



UPDATE

August 2020

*During this current health crisis, the MUUF building is closed.
Please continue to contact us by email or phone.*

MUUF'S MISSION STATEMENT

“A friendly beacon for religious freedom, supporting lifelong spiritual growth and working for social justice with compassion and love.”



Fred's Flavorings

The beat goes on, the beat goes on
Drums keep pounding a rhythm to the brain

La de da de de, la de da de da

We are entering the 5th month of the pandemic and it is not, from all the statistics given, getting better. Our nation has managed to politicize a health crisis of epic proportions and the consequences are more people are dying and more people are in financial trouble. And those of us who are at highest risk, not just for contracting this virus but for possibly having its worse manifestations and outcomes, we must remain diligent and separate from the world at large—most likely until there is a vaccine readily available for distribution.

This self-quarantine to protect ourselves is hard on the psyche. The risks for us in Manatee county are high—a group of 10 people have a 50% probability of one person with the virus being present. A group of 25 has an 82% probability and a group of 50, 97%-- higher numbers raise that to 99.9%. This is based on experts assuming that the cases are 10X what is currently being tested. Even when assessing for 5X the number a group of 50 is at 82% probability. The risk is real, and it is hard on the psyche to self-isolate for long periods of time. This is why MUUF is currently not opening our building for even small group gatherings.

So, what can we do to lessen the blow—Here are a few things:

1. Call on friends to check in on a regular basis. Yes, pick up the phone and call. Talk about the weather, talk about how the family is doing, talk about your hobbies, what the latest thing on Netflix you are watching. Take a few minutes to connect with someone about something other than the virus. Also share how you are doing with the pandemic—you might find that your friends are feeling similar things. And knowing that we are not alone in our experiences helps break up the feelings of isolation and the loneliness.
2. Zoom and FaceBook and Messenger all have video capabilities. There is also Skype. These all have free

versions that can be used. Skype is free if calling other Skype users. If you have an iPhone you can use video calls. I am assuming that Android smart phones have similar features. With these video tools, you can play a game of scrabble with each of you having a board that you fill out. Or a game of battleship or chess or some other game—like madlibs—remember those? Or have a watch party—where you are watching a show on tv, discussing it as you each watch at home. It is another way to connect with loved ones.

3. Create a daily routine for self-care. Exercise, meditation, are all helpful towards maintaining self-care and mental health.
4. But if these things don't work and the blues have really got a hold, then it is okay to call for some professional help. Call SAMHSA's national helpline 1-800-662-HELP (4357). This organization can refer you to local mental health services here in Florida. They are available 24/7, 365 days a year. And there are these numbers:
 - a. For crisis counseling and support related to COVID-19 call Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746
 - b. National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
 - c. Veteran's Crisis Line: 1-800 273-TALK (8255) or text 8388255
 - d. AND SUICIDE PREVENTION: National Suicide Prevention Line: 1-800-272-8255 or Text HOME to 741741

And please take advantage of our weekly check-in on Thursdays at 10 AM. We share with one another how our weeks are; from the trivial to the profound as a way of showing our care and concern for one another.

Do be well—be safe—practice social distancing, wash your hands frequently, wear a mask when leaving home to do errands. See you in Church!

The beat goes on...

Blessings,
Fred



President's Message

John Isham

Engineering Our Personal Fresh Air (or, "Covid-19 droplets have no smell.")

I am reposting this April report because of how severe the Manatee County pandemic has become. It shows no sign of subsiding. The major reason is because many people are not abiding by common sense recommendations and wearing masks and practicing social distancing. I just want to say to everyone, protect yourself, don't get careless because of isolation fatigue. As a way of reinforcing things, remember how disgusting morning breath and smoker's breath is? Did you ever gag from cigar smoking or garlic breath? It is the same thing! You just cannot smell it. It's other people's air, no odor but filled with droplets of virus. Yuck! Avoid!

All of us high risk people need to develop habits to follow to be safe and make it through to the time when a vaccine is found and verified. These habits are not only what we are asked to do, but what we must do. They amount to a change in lifestyle and are not so much of a change as to inhibit us, but to exercise common sense, safety and obtain peace of mind. They all follow from one simple concept: do not breathe other people's air. Avoid, with a passion, anyone who does not wear a mask. Not only are they risking their own lives, they are risking yours. Not only are they flaunting their own ignorance, and are in your face with their smug, reckless, and gutless refusal to get with the program, they can kill you and should be treated as such.

So, how do we avoid other people's air? First, we should consider how to ensure our own living space is safe. We should take special measures to protect that. If there is any way to keep a stranger out of your air and out of your space, do it. We do need to follow repeated hand washing, sanitize all horizontal surfaces, vacuum rugs often and flush toilets after closing the lid. When we go out, always take our masks, have gloves handy and sanitize our automobile's steering wheel and knobs and surfaces where we place our hands and do not touch our faces. Droplets will land on your skin and will collect in the moisture in your eyes.

When outside, avoid any confined space and especially small confined closed spaces where there are other people, the smaller the space the more dangerous. Look around and evaluate, can air get out of there? If so, how? If not, do not go in. If items are needed from inside, call and have them handed out to you. There has been no scientific opinion on how long it takes dead air to clean itself. The smallest virus droplets emitted in people's breath do not fall to the ground but stay airborne and will concentrate if they are contained in a small area and are being continually replenished. Air conditioning has been shown to move virus contamination around in the air in a room and contaminate others far from the radiating source. I hope air conditioning filters are cleaned or changed when places sanitize.

Unfortunately, many small places are those we like to frequent: specialty stores, hair-cutting establishments, unique restaurants, flower shops, etc. Stay outside, sit separated at separated sanitized tables only for very short periods of time if there are other people present. The safest places to shop, when you must, are the big box stores like Costco and Walmart. They have the highest ceilings and largest volume and therefore should have the lowest concentrations of contamination. Go after they have been sanitized, preferably in the early morning during hours designated for older age groups. Also most have phone ordering capability with roadside pickup.

It has been found that contamination results from one's breathing in a quantity of virus particles over a period of time that build up and overwhelm one's immune system. Obviously, the quantity of particles to cause immune system saturation varies person to person. No one knows what their limitation is. And obviously the concentration of the contamination in the air you breathe and the amount of time you spend breathing it are going to determine if and when you have overwhelmed your immune system.

Think, sitting in a mild shower of droplets, how long you sit becomes crucial. Sitting across the table from a highly contagious person for five minutes might be the same as sitting across from a mildly contagious person for thirty minutes. It just takes longer to saturate your immune system. Another unknown is

whether the collection of particles in one's system is cumulative over time, from source to source.

Then there is the incubation period up to 18 days. Who knows if continued exposure during that time contributes to the overall severity of one's sickness. No one knows when their system has reached its tipping point or when it may become overwhelmed. It seems that in some, no saturation is reached, but they become carriers none the less. Perhaps their contamination was a smaller concentration but not enough to cause symptoms. (This is why all people need to wear masks.) No one knows if they or anyone else is contagious or not.

All of these factors may become better known over time but sensitivity to contagion will always vary person to person. All this points to one overwhelming factor – avoid, avoid, avoid contamination (avoid other people's air.) Walk outside, keep separations maximum, more than six feet, do not walk behind someone, particularly if you can smell them (perfume hopefully.) Get out of their trail. Get out of their way if they are moving faster. Remember bloodhounds can follow a scent of a trail for hours, perhaps days, after it was made, (so something must have been left in their wake). If you are a former smoker or even a nonsmoker, you know immediately when you enter a room that someone is smoking or someone has been smoking.

But Covid-19 droplets have no smell. When walking outside with people, you know someone is smoking around or up ahead of you because you can smell it. But again, Covid-19 particles have no smell. If someone is spewing droplets into the air near you, they will float and travel on the same air currents as smoke would. You just can't smell them or see them. Walk as often as you can in the open air. Breathe deeply and clean out your lungs. Enjoy your freedom and safety.

There is one caveat. We all are basing our thoughts about the future assuming that overcoming the sickness yields immunity and a vaccine will also yield immunity. This may not be valid. Already it has been reported that some people have been infected twice. As William Bendix as Chester A. Riley in the "Life of Riley" used to say, "What a revoltin' development this is."

Highlights from the Board

Carol Bartz

Some of the items discussed during Manatee Unitarian Universalist Fellowship's board meeting held July 28 via Zoom were:

- In returning from his General Assembly/vacation/study leave time **Rev. Fred L Hammond** reported that he utilized some of his time in preparing the upcoming year's worship services with the premise that our facility would remain closed and that we would be operating virtually. For the upcoming year his vacation/study time will be more dispersed throughout the year.
- Rev. Fred expressed a need to re-examine our five goals that the congregation set prior to his arrival to address how the present pandemic affects meeting these goals or how they might need to be adjusted or changed with a new action plan.
- **John Isham** spoke of the need to enable visitors to more easily find us and our virtual services and the prospect of streaming our services on Facebook, You Tube, or other venues was discussed. The board discussed possibly hiring someone to direct technology, live streaming, website development as well as purchase of equipment that could be needed.
- Additionally, members and others have a need for MUUF to be a place of nurturing for their spirit and to provide hope. Small group Zoom gatherings during the week could offer this since it seems Sunday services and the Thursday morning chat groups are not enough. One idea is to add "Heart to Heart" sessions on Zoom which would be similar to our chalice circles.
- The Membership Committee will be meeting soon and will be reaching out to members from the recently dissolved Sun City Center Unitarian Universalist Fellowship to extend an invitation to get to know one another.
- With the help of the PPE loan from the federal government combined with our members continuing to come forth with their pledged amount, our finances are remaining

stable. At this time, we do not yet know if the loan will need to be repaid.

- The Finance Committee is working together with **Karen Salzinger** on a slightly new format to designate the categories for the financial reports.
- There is a need for a Right Relations procedure to be established and written.
- The Worship Team has been meeting twice a week preparing Sunday services including a tech rehearsal as new ideas are explored and tried.
- Some members of Social Justice Committee have been working on Get Out the Vote by encouraging voter registration and voting by mail. Letters and phone calls to national, state, and local officials are encouraged as well.

Knit n' Chat Group

AJ Wolff

Photo taken by Carol Alt at last Zoom meeting.



We will meet again on Aug. 4th and Aug. 18th at 10:00am on Zoom. Please contact **AJ Wolff** for the link to join meetings. ajwolffie@yahoo.com

Book Club

Bill Hayes

The MUUF Book Club will next meet on Monday, August 3 at 2:00pm via Zoom. If you have not done so already, please contact **John Isham** and have him send you the Zoom link in order for you to join the meeting. We will be discussing *Being Heumann* by Judith Heumann. The book is her story of contacting polio at age two and living with discrimination against the disabled her whole life. She was a lead activist for the enactment of both Section 504 of the Civil Rights law and the Americans with Disabilities Act.

The book does not go into great detail about her personal life, but it does fully describe the struggles she had to avoid being treated as invisible. This is a continuous struggle and never goes away. Even after a law is passed, there is the fight to prevent it from being underfunded or dismantled. This is true for all civil rights. Think voting rights. We should have an interesting discussion.

In September, we will meet on Monday, the 7th, at 2:00 pm via Zoom. Our book for discussion will be *White Fragility* by Robin DiAngelo. An educator on racism, DiAngelo defines “white fragility” as the moves white people make when challenged racially. They could be anger, fear, guilt, argumentation and silence. This a timely book considering the George Floyd protests and should be a good read.

Looking into the future, we have scheduled for October - *On Fire* by Naomi Klein, for November - *Change of Heart* by Jodi Picoult and for December - *Sweet Taste of Liberty* by W. Caleb McDaniel.

Please remember that everyone is welcome to our discussions. Call **Bill Hayes** for details. 727-470-9148 or largomatch@hotmail.com.



Bill Denison	8/2
Bernie Salzinger	8/13
Randy Coleman	8/15
Ed Hord	8/17



In these times

Written by Carol Alt for her sister July 25, 2020

In these times
When I'm staying home
Feeling low, reflecting
On what seems hopelessly lost

Times I used to move to the rhythms
At my well loved music place
Or enjoy a lunch out with my sister
Afterwards perusing a favorite store

All on hold while the virus
Keeps its reins on our lives
As I can only let go and try to focus
On this too passing in its time

Meanwhile, I scour the garden
Create cold soup with
The abundant zucchini nature
Has gifted us this summer

Or take time for a walk
Anticipating a chat
With a neighbor who also
Feels the loss of yesterday

Design space for reading a book
My knitting project — a Christmas gift
Create a painting on a notecard to send
Whip up an old family food favorite

Bringing back to life the joy
Of past line dancing classes
I'll put on some music and see
If the old brain remembers the steps

Then sit outdoors at the end of day
Listen to the birds who are not despondent
Watch the sunset over an unchanged earth
And know that this sadness shall pass



THANK YOU to Sally Isham and Carol Bartz for filling in for Office Administrator, Karen Salzinger while she was recently on vacation.

A Chalice Quilt

Sewn by Peg Green

This is called "Song of Justice Chalice." If you look closely, you can see hands, hearts, fists, all over it, in the stitching.



NEW ADDRESSES

Klara Weis
6432 Auburn Avenue
Bradenton, FL 34207

Rosa Whiting
30 Cutlass Lane
Mashpee, MA 02649
413-896-0556

JUNE FINANCIAL SUMMARY

INCOME	\$ 6,686.04
EXPENSES	\$14,842.15
USED FROM SAVINGS	\$ 0.00

From Sunday Service 7/12/20 **Installation of Board Members**

I am Carol Bartz and as the second longest member here at MUUF the first thing I can think of to say is that I bring a sense of memory, of history in my current role as vice president, going back to the early 80's. At that time, it was more like a social club for what I considered interesting, polite, and kind intellectual liberals and we were totally lay-led. There have been many changes through the years and I'm thrilled that we finally have a full-time minister, our beloved Fred, and that MUUF embraces a more spiritual and social justice leaning than it ever did in the 80's and 90's.

Over the years I have served as Director of Religious Education where my now adult sons attended Sunday school classes, President (one term while working fulltime as a teacher and one term as a retiree), Library Chair, Auction Chair, Membership Co-Chair, member of Social Justice Committee, and newly, member of the Worship Team.

I am most concerned about the big picture, who we are as a congregation and where we are going. I have always longed for MUUF to be a place of peace, full of loving energy as we interact with and support each other, where we work together (and to use a cliché) to make the world a better place. In my opinion we are finally moving in the right direction now that we have a developmental minister, the formation of the Worship Team, the Committee on Shared Ministry, are working on Leadership Development, and working towards more positive and gentle interactions with one another. Personally, I try to keep a sense of humor and some say I bring a sense of calm (though I don't always feel as calm as they think).

With the current pandemic and our adaptations to meeting virtually our biggest challenge is staying connected with one another so that we can continue being a safe place for each of us to share, explore, wonder, laugh, and cry together in these uncertain times. Along with that is the challenge of finding new ways to reach out to potential new members who do not know we are here.

In response to what I receive from being on the board – a knowing that I am a part of something positive, that I feel valued when I share my ideas, of being connected to others who also care about this fellowship and all it stands for, of pulling together to keep the core values we hold dear as our guide in navigating this Fellowship. *

I am AJ Wolff, currently serving my final year of my second elected term. I started by filling in for someone who had to leave the board. So, in total I will have served five and half years on the MUUF board.

After some deliberation about what skills I brought to the MUUF board, the first that comes to mind is my years of education and being in the education field. This has given me the abilities to be thoughtful, fact check, do the research, but most of all be open to new opinions and other ideas. What I find as my most beneficial skill to the board is my ability to stay focused and on task. So, I often serve as the Process Observer during our meetings. My words for gently keeping us on task are, “moving on.”

What I have received from serving on the MUUF board is much broader knowledge of assets and investment. This is one of the critical areas the board is charged with and I have found it most interesting. Most rewarding are the friendships forged with the board members and being of service to the congregation. *

From John Isham, president: It is definitely an honor to be your Board President. Having been a behind the scenes engineer for most of my life, it was always my great satisfaction to see things work and be able to feel I was part of the effort. I have never needed praise or felt criticism when things went or didn't go as planned because I have always done what I thought was right and have put in the time to try to assure that. As MUUF president, it has been a position full of surprises and challenges. There is never a dull moment or a time when something did not need to be done. Think dead animals under the floor, or dry wood termites eating up the building. Think bed bugs and air conditioners. Think finances and investments. Think Ministers.

Being president is a people job. Constantly trying to satisfy everyone. I have made great friends and hopefully only a few enemies. I have tried to respect everyone and be fair and to give all their due. There has been great Joy and great Sadness.

Then along came Covid-19, just when things seemed to be going all our way.

We are facing a year of new challenges and decisions with hopes of maintaining stability until a new normal is found. We have great people on the board to work with. I am looking forward to this coming year with hope ---- and relief that it will be my last. I ask you all to volunteer for anything, give me your advice and

desires for satisfying programs you most wish to be involved in. Thank you for your faith and confidence. *

I am Sharon Chofey. In the fall of 2018, I read an advertisement in the Bradenton Herald inviting the public to attend a place where people are concerned about social justice and believe every person deserves respect and compassion. Everyone was invited no matter what race or religion. Even those who do not believe in God were welcome. This place was the Manatee Unitarian Universalist Fellowship. I had been raised Baptist but for various reasons had not attended services for several years. I started attending MUUF as a guest. I knew very little about the beliefs of Unitarian Universalists. I was made to feel very welcome and met some very interesting people who were open and friendly. I decided MUUF was what I had been looking for. A place for spiritual growth, community involvement, and insightful discussions about current events. I was so enthusiastic about MUUF that in 2019 my husband **Mark**, who was raised Catholic but had not attended a church service in over 20 years decided to attend. My grandchildren, who live in Bradenton also attended a few times. In January 2020, Mark and I became members of the fellowship.

I have a Masters degree in Business and had retired from a career as a Corporate Accounting Director in 2014 to do real estate sales. This Spring, because of my background, I was asked to be Assistant Treasurer and I accepted the position.

By becoming a board member, I think I will bring the perspective of a person new to Unitarian Universalism and may be able to contribute ideas to attract new members and perhaps in the future develop a youth program that my grandchildren can attend. I have great respect for **John Isham** as Board director and his wife **Sally** and will support them to the best of my ability. **Bill Hayes**, Treasurer, is a knowledgeable, kind and generous man and I enjoy working with him. I am looking forward to the coming year. *

I am Ted Medrek, and coming last for this means I have a lot of tough acts to follow.

I was frankly surprised to be asked to serve on this board after being a member such a short time. Although I attended Sunday School at Central Unitarian Church in Paramus, N.J., my spiritual life had gone in other directions during the past decades. But after leaving a lifetime in the Northeast to retire to this area, it was a desire to become involved in my new community and, frankly, plain old curiosity to revisit my spiritual roots,

that led me to the front door of the Manatee Unitarian Universalist Fellowship late last summer. So, I have a lot of gratitude for your giving me the opportunity to serve in this way.

I do bring some experience in this area. I was a cofounder of a small nonprofit in Windsor, Connecticut, and as the organization grew, I became a founding member of its board of directors, a position I held for many years. So, I do have an understanding of many of the duties and expectations of this role.

The way our congregation has rallied during these times of COVID-19 is truly inspiring. I for one hadn't even heard of Zoom before the first of March, and here we are Zooming together and keeping that chalice light burning bright and strong.

But as we live and deal with the pandemic, there will be many challenges ahead for us and many decisions will have to be made — some easy, some hard. But I know that together we are more than up to what these challenging times continue to bring, and it's an honor to be part of doing so. *

More board stories next month.



Board of Directors

President	John Isham
Vice President	Carol Bartz
Secretary	Randy Coleman
Treasurer	Bill Hayes
Asst. Treasurer	Sharon Chofey
Directors	Sandy McCarthy
	Ted Medrek
	Pat Rohrer
	AJ Wolff
Pres. Emeritus	Carol Bartz

Board Meetings are the 4th Tuesday of each month, 6:30 pm in the Social Room. All members of the Congregation are invited to attend. Ask John Isham for the Zoom ID

There is
no question
for which
compassion
is not the
ANSWER



—Judith Hanson Lasater
UUA.ORG/WORSHIP



Manatee Unitarian
Universalist Fellowship
322 15th Street W
Bradenton, FL 34205

