Cleaning service 7am Admin in office 10-4pm Membership meeting 4pm, Zoom	12 Grounds Maint. 9:30am Admin in office 10 -4pm Banned Book Club, 10am Choir rehearsal 7:15 pm, in person Midweek Meditation 8pm, Zoom	13 Admin in office 10-3pm Non-violent Communication Practice 12:30 pm, Zoom Outreach Team Meeting 4pm, Zoom Reiki, 7pm Endowment Committee meeting 7pm, Zoom	14 Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	15 Movie Discussion Group 3pm, Zoom
16 Admin in Office 9 -1pm Worship Service, 10:30 am, Hybrid Program Planning meeting, 12pm Legacy group 1pm, Zoom Worship Team 4pm, Zoom	17 Office closed	18 Cleaning service 7am Admin in office 10-4pm	19 Grounds Maint. 9:30am Admin in office 10 -4pm Board of Trustees Meeting 7 pm , Zoom Choir rehearsal 7:15 pm, in person Midweek Meditation 8pm, Zoom	20 Admin in office 10-3pm Creativity Matters 6:30 pm	21 Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	22 Movie Discussion Group 3pm, Zoom Telebration, 6pm
23 Admin in Office 9 -1pm Worship Service, 10:30 am, Hybrid Worship Team 4pm, Zoom	24 Office closed	25 Cleaning service 7am Admin in office 10-4pm Care Team meeting, 1pm, Zoom Healing Justice 7pm, Zoom	26 Grounds Maint. 9:30am Admin in office 10 -4pm Choir rehearsal 7:15 pm, in person Midweek Meditation 8pm, Zoom	27 Thanksgiving Day Outreach Team Meeting 4pm, Zoom	28 Admin in office 10-3pm Black Friday FRIENDSGIVING, 2pm Friday Night Happy Hour 5pm, Zoom	29 Movie Discussion Group 3pm, Zoom
30 Admin in Office 9 -1pm Worship Service 10:30 am, Hybrid						

Please follow us on

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

Check out our website for more information at

[UUFBF.org](#) or scan the QR code below

Your paragraph text



Classifieds



Home Stay Request

We've received a request for a home stay for Dec. 19-24.

If you do not have a cat and live in zip codes 33433, 33431, or 33432 and would like to provide nighttime lodging for a fellow UU from Asheville, NC, please contact the UUFBR office at 561-482-2001 or email admin@uufbr.org. The guest would like to make a donation in kind to the Fellowship