



UNITARIAN UNIVERSALISTS
OF CLEARWATER

Where Seekers Find a Home

OCTAGRAM

OCTOBER
2007



Association Sunday is October 14!



funds raised during the Association Sunday collection will support innovative national marketing programs and help give Unitarian Universalism a strong public voice through an unprecedented partnership with *Time* magazine and its website. The remaining fifty percent raised in our cluster will be used to support the regional advertising campaign scheduled to begin February 2008.

We are better together! Nothing has shown this more concretely than the successes of the recent regional marketing campaigns in Kansas City, Houston, and Southern California. When we combine our resources and put ourselves 'out there' in the public square, we learn time and again that there are many people in our larger communities yearning for a faith like ours. It is our sacred obligation to show them how to find us and when they are visiting, to welcome them with open hearts and arms.

The Unitarian Universalist Association of Congregations is deeply grateful for our contributions to the Annual Program Fund each year, and could not function without them. But on this special day, we are being asked to give generously in support of the visionary projects that will secure the future and vitality of our faith – projects which cannot be funded by the UUA's operating budget alone.

Come celebrate with us on Association Sunday, because we are better together!
In faith, Abhi Janamanchi

Notice of Change to *Order of Service* Insert Process

Separate, pre-printed inserts for the Order of Service will no longer be accepted after the Order of Service created for Sunday, October 14. Rather, the information itself must be emailed to Volunteer@uuclearwater.org by Thursday at 9:00 a.m., and it will be integrated into the Order of Service. This change is required to streamline the printing and collation process. Thank you for your cooperation. For questions, please call or email Yvonne Charneskey in the office at YvonneC@uuclearwater.org.

Inward Springs



Rev. Millie Rochester

Someone commented recently that certain national leaders seemed to have “put their brains into a blind trust.” It occurred to me that being a Unitarian Universalist is just the opposite – and this is an element of our faith that both blesses and challenges us. We require intentionality of ourselves.

As summer yields to fall, a new church year unfolds. What are our intentions? I hope inclusiveness is high on the agenda. We need to include newcomers with intentional hospitality, for instance, providing a welcoming smile and greeting to them from the minute they step out of their cars. We need to include adults, youth and children, parents, elders, and young adults, all as parts of *one* community.

I think we are generally good at this. Witness the many adults who choose to spend time with young people in the Religious Education program: people who have never had children and would not ordinarily interact with them, but decide to teach or assist in the classroom; the many whose own children are long grown but who choose to be surrogate grandparents to young-

sters in the nursery; parents who decide to teach or advise young people; and those in any of these categories who attend one service in the sanctuary and the other one in the RE area. My husband Roger points out that doing so more than doubles the chance of being present when “the ultimate truth” is revealed.

Being together as one community does require intentionality, for sometimes taking advantage of the opportunities that arise to be together stretching us – all ages of us – beyond comfortable boundaries. When young people lack experience in worship, for example, they are deprived of the chance to learn worship etiquette. That is one reason we offer worship to our children twice a month in the Social Hall as well as in the sanctuary, and occasionally in an intergenerational setting. I hope you will notice the tri-fold brochure that describes ways we can welcome all ages in worship.

This year has the hallmarks of the extraordinary. We expect more visitors to come through our doors than ever before. The calendar notes a rich array of spiritual and intellectual delights. What will we make of it? Consider your own role as a participant of this vibrant community. I look forward to hearing your thoughts.

Warmest blessings, Millie

UUA Trustee Tidbits

By now many of you have your church year programs underway and hopefully your congregation is well and thriving. The column this month is about one of the several Unitarian Universalist funding initiatives: the Fund for Unitarian Universalism.

The Fund for Unitarian Universalism grants are given to UU organizations in the U.S., Mexico, and Canada that are perceived to strengthen UU institutions and community life, nurture and celebrate our liberal religious heritage, and encourage a generosity of spirit among UUs that is reflected in commitments of time, money, and energy. These grants are available to congregations who are given to innovative, challenging, or experimental programs that will have impact beyond the doors of the congregation, or that address needs unmet by the institutional structure of the denomination. Preferred projects usually have plans for income from diverse sources, including contributions from the members of the group applying.

Grants are not made to individuals and activities that are considered to be part of the ongoing work of the congregation or organization. They are not generally given for equipment, capital campaigns, endowments, or congregational studies. The maximum grant is \$20,000; the average grant is \$7,000. “Challenge”

or “matching” grants are common, in keeping with our UU mission to encourage generosity. Grants are for one year but second-year funding is possible upon submitting a final or interim report and a new proposal.

As with all UU funding grants, the UU Fund for Unitarian Universalism takes into consideration congregational commitment in meeting the UUA Annual Program Fund Fair Share contribution.

Further information can be found on the UUA web site: uua.org. Please contact me at jlund@uua.org or (813) 931-9727, if I can be of assistance in your congregational work or answer questions or just to stay in touch. I look forward to hearing from you. Enjoy October and happy Halloween.

— Joan Lund



Sabbatical Plans Update

Rev. Abhi Janamanchi will be on the first phase of his well-earned sabbatical from November 11, 2007 to February 3, 2008. The Sabbatical Committee, Rev. Abhi, and Rev. Millie Rochester, have planned an exciting program for the congregation during his absence.

Please plan to attend Open Issues on October 14 to hear from Rev. Abhi and Terry Stapleton about the sabbatical plans.

On October 20, there will be an Open House at the home of Jeannie and Chuck Shimer to discuss the plans further. Please bring food to share.

On November 4 there will be a send-off dinner and social at UUC (See article below.)

Further information about the pre-sabbatical events will be forthcoming in weekly news emails. Members of the Sabbatical Committee are: Terry Stapleton, Chair, Linda Stoller, Bill Norsworthy, Jan Machler, Ann Myers, Dorothy Wyle, Chuck Shimer and Dotti Doyle. A brochure describing the sabbatical events is being prepared by Wayne Barrette.



In Gathering Dinner to Say Good Bye to Abhi, Sunday, November 4, Following Second Service



A special dinner will be held on Sunday, November 4, immediately following the second service to say good bye to our Minister Abhi Janamanchi as he leaves for his well-deserved sabbatical.

This very special occasion is your opportunity to wish Abhi a final good bye as he leaves for the first half of his sabbatical. The Sabbatical Committee is sponsoring the dinner that will include a complete menu of Indian Cuisine, entertainment, and a special bon voyage program for our Minister.

The dinner is free, however, we are asking for a *love offering*. Beer and wine may be purchased. Child care will be available.

— Terry Stapleton, Sabbatical Committee Chair

Notes from the August UUC Board Meeting

New Bylaws were approved for vote by the congregation. A Special Congregational Meeting will be held on Sunday October 21 to vote on the Bylaws. It is important for members to attend the meeting as a quorum of 35% of members is needed. All members will be receiving a notice of the meeting and a copy of the new bylaws by mail. The old and new bylaws are available on the church's website.

The following chairs were approved:

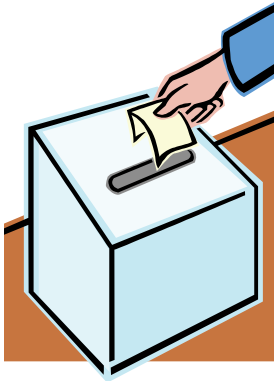
Nancy White - Usher Committee

Bill Norsworthy - Community Builders

Participation in the UUA Media Campaign for the Tampa Bay Area was approved. It will begin in January (after the Florida Presidential Primary). A nation-wide campaign will begin in October with an editorial-informational ad in *Time* magazine.

— Sue Boone, Board Secretary

Special Congregational Meeting on Sunday, October 21



The meeting will be held after the second service. The purpose of the meeting is to vote on the proposed revised bylaws. Our present bylaws require a quorum of 35% of the voting members to amend the bylaws and they don't allow for proxies for special congregational meetings. Therefore it is very important for everyone to attend!

A light lunch will be available after the service so you can eat and socialize before the meeting. Child care will be available.

This is a very important meeting since our bylaws govern the way we do business at the UUC. Please come and exercise your right and responsibility to vote. Current bylaws and proposed bylaws are available in the office and on the website. A mailing with the agenda and the proposed bylaws will be sent to all members early in October. If you have any questions or concerns about the bylaws please contact Linda Stoller at 442-3551. See you on October 21!

It's the Start of a New Church Year; New Covenant Groups are Forming!

These small groups of six to ten people, each with a facilitator, meet once a month in members' homes. The format combines worshipful/centering readings, personal check-ins, and sharing of thoughts and feelings. Although these are *not* support groups, they *are* *supportive*, especially in a growing congregation, providing the opportunity to delve beneath the superficial conversation.

Topics and readings for monthly sessions are provided, and the format stays the same: an opening reading from a Unitarian Universalist source; a check-in period; time for focus on the reading; closing check-out; and closing reading. The facilitator guides the conversation to ensure that everyone present has the opportunity to speak and that the group stays on the topic.

Helga Reaves is the new chairperson of Covenant Groups. Let her know if you are interested in joining a group and if you would like to apply to be a facilitator. She can be reached at (727) 418-2239 or reavesh@pcsb.org. Rev. Millie Rochester and Helga will meet with the facilitators as a group once a month.

Facilitator Training and an orientation for people new to Covenant Groups will take place in October, led by Rev. Abhi Janamanchi and Rev. Millie Rochester.

Community Directories Are Here!



The new community directories are finished and ready for you to pick up. Many thanks to Linda Martin, who helped me to get the names together in the right form, to the office volunteers, and especially to Barbara Brandt, who called, emailed, and carried the directory around to personally have people check it at the coffee hour to make any necessary changes.

If you find any errors, please let me know, so I can make corrections it and post them on the email news for others to correct their copy.

Marie Chapman, Membership Co-chair
772-0812, harborhome38@aol.com

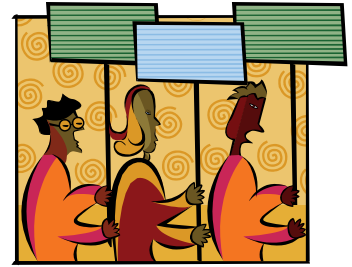
Social Justice News

What I Heard About Iraq

Approximately ninety people attended the Social Justice Committee sponsored play, *What I Heard About Iraq*, presented by a group of concerned Suncoast citizens, who formed a readers' theatre, in order to perform the play. Directed by Ms. Samm Simpson, the play was informative, disturbing, upsetting, frightening and definitely worthwhile seeing. Everyone who commented during the talk-back period, or afterward, said that they learned something. People were still gathered outside UUC talking and sharing their feelings when we closed up at 10:00 p.m. Samm is looking for people who would like to join the performance group and eventually form another cluster so that there will be at least two groups in the Bay area presenting the play. If you are interested you may contact Samm Simpson at (727) 734-4192. The Social Justice Committee wishes to thank all of the presenters for promoting peace by bringing Simon Levy's play to the Tampa Bay area and especially to UUC. Thanks also to Lore Eargle who made the first connection with Lois Price, one of the readers, to Linda Stoller and Sue Boone for their sound booth expertise and to Carl Hansen, Betty Upson-Schmidt and our entire Publicity Committee for their support and encouragement. Our hope is that we will finally learn that war is evil and we must learn to live together in peace.

Peace Vigils /Cornering – Continuing!

The Social Justice Committee has organized Peace Vigils / Cornering on Tuesday afternoons from 4:30 until 6:00 p.m. Three or four people stand on the corner of Nursery and Belcher Roads carrying peace signs. As more people participate, we will add additional corners. Meet at UUC on Tuesdays at 4:20 p.m. For more information, call Marlene at (727) 669-9517.



Split-The-Plate

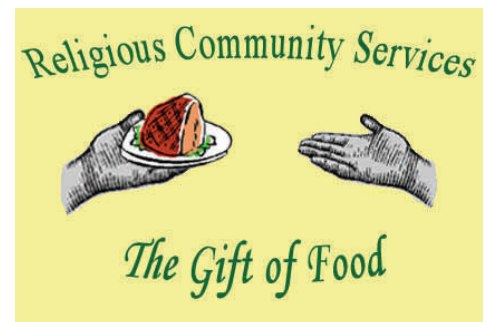


Association Sunday

WOW! We collected a whopping \$921 for the August Split the Plate collection which took place the weekend of the UU Music Conference. This amount is the balance after deducting UUC's share of fifty percent. As announced, we split the amount between The Marcia P. Hoffman Institute (for a music scholarship) which received \$500 and The Institute for Healing through Sound and Music which received \$421. The September 9 Split the Plate collection enabled us to send a check for \$403 to the RCS Food Bank. Thank you, everyone, for your continued sharing with those who are less fortunate. Our UUC Board voted to donate the entire collection on Association Sunday, October 14, to the UUA to help them continue their out reach program, from which UUC also benefits.

Religious Community Services (RCS)

The need for food is escalating in our community. With a 50% increase in the number of people coming to **Religious Community Services** because of hunger, RCS does not have enough food to meet the growing demand. Supplies are rapidly being depleted. UUC recently conducted an extra food drive but the need continues. Remember, you may always put non-perishable food items in the RCS box in the UUC lobby and we will see that they are delivered.



Social Justice Committee Meeting in October

The Social Justice Committee generally meets on the first Saturday of the month. We continue to meet in the Westwood Room from 9:30 until 11:30 a.m. and welcome everyone to our meetings. The only requirement is an open mind, a compassionate spirit, and the willingness to help.

— Marlene Calderone, Social Justice Chair

Open Issues Forum — Sundays at 10:00 a.m.

October 7	Roberta Watson	What is PSI?
October 14	Abhi Janamanchi, Terry Stapleton	The Sabbatical
October 21	Paul and Debbie Langrock	Real Estate: Market Conditions, the Super Homestead Vote, and Downsizing
October 28	No Open Issues due to the Pancake Breakfast	

Dot and Chuck Sollinger, Committee Co-chairs, (727) 797-7784



Gifts of flowers for Sunday services are always welcome. The Flower Committee will be happy to order them for you (call Carol Heichel, 727-738-8982, or Helga Reaves, 727-418-2239) or you may bring in your own arrangement. Forms available in the church office allow us to co-ordinate contributions.

Worship Services — Sundays at 9:00 and 11:00 a.m.

October 7 **Practicing Right Relationship** **Rev. Abhi Janamanchi**
 People are drawn to religious communities because they desire caring and supportive relationships. They long for a place where they can move beyond the surface, safely share their hopes and fears, and be challenged to explore new aspects of themselves and the world. In short, they long for *right* relationship. The service will investigate the meaning of covenant in a religious community.

October 14 **Now Is the Time to Grow** **Rev. Abhi Janamanchi & UUC Chorale**
 Unitarian Universalism finds itself at a crossroads from both internal and external causes. As a faith, it is being challenged by religious conservatism on the one hand and by a lack of spiritual focus and vision on the other. How can this liberal religious movement serve the world today from its unique position as a faith that includes and welcomes all? How can it grow in numbers, reach, and influence? We will welcome new members on Association Sunday.

October 21 **We Are the Boat** **Rev. Millie Rochester**
 Lorre Wyatt began writing “Somos El Barco” while crewing aboard the environmental sloop *Clearwater* on the Hudson River in 1973. This sermon explores the allusion that we are all connected and share in the work of caring for the world and each other, implicit in the lyrical lines “*We are the boat, we are the sea; I sail in you, you sail in me.*”

October 28 **You Cannot Be Religious in General** **Rev. Abhi Janamanchi & UUC Chorale**
 In a religion of radical freedom, is it possible to state the core of our personal religious faith in words that make sense? I suspect many of us would be hard pressed to answer. Being asked what one believes makes many of us feel we have been asked to undress in public, on an elevator, no less. What are the core convictions and values of Unitarian Universalism that we can all affirm and promote? The service will explore this question on Bring-A-Friend Sunday.

October 2007 (continued on next page)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9:00 AM - 10:00 AM Worshop Service (O) 9:30 AM - 1:30 PM Bloodmobile (Parking Lot) 10:00 AM - 11:00 AM Open Issues (P) 11:00 AM - 12:00 PM Worship Service (O) 12:30 PM - 2:00 PM PSI Symposium (P)	1 9:30 AM Duplicate Bridge (P) 6:00 PM - 8:30 PM Branches Co-Op Family Meeting Pot-luck (S) 6:30 PM - 9:00 PM Leader-ship Program (W)	2 9:00 AM - 3:00 PM Branches Co-Op (RE-Classrooms) 12:00 PM - 12:30 PM Loving Kindness Meditation With Rev. Janamanchi (O) 6:00 PM - 8:00 PM BARCC (L) 7:00 PM - 10:00 PM Buddhist Film & Discussion Group (P) 7:00 PM - 9:00 PM Understanding Islam (O) 7:30 - 8:30 PM AA (W)	3 7:00 PM - 9:00 PM Chorale Practice (C) 7:00 PM - 8:30 PM Committee on Ministry (Abhi's Office)	4 10:00 AM - 11:00 AM Staff Meeting (Abhi's Office) 1:00 PM - 3:00 PM Hospice Bereavement Group (P) 4:00 PM - 5:00 PM Senior/Chair Yoga: Barb Shimer (P) 5:30 PM - 7:00 PM Yoga with Barbara Shimer & friends (P) 7:00 PM - 9:00 PM Paths to Membership (P) 7:00 PM - 10:00 PM RE Meeting (W)	5 10:00 AM - 11:30 AM Readers Forum (C) 12:00 PM - 1:00 PM Lunch and Conversation with the Ministers (W) 1:00 PM - 2:00 PM Adult RE (W) 7:00 PM Friday Evening Meditation (L)	6 9:30 AM Social Justice Comm (W) 11:00 AM - 9:00 PM Sun-coast Pagan Pride Day (S.O) 6:00 PM - 10:00 PM Circle Dinners - Off-site 8:00 PM AA (W)

October 2007 (continued from previous page)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 9:00 AM - 10:00 AM Worshop Service (O) 10:00 AM - 11:00 AM Open Issues (P) 10:00 AM - 10:45 AM Parents Meeting (L) 10:00 AM - 10:45 AM RE Parents Meeting (L) 11:00 AM - 12:00 PM Worship Service (O) 12:00 PM - 1:00 PM Program Council (S) 12:15 PM - 12:30 PM Cares and Concerns (L) 6:00 PM - 10:00 PM Circle Dinners Alternate Evening - Offsite	8 Columbus Day 9:30 AM Duplicate Bridge (P) 7:00 PM - 9:00 PM Auction Committee (W)	9 9:00 AM - 3:00 PM Branches Co-Op (RE-Classrooms) 12:00 PM - 12:30 PM Loving Kindness Meditation With Rev. Janamanchi (O) 7:00 PM - 10:00 PM Buddhist Film & Discussion Group (P) 7:00 PM - 9:00 PM Public Speaking Without Stage Fright (L) 7:00 PM - 9:30 PM Public Speaking Without Stagefright (O) 7:30 PM - 8:30 PM AA (W)	10 7:00 PM - 9:00 PM Chorale Practice (C) 7:00 PM - 9:00 PM Executive Committee (W)	11 1:00 PM - 3:00 PM Hospice Bereavement Group (P) 4:00 PM - 5:00 PM Senior/Chair Yoga: Barb Shimer (P) 5:30 PM - 7:00 PM Yoga with Barbara Shimer & friends (P)	12 10:00 AM - 11:30 AM Readers Forum (C) 7:00 PM Friday Evening Meditation (L)	13 Blessing of The Animals 7:00 AM - 9:00 AM Universal Music Day SETUP (O,S,P,W,C) 9:00 AM - 6:00 PM Universal Music Day (O,S,P,W) 8:00 PM AA (W)
14 9:00 AM - 10:00 AM Worshop Service (O) 10:00 AM - 11:00 AM Open Issues (P) 11:00 AM - 12:00 PM Worship Service (O) 1:00 PM - 3:00 PM Drumming Group (O) 2:00 PM - 5:00 PM French Alliance (S)	15 9:30 AM Duplicate Bridge (P) 5:30 PM - 9:30 PM Energy Medicine Study Group (P) 6:30 PM - 9:00 PM Leadership Program (W)	16 9:00 AM - 3:00 PM Branches Co-Op (RE-Classrooms) 12:00 PM - 12:30 PM Loving Kindness Meditation With Rev. Janamanchi (O) 7:00 PM - 10:00 PM Buddhist Film & Discussion Group (P) 7:00 PM - 9:00 PM Public Speaking Without Stage Fright (L) 7:00 PM - 9:30 PM Public Speaking Without Stagefright (O) 7:30 PM - 8:30 PM AA (W)	17 1:00 PM - 5:00 PM Directions (S,P) 7:00 PM - 9:00 PM Chorale Practice (C) 7:00 PM - 9:00 PM UUC Board Meeting (P)	18 9:00 AM - 3:00 PM Hang Art Show (O) 1:00 PM - 3:00 PM Hospice Bereavement Group (P) 2:00 PM - 4:00 PM Private Event (L) 4:00 PM - 5:00 PM Senior/Chair Yoga: Barb Shimer (P) 5:30 PM - 7:00 PM Yoga with Barbara Shimer & friends (P)	19 10:00 AM - 11:30 AM Readers Forum (C) 6:00 PM - 8:00 PM Open Houses - Offsite 7:00 PM - 9:00 PM Art Reception (O) 7:00 PM Friday Evening Meditation (L)	20 10:00 AM - 3:00 PM Energy Medicine/Yoga Workshop (P) tentative 4:00 PM - 10:00 PM Operation Pump Well - Soprano (S,O) 8:00 PM AA (W)
21 9:00 AM - 10:00 AM Worshop Service (O) 10:00 AM - 11:00 AM Open Issues (P) 11:00 AM - 12:00 PM Worship Service (O) 1:00 PM - 3:00 PM Congregational Meeting (O)	22 9:00 AM Book Sale Setup (S,P,L) 9:30 AM Duplicate Bridge (P)	23 9:00 AM Book Sale Setup (S,P,L) 9:00 AM - 3:00 PM Branches Co-Op (RE-Classrooms) 7:00 PM - 10:00 PM Buddhist Film & Discussion Group (P) 7:00 PM - 9:00 PM Public Speaking Without Stage Fright (L) 7:00 PM - 9:30 PM Public Speaking Without Stagefright (O) 7:30 PM - 8:30 PM AA (W)	24 9:00 AM Book Sale Setup (S,P,L) 7:00 PM - 9:00 PM Cares & Concerns (L) 7:00 PM - 9:00 PM Chorale Practice (C)	25 9:00 AM Book Sale Setup (S,P,L) 1:00 PM - 3:00 PM Hospice Bereavement Group (C) 4:00 PM - 5:00 PM Senior/Chair Yoga: Barb Shimer (P) 5:30 PM - 7:00 PM Yoga with Barbara Shimer & friends (P)	26 9:00 AM Book Sale Setup (S,P,L) 10:00 AM - 11:30 AM Readers Forum (C) 5:00 PM - 8:00 PM Book Sale (S,P,L) 7:00 PM Friday Evening Meditation (L) 7:00 PM - 9:00 PM Mens Night Out (E) 7:00 PM - 9:00 PM Mens Night Out (Emerson Room Social Hall)	27 9:00 AM - 3:00 PM Book Sale (S,P,L) 8:00 PM AA (W)
28 Bring A Friend Sunday 7:00 AM Men's Pancake Breakfast (S) 9:00 AM - 10:00 AM Worshop Service (O) 10:00 AM - 1:00 PM Book Sale (S,P,L) 10:00 AM - 11:00 AM Open Issues (P) 11:00 AM - 12:00 PM Worship Service (O) 12:30 PM - 2:00 PM PSI Symposium (P)	29 9:30 AM Duplicate Bridge (P) 6:30 PM - 9:00 PM Leadership Program (W)	30 9:00 AM - 3:00 PM Branches Co-Op (RE-Classrooms) 7:00 PM - 10:00 PM Buddhist Film & Discussion Group (P) 7:00 PM - 9:00 PM Public Speaking Without Stage Fright (L) 7:00 PM - 9:30 PM Public Speaking Without Stagefright (O) 7:30 PM - 8:30 PM AA (W)	31 7:00 PM - 9:00 PM Chorale Practice (C)	1 10:00 AM - 11:00 AM Staff Meeting (Abhi's Office) 1:00 PM - 3:00 PM Hospice Bereavement Group (P) 4:00 PM - 5:00 PM Senior/Chair Yoga: Barb Shimer (P) 5:30 PM - 7:00 PM Yoga with Barbara Shimer & friends (P) 7:00 PM - 8:00 PM Laughter Yoga (P) 7:00 PM - 10:00 PM RE Meeting (W)	2 10:00 AM - 11:30 AM Readers Forum (C) 12:00 PM - 1:00 PM Lunch and Conversation with the Ministers (W) 1:00 PM - 2:00 PM Adult RE (W) 7:00 PM Friday Evening Meditation (L)	3 9:30 AM Social Justice Comm (W) 3:30 PM - 6:30 PM AVRF Fund Raiser Setup (S,P) 6:30 PM - 10:00 PM AVRF Fund Raiser (S,P) 8:00 PM AA (W)

The Fourth Annual Colossal Book Sale is October 26 to 28!

Where: Social Hall

When: Wine and Cheese Party for members and guests Friday, October 26, 5:00-7:00 pm.
(Your chance to buy books before the general public.)
The Public Sale, Saturday, October 27, from 9:00 a.m. to 3:00 p.m.
The Leftovers, Sunday, October 28, after both services.

Needed: **Volunteers, Books, CDs, DVDs, Flats**

Sign up now to [help](#) before, during and after the sale in the Social Hall.
Please continue to bring in your gently used **BOOKS, CDs, & DVDs**.
(Leave them in the Octagon lobby before October 21.)
Flats are desperately needed. Costco and Sam's Club are the best sources.

Hint: Those who help set up (October 22-26) get the first look at the books.



The NEW 2008 Entertainment® book is here!

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Repeat Savings Coupons

Save again and again at your favorite merchants, and get additional instant coupons online!

Get a book for back-to-school shopping or a fall vacation—you'll easily cover the cost of the book in just a few purchases! Order your 2008 book right now! Diana & John Fraser will be selling them this year in the Social Hall after services.

Christian Interest Inquiry

Is anyone interested in a Christian-based UU discussion group? Contact me to discuss when to meet.
Shawna Byrd, 446-3821 or shawnabyrd_7@hotmail.com



English Teacher and Program Coordinator for Transylvania

Entering its eleventh year, the English instruction program in Transylvania supports English language teaching for Unitarian ministry students at the Protestant Theological Institute in Cluj/Kolozsvár, Romania. The program is sponsored and administered by Meadville Lombard Theological School and is partially funded by the Unitarian Universalist Partner Church Council.

Meadville Lombard is seeking a half-time, permanent English Teacher/Coordinator to ensure English language proficiency among Unitarian ministerial students. S/he will also work with ministerial interns from North America who will assist in the work. An ideal candidate will either be a native speaker of English or a non-native speaker who has studied the language at the highest level possible. This candidate should have several years' experience teaching, have excellent communication skills and be able to delegate responsibilities effectively.

The position opens January 2008. Review of applications will begin immediately and will be considered until October 31, 2007. For more information or to apply, please send a letter of interest and a CV to [Steven Mitchell](#). More information is available at our website: www.meadville.edu.

Circle Dinners

Our Circle Dinners will officially begin on the first weekend of November. Circle Dinners are held the first weekend of the month and consist of hosts and guests. As a host, you decide how many people you wish to have in your home, plan a menu with a variety of dishes, and assign the guests what to bring.



Registration forms will be available during the Committee Fair to be held on October 7 in the Social Hall. Complete directions are found on the registration forms. If you have questions or wish to join, call either co-chair: Ruth Samuel at 791-1216 or Florence Cohen Austin at 547-6819.

Universal Music Day, Saturday, October 13

Love music? Like to play/sing/drum? Or just want to hear all different kinds of music? Come to UUC Saturday, October 13, 6:00 to 9:00 p.m. Be there to listen and hear what wonderful music is being created. If you are a musician, to hear what musicians are doing, meet them; maybe even see with whom you want to play.



Wait! Are not we supposed to be higher-minded than just enjoying listening to each other? Yes, but do not tell anybody or they will be afraid you will spoil the fun. What we really want to do is use this opportunity to create a community of musicians, to connect people together so they will go out having more people with whom to play, wanting to fill the world with more music. But, keep quiet about that; just come and listen, and the rest will happen anyway.

PSI Upcoming Meetings

October 28 – Patty Darcy and her son TJ Jackson will be introducing us to Laughter Yoga. This class will not be limited to a mere talk about the healthful and happy benefits of the practice of Laughter Yoga, because Patty and TJ are also planning to lead us into an experiential Laughter Yoga session. For more information on Laughter Yoga see page 11 or go to www.laughteryoga.org.

November 25 – Susan Golden will lead a program and discussion on “The Universal and Spiritual Connections of Music.”

Bobbie Watson, home: (813) 251-2991; cell: (813) 505-3690

Ongoing Submission Deadlines (cut this out and tape it to your PC)

1. Order of Service: Deadline is Thursday at 9:00 a.m. each week; Final product prepared by Bill Snell; Send to Volunteer@uuclearwater.org
2. Weekly News: Deadline is Wednesday at 9:00 a.m. each week; Final product prepared by Pat McGiverin; Send to Frontdesk@uuclearwater.org
3. Octagram: Deadline is third Sunday of each month at 11:59 p.m.; Final product prepared by Nancy Warner; Send to Octagram@uuclearwater.org

A Psalm to the God of Food, the Great Masticator, Paul Langrock

Food is my shepherd, I shall want it always.
It maketh me to lie down green with seven desserts,
It leadeth me to binge eating,
It restoreth my stomach,
It leadeth me in the path of expando pants and
Guayabara shirts.

Yea, though I walk through the valley of the shadow
of Twinkies and Hostess cupcakes,
I shall fear no sugar or starch,
For cream brulee is with me always.
Thy tiramisu and Krispy Kremes, they comfort me.
You prepareth a steam table before me
in the presence of my caloric enemies.
You have anointed my alimentary canal
with Cool Whip and cherries.
My food tray runeth over, and over, and over....
Surely buffet tables and "All you can eat" smorgasbords
shall follow me all the days if my life
And I will dwell in the International House of Pancakes
forever.

— Mark Brandt

Pancake Breakfast Sunday, October 28



On our fall "Bring a Friend" Sunday,
also bring a hearty appetite because
the Men's Group will be serving pan-
cakes in the Social Hall. (Time to be
announced. Fee charged.)

SUUSI's *MOVIN'!!*

I got 'em to move SUUSI closer to Florida so the trip will be shorter for UUC. SUUSI returns to the cozy, flat campus of Radford University nestled in the Blue Ridge Mountains of Virginia. Now Clearwater UUs can get there 15 to 20 minutes sooner! Now it's not too far anymore! Same great workshops, nature trips, music, and interesting like-minded people. I also got Radford to remodeled their A/C dorms and, more importantly, dining facilities. (That's the spiritual part of SUUSI!)



It's truly is an exceptional week of UU fun and spirit...and a must experience at least once in a lifetime. Please give it a try and start planning now. Just pencil-in the last week of July as your UU treat to yourself. You deserve it. Make this the year you make it to UU heaven! I'll get 'em to reserve a room for you, too. Just call me. You got questions? I got answers! Call me at (727) 784-6597

— Paul Langrock

PS: For more details: www.suusi.org

PPS: Workshop proposals deadline is October 15

Hello all of you Yogis and Yoginis!

Yoga resumed at the UUC this September. I hope you have all had a wonderful summer and have found creative ways to beat the heat of Florida.

Our customary class of hatha yoga begins at 5:30 p.m. on Thursday afternoons and lasts until about 7:00 pm. This is a progressive class that encourages the student to challenge his or her self while placing attention to breath awareness and relaxation/meditation. Of course safety is always stressed. Please wear comfortable clothing, be prepared to work barefoot and bring a mat or towel to work on.



New to Thursday afternoon is a Chair Yoga class at 4:00 p.m. This class will last about an hour and the postures (asanas) will involve using a chair for support while sitting or standing. Mats are not required but they are handy for steadiness in standing postures. You may work barefoot or wear comfortable sneakers and clothing. This class is offered every Thursday EXCEPT THE SECOND THURSDAY OF THE MONTH.



Here is some insightful information about the word “asana.” Asana is defined as “posture”; its literal meaning is “seat.” Originally, the asanas served as stable postures for prolonged meditation. More than just stretching, asanas open the energy channels, charkras, and psychic centers of the body. They purify the body and strengthen the body and help the mind to focus. Asana is one of the Eight Limbs of yoga, which states that asana should be steady and comfortable, firm but relaxed.

I invite everyone to experience the calming and strengthening effects of yoga class. I’m looking forward to meeting you. If you have any questions please call me at (727) 385-8556 or email me at bashimer@tampabay.rr.com

Namaste! Barbara Shimer

Laughter Yoga

We all know that laughter makes us feel good. When we laugh, our bodies release a cocktail of hormones and chemicals that have startling positive effects on our system. Stress is reduced, blood pressure drops, depression is lifted, and our immune system is boosted. What is more, laughter is gentle exercise. It fills our body with oxygen, deep-clears our breathing passages, and exercises our lungs. This is really important for people who don't get regular aerobic exercise.

However, the problem with utilizing laughter as exercise is that laughter is usually spontaneous and unpredictable. To be useful for health purposes, laughter had to be organized into a regularized exercise format. The answer to this problem was found eleven years ago by Dr. Madan Kataria, an Indian doctor and student of Yoga. Convinced of the medical benefits of both laughter and Yogic breathing, Dr. Kataria was inspired to create Laughter Yoga, which combines laughter exercises with yoga breathing to give us the health benefits of hearty laughter. Laughter exercises almost always lead to real laughter, especially when practiced in a group. Thanks to Doctor Kataria, countless people all over the world today enjoy the benefits of a daily dose of laughter.

Join us for this entertaining and life-enhancing activity, and discover its benefits for yourself. Benefits of Laughter Yoga: Stress Reduction; Immune System Enhancement; Pain Reduction; Cardiovascular Health; Muscle Relaxation; Focus and Creativity; Respiration. For more information, go to www.laughteryogaflorida.org.



Thursdays, November 1, 15, 29, December 13, January 3, 17, 31, and February 14, 7:00 - 8:00 p.m.

Free introductory class: Sunday October 28, 12:30 p.m.

Instructor: Patricia Darcy

Location: Unitarian Universalists of Clearwater

Cost: Member (of OLLI): \$49; Non-member: \$59



2470 Nursery Road, Clearwater, FL 33764

CHANGE SERVICE REQUESTED

TIME DATED MATERIAL

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OCTAGRAM

**The Monthly Newsletter of the Unitarian Universalists
Of Clearwater and the Octagon Arts Center**

2470 Nursery Road Phone: (727) 531-7704
Clearwater, FL FAX: (727) 531-4188
33764 mail@uuclearwater.org

Minister **Rev. Abhi Janamanchi**
(727) 723-7252
Associate Minister **Rev. Millie Rochester**
(727) 443-1353
Linda Stoller
President **Yvonne Charneskey**
Office Administrator **Linda Martin**
Office Assistant **Frank Wells**
Music Director **Linda Jones**
Pianist **Janine Tompkins**
Facilities Manager **Nancy Warner**
Octagram Editor

**DO YOU HAVE A COMMENT OR A
QUESTION RELATING TO THE
MINISTER OR MINISTRY?**

If so, please contact one of the Members of
the Congregational Committee on Ministry:

George Beukema 522-8073
Marie Chapman 772-0812
Sally Demarest 781-7665
Diana Fraser 527-7648
Andrea Pisanello 531-3359

*Please send OCTAGRAM submissions by email to
Octagram@uuclearwater.org. Deadline is midnight
of the third Sunday of every month. For November
issue, deadline is October 21, 2007.*

**Sunday Worship Service is
at 9:00 and 11:00 a.m.**

Visit: www.uuclearwater.org