

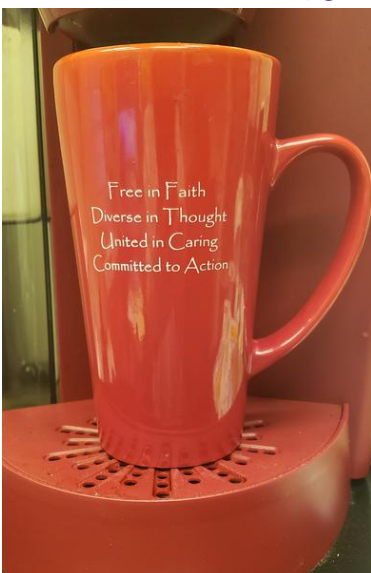


Board Corner

The Quiet Threads That Hold Us Together: Why *The Unicorn* Matters

I recently overhear a conversation taking place in Osias during coffee hour about reading or not reading certain church communications, specifically the e-blasts and *The Unicorn*.

[Cont. on pg. 8](#)



From the Minister

Do you remember those old Godzilla movies? The ones where the monster was stomping through the ocean and into a city, destroying everything in its path? I saw a handkerchief recently with a little outline of Godzilla, in full on stomp mode, and it said, "Godzilla only needed a hug."

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[December Birthdays & Anniversaries](#)

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From the minister...

Reverend Edith A. Love



What might have those movies been like if that were actually true? What if her anger was just a cover for feeling like nobody cared about her? What if Godzilla only needed a hug....

Our Unitarian Universalist Article two statement puts love at the center, with justice, equity, transformation, pluralism, interdependence, and generosity as our shared values. And that doesn't mean that we replaced the seven principles. They're still there. We speak about them regularly, from our pulpit and in our everyday conversations.

Why would we put love at the center? Why not justice or equity?

Well, I will say, Love drives me to do justice work, love for humanity and doing what is right is what gets me out of bed in the morning to go to a protest on a street corner, or to speak up when someone says maybe what ICE is doing in our communities is okay. Spoiler, IT IS NOT OKAY. I think a very good argument could be made that love is at the center of our faith as reflected in love driving our equity work, love helping us to move in transformation, love showing us the beauty of pluralism, love is why we value interdependence, and love pushes us towards generosity financially, in being generous with our time, our caring, our devotion...

I could go on and on. But what I'm focusing on today is love as community, love as connection. Love as a stubborn refusal to let our relationships be severed by tension or discord.

As human beings, we have to have connections. We are born for connection. We're wired for connection from the moment we come into this world. Even as babies, if we don't get connection, we will die. Connection is as important to us as breathing and eating and sleeping. Maybe more important than those things. I know I've lost sleep or forgotten to eat because I was upset with someone I cared about. It's our relationships, the quality of our relationships, that determines the quality of our lives. In fact, research has shown that if someone is isolated and cut off and alone, they're going to die so much faster. Scientific research has shown that isolation and loneliness have the same risk factor as someone who smokes 15 cigarettes a day. We need connection, from the beginning to the very end, we are connected creatures and Unitarian Universalism offers us a chance to create deliberate community where everyone is welcome, everyone is valued, everyone is loved, no one is cast out. There are no disposable human beings and I don't care what they've done. I mean that every single person belongs, every single person is important, has inherent worth and dignity.

From the Minister Continued

What I'm saying to you this morning is, we live our lives in relationship to others. We all have emotional connections with someone, most of us, many someones, these relationships deeply enrich our lives. And.....

Others can do things that drive us absolutely nuts. They can forget to ask you how your day was. They can refuse to put the toilet paper on the right way. They can squeeze their toothpaste from the middle. They can leave dirty dishes in the sink. They can promise to pick up their socks and then the next day you find those very same socks on their pillow. The pillow? Of all places...Why would anyone do that? That person whom you care about deeply might have strong feelings about something that are exactly opposite your own feelings. It can make us as angry as Godzilla....Our relationships include family, friends, colleagues, and all of us here in places like this, where we deliberately choose to join a gathering of like-minded Unitarian Universalists.

It's not easy being in a community with people.

So why bother? Why be in community at all? We could just choose to be alone, go watch a movie or read a book. Go for a hike. Why should we keep doing this very hard thing? Why should we have an intentional community where people are going to get on our nerves. You and I both know....They're going to mess it up. James Luther Adams famously said, "Human beings, individually and collectively, become human by making a commitment, by making promises. The human being as such, as Martin Buber says, is the promise-making, promise-keeping, promise-breaking, promise-renewing creature."

Why would he say that? He said that because our faith tradition rests on a foundation of Covenant. What do I mean? Well...Somebody does something awful, somebody upsets us, somebody does something but they really should know better. We might know they should know better and they still do it. Why should we keep trying? It would be so much easier to walk away. Why? Why stay? Love, love is why. The bonds of love are what keep us here, in this faith tradition that demands so much of us. Perhaps, when we feel most Godzilla like, or the person standing before us appears Godzilla-like....what if Godzilla only wanted a hug.

A few years ago, I attended a UUA webinar, and I do not recall whom to I ought to attribute this quote to, but I have it written on a faded scrap of paper. I had forgotten I had it, and found it not long ago. I aspire to live into its challenge. It reads:

"Do I look for ways to reaffirm, in action and attitude, my love for the one with whom I am in conflict? Where there is distrust, injustice, or hatred, how am I an instrument of reconciliation and love?"

Learning how to have respectful, boundaried and loving conversations while confronting our differences is the vital work we must do as a congregation.

If we love someone, we stay connected, even and especially, when it is hard.

In those moments, when someone looks like Godzilla to us, or we might feel pretty angry ourselves....Can we see each other as fully human, as a precious life and a fragile heart?

And that doesn't mean shrinking ourselves and apologizing and giving in to whatever this person might want of us. It means figuring out who we are, what we stand for, and stating it calmly and lovingly. Here is who I am.

From the Minister Continued

Here is what I think. Here are my feelings, please tell me about who you are, what you think, about your feelings, because I care about you, I want to know what you are feeling. I want to understand where you are coming from. Conflict isn't a bad thing, it's an opportunity to grow closer, if we do it well.

If we remain curious, and open, we might learn a lot about ourselves and each other, and about the connection between us.

It's like that scene in Dirty Dancing where Patrick Swayze's character says, this is my dance space. This is your dance space, right? We have to dance together, each in our own dance spaces, we shouldn't be getting into someone else's dance space. So, given that Covenant is the bedrock of Unitarian Universalism, what do we do if we disagree? What do we do if we're having a fight? What do we do if I just can't get along with this person? They're making me so mad. How can we handle that?

Side note: One thing we have on the horizon, a team is currently being explored, that might support us as we engage in the 'creative tension' of conflict between members. You may have heard it referred to as a right relations team. The name of it is still being explored, as is the potential way that such a thing might be structured, if it is even going to happen. Speak to Ron if you are interested.

So, if you are having a disagreement or issue with somebody, what can you do? First of all, I would ask you to feel your feelings. I mean really feel them, not numb them out by scrolling on your phone or watching a movie, eating too much, or going shopping. Without numbing yourself or checking out, really feel your feelings. Second, set your mind to a place of goodwill, I know we can work this out. Our attitudes going into a situation can be so very important. Third, I know this may feel like a risk, but hear me out....I want you to consider going to whomever it is directly, if you can. If you don't feel comfortable doing so, I will be happy to speak with you and help you plan what you might say, or even sit with you while you try to talk to them, if everyone is open to it. My suggestion would be to say here's what I'm feeling and thinking, not here's what you're doing to me or here's what you did wrong. (That would be a criticism.) No, what I'm asking you to say, here's what I'm feeling. How do you feel? And don't be fooled if they come back at with you, with, 'well you did this horrible thing, you're a bad person, et cetera,' because it is highly likely, that's not about you. That's about something in them. We're talking about nervous system to nervous system, feeling to feeling. Here's what I'm feeling. What are you feeling? And then the next step after that is, sharing the story that you were telling yourself. The story that I was telling myself was, you didn't care about me and that's why you were late. Or the story I was telling myself was, you think your way is the only right way, or you are just selfish, and so on and so on. The story I was telling myself was.... That is not an accusation, it's using 'I' statements to express your inner dialogue, which I think we all have, to some degree. A really good response from the person hearing all this could be, 'Well, of course I don't want you to feel like that. Here's what I was thinking, here is what was going on inside of me.' Or, 'That's not how I see it.' And then they could use 'I' statements. Here's what I was feeling and perhaps they might share the story that they were telling themselves. Here's the story that I was telling myself about that thing that happened between us. Hopefully, both of these people can share, and truly listen, and hear each other.

From the Minister Continued

Because as Brene Brown points out, it is in vulnerability, that we can find true connection. It is in stating how we feel that we truly can become closer to the other people. And I'm going to bring this back to Covenant. Covenant means, we treat each other with kindness. We remember each person's inherent worth and dignity. We think the best of them. And we treat them with respect. Even if it hurts. Even if it's hard. And we let them have their say, and then we have our say, never diminishing who we are or our own value. That's how we do this thing called community. And if people aren't heard, if people aren't given the chance to share what's going on inside of them, those feelings don't go away. They stick around and come up in a different way. At times, our anger might be a cover for a deep hurt we may be carrying....What if Godzilla only wanted a hug.

I remember a book title I saw, decades ago, buried feelings never die. I am pretty sure that is true. Those feelings don't go away, they just reemerge, thereby causing so much pain and anguish that we really didn't have to do, if we would just be mindful of what's going on inside of us, and express it with kindness and caring and respect. The feelings in our body are information, messages for us to take in, doing our best not to take those out on those around us, but rather remember that they are a person too. They have feelings, they are equally worthy of dignity and respect. Then this whole relationship thing gets so much easier.

You might have heard or read some people talking about the Hope for Us team. They're coming next January, very soon, in just a few weeks. And they're going to help us work through our feelings. They are going to teach us how to do this, so that we can heal and move forward as a congregation, as Beloved Community, this is ours. We're here together, we are all on the same team, we love each other. So, to reiterate what I was saying in a different way, in conflict, I would ask you to do your best to be curious, not worry about who is right or wrong, listen to each other, with your whole heart, and seek understanding, not fault finding, apologize for what you can see is your part, and try to see things from their perspective, if you can. We are all human beings stumbling around through this thing called life.

According to an Instagram post from the 'be happy project,' "we don't heal first and love later. We heal in love. Through love. Around love. In the presence of people who are safe enough, stable enough, and willing enough to walk with us through the hard stuff."

We have been through a lot of hard stuff over the years. It hasn't been easy. I know that with mutual support and caring, we can continue to face difficult things.

When we choose this community, when we sign that membership book, we are joining our hearts with the hearts of everyone in this congregation. We covenant together to hold each other tenderly and kindly, to work out our differences and to come back and try again, when we fail, which we will, because we are human. We make our promises, we make mistakes, we say ouch, and we come back and talk it through and try again. That's LOVE, y'all. That's love. That's the center of our values as Unitarian Universalists.

Leonard Cohen wrote a song called anthem and the lyrics go like this, "Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in"

All of us have our cracks, all of us have our flaws, all of us, being human, have made mistakes, have had conflict, have had broken relationships.

From the Minister Continued

It's how we handle ourselves when in conflict, and how we speak to, with, and about others when relationships end, that truly reveals the depth of our devotion to our principles, to our values. We don't have to be unkind, we can disagree in a healthy way. Hope for us is going to teach us the skills we need, to do that.

Hannah Brencher says, "Years ago, I came across a concept called molting, a fascinating biological process by which birds shed old feathers to grow new ones. Over the seasons, their feathers become worn out and tarnished, so they shed the old in preparation for a new coat, for more durable feathers and the ability to keep flying. When I would pick a feather up off the ground, I used to think it was a bird losing a part of itself. It turns out that the shedding is a surrender, already hardwired into their system. Now when I see a feather, it's a reminder that we all lose beautiful things. It's a necessary part of the life cycle. What a redemptive idea that the old and no longer usable would fall off, to make room for something new, something coming up ahead....something new suddenly has room to sprout and grow. Birds will lose their feathers. It's inevitable what is no longer for them, will be released through flight. But we humans have a great propensity to hold on past an expiration date. And so maybe that's the invitation, that we would learn to release what is no longer for us, not standing still, but moving forward in the flight...In some cases, when a molt is intense, a bird might temporarily lose its ability to fly. It's grounded for a little while. The grounding isn't permanent, it's a requirement for a new flight ahead. If you feel grounded right now, take heart, this isn't forever. This isn't going to be your story for good. You might just be going through the moulting. Losing what you needed to lose, to become who you've most needed to become. So we shed. We're forced to let go. We sometimes might feel a little grounded, but the little bird in us knows with great assurance this isn't forever. This is just a season."

My darlings, yes, love can be costly. It can hurt, and yet, it is the only thing that ultimately truly matters. Any pain you may be feeling from conflict will pass. This is only a season. Let the molting happen, and you will be amazed by what is on the other side of it.

In 2016, I took my twelve year old child with me to a summer festival in North Carolina. I had driven all day from our home, to get there. We were both hungry, and tired, and a little crabby. Just after we set up our tents at dusk, it began to rain, a torrential downpour. My poor child's tent was flooded. I was inside my own tent and I heard a tiny voice say, 'mom there's a flood in here!' So I got her out and into my tent, but we quickly realized a small lake that was forming inside my tent, too. We dragged both tents up out of the flooding and then we took shelter under a large community tent on cold folding chairs. It was dark, both of us were soaked all the way through, the wind was blowing briskly, and yet they were happy. She was on a camping trip with her mom and she was having a good time. It was humbling for me to see her enthusiasm. There is no way I could be grumpy about being cold and wet and tired after that. My child eagerly greeted the other members of the group as they began settling in for our evening meeting, and when the leader asked for someone to start out with a song, my sweet little one raised their hand. Joanie said my mom can sing. So I did, I sang Blue Boat Home, the same song that I had shared with my mother every night in her hospital room as she was dying a few months earlier. it was perfect being there with my child, it was exactly the balm that my heart needed that day. Though I had felt like Godzilla on the inside, love brought me back home.

I'd like to share with you something that Jim Palmer said in his book entitled notes from over the edge,

From the Minister Continued

I'd like to share with you something that Jim Palmer said in his book entitled notes from over the edge,

"The best I know to tell you is don't leave love left undone. Go all the way with love. There may be things you don't accomplish, attain, or achieve in your life. Do not let shrinking back from love be one of them. If you are fortunate, you discover that love is the only thing that really matters, love heals everything, and love is all there is.

On your way out of this world you will look back and see it was always about that... it was always love."

I urge you, don't leave the kindness be left unspoken. Heal whatever pain you can. Speak your truth, share your heart. Live your life with a reckless, magnanimous, forgiving, all-encompassing sort of love, the kind that utterly refuses to let the hurts continue when there is conflict.

As in the song by Jason Mraz, Love Is Still The Answer. Why are we here? Love.

"Whatever you want, whatever you are after, love is still the answer."

Why should we keep trying? Love

What's most important? LOVE.

I want to share the words of the great Howard Thurman. "Here is a mystery, if sweeping through the door of my heart there moves continually a genuine love for you, it bypasses all your hate and all your indifference and gets through to you at your center. You are powerless to do anything about it. You may keep alive in devious ways the fires of your bitter heart, but they cannot get through to me. Underneath the surface of all the tension, something else is at work. It is utterly impossible for you to keep another from loving you."

I believe we are all capable of such stubbornly devoted love.

One of the gifts we have received in 2025 is a new song, written by our own Jacquie Velasquez. Her words read, 'We don't fix, we celebrate, we don't fear, we liberate. We lead with love.'

May you go forth now and love abundantly.

With all my love,
Reverend Edith



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

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I heard comments ranging from “I read them all” to “I skim the e-blasts but not *The Unicorn*” and so on. I found myself wondering about the ones who never look at *The Unicorn*. How do they get the community news? How do they stay connected to the heartbeat of UUFBR? And I found myself reflecting on the importance of the lowly newsletter, in our case, *The Unicorn*.

In every thriving community, communication is more than the exchange of information—it is the lifeblood that keeps people connected, engaged, and grounded in shared purpose. For a Unitarian Universalist congregation, where our covenant centers on relationship, mutual care, and collective responsibility, communication becomes even more essential. *The Unicorn* is one of the quiet but powerful tools that helps weave these threads of connection into something strong, resilient, and meaningful.

A Bridge Across Busy—and Changing—Lives. Ours is a congregation rich in wisdom and experience. With a membership that is mostly older, many of us balance family responsibilities, health concerns, volunteer commitments, and the desire to maintain meaningful spiritual connection. At the same time, we are also a congregation looking forward—to growth, to intergenerational engagement, and to the possibilities that come with welcoming new families and children into our shared life.

With our building now home to a weekday home-school program, there is a renewed sense of energy, potential, and joyful noise in our hallways. *The Unicorn* helps knit these various threads together. It bridges the lives of long-time members with new families, keeps distant friends connected, and provides a steady way for everyone to stay engaged even when they cannot attend regularly.

Steadying Us During Times of Transition. We are also a congregation in transition. As we undergo a change of minister, clarity and consistent communication are not luxuries—they are necessities. *The Unicorn* provides a transparent and accessible way for all of us to understand where we are in the process, what comes next, and how we can support one another during this period of change.

These updates build trust and prevent rumors or confusion. They help everyone feel grounded and informed, allowing us to move through transitions with grace and confidence rather than anxiety.

Illuminating Our Challenges and Our Strengths. Like many congregations, we are stretched. We are working hard to offer meaningful programs, meet pastoral and practical care needs, pay living wages to our dedicated staff, and recognize and support our many, many volunteers. These are signs not of weakness but of a congregation deeply committed to living its values.

The Unicorn provides space to share these realities honestly and hopefully—highlighting where help is needed, celebrating the generosity already present, and making clear how every member can participate in sustaining the community we cherish.

Recognizing the Heartbeat of Volunteerism. More than many congregations, we rely on an extraordinary network of volunteers—people who show up week after week to make worship possible, tend to our building, run committees, lead groups, support families, and care for one another. *The Unicorn* is one of the few places where this work can be named, appreciated, and lifted up for all to see.

Reading about the contributions of others helps each of us understand the breadth of what goes on here. It also inspires new engagement: when people see how much love and care is poured into this place, they often feel moved to join in.

A Place for Reflection and Renewal. Beyond its logistical function, *The Unicorn* offers a moment of spiritual grounding. Messages from leadership, reflections on congregational life, updates on justice work, and stories from members remind us that Unitarian Universalism is not only a Sunday practice but a way of being in the world. Even a short minister's message or board note can offer comfort, spark reflection, or rekindle commitment.

In a community with diverse needs—older members seeking connection, families seeking meaning, and newcomers seeking welcome—these reflections create a sense of shared purpose.

***The Unicorn* Is a Community Effort.** Ultimately, the worth of *The Unicorn* is not measured only by how polished it is but by how well it reflects who we are becoming. Every announcement, reflection, photo, and thank-you note adds to the story of a congregation navigating growth, embracing change, and caring deeply for one another.

In a complex world where so many feel isolated or overwhelmed, *The Unicorn* stands as a steady, gentle reminder: we belong to a community committed to connection, care, justice, and hope. By reading it, contributing to it, and allowing it to guide our shared conversations, we help strengthen the beloved community we are continually building together.

May you be blessed with a peaceful and loving year's end.

~Claire Smith,

Co-president, UUFBF Board of Trustees

December Worship Service Schedule Sundays at 10:30 am

December 7 - Blue Christmas, with Rev. Edith A. Love

The holiday season can be difficult for those carrying grief. Journey together with Rev. Edith, reflecting on themes of hope, sorrow, and healing. In a compassionate, affirming space, we will honor our losses while seeking comfort and connections during this sacred season. All are welcome as we support one another through grief to the end of our years.

December 14 - From Sanctuary to Crucible, with Ron Roth Jr.

How do we hold both comfort AND courage? Can we live James Luther Adams' exhortation to be a "propulsive fellowship," committed to justice, while remaining a "protective association," giving sanctuary and support for the marginalized, without confronting our own shadows of elitism and tribalism? Discover how we can learn to hold the creative tension within the conflicts humans often avoid.

December 21- W.F.B.R. Holiday Hymn Sing!

W.F.B.R. (Double-U F.B.R.), your community-powered station broadcasting a message of welcoming all and promoting truth, spirituality, love, inclusion, compassion, and justice.

WFBR wants caller requests for Sunday morning, December 21st. This special "sermon" will be built entirely around your requests for favorite Christmas carols, seasonal songs, and holiday hymns from the gray hymnals. See a complete list [HERE](#).

How It Works: Pick a hymn from the holiday auction <https://givebutter.com/NoGrinch> and make a donation. Winning bids will be sent as your request to our Music Director, Marina Machado, by Friday, December 19th. Then: Come in person or tune in virtually on Sunday morning, December 21st. Musicians are especially welcome to bring their instruments and play along, and all voices—trained or just spirited—are welcome to join the choir and congregation. Let heaven and nature sing. We'll be listening!

December 28- Naming Names, with Marie Nabut

This Sunday we explore the power of names—how they shape identity, carry meaning, and reveal who we are becoming. From the many names of Jesus in the New Testament to the gods of myth, from nicknames and middle names to the trans community's witness in choosing their true names, we'll reflect on what it means to be named with honesty, respect, and love. Join us as we consider how naming can harm, heal, and help us better see one another.

Share the Plate Offering



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"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.

For more information go to their website.

<https://tomorrowsrainbow.org/>

Music for the Darkness and the Light



As we enter December, a month layered with memory, ritual, and the turning of the year, our music at UUFBR embraces this season of reflection and renewal. December often asks us to hold many truths at once: the long nights and the growing light, the ache of loss and the comfort of community, the stillness of winter and the joyful bursts of song that call us back to one another. Music is uniquely able to contain all of this, and this month's services will give us space to feel deeply, sing

boldly, and celebrate together.

On December 7th, our service will focus on grief, how it reshapes us, how it softens us, and how it connects us to others. In honor of this theme, we will sing *Spirit of Life*, a prayerful hymn that has carried many through moments of uncertainty and loss. Its gentle invocation of spirit, justice, roots, and wings offers a grounding presence. During the service, we will also listen to the *Adagio for Strings* by Samuel Barber, born on March 9th, 1910 (not December, but a composer whose music resonates strongly with winter themes). Barber's *Adagio* is one of the most sorrowful pieces ever written: its long, arching lines lift sorrow into something tender and luminous. It reminds us that grief, when held with compassion, becomes part of our shared humanity.

On the morning of December 21st, we will gather for something more playful: our W.F.B.R. Holiday Hymn Sing, ["How the Grinch Stole Christmas Carols \(and how you can get them back\)"](#).

Throughout the days leading up to that morning, you'll have the chance to "bid" to rescue your beloved hymns from the Grinch's cold, green clutches so we can sing them together. Whether you're defending a cherished melody or just happy to see what the congregation will choose, it's a wonderful way to celebrate the communal spirit that music creates. The 21st is also the Winter Solstice, the longest night of the year, a moment that invites us into stillness and renewal. We'll honor this turning point at our annual Solstice service, gathering in candlelight and music as we welcome the slow return of the light.

Finally, on December 24th, we welcome our Christmas Eve service, filled with carols, candlelight, and the warmth of familiar melodies. Whether this season brings you joy, nostalgia, or something more complicated, Christmas Eve music offers a moment of peace, a chance to breathe, to remember, and to celebrate hope.

I invite you to join us this month with open hearts and open voices. May the music of this season hold you gently, lift your spirits, and remind you that you are part of a community that sings, grieves, and celebrates together.

Marina Machado
Music Director

Celebration of Life
Sunday, December 7 at noon



CHARLIE CORMIER
DECEMBER 6, 1948
TO
OCTOBER 5, 2024

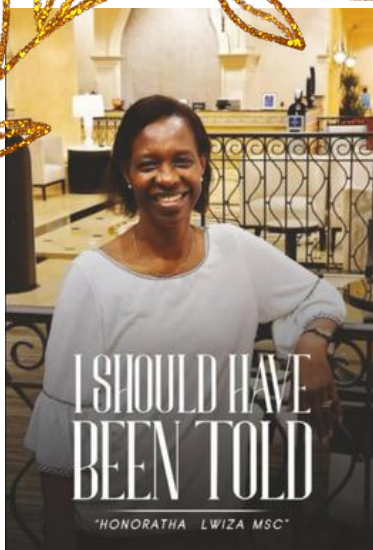


A Celebration of Life will be held for Charlie Cormier on **Sunday, December 7 at noon**. Reverend Edith Love and Reverend Harris Riordan will co-officiate. Ellen Cormier, UUFB's DRE Emerita, will join us on zoom from her home in Rhode Island. Following interment in The Memorial Garden, lunch will be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



Reverend Edith's final day in the
pulpit will be
January 11th.
Please join us to say goodbye as
she launches off on new
adventures.



Our member Honoratha Lwiza has published a wonderful new book, now available on Amazon in both digital and print formats! You can also purchase a copy directly from Bob and Honoratha, who will donate \$1 from each book to UUFBR.

Remember to show your support, and join us in congratulating them on this exciting accomplishment!

To purchase on Amazon

[Click here](#)



Members and friends,

If you receive any emails saying it's from Reverend Edith, please double check the email address to make sure it comes from uufbr.org and contact Reverend Edith or the office at admin@uufbr.org.

*Just to note Reverend Edith will never ask you for a gift card or cash over email. Please do not give anyone any money from an email request.

We hope you enjoyed a phan-omen-ial time at Phantom Melodies!

Piano & Organ: Marina Machado

Cello: Megan Hagel

Violin: Caroline Campos

Performed live on Saturday, November 8, 2015 at the Unitarian Universalist Fellowship of Boca Raton, FL

🎵 Phantom Melodies: A Concert in Candlelight features a spellbinding program of classical, cinematic, and mysterious works performed live on piano trio. Surrounded by the warm glow of candlelight, the sanctuary becomes an enchanting setting where shadows and sound intertwine, creating an unforgettable night of artistry and atmosphere.

Thank you Courtney Palmer for sharing your images.

REGARDS,
Erich Landstrom





Healing Justice Update

We are trying something new! Healing Justice is meeting in person this month! Please join us on Sunday, Dec 14th after the service at 12:15 pm in the Parker room. **Ron Roth** will be there to introduce the "Justice Weaving Guide" that he made when he created the "Spiral of Becoming" material. We will discuss integrating this into our meetings and work.

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 peaceabc.org.

Important PEACE Meeting – PEACE is holding a crucial meeting on **Monday, December 1 at 6:00 pm at Tabernacle Missionary Baptist Church** (801 8th St., West Palm Beach), where we will call on the Health Care District to fund and operate the FACT teams our county urgently needs. This is a high-impact gathering—the kind of meeting where our collective presence truly makes a difference.

Please plan to attend. We need strong turnout and people power.

Carpool available: Jennifer will drive from UUFBR, departing at **4:45 pm**. Contact her if you'd like a ride.

Event info: <https://www.peaceabc.org/events/research-committee-night-zs9gy-kafm9>



Save the Date:

Nehemiah Action Assembly



Jupiter First Church



Tuesday, March 24, 2026 | 7–9 PM

Holiday Food Collection for Caridad Center

Your donations of food will be so appreciated this holiday season! Our member, Adriana Martinez, works at Caridad Center in Boynton Beach and will deliver our donations.

Caridad Center is the largest free and charitable clinic in Florida, providing medical, dental, vision, behavioral health, health education and social services. Caridad serves thousands of individuals in Palm Beach County who fall 200% below the federal poverty level, representing diverse backgrounds. For many of them, Caridad stands as their sole beacon of hope for leading a healthy life.

We are collecting through December! Look for the blue bin in Osias Hall

Most Needed Items:

Canned or dried low-sodium vegetables (corn, carrots, collard greens, green beans)

Dried black/red beans, lentils

Whole wheat bread or tortillas

Brown rice

Low-sodium broth or stock

Whole grains

Racial Justice

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

Community Healing & Transformation Initiative

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

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@unitedwaypb.org.

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

Immigration Justice

 Florida Immigrant Coalition (FLIC) Orientation

Learn how to get involved in statewide immigrant rights work:

- Date: Tuesday, December 9, 2025
- Time: 6:00 PM
- Location: Zoom

https://secure.everyaction.com/QdDjHP-EWkeZrfj_CpGcWA2

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

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.

"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



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=WEFNODZBV21Bc25sQWVjUGImRzdmdz09

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

A birthday cake with lit candles and balloons in the background. The cake is decorated with colorful sprinkles and has several lit candles on top. The background features colorful balloons in shades of pink, blue, and yellow, with a bokeh effect of light spots.

Happy Birthday

Mary Cadwell
December 7

Celia Hirsch
December 18

Susan
Holahan
December 23

Best wishes to all
you on your Birthday.

Featured Fellowship Events



The Ukulele Group

Wednesday, December 3th at 2:00 pm

The Ukulele Group
first Wednesday of each month
at 2:00 PM

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



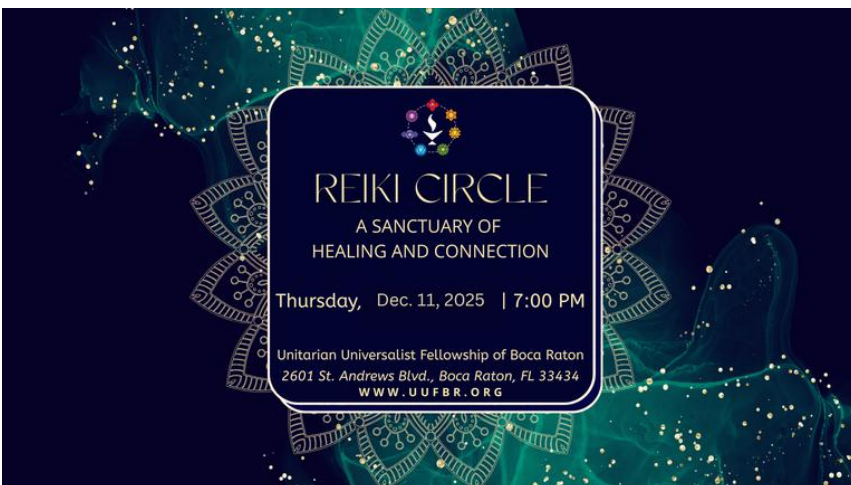
Game night, Friday night December 5th at 7:00 PM

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.



Sunday, December 7th 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!



Reiki

Thursday, December 11 at 7:00 PM

Featured Fellowship Events



🎄 Interconnection Winter Solstice Service:

Weaving the Fabric of Our Lives, with
Rev. Edith A. Love

Sunday, December 21 at 6:30 PM

Join the Unitarian Universalist Fellowship of Boca Raton for a meaningful Winter Solstice Celebration. The winter solstice marks the moment when Earth tilts farthest from the Sun, giving us the longest night of the year. Experience a serene evening filled with songs, stories, and stillness, honoring the turning of the seasons and the light within us all. In the heart of winter, find inspiration in Albert Camus' words: "In the midst of winter, I found there was, within me, an invincible summer."



Christmas Eve Service, with Rev. Edith A. Love

Wednesday, December 24 at 6:30 PM

Merry Christmas! Join us on December 24th for scripture readings and a short message to celebrate the observed birth of Jesus of Nazareth, a Jewish leader whose life and words have changed the minds and hearts of millions to the side of goodness, generosity and caring. Our worship service will feature traditional Christmas carols to sing together, solos and inspiring accompaniments, and close with the lighting of all congregants' candles during "Silent Night".

A poster for a multimedia experience. The top half features a large image of the Earth from space. The text "A Vision for the Planet" is in a large, white, serif font. Below it, in a smaller white font, is "A Musical and Multimedia Experience by Composer Jim Scott". A small photo of Jim Scott playing a guitar is in the bottom left. The date and time "7 PM - Friday January 9, 2026" are in a large, white, sans-serif font. Below that is "Suggested donation \$20". The bottom section contains the name of the fellowship and its address in white text on a dark background.

**A Vision
for the
Planet**

*A Musical and
Multimedia
Experience by
Composer
Jim Scott*

*Jim's lyrical songs of ecology
are illustrated by beautiful
and striking projected images*

**7 PM - Friday
January 9, 2026**

Suggested donation \$20

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

JimScottMusic.com

Coming in January

The renowned jazz/classical/folk guitarist, composer and singer JIM SCOTT ("Gather the Spirit," "The Oneness of Everything," "Missa Gaia/Earth Mass") will be coming to UUFBF in person for not-to-be-missed concert/celebration on **Friday, January 9, 7:00 PM**. Mark your calendar now, and meanwhile, check out the weekly blog post of this longtime activist for the Earth:

jimscott.Substack.com

Sharex Partners

Yu School for Qigong, Tai Chi & HAPPY Healing

- Yu School for Qigong, Tai Chi & HAPPY Healing is a boutique sanctuary, small by design and rooted in pure lineages. Led by Dr. Jennifer Yu — the Momma Panda — a disciple of Yang Family Tai Chi Chuan and student of Emei Qigong's lineage holder, Yu School offers ongoing classes (Tue/Thu-Sat) & healings (Sat) for better health and aging-reversal. From the READY pose, 1st move, to advanced mastery, Yu School guides seekers with authenticity, joy, and compassion.
- Contact Dr. Yu at 561-866-0852

External Events

PALM BEACH COUNTY

Black Cultural Heritage Trail



Students in front of Carver High School, 1964.
Credit: Delray Beach Historical Society.

YOUR GUIDE TO
**Celebrating Black Heritage
in The Palm Beaches**

Take a self-guided tour and explore dozens of historical sites to see how Black heritage shaped The Palm Beaches.

palmbeachculture.com/bcht

PALM BEACH COUNTY

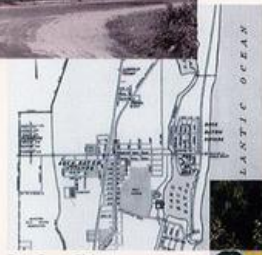
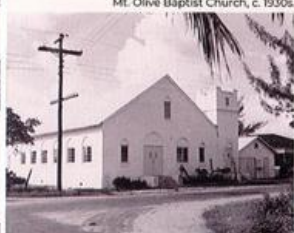
Black Cultural Heritage Trail



Explore The Trail

Honor the enduring legacy of African Americans shaping the identity of Palm Beach County by exploring dozens of historical sites and powerful stories that weave the very fabric of the region's past.

Mt. Olive Baptist Church, c. 1930s.



Boca Raton Riviera.



Learn more about the Trail and begin your journey with the interactive map at

palmbeachculture.com/bcht

Made possible through a collaboration of the following partners:



External Events



SEASON 23 • 2025-2026

POWER & PASSION



COMFORT & JOY

Celebrate the holiday season with timeless carols and festive choral works.

DECEMBER 12, 2025 • 8:00 PM

All Saints Episcopal Church
333 Tarpon Drive
Fort Lauderdale, FL 33301

DECEMBER 13, 2025 • 4:00 PM

St. Gregory's Episcopal Church
100 NE Mizner Boulevard
Boca Raton, FL 33432



For tickets, visit masterchoraleofsouthflorida.org



SEASON 23 • 2025-2026

POWER & PASSION



Peter & the Wolf

FREE FAMILY CONCERT

Kids and parents alike will love how each instrument brings a character to life.

JANUARY 17, 2026 • 11:00 AM

First Presbyterian Church • 401 SE 15th Ave, Fort Lauderdale, FL 33301



To register, visit masterchoraleofsouthflorida.org

For Tickets or to register
click on the link below

masterchoraleofsouthflorida.org

The Master Chorale is a highly select, auditioned ensemble comprised of singers from Broward, Miami-Dade, and Palm Beach counties. Founded in 2003, the Chorale is an avid proponent of maintaining a strong cultural fabric in South Florida and supports its community by engaging local solo artists, orchestras and other nonprofit organizations.



WHAT'S HAPPENING

Everyone is welcome!

DECEMBER
2025



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Office closed	2 Cleaning service 7am Admin in office 10-3pm Landscape Committee meeting 7pm, Zoom	3 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	4 Admin in office 10-3pm	5 Admin in Office 10-3pm Friday Night Happy Hour 5pm, Zoom Game night 7pm	6 Movie Discussion Group 3pm, Zoom
7 Admin in Office 9-1pm Worship Service 10:30 am, Hybrid Newcomer Welcome, 11:45 am, Parker room Charlie's memorial service, 12pm, Hybrid Worship Team 4pm, Zoom	8 Office closed Death Cafe 7:30pm, Zoom	9 Cleaning service 7am Admin in office 10-4pm Membership Committee meeting 4pm, Zoom	10 Grounds Maint. 9:30am Admin in office 10-4pm Choir rehearsal 7:15 pm, in person Midweek Meditation 8pm, Zoom	11 Admin in office 10-3pm Non-violent Communication Practice 12:30 pm, Zoom Outreach Team Meeting 4pm, Zoom Endowment Committee meeting 7pm, Zoom Reiki, 7pm	12 Admin in Office 10-3pm Friday Night Happy Hour 5pm, Zoom	13 Sharex Team meeting, 11am Movie Discussion Group 3pm, Zoom
14 Admin in Office 9-1pm Worship Service, 10:30 am, Hybrid Healing Justice meeting, 12:15 pm, Parker room Worship Team 4pm, Zoom	15 Office closed	16 Cleaning service 7am Admin in office 10-4pm	17 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	18 Admin in office 10-3pm Creativity Matters 6:30 pm	19 Admin in Office 10-3pm Friday Night Happy Hour 5pm, Zoom	20
21 Admin in Office 9-1pm Worship Service, 10:30 am, Hybrid Program Planning meeting, 12pm Legacy group 1pm, Zoom Worship Team 4pm, Zoom Interconnection Winter Solstice Service, 6:30 pm, Sanctuary	22 Office closed	23 Cleaning service 7am Admin in office 10-4pm Care Team meeting, 1pm, Zoom	24 Grounds Maint. 9:30am Admin in office 10-4pm Christmas Eve Service with Rev. Edith A. Love, 6:30pm, Sanctuary Midweek Meditation 8pm, Zoom	25 Office closed 	26 Admin in office 10-3pm Friday Night Happy Hour 5pm, Zoom	27
28 Admin in Office 9-1pm Worship Service, 10:30 am, Hybrid Worship Team 4pm, Zoom	29 Office closed	30 Cleaning service 7am Admin in office 10-4pm				

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Check out our website for more information at

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

Your paragraph text

