



# THE FIRST UNITARIAN UNIVERSALIST CHURCH OF WEST VOLUSIA

## Monthly News and Programs

### USEFUL LINKS:

[UUA.org](http://UUA.org)

[Our Seven Principles](#)

[Principios en Espanol](#)

[Sources of Our Tradition](#)

[Famous UUs](#)

[Welcoming Many Beliefs](#)

### FRIENDSHIP DAY:

"In the cookie of life,  
friends are the chocolate  
chips."

~Salman Rushdie

### WORLD HUMANITARIAN DAY:

"Life's most persistent  
and urgent question is  
'What are we doing for  
others?'"

~Martin Luther King, Jr.

### SERVICES

**August 4<sup>th</sup>** Our Director of Religion Education (RE) and past President Suzanne S. will provide a service entitled "Lammas; First Harvest." This Celtic holiday celebrates the first harvesting of crops – one of three harvest festivals in the first week of August. We'll ask the question, "What will you harvest?" This program reflects the Unitarian Universalist principles of "A free and responsible search for truth and meaning" and "Respect for the interdependent web of all existence of which we are a part."

**August 11<sup>th</sup>** We are pleased to welcome back Dan Gribbin, a popular guest speaker, who will present "Gatsby and the American Dream." The concept of the American Dream has taken a few hits in recent decades, but the idea of America as the land of opportunity, where one is free to shape one's own destiny, still motivates and attracts immigrants. Dan will examine two characters by F. Scott Fitzgerald, Jay Gatsby of "The Great Gatsby" and Charles Wales of "Babylon Revisited" as well as Fitzgerald's life as examples of triumphs as well as pitfalls pursuing the dream.

**August 18<sup>th</sup>** One of our most popular guest speakers, Reverend Robert Tucker, *Minister Emeritus* of the UU Congregation of Lakeland, FL, returns to present "Don't Retire! Inspire!" August 21st is the anniversary of the birth of Unitarian Henry Bergh, who founded the American Society for the Prevention of Cruelty to Animals, co-founded the same for children (ASPCA) and did so much more. Tucker's inspirational, biographical sermon will feature Bergh, one of the most of amazing of our UU predecessors.

**August 25<sup>th</sup>** The Reverend Rita Lucey joins us for the first time to present "Optimism in a Time of Chaos." A great grandmother, Lucey spent six months in a Federal prison for protesting at the School of Americas in Columbus, GA, the training ground for Latin American elite. She is active in many organizations as an ACLU board member, co-director of the prison advocacy group, Florida CURE, and member of the local chapter of Amnesty International. She is an ordained, but excommunicated Roman Catholic priest and continues to speak out and write about human rights.

### Church Happenings

#### The Open Covenant Group

1<sup>st</sup> & 3<sup>rd</sup> Sunday after coffee.

ALL ARE WELCOME to join the group. It will continue as long as individuals attend.

#### Adult Discussion Group

2<sup>nd</sup> & 4<sup>th</sup> Sunday at 9:15 am before church.

ALL ARE WELCOME to suggest a topic.

Contact George Crofts at: [jorjcrofts@gmail.com](mailto:jorjcrofts@gmail.com)



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### More Church Happenings

#### Poetry Potluck Group

2<sup>nd</sup> Sunday of the Month, 1:00 pm

Attendees are asked to bring a dish to share and a few poems to read. Newcomers are welcome.

This month's location: 930 Hunters Creek Drive, Building 6, Unit 106, Deland, FL 32720

For additional information on the Poetry Group, contact Karen Wolf at: [kwolfk99@aol.com](mailto:kwolfk99@aol.com).

#### Book Discussion Group

4<sup>th</sup> Friday of the Month, 10:30 am

Unitarian Universalist Church of West Volusia, Social Hall

Book for August: *Under the Banner of Heaven*, by John Krakauer

Discussion led by Karel Harrington

For additional information contact Karen Wolf at: [kwolfk99@aol.com](mailto:kwolfk99@aol.com).

#### Men's Group

Every Thursday, 7:00 pm

Unitarian Universalist Church of West Volusia

For more information, contact Joe Knott at: [joeknottjr@hotmail.com](mailto:joeknottjr@hotmail.com).

#### Collections for the Neighborhood Center

The 1<sup>st</sup> Sunday of the month is the designated donation day but food can be donated any Sunday.

The Center is urgently in need of food.

### Outside Group Meetings at Our Church

#### Meditation Support Group:

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the Month

The First Unitarian Universalist Church of West Volusia, Fellowship Room

All are welcome! There is never any charge and no donations are accepted.

#### The Volusia Buddhist Fellowship:

Every Wednesday, 7:00PM

The First Unitarian Universalist Church of West Volusia

Sensei Morris Sullivan

SUBMISSIONS DEADLINE FOR SEPTEMBER NEWSLETTER: August 25<sup>th</sup>

***MORE ON PAGE 3 THIS MONTH!!! READ ON!***



# THE FIRST UNITARIAN UNIVERSALIST CHURCH OF WEST VOLUSIA

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## **Zero Waste Talk Tips:**

*Helpful Tips to Reduce Your Waste:*

### **5 R's:**

**Refuse**-Don't take all that free stuff that clutters your house. Refuse what you don't really need. Refuse to bring stuff into your house. Things to refuse:

- a. Single use plastics-plastic bags, straws etc.
- b. Freebies such as goody bags, hotel toiletries
- c. Junk mail: Here are sites to help: DMAchoice. or to stop direct mail...OptOutPrescreen.com to stop credit card/insurance offers
- d. YellowPagesOpOut.com to stop receiving phone directories

**Reduce**-Reduce what you buy. Stop spending and buying things that you have to store, clean, repair or throw away

**Reuse**-Use it up, wear it out, make it do or do without. Repair, repurpose,

**Recycle**-Those items you can but remember to recycle correctly. (but remember don't buy stuff just because you can recycle. The bigger solution is to decrease consumption).

- a. No lids of any kind
- b. Make sure item is clean
- c. Separate paper/cardboard
- d. Does your area still recycle glass? Don't be an aspirational recycler-make sure you check what can be recycled. Recycle appropriately so they don't dispose of the whole batch (which they will if not done properly)
- e. Only #1 and #2 plastic are recyclable
- f. Remember how expensive it is to recycle and also, nobody wants our recycling anymore

What not to recycle: Plastic #3-7, Cling wrap, Styrofoam, Lids to any container, paper plates and cups, food contaminated products, waxed paper AND MORE

**Rot**- Compost organic material. Blue Carbon Compost is a company that will pick up your organic material and bring you rich dirt in return: 386-314-7676

### **Other things to do:**

- Buy local when you can to avoid packaging waste
- Say no to plastic's big 4 and replace with re-usable items:
  - a. Plastic straws
  - b. Plastic bags
  - c. Disposable coffee cups
  - d. Plastic water bottles, drink from the tap!

-Bring your own containers when you eat out. Leave the unrecyclable containers at the restaurant.

-Use re-usable small bags or no bags for fruits and vegetables.