



The Communicator

[Unitarian Universalist Congregation of Lake County](http://www.uulakecounty.org)



Sunday Services

August 7 Rev. Cynthia Snavelly
Our UU Heritage and Future

August 14 Dr. Herb Gruning
Canada & the Underground Railroad

August 21 Rev. Katie Culbert

August 28 Rev. Janet Onnie

August Birthdays

Carole Armel
Russ Littlefield
Suzie Lockwood
Susan Moore
Antoinette Prather
Alicia Sparks

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Pete Conde, Vice President
Karen Woolhouse, Secretary
Chris Higgins, Treasurer

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Wendy Pacek
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Finance – Chris Higgins
Social Justice/Environment – Barbara Hill
Communications – Barbara Marrow
Lifespan Groups & Activities – Christie Cleveland
Safe Congregation – Susan Moore
Technology Administration – Val Rosado
Welcoming Congregation – Christie Cleveland

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Submit articles for the September Communicator by
Thursday, August 25.

If you have not shared your birthday with us, please email christy.millat@yahoo.com so we can wish you a happy birthday, too. Also, if you have any changes to your record such as mailing address, phone number, etc., email Val Rosado at valdarosado@gmail.com.

President's Message:



Question: Are We Political? No, We Are Not Political. Yes, We Are Political. Yes, There Are Liberal and Conservative Views Among Us.

By Henry Millat, President, Board of Trustees

I thought we could have a little fun with a riddle. After that, I'll confirm that we have different views within our membership.

Why are both answers above correct? The trick answer is that there are really 2 different questions. The first question is "Is UUCLC political?" The answer is "No, we are not political." We, UUCLC, all of us together as a congregation, a single entity, are not political. We do not support any political party or candidate.

The second question is "Are members of UUCLC political?" The answer is "Yes, we are political." UUCLC members, individually, are political. Most of us have a political side and vote accordingly. But that vote in support of a party or candidate is that of the individual, not UUCLC.

The Board of Trustees is asked this political question from time to time. I think the reason for the question is that many of the views expressed at UUCLC by members, speakers, literature, and activities are aligned with the liberal political parties like the Democratic, Green, or Socialist Parties. That alignment is true, but that does not mean we are all members of those or similar parties. The Board never issues statements endorsing a political candidate or party. We ensure that flyers, notices of community events, and similar documents do not show our political support of a candidate or party.

The League of Women Voters Candidate Forum held in our building was nonpartisan and did not show our support for any candidate or party. The League supports informed voters which is consistent with the UUA Fifth Principle: "We affirm and promote the use of the democratic process."

There are conservative views among us.

Since our personal views are often liberal, a person with more conservative views may feel awkward or uncomfortable speaking up in UUCLC groups. I felt this way when attending the UUA General Assembly (GA). You may be interested to know that the

other UUCLC representative and I did not support the UUA resolution provisions to defund and marginalize the support of police a couple of years ago. The resolution passed overwhelmingly, but UUCLC representatives were among the few who opposed those provisions about the police.

I have other views not considered typical of a UU. One of my favorite authors is arch conservative Ayn Rand. Our daughter's middle name is Ayn. Like Ayn Rand, I believe that personal responsibility, accountability, and self-interest have a strong role to play along with compassionate assistance programs in overcoming poverty and oppression.

I think more attention should be given to nuclear power and other technologies like fuel cells as we transition away from fossil fuels. I have not enjoyed most vegan dishes I have tasted. I support regulated capitalism and private property rights. Like Rev. Janet Onnie, I don't agree with all of the popular song "Imagine."

There is no lockstep UUCLC code that requires adherence to certain liberal views. We mean it when we say on Sunday morning that we have no creed or dogma. I hope we are all aware of differences of opinion within our congregation and that we listen to each other with respect. I am a member of UUCLC because of that open-mindedness, and, overall, I do align with the liberal, progressive, compassionate experience here at UUCLC.

Thanks for reading this, and let's all be political and vote to move this world in the direction of love and compassion during this upcoming election season.



9:30 Discussion Groups

On July 17, 2022, UUCLC's Social Justice and Environment Committee hosted a Sunday Morning Discussion on abortion rights. Our speaker was Terrie Watkins, who has a 50+ year background as a Women's Health Practitioner, Certified Nurse Midwife and Obstetric nurse. Having dealt with pregnancy and birth throughout her career, she spoke passionately about supporting women's choice in pregnancy care. She urged us to urge Congress to codify the right to abortion.

Her message was consistent with UU values. According to Rev. Dr. Susan Frederick-Gray, President of the Unitarian Universalist Association (UUA):

The overwhelming majority of Unitarian Universalists (UUs) support keeping abortion legal in all or most cases. This is rooted in our [Principles](#) and our core religious beliefs that affirm gender equity. It also reflects a moral commitment to the idea that reproductive care is healthcare and is essential to the well-being of individuals and families.... Our faith calls us to advocate on behalf of all those who need ready access to safe, legal abortion care whenever and wherever they need it.



“Every baby deserves to be a planned baby”

August 7 Pete Conde, " Native American Flute"

August 14 Dr. Wendy Perrott, "Food as Medicine"

Dr. Wendy S. Perrott is double boarded in Ob/Gyn and Lifestyle Medicine and has a special interest in sleep medicine. She is a member of ACOG (American College of Ob/Gyn and ACLM (American College of Lifestyle Medicine). Dr. Perrott has also done postgraduate courses to enhance her education in microsurgical techniques and minimally invasive surgery. In the area of Lifestyle Medicine, she has become a facilitator of the CHIPS program (Comprehensive Health Intervention Program), completed a certificate in Culinary Medicine and masterclasses in nutrition. Dr. Perrott's focus in lifestyle medicine and wellness is to empower people to take charge of their health. As stated by Dr. Perrott a few years ago, "I was becoming frustrated with the medicine I was taught. By that I mean surgery and pharmacology as the first line treatment, do not heal people because the underlying cause is not addressed. I have shifted the focus to empower my patients to take charge of their health. I put them in the driver's seat to turn on self-healing mechanisms."

August 21 Glen Byran, "African Americans who served in the military"

August 28 SJ&E, " Women's History Month"



The NAACP Tri-City Branch's Environmental and Climate Justice Committee will present a forum titled *Lake County's Population Explosion, Part 3: Citizens Town Hall*. This free, online forum will be held on Sunday, August 21, 2022 at 6:30 p.m. Public officials will respond to questions and comments from Lake County citizens, including our youth. Participants include: Lake County Commissioner Sean Parks, MPO Director Michael Woods, Groveland City Manager Michael Hein, Leesburg Commissioner John Christian, Eustis Mayor Michael Holland, Clermont Mayor Tim Murry, and Mount Dora Mayor Crissy Stile. Dr. Beverly Ward will be the moderator.

To register, please click on bit.ly/growthtownhall and find details to join the online forum in the confirmation email. For more information, contact www.tricityflnaacp.com, tricity5140@gmail.com, or 352-561-8157.



***Meditation for All
Mondays at 6 p.m. in the Sanctuary***

Everyone is welcome. Various group members take turns leading meditation each week. Most people lead a meditation using the *Insight Timer* phone app or play some relaxing music. There is usually some discussion before and after the meditation. If you have any questions, email Chris Cleveland at chrisleveland1951@gmail.com. Namaste



The Dharma Group

First Wednesday of every month 5:30-7:00 p.m. via Zoom

The Dharma Book group has changed its format for the summer months. The format is opening with Chalice Lighting and quote, Dharma Talk (audio or video for about 20 minutes), discussion and meditation. We will continue to meet every other week on Zoom.

In September or October, we will begin reading a new book. The two current choices are 'The Book of Joy' by Dalai Lama and Desmond TuTu or 'The Art of Happiness' by the Dalai Lama.

'The ultimate source of happiness is within us.' the Dalai Lama and 'We grow in kindness when our kindness is tested'. Archbishop Desmond TuTu

The group wishes to give others an opportunity to try the Sangha Dharma Book group by easing into it with the new Dharma Talk format. All are welcomed. You do not need to have prior Buddhist study.

If you have questions, contact Janeane Reagan at janeane99@gmail.com

***We wish food, peace and
happiness for all the children of
the world.***



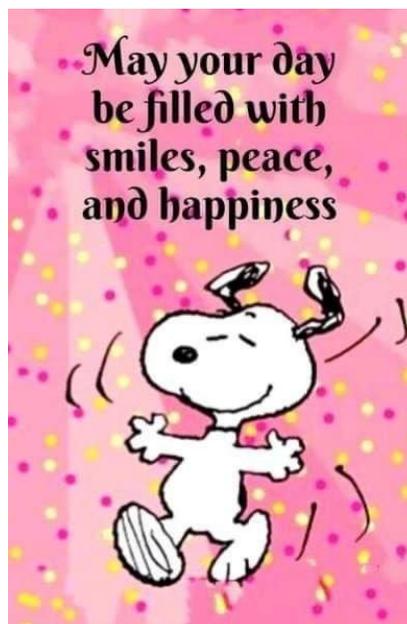
The Open Door Eustis, Drop in center for the homeless

The Social Justice and Environment Committee is restarting donations to the Open Door homeless people's drop in center. Donations of deodorant, insect repellent, toiletries and snacks are appreciated. There is a tub under the table in the narthex where you can place your donations.

I am grateful that I have a home that keeps me cool in the summer and warm in the winter and dry when it rains. I am also grateful that I have enough to eat and all that I need. Please consider the folks that are not as fortunate as we are and bring snacks and toiletries to put in the Open Door tub. SJEC thanks you.

The Open Door folks were thrilled to get our donation. They stated that toilet paper and baby wipes are like gold!

Thanks, Jane Lovejoy





COVID update, July 24, 2022

A big thank you to everyone who continues to wear masks and maintain social distance at the church to keep us all safe.

Lake County continues to be at high risk status for Covid transmission. There is a new variant BA.5, that is prevalent, and is expected to peak in the fall. A specific booster for this variant is being developed. Did you know that you can order Covid tests delivered to your home free at [covidtests.gov](https://www.covidtests.gov)? These take about 10 days to arrive and are easy to use with results in 30 minutes. The website [COVID.gov](https://www.covid.gov) is an official website that offers a complete guide to testing and what to do if you test positive. There are treatment options available.

Stay safe and healthy !

Safe Congregation Committee

Recommended Safety Protocols and Procedures for July 26, 2022

Covid risk level for Lake County continues to be rated as high by the CDC. We anticipate this will continue into the fall due to the BA.5 sub variant. We recommend an environment of personal responsibility and to restrictions with the following guidance:

- Masks are required indoors, a KN95 mask is recommended as it offers the most protection. Social distancing is recommended.
- We will continue with in-person services.
- The building will be open for small groups.
- 9:30 Discussion Group will continue in social hall.
- The social hall will be limited to 20 people, 18 attendees and two speakers, to allow for social distancing. The sanctuary can be used for meetings exceeding 20 people.
- Outdoor events may continue.
- We will not serve coffee, snacks, or potlucks for discussion group or after service, while at high risk status.
- Choir and singing may resume with masks and social distancing.
- Speakers may choose not to wear a mask if social distancing is maintained.

- These recommendations also apply to groups outside of our congregation that use our space.

Each member has a personal responsibility to maintain vaccination status, to not attend services if they test positive or have symptoms, or have been exposed to Covid, and to report symptoms if they develop after attending church services.

To check in, or, in the case of guests, sign in, so we will have a record of your attendance and be able to contact you should there be a covid diagnosis of someone attending. This applies each time you enter the building.

No service bulletin will be handed out.

In lieu of an offering during the service, members, friends, and guests may leave their donations in the wooden collection box on the table just outside of the sanctuary doors.

Our reopening and ability to remain open is all conditional. The Safe Congregation Committee and the Board will continue to monitor the situation in our area. Our protocols are based on our community status. Thank you for remaining patient and flexible as we continue to navigate our way through this situation.

UUCLC Safe Congregation Committee 7/26/22





FLORIDIANS RIGHT TO CLEAN DRINKING WATER

At one of our June discussions, Susan Fetter and Joe Bonasia brought to our attention, the latest proposed change to the Florida Constitution - a ballot initiative for the right to clean drinking water for all Floridians. The proposed right to clean water ballot amendment intends to prohibit pollution of Florida's waters, by recognizing we have a right to clean water, and that water itself has a right to be free from pollution. It also intends to give any resident, nongovernmental organization or governmental entity of Florida the ability to enforce and defend these rights in court.

Chuck O'Neal is the Chairman of the Florida Rights of Nature Network, and he is chairman of the FL5.org political committee. He says that laws protect the rights of corporations, and yet nature has no rights under the law. "What we're trying to do here with FLfive.org, is to create rights of nature to exist in the case of water, to flow, to be protected against pollution, and to maintain a healthy ecosystem. That way, an individual citizen of the state of Florida can bring an action in defense of waterways within the state." said O'Neal.

O'Neal says the citizens of the state of Florida can vote on a constitutional amendment giving rights to nature, if they can get it on the ballot. Inspired by a similar initiative that passed in Orange County by nearly 90 percent of votes and bolstered by a state legislature seeking to limit local power, the right to clean water is meant to acknowledge that bodies of water in the state of Florida have four fundamental rights: (1) the right to exist, (2) the right to flow, (3) the right to be free of pollution, and (4) the right to maintain a healthy ecosystem. It's also meant to give the citizens of Florida a right to clean water by having the waterways and waters of our state protected against pollution, and to bring an action directly against the polluter without having to ask a government agency to do something about it.

"It's direct governance by the citizens of the state of Florida. So, it's an empowerment of Florida citizens to get to a point where we have clean water again... I would argue that our water has never been in worse shape in the history of the planet Earth," O'Neal said. O'Neal added that blue-green algae, red tide, and manatee die-off,

among other problems, are major factors in the need for a clean water ballot amendment.

Tish O'Dell, community organizer with [CELDF](#), the Community Environmental Legal Defense Fund, worries the proposed ballot amendment says if any provision is found to impermissibly conflict with federal law, then the provision is severable. "This gets kind of complicated into the legal stuff. But the Florida DEP is basically standing in place of the USEPA, because they've given this right by the Federal Government, and so we have this illusion that like the Clean Water Act, and the Safe Drinking Water Act, if they were enforced, would totally protect the water. And I think all we have to do is think about it. It's been in place for over 40 years and look at the state of the water everywhere, not just in Florida, but in Ohio and all the states," said O'Dell.

Why are Florida's waters in crisis? Because the state is not doing its job of protecting them and because special interests have undue influence over our legislative and executive branches of government; and have had such influence for at least 20 years. In 2020, the Florida legislature preempted local governments, such as Orange County, to grant citizens any specific rights relating to the natural environment. For example, in 2014 Amendment One, the Land Acquisition Trust Fund was overwhelmingly approved only to have state legislators thwart its intent.

This campaign's mission is to take this to Florida's voters; to educate them, to collect their petitions, and to ensure their voice is heard. Whether or to what extent we're able to achieve this mission **depends on you**, the People, the businesses, the nonprofits, the local governments able to publicly declare and tangibly provide support. Nearly 900,000 signatures will need to be collected by November 30th in order to qualify the Right to Clean Water Amendment for the ballot. To read the full text of the Amendment, visit [FL5.org](#). Please alert your friends and families.

Here is the site for the petition: www.floridarighttocleanwater.org

This Article is written in conjunction with Joe Bonasia's column in the Orlando Sentinel July 5, 2022, "Clean Water Key to America's 'Ordered Scheme of Liberty'".
SJEC -7/29/2022



1st Racial Healing Session Held at UUCLC

by Terri McConnell and Chris Cleveland

Pathways to Racial Healing is a Lake County initiative that began at UUCLC back in 2020. ALCO stands for our values of Acceptance, Love, Compassion and Open Mindedness. We've had 50 meetings in preparation for our offerings.

Racial Healing Sessions include the following:

- Making personal connections by sharing stories about race
- Exploring the local racial history of Central Florida
- Learning tools to have courageous conversations about race
- Taking action in Lake County to support equity and justice

This project is funded in part by the Fund for Unitarian Universalist Social Responsibility. More funding is being pursued. On Sunday, there was a special plate collection for donations and those will be matched dollar for dollar by the Unitarian Universalist Association. If you would like to donate, please see the contact information below.

The first racial healing session was held on July 23rd with 35 participants attending. The Courageous Conversation Compass, a personal navigational tool to guide attendees through challenging conversations, was introduced. This equity tool helps us to better understand where we are personally, as well as to recognize where other people are coming from. The Compass helps us to locate and identify the sources of our emotions and actions, especially when talking about race.

Please consider signing up for our future sessions as they begin discussion needed to break down the barriers of racism in Lake County. Racial healing focuses on ways for all of us to heal from the wounds of the past, to build mutually respectful relationships across racial and ethnic lines that honor and value each person's humanity, and to build trusting intergenerational and diverse community relationships that better reflect our common humanity.

Future Racial Healing Sessions

Racial Healing Session #2

Saturday, August 6, 10:00AM - 12:30PM – *Featuring Valada Parker Flewellyn Martin*
Luther King Center, 510 North Baker Street, Mount Dora, FL.

Racial Healing Session #3

Saturday, August 27, 10:00AM - 12:30PM - *Featuring the Pathways Racial Healing Group*
Friendship Methodist Church, 29608 Camp Road, Tavares, FL.

Racial Healing Session #4

Saturday, September 10, 10:00AM - 12:30PM – *Featuring Courtlandt Butts*
Union Congregational Church, 302 North Street & Clair Abrams Ave., Tavares, FL.

Racial Healing Session #5

Saturday, September 24, 10:00AM - 12:30PM – *Featuring the Pathways to Racial Healing Group*
Lake David Center, 450 S. Lake Avenue, Groveland, FL.

Racial Healing Session #6

Saturday, October 22, 10:00AM - 12:30PM – *Featuring Courtlandt Butts* Location - TBD

Racial Healing Session #7

Saturday, November 19 – 10:00AM - 12:30PM – *Featuring the Pathways to Racial Healing Group*
Martin Luther King Center, 510 North Baker Street, Mount Dora, FL.

Racial Healing Session #8

Saturday, December 3 – 10:00AM - 12:30PM – *Featuring Ruth King*
Unitarian Universalist Congregation, 1235 Mt Homer Road, Eustis, FL.

Email: alcohealing@gmail.com or call Terri McConnell @ 952-451-9361 to register or if you have any questions. Additional sessions will be offered in 2023.

