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**THE FRIENDSHIP**

**FELLOWSHIP**

**AT PINEDA**

**A UNITARIAN UNIVERSALIST**

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POSTAGE



**MINISTER  
THE REVEREND AMY KINDRED**

**Friendship Fellowship at Pineda is a Religious Community of compassionate,  
open-minded truth seekers dedicated to:**

- Caring for our members through mutual respect, friendship and support
- Exploring intellectual and spiritual ideas in pursuit of truth and understanding;
- Using our collective voice, efforts and resources *in the service of* social justice; and
- Creating intellectual and philanthropic opportunities that welcome, engage and include the wider community.

# THE FRIENDSHIP FLYER

Volume 26 Number 7

July 2019

DATE	SPEAKER	SUBJECT	SERVICE LEADER	GREETER	TOUCH OF BEAUTY	HOSPITALITY HOST
July 7	<b>Lisa Ruckman</b>	Citizen's Climate Change Lobby	Nancy Shacklette		Marcia Berry	
July 14	<b>Rev Trish Schwartzberg</b>	The Four Agreements	Pete Crumpacker	Donna Klamm		
July 21	<b>Stephen Downen</b>	Music Program: "History of UU Hymns"	Cindy Collins	Helen Bennett	Rosemary Stroda	
July 28	<b>Rev Ann Fuller</b>	The "Me Too" Movement	Ruth Rodgers	Kitty Linton	Kitty Linton	

## Rev Amy Kindred Minister, FFP



### Minister's Article for the Flyer June 2019

"This is the best day ever," said Jakob, my 9-year-old (step) grandson. He had a huge smile on his face and his hands were outstretched to warm near the campfire. Jake hadn't touched his video game in three hours—the entire time we'd been at the campsite. He seemed so content and happy to be "in the moment."

I, however, was still stewing about the lack of national health care, my scrawny vegetable garden and the fact that someone had stolen two beautiful red iron lanterns from the deck of our house. I was in a blue funk in a big way. And yet, the minute Jakob had proclaimed the day as "the best ever" I realized it was a teachable moment. Not for the child but for me, the absent-minded adult.

Jakob had left his distractions in the car, but I had brought mine to the woods. The night sky that evening was star-filled, the company was sweet and familial, and the fire was warm and entertaining. Sometimes, it takes a child to remind us to celebrate the present moment.

*May you find occasions of refuge from concerns of the day. —*

Reverend Amy Kindred

## Our Minister is on a Study Break:

While ministry is an extremely rewarding profession, it demands full-time attention. So every once in a while, one must recharge in order to stay in it "for the long haul."

I'll be in the office briefly on July 17 and 18 and will get back to you then.

Thank you for understanding.

- Reverend Amy Kindred

## ANT CAMP!

**A special thanks** goes to the following individuals who volunteered to assist and/or teach during this year's ANT (Art Nature Theater) Camp for children. It was a wildly, wonderful success!!

**Ruth Rodgers  
Gail Hardesty  
Kim Kroflich  
Carlton Walker  
Irene McDonald  
Mary Ann Hines  
Stephen Downen  
Marcia Berry  
Barbara Kurtz  
Rebecca Ziegler  
Nancy Shacklette  
Pat Tebbe  
Laura Petruska  
Sue Holland  
Donna Burleson  
Ivy McMullin  
Ella McMullin  
Vicki Barlow  
Spike Wild**

# July 2019

## Comings, goings, and doings for FF@P

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>FH</b> means Friendship Hall <b>CH</b> means Coffee House	1	2	3	4	5	6
		Choir 7:00PM F.H.	<b>MOVIE</b> 1:00PM— 4:00PM F.H.			
7 Sun Svc 10:30 AM  <b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House— <i>Current Events</i>	8  <b>TAI CHI</b> 11:00 FH	9  NO CHOIR	10  <b>MOVIE</b> 1:00PM— 4:00PM F.H.	11	12  <b>SANGHA</b> Meditation (CH) 4:30PM-6PM	13  <b>Adult RE</b> 10—12 CH
14 Sun Svc 10:30 AM  <b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House— <i>Current Events</i>	15  <b>TAI CHI</b> 11:00 FH	16  Choir 7:00PM F.H.	17  <b>MOVIE</b> 1:00PM— 4:00PM F.H.	18	19  <b>SANGHA</b> Meditation (CH) 4:30PM-6PM	20
21 Sun Svc 10:30 AM  <b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House— <i>Current Events</i>	22  <b>TAI CHI</b> 11:00 FH	23  NO CHOIR.	24  <b>MOVIE</b> 1:00PM— 4:00PM F.H.	25  <b>Book Club</b> 10:00 AM C.H.	26  <b>SANGHA</b> Meditation (CH) 4:30PM-6PM	27  <b>Adult RE</b> 10—12 CH  <b>SECURITY TRAINING</b>
28 Sun Svc 10:30 AM  <b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House— <i>Current Events</i>	29  <b>TAI CHI</b> 11:00PM FH	30  Choir 7:00PM F.H.	31  <b>MOVIE</b> 1:00PM— 4:00PM F.H.			
					The Editor needs your August <i>Flyer</i> inputs July 25th (sooner is better)	

## SANGHA MINDFULNESS MEDITATION

Do you meditate? Do you practice mindfulness? This is sort of like exercise – we all think we exercise but do you really do it, three times a week for at least 1 hour and do you really walk for 30 minutes a day?

Being part of a Sangha exercises your mind – Allows you to stop and get closer to your inner self in preparation for another week of worldly activities. Being part of a Sangha (which means *practice community*) through a series of careful guided meditations promises that you are exercising the health of your brain and thus your health.

If you've never done this it is worth a few tries. You won't get it on the first go-around. It's a skill that can be developed through practice. We have a wonderful facilitator in Dat Nguyen who patiently leads us (remember – community) through the mindfulness meditation process.

Your donations to feed the children are always welcome - the jar can be fed anytime with any amount - as we hope to reach our goal of \$300.00 - which will feed two children.



Thank you so much for being such a caring congregation.

## HERE & NOW AT 95 2019-06-13-ESB

It has occurred to me  
That I have gone through life  
On the top of the Fence of Indecision  
Barely above the turmoil and strife  
Of Popular Controversy

Moving along at the Edge of Failure  
Each day getting a little bit further  
Into the Fog of the Future

And now  
The Past becomes increasingly Irrelevant  
And fades into the Mist  
Of a Failing Memory

But still, I live  
With Gratitude  
Faith, Hope and Love



Ed Breakell

We should be lifting each other up and cheering each other on, not trying to outshine one another. The sky would be awfully dark with just one star.

Stacie

Tuesday - July 9 - 10:30 AM, in the Egret Room - Snack Room, **the Aesthetics Committee** will meet - All Members are welcome to attend and participate. Please see Chair Bobbie Keith (321) 777-5561.

## THE PRINCE OF TIDES,

by Pat Conroy

[Review by Helen Bennett]

No poetry or prose could possibly do justice to the magnificence of this book! I have just re-read it in a few days after thirty years, and I am not a fast reader. I simply couldn't put it down. Although Pat Conroy revels in harsh violence, strange plot lines, unique characters, and unusual occurrences, they are not what drew me to his book. The prose is so gorgeous that it drew countless friends to praise his sublime gifts as a writer. I am reading two of these encomiums now: *Our Prince of Scribes: Writers Remember Pat Conroy*, edited by Seitz and Haupt; and *The Lost Prince: A Search for Pat Conroy*, by Michael Mewshaw. Conroy was a badly damaged youth, as attested by his autobiographical novels, particularly *The Great Santini*. His father taught his family with his fists, and Pat's only recourse was to delineate the abuse in his books. *The Prince of Tides* has a similarly brutal father, and his rough tutelage lost his children and his wife, leaving him a broken man. The family is saved by a pet tiger, and their beloved homeland is defended by the elder brother Luke, "The Prince of Tides." Barbra Streisand made a movie of this book which could never capture its essence, its uniquely beautiful prose. Although the book is a study in madness and its family genesis, the psychology may be less useful than the special insight of its observations. Here are some excerpts that grabbed me twice in the past thirty years:

*"Winthrop Ogletree [the undertaker] had the face of an unlucky vampire who never received an adequate portion of blood."*

*"At lunch, I would sit in the teachers' lounge. While I ate I would correct the ghastly papers of my students, who seemed gifted at destroying all vestiges of beauty or grace from the language."*

*"There's no word in the language I revere more than teacher. None. My heart sings when a kid refers to me as his teacher and it always has. I've honored myself and the entire family of man by becoming one."*

Not only had Pat Conroy reveled in his job as a teacher (see *The Water Is Wide*), but he surpassed himself as an unparalleled writer of the tongue of the American South.

Do yourself a favor and read, or better, re-read, this startling, magnificent book.

Helen Bennett  
June 5, 2019

### Do you have something that you need to send in the monthly email blast?

Amy Rosebush will be taking over sending out a monthly blast. If your email address is on the list and you would like it off the list, please contact her via email at [office.mgr.ffp@gmail.com](mailto:office.mgr.ffp@gmail.com). If you have information that you would like to add to the email blast please have it in to the office by the second Thursday of the month.

### A QUICK TIP REGARDING EMAILS

When responding to an email that has many names (it means they send it out as a blast)

please do not respond <reply all>

but rather only: respond to <reply>

not <reply all>.

By doing this you are in compliance with our Guidelines for public and private communications. If you want to respond to the sender just respond to the sender and not every person who was on the email list.

Thank you!



## A Recipe From Laura Petruska:

I've been a vegetarian since 1967. During the years I've amassed quite a decent collection of vegetarian recipes that even my husband will eat! You can always add shrimp or meat/poultry to any recipe, but the next few months will be to encourage you to go meatless at least one day a week. Here is your monthly recipe

### SPICY PAN FRIED NOODLES

2 cups thinly sliced scallions using both the green and white parts

2 tablespoons soy sauce (or to taste)

1 tablespoon grated ginger (please do not use powder)

2 teaspoons rice wine or sherry vinegar

1 teaspoon sesame oil

6 oz. Chinese noodles (Hong Kong, Egg noodles, Soba or Rice noodles)

2 ½ teaspoons peanut oil

5 cloves of garlic

2 large eggs

2 cups baby spinach

1 cup cilantro

2 tablespoons roaster peanuts chopped

1. In a small bowl, combine scallions, soy sauce, ginger, rice vinegar and sesame oil and let it stand while you prepare the noodles.

2. In a large pot of boiling water cook the noodles until they are halfway done according to the package instructions – they should be quite firm.

3. Drain the water and toss with ½ teaspoon of peanut oil to keep them from sticking and spread them out on a plate or baking sheet.

4. In a large skillet, over a medium heat, warm the remaining 2 tablespoons of peanut oil and add the garlic and cook until crisp and golden around the edges (1-2 minutes)

5. Add half the scallion mixture and stir fry until fragrant (about 1 minute)

6. Add the noodles and stir fry until the noodles are hot and lightly coated with the sauce (about 30 seconds)

7. Add the eggs and spinach and remaining scallion mixture and continue to stir fry until the eggs are cooked (1-2 minutes)

8. Garnish with cilantro and peanuts or sesame seeds.

9. Serves 2 huge servings or 4 side dishes.

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## **SUMMER MUSICAL FILM DISCUSSION SERIES**

**July 3—Sept 18, 2019**

We meet in Friendship Hall  
every Wednesday at 1:00 PM.

*Please come early and stay for discussion.*

### **July 3: Love Me Tonight (1932)**

Maurice Chevalier and Jeanette MacDonald star in Rodgers and Hart's first film, called by Leonard Maltin "One of the best musicals ever made." Isn't it romantic? It surely is!

### **July 10: Joseph and the Amazing Technicolor Dreamcoat (1999)**

Andrew Lloyd-Webber and Tim Rice present this biblical story, starring Donny Osmond. Go, go, go Joseph! We love you and your comical musical.

### **July 17: Till the Clouds Roll By (1946)**

The musical life of one of my favorite composers, Jerome Kern. Its many stars include Robert Walker, Kathryn Grayson, June Allyson, Tony Martin, Judy Garland, Dinah Shore, Frank Sinatra, Lena Horne...

### **July 24: Billy Elliot, the Musical Live (2014)**

With music by Elton John, the beloved movie is brought to life on the stage. It stars Elliott Hanna as Billy, a boy who wants to be a dancer but whose father insists he become a boxer.

### **July 31: Camelot (2007)**

Lerner and Lowe's gorgeous musical on stage, starring Richard Harris as King Arthur. Experience the "one brief shining moment" that was known as Camelot! (147 minutes long)

### **August 7: Roberta (1935)**

Enjoy Jerome Kern's wonderful musical starring Irene Dunne, Fred Astaire, Ginger Rogers, and Randolph Scott. Don't let "smoke get in your eyes", but rush to our theatre for this timeless treat!

### **August 14: Sweet Dreams (1985)**

Jessica Lange stars as my favorite country singer, Patsy Cline, with Patsy's actual voice. A beautiful but ultimately tragic story. Ed Harris plays her husband, Charlie

### **August 21: Coal Miner's Daughter (1980)**

Sissy Spacek won an Academy Award playing Loretta Lynn in this highly acclaimed biopic. With Tommy Lee Jones as her husband "Doo" and Beverly D'Angelo as her friend Patsy Cline.

### **August 28: The Phantom of the Opera (2004)**

Beautifully filmed version of one of Broadway's longest-running musicals, it stars Gerard Butler and Emmy Rossum, with gorgeous music by Andrew Lloyd-Webber.

### **September 4: Everyone Says I Love You (1996)**

This adorable Woody Allen film has stars singing in their own voices: Julia Roberts, Goldie Hawn, Robert Alda, Drew Barrymore, Ed Norton, Tim Roth, Natasha Lyonne, and Natalie Portman. I love it!

### **September 11: De-Lovely (2004)**

Starring Kevin Kline and Ashley Judd, this is the "true" story of great American composer, Cole Porter. Like Irving Berlin, he wrote both words and music for his classic songs. Cole, "You're the Top!"

### **September 18: Once Upon a Mattress (2005)**

"Starring Carol Burnett, with Tracey Ullman in Burnett's original role. Based on "The Princess and the Pea," this is a comic delight! Music by Mary Rodgers.

## WELCOME TO OUR GUESTS

*We love to welcome members, visitors and friends to our services each Sunday at 10:30 AM and Sunday school is available for our youngest guests and members.*

### FFP Visitors from June 2019

**Barbara Dutton**  
**Winston and Monique**  
**Philip and Martha Smith**  
**Terry Gardinel**  
**Kendall Doran**  
**Jan Anderson**  
**Linda Lebovitz**  
**Rubylee Jordan**  
**Kathleen Wilson**  
**Evelyn Biggs**  
**Becky Dilson**  
**Sue Gibbons**  
**Katie Potts**  
**Zach Potts**  
**Daryl and Michelle Stazinski**  
**Carol Justus**

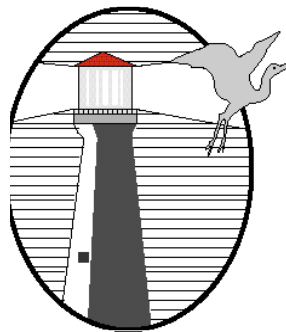
Did you know that all of the sermon summaries can be found on our website <https://www.uuffspacecoast.org/> or you can just google "Friendship Fellowship at Pineda" and the website will pop up for you that way. Check it out!

## Happy July Birthdays

**Vicki Barlow**  
**Willa Davidsohn**  
**John Lees**  
**Allen Claxton**  
**Patricia Tebbe**  
**Shirley Works**  
**Nancy Shacklette**



## THE FRIENDSHIP FLYER



is the monthly newsletter of  
**THE FRIENDSHIP FELLOWSHIP**  
**AT PINEDA**  
 A Unitarian Universalist  
 Congregation  
 District 62, Society #2923

Sunday Services at 10:30 AM  
 3115 Friendship Place, just off  
 US Hwy 1 Sunday School  
 available for children at 10:30 AM

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### Full Time MINISTER

The Reverend Amy Kindred

### CONGREGATIONAL LEADERSHIP COMMITTEE

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Vice Chair.....	Pete Crumacker
Acting Treasurer.....	Brian Whalen
Secretary.....	Ruth Rodgers
Member.....	Nancy Shacklette
Member.....	Chip Hines
Member.....	Emily Curry
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