

N O V E M B E R 2 0 1 7

The Open Door



Faith United Church of Christ
1650 Pinehurst Rd. Dunedin, FL 34698
727-799-4602 – www.faithucc.org



Remember to Fall Back!

Just a friendly reminder that this weekend – November 5th – is Daylight Savings Time. Please remember to set your clocks back one hour on Sunday morning.

2017 Leadership

Ivan Liss
Moderator

Beth Ann vom Eigen
Congregational Life Leader

LizBeth Cone
Visioning & Planning Leader

Ron Hughes
Financial Development Leader

Rev. Mike MacMillan
Pastor

Wendy Brand
Clerk

Fran Mitchell
Financial Secretary

Greetings Faith Friends,

It's not even Thanksgiving yet, and the 'leftovers' are already upon us – in this case, these leftover articles that would not fit anywhere else in this newsletter!

New Members – A few weeks ago, 21 people gathered to talk about their spiritual journeys as part of the Fall 2017 New Member Dinner. It was a wonderful night of sharing and hospitality. The new member group will meet again this Sunday, November 5th, following worship to meet members from the Leadership Team and various Core Team leaders from ministries happening here. If you would like to become a part of this new member process, it's not too late. Talk to Pastor Mike and plan to stay around on Sunday. And if you are with a core team and would like to introduce it to a wider audience, please also stick around on Sunday and introduce yourself and your ministry.

All Saints/All Souls Worship – This Sunday, November 5th, will be an All Saints/All Souls Service of remembering our loved ones that have passed into the journey that is death ahead of us. We invite you to bring a picture of a loved one to either display on the piano or table, or just hold. Or light a candle in remembrance of a loved one during the litany in our service.

Community Thanksgiving Service – Seven Dunedin Churches – including Faith UCC - have decided to come together for a Service of Thanksgiving and Community this holiday season. The date is Thursday, November 16th, at 6:00pm, at First United Methodist Church in Downtown Dunedin. Please join us and just bring a food item or two to help support Dunedin Cares Food Pantry.

Stewardship – If it's November, it is most certainly Stewardship Month! It's that time to begin thinking about what kind of financial investment you are able and willing to make to help support the work of the church for another year. Faith UCC is blessed with a beautiful space and location, an excellent staff, dedicated and talented leadership, abounding ministries of all kinds and lastly, a very bright future. Your Stewardship investment helps with both what I like to call the 'day to day' elements of the church (*keeping the lights on, covering salaries, paying bills, etc.*). Those things are important. But even more importantly your stewardship investment helps to spread our dreams and vision beyond the four walls of our church by supporting endeavors in outreach, justice and missions and in building relationships with other faith communities, our wider-community and the FL Conference UCC. Your investment allows the world to have a place that keeps boldly proclaiming 'all are welcome' in a time when all too often 'all are not' necessarily welcome. Your investment allows us to continue to be a place of authentic inclusion and welcome; a place of passionate advocacy and action; a place of peace and stillness; a place of love and hope; a place of support and presence. These things are needed badly in this world right now. And I am so thankful that you are willing to make the investment in keeping them alive and well here @ Faith UCC. Please consider making an investment in our 'being' again this year. The world needs us....

Peace, Pastor Mike

To Pastor Mike and Faith Church friends

You'll never know how much your cards, calls, visits and emails have cheered me through the last two months of hospitalization and rehab. To be greeted so warmly when I was finally able to be back among you was icing on the cake. You truly are my church "family."

God's blessings, Barb Campbell

Books and Meditation Group

The group 'Books and Meditation' meets on Wednesdays from 5:00pm to 6:20pm. The next book we will be reading and discussing is *The Book of Joy*, a book of conversations between the Dalai Lama and Desmond Tutu. We have fun and some stimulating, enlightening, and spiritual conversations with a bit of meditation thrown in for good measure. Everyone is welcome. Come join us. Contact Wendy Brand at 941-323-2232 for more information.

Poinsettias for Christmas!



**Order a poinsettia for the sanctuary in honor
or
in memory of a loved one.**

We will be filling our sanctuary with color again this advent season with poinsettias provided by the

Tarpon Springs High School Performance Ensembles. They are **\$8** each. The deadline for ordering is **Sunday, November 19th**. Order forms are in the narthex; please turn it in with your payment. You may also call or e-mail the office. Thank you! **727-799-4602, office@faithucc.org**

Faith Stitches Update – Christmas Shopping for Kids!

Christmas is fast approaching... On December 9th, Faith United Church of Christ will sponsor a Christmas party for the children at Grace House, where each child will receive a stocking (*with their name on it*) filled with age appropriate gifts as well as a light lunch.

For those of you who don't know, Grace House is a shelter for Homeless Families, sponsored by RCS. Each family is given free room at Grace House, plus a voucher to be used to purchase food and clothing from RCS for 6 weeks. They must meet certain expectations in order to be accepted, and follow strict rules once admitted – the parents **MUST** agree to work toward finding a job, illegal drugs are **NOT** permitted, all living quarters are to be kept clean **AND** tidy at all times, **EVERYONE** (*adults and children alike*) must obey a strict curfew (*unless their job conflicts*) and everyone is expected to contribute to the upkeep of the grounds. Counseling is provided for those who need it, including help in finding a job, help finding permanent housing as well as emotional counseling. Most of these children have never had the opportunity to experience a Christmas Party, much less receive a stocking (*especially for them*) filled with gifts!



The Faith Stitches have the Christmas stockings ready to be filled for the children – Jaci will write their names on them. We are asking all of you to help us fill them. Today, a list of suitable gifts is available on the table in the Gathering Place (*and on the following page*). During the month of November, we will have Santa's bag in the Gathering Place waiting for your contributions. On December 7th, there will be a "Pot-Luck" dinner and after dinner, we will fill the stockings.

I have had the pleasure of chairing this event, since its inception, 5 years ago. This year, Suzette Hughes has agreed to be co-chairman, and will take over the reins next year. I will continue to support it, but in a more limited capacity.

Please consider joining these efforts to provide Christmas Cheer to these needy children by donating gifts and/or giving your time and energy toward making it all happen!

Sincerely, Peg LeFebvre

STOCKING IDEAS

Mostly small items that will fit in stocking – under \$5

One item per child that can be larger, and costs more, but try to limit to \$15
(Remember, there could be up to 60 children, and our goal is to make the value of each stocking approximately the same)



Onesies
Balls
Rattles
Teething Toys
Sippee Cups
Push Toys
Dolls
Stuffed Animals
Crayons or Pencils
Coloring Books
Small books
Card games
Games
Craft items
Small toys
Action Figures
Blocks
Puzzles
Jig-saw Puzzles (not small pieces)
Craft Items
Toy Cars
Costume Jewelry
Perfume
Nail Polish
Wallets
Coin Purses



\$15 gift certificates to Walmart (store is within walking distance of facility)

Please label Boy, Girl, Either And age group

AGE GROUPS

Infant (newborn and 1)
Toddler (2 & 3)
Pre-school (4 & 5)
Elementary School (6-12)
Middle School (13-14)
High School (15 – 18)

2017 Fall UCC FL Conference Gathering

The Fall Gathering of the FL Conference UCC was held in October and a few of us were able to be there for the weekend to hear news from the FL UCC, vote on resolutions and bring greetings back to our local congregation from the wider conference. Many churches were represented from the state, and the conference overall was excellent. As part of the dinner banquet the final night, some awards were handed out, including the Peter L. Cheney Award to our own LizBeth Cone! Congratulations on this honor LizBeth and THANK YOU to all who do so much within our local church and FL Conference.



Another Fantastic Oktoberfest!

Thank you to all of you who helped make our 4th annual Oktoberfest celebration so much fun! From the set up, to the food donations, to the clean up, to adding your presence – THANK YOU!



The Why of Solar...by Debbie Dunbar



We made the leap last year. We went solar and it is working out. Over the summer with air conditioning on, our biggest bill was \$110. But to explain why we did it I have to start at the beginning.

In 1981 we were looking at land on our honeymoon. One glorious fall day that October we bought 44 acres in Hocking Hills, an old 1960s tree farm with mature pines, a waterfall and a stream. In 1983, armed with a little knowledge, big dreams and a couple of fathers that knew about building, we quit our jobs and moved down to create our passive solar dream house. It was heated by 2 wood stoves, the sun, and a few electric baseboard heaters for backup. We were very cozy. Our friend described the why of it to us...."You two "o d'ed" on Mother Earth News."

After living as pioneers for 7 years, we moved to Lancaster where John taught, and raised our two girls in a traditional suburban ranch home. We waited, and waited, and waited for solar to even be discussed in a rational way.... the 80s, the 90s, the 00s.... Finally!! After moving to the "Sunshine State" in 2009, the avenue of solar found its way into our budget. We had known the value of the sun since those warming rays had beamed through our big south facing windows in the woods. It was not something we did to be good ecological citizens back then. After we committed to non-traditional energy sources in order to live more economically, it was more about survival.

I am so glad that more people are finding value in our blistering Florida sun. There are solar co-ops, and I see commercial buildings with solar panels popping up here. It was a fulfilling experience to make a friend of the sun in our young years. Do they still publish Mother Earth News? Hmmmm, I hope so. We should all read a copy now and then.





Skip A Straw
Save A Sea Turtle

SAILORS FOR THE SEA

STRAWS BY REQUEST ONLY

Did you know that Americans use 500 million plastic drinking straws every day? Think about that... 500 million a day. That means straws end-to-end could circle the Earth 2.5 times. To reverse this trend, our friends at Sailors for the Sea have launched a campaign called Skip a Straw - Save a Sea Turtle.

**Faith-United Church of Christ
Green Team**
1650 Pinehurst Rd. • Dunedin, FL 34698
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Please offer your patrons the straw as an option.
Our Sea life depends on it!

FAST - Assembly report

Eight Faith UCC members participated in the FAST Annual Assembly on October 23rd, joining over 600 people other people of faith. As part of this event, we committed to having over 75 people at the Nehemiah Action in March! Thanks the John & Debbie Dunbar and Chuck & Pam Steirs for driving our members to the event.



The issues selected by vote continued for the coming year included: affordable housing, expanding youth civil citation/juvenile diversion programs statewide including other youth issues.

Our direct action justice ministry continues with our commitment to three more events: FAST rally February 26, Nehemiah Action March 19, and Celebration rally April 30.

Contact Ron Hughes to find out how you can learn more about FAST and how you can participate in this important justice ministry that directly impacts our Pinellas county community.



Thank You for Putting Your Voice Into Action!

On Sunday, October 15th – Bread for the World’s Offering of Letters’ Sunday - we penned 95 letter during worship to be sent to our elected officials asking them to prioritize spending that keeps hungry children in our own nation and around the world foremost in their minds. This is the largest number of letters we have ever written!

*Life Is Life*Mindfulness-Based Cognitive Therapy

Individuals experiencing long-term mental and physical wellness issues continue to search out care modalities. Recently, I examined Mindfulness-based Cognitive Therapy (MBCT). In this therapeutic approach, individuals learn to use cognitive therapy methods and mindfulness meditation to interrupt the processes often triggering depression. Negative thoughts and certain body sensations such as weariness and fatigue often occur together during a depressive episode. Even after the episode passes, connections may exist between symptoms and negative stimuli to trigger an additional downward spiral.

Researchers found that when people with a history of depression experience low mood, they may also experience negative memories and thoughts. MBCT helps individuals learn how to recognize their sense of being and see their physical selves as separate from their thoughts and moods. This disconnect can free them from repetitive, negative thought patterns. This insight can contribute to restorative responses by helping individuals learn to interject positive thoughts and disarm negative moods.

In general, MBCT attempts to give participants the necessary tools to combat depressive symptoms as they arise. People who learn these skills may then be able to revert to these methods in times of distress or when faced with potentially overwhelming situations. Although MBCT isn't a panacea for illness, it is an interesting approach for those fascinated by the mind/body connection. MBCT may include group sessions and homework such as practicing mindfulness meditation and breathing practices. The homework encourages participants to incorporate formal practice into their day-to-day life.

The concept of mindfulness is often defined as the practice of developing, in a non-judgmental manner, a deeper awareness of what is happening within one's mind and body from moment to moment. Certain meditation techniques—breathing meditations, sitting meditations, body scan meditations, walking meditations, and yoga—may help to improve a person's mindfulness.

Mindfulness is believed to promote good health, and studies associate mindfulness with decreases in depression and anxiety. Thus, some mental health professionals have incorporated mindfulness-promoting activities into therapy sessions, and these activities have been shown to help reduce symptoms of depression, decrease stress, and improve emotional control, regardless of the specific issues being addressed.

MBCT may be used by individuals experiencing certain medical concerns. In a 2013 study, women with fibromyalgia who were treated with MBCT demonstrated a reduced impact of their condition, a decrease in depressive symptoms, and a decrease in the intensity of bodily pain when compared to those who did not. Researchers have also shown improvement in well-being in individuals with diabetes, chronic pain, and epilepsy, and food and eating issues.

The effectiveness of mindfulness based cognitive therapy is supported by considerable empirical evidence. However, because it is a relatively new treatment modality, the long-term benefits of this approach may not yet be fully determinable. It is my personal belief that further research may provide greater support for its overall effectiveness for a number of conditions.

By LizBeth Cone

Worship Leadership for November
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Readers

November 5th – Bill Bergman
 November 12th – Peg LeFebvre
 November 19th – Don Salisbury
 November 26th – Mary Alexander

Greeters

November 5th – Gary Hart, Cynthia/Tom Lidderdale
 November 12th – Kathy Doucette, Marge/Don Miller
 November 19th – John Zaun, Carol/Willard Kriebel
 November 26th – Ron/Linda Royer, *Needed*

Ongoing Events @ Faith UCC

Worship @ Faith

Sundays – 10:30am (*Communion is on the first Sunday of each month*)

Centering & Communion Service

Tuesday – 9:30am

'Life is Life' Group

2nd & 4th Tuesday's – 7:00pm

'Faithfully Aging' Group

4th Wednesday's – Noon

Books & Meditation Group

Wednesday's – 5:00pm

Choir Rehearsal

Wednesdays – 6:30pm

Faith Stitches (*At Peg LeFebvre's Studio*)

1st & 3rd Wednesday's - 10:00am

Theology on Tap

1st Thursday's – 6:30pm (*Offsite*)

Spiritual Study

Thursdays – 10:30am

PFLAG

4th Thursday's – 7:00pm

12 Steps For Everyone

Fridays – 10:00am

HEP Food Service

3rd Tuesday's – 11:45am @ HEP

4th Friday's – 4:15pm - @ HEP

Faith United Church of Christ Mission Statement

The Mission of Faith United Church of Christ is to be a progressive spiritual voice rooted in the mystery of God. Through intentionally inclusive fellowship, challenging spiritual education and lively advocacy around issues of justice, we seek to inspire spiritual journeys as we follow the Jesus way of love and peace in the world.



Remember to follow us on Facebook and Twitter – search FaithUCCDunedin

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