

3115 Friendship Place

Rockledge, FL 32955

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Return Service Requested

**THE FRIENDSHIP**

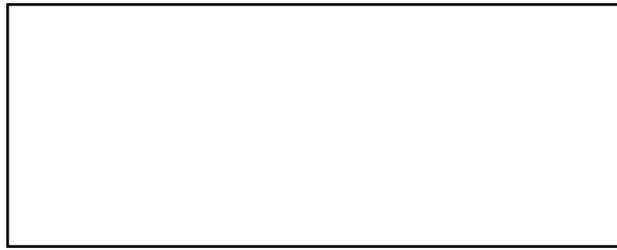
**FELLOWSHIP**

**AT PINEDA**

**A UNITARIAN UNIVERSALIST**

**CONGREGATION IN THE LIBERAL**

**TRADITION**



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 27 Number 12

December 2019

DATE	SPEAKER	SUBJECT	SERVICE LEADER	GREETER	TOUCH OF	Hospitality Host
Dec 1	Rev Amy Kindred	Meet Me in Potter's Field		Laura F	Rebecca Ziegler	
Dec 8	Rev Scott Alexander	Carpe Diem, Tomorrow Maybe			Marcia Berry	
Dec 15	Rev Amy Kindred	The Mitten		Helen Bennett		Barbara Linton
Dec 22	Rev Amy Kindred	Mid-Winter Festivals			Rosemary Stroda	
Dec 29	Dr Scott Tilley	TBD			Kitty Linton	

## Rev Amy Kindred Minister, FFP



**December, 2019**

Rev. Amy Kindred

*Becoming happy is not about sewing together moments of pleasure. Happiness is not simply lying around for us to collect like nuts and berries. It must be cultivated like potatoes and pulled filthy from the ground.*

*May you plant and water and weed.*

*May your back ache from the effort.*

*May you be happy.*

Reverend Andy Pakula

Winter holidays are quickly approaching. Many people dread the frantic pace of preparations. However, frankly speaking, I personally love the disruption in daily routines and yes, the extra work. Participating in celebratory gatherings and viewing twinkling lights set against a dark sky are some of my favorite seasonal activities. And yet, in the same measure, I dislike the barrage of mixed feelings the holidays tend to provoke.

On the one hand, the many opportunities to meet new people and gather with long-time friends and family are exciting. (Granted, the anticipation can drive one to manic episodes of exalted expectations!) On the other hand, holidays tend to elicit memories of the past.

Sometimes, we grow nostalgic and become ensnared in a web of melancholy, yearning for loved ones who have died, others who aren't present in our lives anymore or for children who are now grown with busy lives of their own.

Perhaps, remembering the "good old days," is a bit like falling in love with chocolate then having it taken away. One forever longs for the creamy taste and every year thereafter asks, "Why can't I have chocolate? I used to have it. Everyone else has chocolate. Why can't I?"

Just writing these words about the chaotic mix of thrills and spills of the season ahead makes my palms sweat! Every year, as I begin to sense unsteadiness, I recommit myself to a long-time personal tradition of mindful meditation. (Some might call it a prayer practice.)

We all want a little peace, right? Through the years, this ritual has helped me to find some serenity and balance. Maybe the following exercise would be helpful for you as well. It goes like this:

1. Take a deep breath. Focus on a point of light such as a candle flame or on an interesting image.
2. Take another deep breath.
3. Make a statement of gratitude such as, "I am grateful for the opportunity to calm myself, if only for 3 seconds."
4. Take a third deep breath and speak of another priceless gift or two. For example, "I cherish my safe surroundings and food to eat."

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5. Breathe deeply again and say the following words, “I vow to experience some form of beauty today.”

The encounter with beauty might include witnessing a tender interaction between two people, stopping what you are doing and listening to a lovely piece of music, smelling something fragrant and appealing or savoring a delicious treat. The idea is to actively seek an encounter with beauty that brings you joy. It’s a way of living that takes focus and attention.

6. Now, end your meditation by taking one last intentional deep breath.

7. Smile to yourself, watch and listen as you go about your day.

*I sincerely wish you episodes of astonishing beauty this holiday season.*

Reverend Amy Kindred

### **Inputs for the January 2020 Flyer.**

Welcome back to the 20s!

As you know, December is busy and filled with holidays and time off from school. The office hours will be somewhat variable through the end of December so if you have input for the January flyer, please consider sending it early. December 17th is a good target for that. It’s okay to send things late, but there are no guarantees. Have a peaceful holiday, even if you are just at home alone enjoying a cup of something warm.

Send your inputs to:

Office.mgr.ffp@gmail.com

## **A word from our Committee Leadership Chair, Cliff Saylor**

Hope everyone is enjoying the change in weather as much as I. I feel invigorated to continue the positive momentum among us.

First, we can be excited about updating our sign. Our “beacon on the hill” is a message we will carry into our congregational life. Soon, decisions will be made. Please give your donation or sign a pledge to treasurer, Brian, so the most informed decisions can be made.

Second, trips to 2 UU Fellowships have been very productive. The information on building and renovating was almost overwhelming, but it was also encouraging to know that with planning and commitment a best outcome is achieved.

As we approach the holidays, may we take the time to support, encourage, and unite each other in our covenant. Onward and Upward!

Cliff Saylor, Chair CLC

### **Calling All Artists!**

If you are interested in displaying artwork on our art wall this Fall or Winter, please contact Sue Huseman for details or send contact information to [suehuseman45@gmail.com](mailto:suehuseman45@gmail.com)

# December 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b> Sun Svc 10:30 AM</p> <p><b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House—<i>Current Events</i></p>	<p><b>2</b> TAI CHI 11:00 (FH)</p> <p><b>MOVIE</b> 1:00PM—4:00PM FH</p>	<p><b>3</b></p> <p><b>Greif Support</b> 5:00 PM FH</p> <p><b>Choir 7:00PM FH</b></p>	<p><b>4</b> TAI CHI 11:00 (FH)</p> <p><b>SANGHA</b> Meditation (CH) 4:00PM-6PM</p>	<p><b>5</b> Women's Circle 10:00 AM (CH)</p>	<p><b>6</b> Sewing Circle 1PM (FH)</p> <p><b>Chili Dinner</b> 5:00 PM (FH)</p>	<p><b>7</b></p>
<p><b>8</b> Sun Svc 10:30 AM</p> <p><b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House—<i>Current</i></p> <p>CLC meeting after service</p>	<p><b>9</b> TAI CHI 11:00 (FH)</p>	<p><b>10</b></p> <p><b>Pastoral Care Meeting</b> 10:30 AM</p> <p><b>Choir 7:00PM FH</b></p>	<p><b>11</b> TAI CHI 11:00 (FH)</p> <p><b>SANGHA</b> Meditation (CH) 4:00PM-6PM</p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p> <p>Children's Play Rehearsal 10:00AM</p>
<p><b>15</b> Sun Svc 10:30 AM</p> <p><b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House—<i>Current Events</i></p>	<p><b>16</b> TAI CHI 11:00 FH</p> <p><b>MOVIE</b> 1:00PM—4:00PM FH</p>	<p><b>17</b></p> <p><b>Greif Support</b> 5:00 PM FH</p> <p><b>Choir 7:00PM FH</b></p>	<p><b>18</b> TAI CHI 11:00 (F.H.)</p> <p><b>SANGHA</b> Meditation (CH) 4:00PM-6PM</p>	<p><b>19</b></p>	<p><b>20</b></p> <p><b>Sewing Circle</b> 1PM (FH)</p>	<p><b>21</b></p>
<p><b>22</b> Sun Svc 10:30 AM</p> <p><b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House—<i>Current Events</i></p>	<p><b>23</b> TAI CHI 11:00 (FH)</p> <p><b>MOVIE</b> 1:00PM—4:00PM (FH)</p>	<p><b>24</b></p> <p>Christmas Eve Candle Light Service 5:30 PM</p> <p><b>Choir 7:00PM FH</b></p>	<p><b>25</b> TAI CHI 11:00 (F.H.)</p> <p><b>SANGHA</b> Meditation (CH)</p>	<p><b>26</b> Sierra Club <b>Honey Bees</b> 6:30PM—9PM (FH)</p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b> Sun Svc 10:30 AM</p> <p><b>Sunday Morning Discussion:</b> 9:15-10:15 AM Coffee House—<i>Current Events</i></p>	<p><b>30</b> TAI CHI 10:00PM FH</p>	<p><b>31</b></p>				
<p><b>FH</b> means Friendship Hall</p> <p><b>CH</b> means Coffee House</p>					<p>The Editor needs your January input by December 17</p>	

## December 2019 Sunday service descriptions:

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### December 1

Sunday, 10:30 AM  
Reverend Amy Kindred

### Meet Me in Potter's Field

Quick name one folk-tale (that's based on truth) in the Unitarian Universalist tradition. Don't have one? Come find out about how one person's challenges prompted the fulfillment of another's dream.

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### December 8

Sunday, 10:30 AM  
Reverend Scott Alexander

### Carpe Diem...Tomorrow Maybe

Economic psychologists have discovered the curious fact that we Americans often defer gratification past the time when such gratification is possible. There is a spiritual lesson in all of this for us as Unitarian Universalists.

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### December 15,

Sunday, 10:30 AM  
Reverend Amy Kindred

### The Mitten

Jan Brett, a beloved author and Unitarian Universalist, wrote a lovely book about a lost mitten in 1989. Today, with a slight adaptation, the children will bring this beautiful story to life. Join us for this inter-generational service that celebrates love and inclusion.

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## WE NEED HELP IN THE KITCHEN

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.

## Continued...

**December 22,**  
Sunday, 10:30 AM

Rev Kindred and Music Director, Stephen Downen

### Music for Mid-Winter Festivals

Reverend Amy Kindred assists Music Director, Stephen Downen and the choir as we bring you music to celebrate the season of renewed hope.

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### December 24

Tuesday, 5:30 PM

### Christmas Eve Candlelight Service.

Bring friends and family members and join us for carols in the soft glow of candlelight.

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### December 29

Sunday, 10:30 AM  
Scott Tilley

### Looking Backwards, Leaning Forward, Living Now

## 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 recipe from Laura Petruska, thank you Laura!

### Baba Ghanoush

#### Ingredients

2 globe eggplants  
3 tablespoons tahini\*  
2 tablespoons freshly squeezed lemon juice  
1 1/2 teaspoons sea salt (I used Lowry's)  
2 cloves garlic - minced  
Topping is option - I use sumac, but you can use olive oil, sesame seeds, pomegranate seeds, minced parsley, etc.

#### Instructions

With a fork prick the eggplant in several places and place in a 425 oven for 30 minutes (put it in a tray)

Take out the eggplant and let it cool until you can easily handle it  
Cut it in half a scrape the creamy insides into a food processor

Add the Tahini, lemon juice, 1 teaspoon salt, garlic and process until smooth.  
Taste and add more salt if necessary  
For the best taste let the Baba Ghanoush rest in the fridge for 24 hours.

\*Tahini - this makes or breaks the Baba Ghanoush. If the tahini is bitter so will be the Baba Ghanoush.

Serve with crackers, pita, cut vegetables or on top of falafel, even chicken dishes.

#### 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.

## OUR FFP HOLIDAY CHILI PARTY IS HERE!



Every year Friendship Fellowship throws a holiday party. This year, on Friday, **December 6<sup>th</sup> starting at 5 pm**, there will be **CHILI FOR EVERYBODY**: New Mexico Chili, Atlanta Chili, Vegetarian Chili, Chili with beans, Chili without beans, Cornbread, Slaw, Drinkables, Desserts... Caroling, excellent conversation with UU friends and still more!

**More?** Yes, you'll have the satisfaction of helping children who, without your help, might have a pretty shabby holiday – because this party is our biggest charity fundraiser of the year. Your ticket at the door is a gift card(S) to be donated to the Children's Home Society (please make sure that the amount/value of the gift card is noted "ON" the card). This organization is reimagining the future of foster care. Creating a world where the children are safer – where they don't enter foster care in the first place. Providing solutions that will change the future for children, families & communities. Please be as generous as you are able.

Come to your holiday chili party! Have a great time! And you'll know that you are also helping children in need to enjoy a BETTER HOLIDAY!



**W**e now 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](mailto:office.mgr.ffp@gmail.com) by the 20th of every month.

Chip Hines brought forth some names for this years gratitude corner! Thank YOU Cliff for sharing your gratitude!

We thank **Klaus Obermeit** for his extensive work and guidance in developing and maintaining the FFP website, **Bill Horsfield** for his work both on the FFP website and in seeing to the newsletter every month; Bill makes sure we all have a copy when it is finished. These kinds of things happen in the background every day and keep us up and running. Chip also mentions **Art and Linda Brosius, Pete Crumpacker** and **everyone that volunteers to be on committees**. All jokes about committees aside, this is how this place runs. We need you all and we appreciate you all so very much. Chip said he could go on and on and it is true. Any of us could.

We would also like to thank **Vicki Barlow** for heading up the social action committee. There are a lot of really important things happening in our world right now and those things are being addressed, in part, through the work of that committee. Social action is a vital part of the functioning of a Unitarian church in a community. Thank you for your good work, Vicki. It does not go unnoticed.



**Happy December Birthdays**

**Virginia Link**

**Bill Scott**

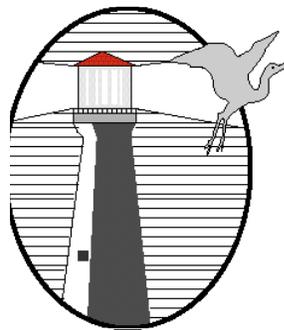
**David Peterson**

**Brad Baker**

**Donna Kovach**

**Margie 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

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**Full Time MINISTER**

The Reverend Amy Kindred

**CONGREGATIONAL LEADERSHIP COMMITTEE**

- Chair.....Cliff Saylor
- Vice Chair.....Pete Crumpacker
- Acting Treasurer.....Brian Whalen
- Secretary.....Ruth Rodgers
- Member.....Nancy Shacklette
- Member.....Emily Curry
- Member.....Linda Brosius
- member.....Tom Goldsworthy