

3115 Friendship Place

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THE FRIENDSHIP

FELLOWSHIP

AT PINEDA

A UNITARIAN UNIVERSALIST

CONGREGATION IN THE LIBERAL

TRADITION



MINISTER

THE REVEREND AMY KINDRED

POSTAGE



**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 9

September 2019

| DATE | SPEAKER | SUBJECT | SERVICE LEADER | GREETER | TOUCH OF BEAUTY | HOSPITALITY HOST |
|--------------|-------------------------|--|------------------------------------|-------------------|--------------------|------------------|
| September 1 | Rev Amy Kindred | Humanely Happy | [Cancelled due to Hurricane] | | Marcia Berry | |
| September 8 | Rev Amy Kindred | Bees, Ants and Other Intelligent Beings | Laura Petruska | | Sue Holland | |
| September 15 | Rev Amy Kindred | Justice for the Earth | Rev Amy Kindred | David Peterson | | |
| September 22 | Rev Paul Johnson | Manageable Marks of Maturity | Pete Crumpacker | | | |
| September 29 | Rev Amy Kindred | Wired for Ritual | Brian Whalen | | | |

Rev Amy Kindred Minister, FFP



Minister's Article for the Flyer

September 2019

Reverend Amy Kindred, Minister

As you journey,

May you know,

Love and hope go with you,

Learn and grow.

Here at Friendship Fellowship, every Sunday morning we sing our children to class with the words from this sweet song. Although it manifests our wishes for the youngsters, it is a weekly reminder for all of us that life provides many opportunities for learning and personal growth.

When my son was born, I did what most new parents do. I watched him constantly. I was enchanted by this wee human creature. His hair was soft as powder and his eye lashes were little wisps of wonder. My son's tiny nose was speckled with small dots like sprinkles of cinnamon on buttered toast.

Almost everything about him was adorable. And yet, I was curious about two aspects of this newborn baby. First, his head was noticeably shaped like a cone. The first time my parents saw him, they said, "Isn't he cute? Don't worry about his pointy head, dear. It will go down in time."

The second thing I observed was that each of his toes were shaped like an arch. My friend said, "Well, look at that, love. Your son has hammer toes." In time, the cone shaped head did transform to a lovely oval, but those hammer toes remained unchanged.

Thirty-three years later, my child, who has now grown to be a man, is engaged to be married. With a healthy mix of funny, compassionate, smart and loving attributes, the two make a powerful couple.

Recently, I visited them. On that day, they were doing a walk-through on a house they were in the process of purchasing. I watched my son crawl under the building to look at the furnace. He made smart comments to the realtor about the ductwork and the compressor. Then, he walked over to the water heater and pointed out a small leak. I thought to myself, "Hey, he knows things. When did he learn about houses and other adult stuff?" I felt a little odd and noticed a slight sensation within myself that was associated with loss. That baby boy of mine had grown out of my arms and into the world.

On the one hand, life is changing in wonderful ways for him. He and his fiancé are creating their own lives together. The bond the two have created is evident. On the other hand, for me, I am continuing to learn about what it means to be a loving but not hovering mother of an adult son. And now, my work includes how to become a supportive but not pushy mother-in-law.





“Change is constant,” bespeaks the proverbial cliché. Although, we don’t have control over all changes in life, there are ways to find joy in the moments of a transitioning existence.

One of the ways to accommodate change, is to celebrate something about the present moment. I am grateful for the ability to inhale and exhale with ease, for example. Another way is to notice what has not altered. Consider this: people remain connected by having a shared history of experiences. Nothing changes the past.

Love may remain constant. One might continue to love someone regardless of whether a person is physically present or exists only in one’s memory. Also, genetics is nature’s way of keeping us tethered to our parents and the parents of their parents in a way that rarely changes.

Two days ago, I was sitting on the beach watching the sun rise. “It’s a different day than yesterday,” I thought. “I wonder how I will react to the fluctuations that today will bring?”

I looked down at my sandy bare-feet and noticed the arches in my toes. In all these years, how did I not realize that I have hammer toes? May love shine a light of new understanding and bring you comfort in moments of uncertainty.

Are you having a tough time making a transition in your life? Join us on Wednesday, September 11, from 4PM– 5PM in the coffeehouse. See the description in this month’s FLYER.

WE NEED HELP IN THE KITCHEN

Coffee hour after service is a UU tradition. It's a great time to get to know others and to partake in a snack. We rely on Volunteers to help us set up and clean up. Please sign up in the kitchen to help on one or more Sundays. Thank you.

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!

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



GARBAGE PICKUP

Monday and Thursday at the end of our driveway
(using our own garbage cans)

Our green garbage (yard waste) is picked up in the same place as garbage cans every Monday. There is no recycling.

September 2019

Comings, goings, and doings for FF@P

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|-----------|--|---|--|
| 1 Sun Svc 10:30 AM Sunday Morning Discussion: 9:15-10:15 AM Coffee House— <i>Current Events</i> | 2 | 3 Choir 7:00PM F.H. | 4 | 5 | 6 SANGHA Meditation (CH) 4:30PM-6PM | 7 Adult RE 10—12 CH |
| 8 Sun Svc 10:30 AM Sunday Morning Discussion: 9:15-10:15 AM Coffee House— <i>Current Events</i> | 9 TAI CHI 11:00 FH MOVIE 1:00PM—4:00PM F.H. | 10 Choir 7:00PM F.H. | 11 | 12 | 13 SANGHA Meditation (CH) 4:30PM-6PM | 14 New Member Breakfast 9:30AM—12PM CH |
| 15 Sun Svc 10:30 AM Sunday Morning Discussion: 9:15-10:15 AM Coffee House— <i>Current Events</i> | 16 TAI CHI 11:00 FH MOVIE 1:00PM—4:00PM F.H. | 17 Serene Harbour Tour (12:15 carpool from FFP) | 18 | 19 Book Club 10:00 AM C.H. | 20 SANGHA Meditation (CH) 4:30PM-6PM | 21 |
| 22 Sun Svc 10:30 AM Sunday Morning Discussion: 9:15-10:15 AM Coffee House— <i>Current Events</i> | 23 TAI CHI 11:00 FH | 24 Choir 7:00PM F.H. | 25 | 26 | 27 SANGHA Meditation (CH) 4:30PM-6PM | 28 |
| 29 Sun Svc 10:30 AM Sunday Morning Discussion: 9:15-10:15 AM Coffee House— <i>Current Events</i> | 30 TAI CHI 11:00PM FH MOVIE 1:00PM—4:00PM F.H. | | | | | |
| FH means Friendship Hall CH means Coffee House | | | | | The Editor needs your input by October 24 (sooner is better) | |

Tough Transitions Group

Wednesday, September 11

(4PM – 5PM in the Coffee House)

“To live a full life is to experience many small deaths, to tumble out of the comfortable nest of our expectations, to learn about grief. When we find the courage to meet life head-on, the loss of a friend, loss of health, or loss of youth can all be our teachers, the ways we learn the meaning of compassion...loss is an entryway to new understanding, an invitation to explore the rain-soaked, rutted roads of our lives, and a reminder to cherish times of comfort and joy.” – From How to Bury a Goldfish, Nayer and Lang.

All are invited to attend this sharing circle. It is not a counseling group. It is a collection of people sharing the challenge of making a transition due to a loss in any of its various forms. Join us in the coffee house. (See Reverend Amy Kindred with questions)

New Member Breakfast

Saturday, September 14

(9:30AM-12PM in the Coffeehouse)

Did you sign the membership book? Would you like to know more about the fellowship and deepen your understanding of Unitarian Universalism? This Saturday morning get together is a great way to get to know other members and to better understand what makes Friendship Fellowship such a dynamic welcoming community of individuals.

Postcard Writing Campaign and Potluck Lunch

Tuesday, October 1

(12PM– 2PM in Friendship Hall)

Bring a light food item, invite your friends and neighbors and join us for a meaningful activity. The goal is two-fold: to share a meal and to endeavor to write 200 postcards to send to our congressmen, women and representatives demanding that they make sound gun reform, including a ban on assault weapons. Every difficult task is made simpler with a little help from our friends.

OUTSIDE EVENTS:

Pride Parade

Saturday, September 28

Eau Galle Civic Center, Melbourne

(we are not sure of the meeting time yet)

Central Floridians Strike For the Climate

Friday, September 20, 8 AM

4292 Atlantic Ave. (In front of CVS)

Cocoa Beach, FL

Join *March On, People's Climate Movement Climate Strike* and *Unitarian Universalists* all over the country.

WALK OUT OF WORK OR SCHOOL TO PROTEST THE CLIMATE CRISIS! Demand swift action be taken against Climate Change at this year's UN Climate Summit held in NYC on Sept 23rd. **Reverend Amy Kindred invites friends and members of Friendship Fellowship to attend the strike with her.**

September 2019 Sunday service descriptions:

September 1, 2019 (cancelled due to Hurricane)
 Sunday, 10:30 am
 Reverend Amy Kindred

Humanely Happy

Most folks are familiar with the First Humanist Manifesto (1933) but many have missed the Second Manifesto (1973). In it we find this statement: "The cultivation of moral devotion and creative imagination is an expression of genuine spiritual experience and aspiration. " This morning, we'll explore the contributions of humanism.

September 8, 2019
 Sunday, 10:30 AM
 Reverend Amy Kindred

Bees, Ants and Other Intelligent Beings

Call it what you will, intelligence or rote memory finely tuned by evolution, bees and ants are amazing creatures. Let's celebrate nature's little working wizards!

September 15, 2019
 Sunday, 10:30 AM
 Reverend Amy Kindred

Justice for the Earth

Studies are clear. The earth needs our attention *right now*. Where will we find the gardens of hope and what will move us all in the direction of positive action?

September 22, 2019
 Sunday, 10:30 am
 Reverend Paul Johnson

Manageable Marks of Maturity

Our UU principle calling us to encourage each other in our spiritual growth draws on the tradition of "self culture" and "salvation by character" established by our founders. My sermon will develop my personal, contemporary take on this worthy tradition.

September 29, 2019
 Sunday, 10:30 AM
 Reverend Amy Kindred

Wired for Ritual?

The term "ritual" is often attributed to prescribed actions in a religious ceremony. With the changing terrain of religious thought, are rituals still important? More to the point, how do we feel about ritual in Unitarian Universalism?

Do you meditate? Do you practice mindfulness?

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 and 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.

Vegetable Fried Rice

Ingredients

- 3 cups water
- 1 ½ cups quick cooking brown rice (or you can substitute Cauliflower)
- 2 Tablespoons peanut oil
- 1 small yellow onion, chopped
- 1 small green pepper, chopped
- 1d teaspoon minced garlic
- ¼ teaspoon red pepper flakes
- 3 green onions thinly sliced
- 3 tablespoons soy sauce
- 1 cup frozen petite peas
- 2 teaspoons sesame oil
- ¼ cup roasted peanuts (optional)

Directions

1. In a saucepan bring to a boil. Stir in rice. Reduce heat, cover, and simmer for 20 minutes
2. Meanwhile, heat peanut oil in a large skillet or wok over medium heat.
3. Add onions, bell pepper, garlic and pepper flakes (to taste) – Cook 3 minutes, stirring occasionally.
4. Increase heat to medium high and stir in cooked rice, green onions and soy sauce. Stir fry for 1-minute. Add peas and cook 1-minute more.
5. Remove from heat.
6. Add sesame oil and mix well.
7. Garnish with peanuts if desired.



Getting acquainted with our charities - Serene Harbor

Interested? You are invited to join Reverend Amy and Bobbie Keith on a tour of a domestic abuse shelter run by Serene Harbor - Tuesday, September 17.

RSVP ASAP - names must be on a list for access to the facility. We will car pool from FFP at 12:15 PM.

(See Bobbie Keith for more Information: Bobbie6769@juno.com)

Please Join Moms Demand Action For New Member Orientation

Wednesday, September 11, 2019 at 6:30 PM

At: Friendship Fellowship at Pineda

3115 Friendship Place, Rockledge, FL 32955

Welcome! Come join us to learn about Mom's Demand Action— who we are and what we actually do locally, at a state level and nationally: as well as the words we use.

This is a great starting place for new members or current members that have not attended a meeting in the past year.

BONUS— you'll get to leave with one of our fabulous **RED T SHIRTS!**

In the meantime, text READY to 644-33!



See you on Sept 11.

An Editorial Article in the Florida Today by one of our members.



**Marshall Frank,
13 Aug 2019:**

Marshall Frank, member of Friendship Fellowship Congregation, had an article entitled "Who will risk becoming a cop?"

published on the op-ed page of the Tuesday, 13 August *Florida Today* newspaper. Marshall served on the Miami police force for 30 years and was Chief of Detectives when he retired.

He began, "Anyone applying for a police officer job these days is doing so at great risk. Never before have public servants been the target of so much undeserved hate and condemnation. The real losers? We, the people."

Worse times are ahead ... it is difficult knowing you are a target for criminals simply because you wear the uniform, protecting the very people who hate you. Police account for the sixth highest rate of suicides among all professions, all have close fellow officers no longer there; Marshall has ten.

"Officers these days will answer calls, but many will avoid pro-active policing. What for? To be doused with water buckets, which next time might be acid. Police and the military are the life-blood of our democracy. We better protect them, or else."

John England



GRATEFUL

Kitty Linton



We are beginning a new tradition in the Flyer. We will post the name or names of people who have volunteered in some way, to make Friendship Fellowship the lovely place that it is. Members, friends and committee chairs are invited to submit names to: office.mgr.ffp@gmail.com by the 20th of every month.

This month we would like to thank **John England** for his many years of tireless service to this church. John has been taking care of the important details in the office and the flyer for many years now. This new editor would like to thank him as a mentor and as friend. Thank you, John England, for everything thus far. (*He will still be checking this text for errors*). We are honored to have you with us. Your contributions are priceless.

Also, we would like to take a moment to thank **Kitty Linton**. Kitty has taken care of the gardens around our property for a long time now. She can be found in the afternoon pulling the roots of difficult weeds and tending to the beds and trees. Kitty, you are an inspiration to us all.

Neither of these contributions are small, but all the contributions of our members make this place work!

"Small service is true service while it lasts; Of friends, however humble, scorn not one: The daisy, by the shadow that it casts, Protects the lingering dew-drop from the sun." - Wordsworth

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 and August 2019

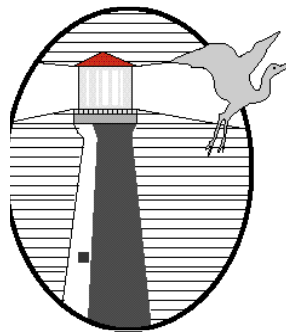
*Leslie Gould
Betty Prisendorf
Jan Anderson
Kathleen Wilson
Janine Shelby
Harriet Wheaton
Laura Young
Diana Cuillo
April Bertram
Regina Stowel
Becky Wilson
Jack Perez
Nancy Thompson
April Bertram
Vicki Veber
Gary Linton
Colleen Goodwin
Bob Hamburg
Judith Irwin
Keyno and Zela Hicks
Emileah and Richie Hiatt
Charles LePenna
Ken Danner*

Happy September Birthdays



**Andy Petruska
Mireya Bier
Emily Curry
Catherine George
Muriel King
Laura Kercelius
Cesare Marchesini
Marjorie Saylor
Debbie Kirshner
Cliff Saylor**

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

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

Full Time MINISTER

The Reverend Amy Kindred

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Vice Chair.....Pete Crumacker
Acting Treasurer.....Brian Whalen
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Member.....Nancy Shacklette
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