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THE FRIENDSHIP

FELLOWSHIP

AT PINEDA

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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 8

August 2019

DATE	SPEAKER	SUBJECT	SERVICE LEADER	GREETER	TOUCH OF BEAUTY	HOSPITALITY HOST
August 4	Panel Discussion Rabbi Craig Mayers and Dr Scott Tilley Moderator: Marshall	Science and Ethics	Andy Petruska	Kitty Linton	Kitty Linton	
August 11	Rev Amy	Blooming of the Lotus	Nancy Shacklette	Helen Bennett	Sue Holland	
August 18	Rev Amy	Time, Change, Acceptance			Rosemary Stroda	
August 28	Rev Amy	Living a principled Life				

Rev Amy Kindred Minister, FFP



What Not to Say at a Time of Loss

We all know the challenge of wanting to make a caring comment when someone is grieving. However, many times, in the awkwardness of the moment, we add to the pain by saying something that isn't helpful. Here are a few pointers that offer a little assistance. (This is an excerpt from a recent sermon of the same title.)

Avoid saying, "I know how you feel."

None of us can possibly entirely know how another is feeling. Try saying, "I see that you are suffering. I can't imagine what you must be feeling. I'm here if you want to talk." Avoid telling your story. At a time like this, it's not about you. If the person asks you about an experience, then talk about your own stuff. But only if asked.

Avoid saying, "A friend of mine has such strong faith. She survived sickness. I'm sorry that your friend died." How awful to imply that if someone had stronger faith, the person might have dodged death!

Avoid thinking, "Let's not talk about that. It's upsetting." Most of us are troubled when someone tears up or cries so we tip-toe around discussing a loved one who passed away. And yet, many people who experience grief say

they wish people wouldn't avoid talking about their loss. Consider saying, for example, "Tell me what you loved about your dad. What was he like?" Ask for a name and listen sincerely.

Avoid saying, "He's in a better place."

If the person grieving says, "I know my son is in a better place," nod to acknowledge the comment. Many individuals place their confidence that the spirit of a loved one is in a better place which can be very helpful for the one who is grieving. Regardless of what anyone believes, however, we don't positively know what happens to a person who dies. And yet, this is not a time to imply that you, the listener, can know what happens after death.

Finally, avoid filling the silent moments

with words. Sometimes there is nothing to be said, nothing to do but breathe with the one who is suffering a loss. Offer a hug if you like. The main point here is to simply share a quiet moment. If you can't stand the silence, offer this honest statement, "It's so hard to watch you grieve. Please know that I care."

*With warmth and humility, your minister,
Reverend Amy Kindred*

(Sunday, August 11, is my next scheduled time in the pulpit. I hope to see you then!)

A Visit to Brevard Community Kitchen

Brevard Community Kitchen is located on a little-known street in Rockledge. What's inside is impressive. This is where upwards of 1700 hot meals (with the option of a cold choice) are prepared every week-day for seniors and children in need. Some meals are taken to group locations like Joe's Club and day-care centers and many others are delivered to those homebound by Meals on Wheels volunteers. This facility services those needs from Mims in the north to Micco in the south.

Linda Brosius, Bobbie Keith and Sue Holland were given a tour of the kitchen, storeroom, loading dock and were educated by **Tom Kammerdener, Program Director** and John Pollei, the Head Chef and catering coordinator.

This facility and their services fall under the umbrella of Aging Matters, one of the charities FFP supports in our monthly offerings. We learned that there is still a waiting list of over 300 persons requesting this service but funds do not allow them to serve them at this time. There is a vetting process before being allowed to receive their many services. Some food is provided to clients by their donation only or a minimum charge depending on circumstances.

One way that Aging Matters fund-raise for themselves is to cater various events for businesses, organizations (churches), or individuals either with just providing food or actually plating and serving.

They offer everything from hors d'oeuvres, salads, sandwiches, wraps, desserts, meat, cheese and fruit platters to a full entree or a 3 course meal. They plan the menu with the organization or individual with their choice or from suggestions offered by Chef John.

We were so impressed with their professional, business and personal attitude towards what they do. They welcome volunteers as they only have a regular staff of 12. You could volunteer to work in the kitchen (they are very efficient and organized), drive, or any of the many other jobs that a business this large would have a need for. If you would like to volunteer at any level, **call 321-631-2749**

Aging Matters is worth our time and monetary donations.



A Message from Cliff Saylor, our CLC Chair:

The leadership of the congregation will be meeting again to evaluate the progress on the goals set at the January 2019 leadership forum. One of my charges was to keep our Covenant of Right Relations visible and active. Moving forward to a pastoral congregation, it is necessary to first deal with the new way we must deal with anger. As our congregation grows, more outbursts of anger will not serve our goal of radical hospitality. As a visitor, guest, or member; public outbursts of anger are inconsiderate and off-putting. Public and private displays of anger are forms of bullying. Let's help each other develop appropriate ways to deal with our frustrations.

Cliff Saylor, Chair CLC

A Recipe from Laura Petruska

Go meatless at least one day a week: Here is this month's suggested recipe. This comes from VEGAN PLANET by Robin Robertson.

Laura Petruska

WHITE BEAN CASSOULET

Ingredients:

2 tablespoons olive oil
 2 medium carrots thinly sliced
 2 small parsnips peeled and chopped
 3 garlic cloves, minced
 2 tablespoons Dijon mustard
 1 tablespoons (either) mellow white miso paste dissolved in 2 tablespoons hot (not boiling) water OR 1 tablespoon Tahini
 ½ teaspoon dried marjoram
 ½ teaspoon dried thyme
 1 large bay leaf
 Salt and pepper

3 cups cooked OR 2 – 15-oz cans Great Northern, Navy, or other White beans – drained and rinsed

1 – 14.5 z can diced tomatoes drained and rinsed

2 cups Vegetarian stock (preferably the boxes not the cubes)

Garnish

½ cup dry toasted bread crumbs
 2 tablespoons chopped parsley
 (sauté both of these together with just a bit of butter – until bread crumbs turn slightly brown)

Instructions:

1. Preheat oven to 350 degrees F.
 2. Heat the olive oil in a large skillet over medium heat,
 3. Add carrots, parsnips – cover until slightly softened (about 5- minutes)
 4. Stir in garlic and cook, stirring until fragrant (about 30 seconds)
 5. Blend the mustard into the Miso (or Tahini) and stir into the vegetables.
 6. Add the thyme, marjoram, bay leaf, salt & pepper and set aside.
 7. Place the beans and tomatoes in a lightly oiled casserole dish.
 8. Add the vegetable mixture and enough stock just to cover the ingredients – stir to combine.
 9. Cover and bake until the vegetables are tender (about 45 minutes).
 10. Remove and discard the bay leaf.
 11. Before serving sprinkle with the breadcrumb and parsley garnish
- SERVE HOT (French bread and a nice red wine go well)

Serves about 4-6

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.

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.

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 Dick. (You'd be Crazy to miss it!)

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 9: 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 16: 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.

NOTE: September 30th, films move to Mondays. Films are on alternate MONDAYS, 1:00 pm—4:00 pm. Please arrive on time and stay for discussion of the films. All these RECENT MOVIES are NEW to this group.

September 30: BlackKkKlansman (2018)

This superb true story is about a black cop who actually infiltrated the Ku Klux Klan back in the '70's. He contacted them by phone, using his "white voice," and then meeting with Klan leader David Duke using a proxy white buddy. The film was nominated for 6 Academy Awards and won for Best Adapted Screenplay by Spike Lee. Starring John David Washington, son of Denzell, this is a thriller not to be missed!

October 7: Green Book (2018)

This is the first Academy Award winner in many years that I actually agreed with! Starring Oscar winner Mahershala Ali and nominee Viggo Mortensen, it is about a trip through the segregated South by a black classical musician and his semi-literate white driver. Blacks were only permitted to sleep at seedy motels listed in the "Green Book," but nonetheless both incompatible men became fast friends. This is one of the best films of recent years!

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 July 2019

Jan Anderson

Kendall Doran

Cody Doran

Susan Wharton

Sue Gibbons

Evelyn Biggs

George Lebovitz

Linda Lebovitz

Katie Potts

Zach Petts

Darryl Stazenski

Michelle Stazenski

Carol Justus

Don Fain

Georgia Fain

Gabrielle Fain

Paul Yeager

Kathy Wilson

Becky Wilson

Olivia Freeman

Leslie Gould

Happy *August* Birthdays

Sue Holland

Smitty Hooper

Barbara Kurtz

Bill Horsfield

Dorothee Custer

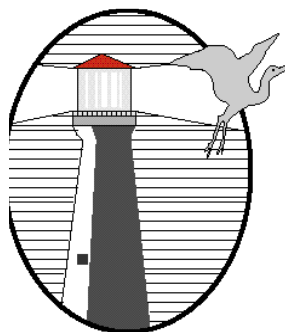
Donna Klamm

Charles Reynolds- Mixon

Kathy Kelly



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

Editor: Amy Rosebush.....office.mgr.ffp@gmail.com

Full Time MINISTER

The Reverend Amy Kindred

CONGREGATIONAL LEADERSHIP COMMITTEE

- Chair.....Cliff Saylor
- Vice Chair.....Pete Crumpacker
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- Secretary.....Ruth Rodgers
- Member.....Nancy Shacklette
- Member.....Chip Hines
- Member.....Emily Curry
- Member.....Linda Brocius