



Pastor Bud's Buzz

Once upon a time in another career I learned about something called reframing. It was a strategy that allowed individuals to change the meaning of their experience and obtain different results from their efforts. There were four steps:

1. Identify a problem behavior.
2. Identify the positive intent behind the problem behavior.
3. Identify three alternatives for achieving the same positive intent.
4. Take responsibility for those alternatives.

Use the following as an example:

1. Let say that the problem behavior is that I eat so many calories that I gain weight.
2. My positive intent (reason for eating) is emotional comfort.
3. Three alternative ways I can achieve emotional comfort: 1) Taking time to watch at least one television show I enjoy every day. 2) Spending time with friends who encourage me to talk about things I consider important and who listen attentively to what I have to say. 3) Taking regular walks on the beach.
4. Actually make these alternatives part of my life.

Once the alternatives are a part of my life the problem behavior is not needed and it disappears.

This is the time of the year when we make resolutions. This year rather than “resolve” (promise) to do or not do something instead consider to “resolve” (reduce the tension of) the underlying issues using the reframing strategy. Remember it takes time to develop a new habit so hang in there until those alternatives become part of your life.

My wish for each of you is a year filled with the resolution of problems and deep satisfaction from the achievement of your positive intentions.

Please let me and the other members of our UU community know how we can be part of your resolution, not part of the problem.

Stay Tuned

JOTTER January 2006

HAMMOCK HAPPENINGS

Last year, 2005, was a very busy year for our hammock. We have four beautiful specimens of native Florida/Volusia County trees and shrubs that were planted during the year in memory of members who have passed on.

Dick Eberle - Weeping Yaupon Holly
Vivian Priano - East Palatka Holly
Shirley Lane - Firebush
Ray Fichtner - Longleaf Pine

By the time you read this, the newest addition may be in place, a waterfall landscape on the east side of the dune facing Halifax Drive. This is from a bequest of Arthur Brenner for our Memory Garden, and a plaque will be placed nearby in Arthur's memory. We also anticipate memorial plantings in 2006 in memory of Bob Blume, Esther Munro and Peg Tolman.

Contributions for living memorials may be made to the UU Memorial Fund designating in whose memory the donation is given.

Carol Phillips

U U FILM FORUM. Thanks to all, who participated in the U U December Film Forum. We hope to have another thought-provoking, entertaining evening with the showing of **LITTLE MURDERS**, a calamitous comedy of "cultural politics and social fragility" from the visionary mind of Jules Feiffer, directed by Alan Arkin. Earphones and captioning will be available. Contribution requested.

FRIDAY, FEBRUARY 10, 7 - 10 PM.

(There will be ample time for discussion with refreshments.) Any suggestions or feedback, please call Grace Shinell - 386 615 6636

View the best of "**Democracy Now**" from the previous week every Thursday at 10 AM in our meeting room.

Called "The War and Peace Report," this one hour daily news report presents crucial national and international issues, featuring Amy Goodman and Juan Gonzales. Break through the corporate fog of the major news sources, as they provide interviews with critical thinkers, and witnesses to significant events from all over the world.

Bring a friend, and enjoy your Thursday morning coffee with us, and "Democracy Now!"

For information call Pat Tugas: 677-3674

The Littner Fund will sponsor a Concert on January 21 at 2 PM in the UU Auditorium.

A Graduate of the Eastman School of Music and the University of Illinois, Ms. Deane is the former head of the String Department of the School of Music of the University of Tulsa. Presently she teaches at the Community School of Stetson University in Celebration, Fl. She is also a member of the Brevard Symphony orchestra. Ms. Deane has served on the faculties of Universities in the US, Canada, and Mexico, and has been concertmaster of the Symphony Orchestras of Memphis, Anchorage, Guadalajara, Mexico, Jalapa, Mexico, and Victoria, Canada

From the age of 9 months till the age of eight, she appeared in movies and did commercial modeling in Hollywood, California. As a soloist and chamber musician, she has toured North and South America, Europe, and Asia, and has appeared on the Canadian Broadcasting Corporation, N P R, and many European networks. As Artistic Ambassador for the United States Information Agency, she toured with Trio Tulsa and the Deane-Norberg Duo to the Caribbean, Mexico, Guatemala, Chile, the Persian Gulf, Jordan and Africa.

Her teachers have included Andre de Ribeaupierre, Paul Rolland, Roman Totenberg, and Nadia Boulanger at the Fontainebleau School in France. Ms. Deane will perform with Anna Norberg, Pianist in an exciting program. Mark your calendar: Jan. 21. For more information please contact Betty Green 386-677-4811

TOUCHING LIVES

A Taste of TRAGER®

JANUARY 8, 2006
1:00 – 4:00 PM
UU Society, Ormond Beach

“Be the peace that you would like to create in the world”
Gandhi, paraphrased.

This class is an introduction to the principles of The TRAGER ® Approach, a way of offering acceptance, respect and nurturing through presence, touch and gentle movement.

We will focus on Pausing to Notice, Presence, Support, Less is More, and Self-Care Movements, called “Mentastics. We will explore ways to invite ourselves and others to a deeper sense of ease, and a more fluid way of BE-ING in the world.

This class is open at no charge to all members of the UU Society and friends. Licensed Massage Therapists can earn 3 CEUs for a \$10 fee.

This is the second class in a series, but each class is open to new participants.

Please call to register: **850-766-0652 (cell) In peace, Kathryn Hansman-Spice**

CARING COMMITTEE

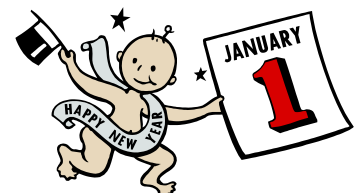
The next meeting of the Caring Committee will be THURSDAY, JANUARY 5, 2006

We'll start at 10:30 hours (as they say in the military) and at Noon some of us may want to go to lunch. I will contact those without email.

Please bring your ideas, thoughts and demands. Your chairman has a lot to learn
Gordon Williamson

January Birthdays

- 01/04 - Phil Elliott
- 01/11 - Val Rellstab
- 01/12 - Arthur Cann
- 01/15 - Barbara Feigenbaum
- 01/23 - Roslyn DeJesus Cann
- 01/27 - Dee Fontaine



THE UNCOMMON DENOMINATION PR CAMPAIGN

You've undoubtedly been hearing about this campaign here at UUS. This is an advertising/public relation's effort, developed and successfully test marketed by UUA. We are starting small, but are already seeing an impact. The campaign is separated into three tiers depending on size and budget of congregation. Please go to website: uua.org - search "uncommon denomination" for a myriad of material.

We'll be kicking off the 1st tier and part of the 2nd in January, which encourages UU congregations to become more welcoming during its Sunday service and day-to-day practices, to encourage/vitalize new membership; to become more visible/integrated into our communities, build "in-reach" opportunities in our congregation and to utilize the graphics program and resources/materials developed for UD use.

The core committee has developed an intentional plan for greeting and following up with our visitors. You'll start to see small changes ... our visitors will have a gold-framed nametag. We will have two "Super Greeters" every Sunday who will make a point to engage our visitors in a comfortable conversation and introduce them to like-minded people. Please make a point to speak to them and introduce yourself.

We'll soon have bumper stickers for sale and you'll be seeing the UD logo on all of our printed material. I am looking into t-shirts. As Membership Chair, Angelika Schlieper and I are working in tandem to make any changes as seamless as possible.

This is an exciting start to a new year. If you have any questions or suggestions, please feel free to call me.

Donna Jordan, Public Relations Chair

UU LIBRARY

While there is still work to do, our UU Library is beginning to shape up. Most of the books have been placed in major categories and shelved. Betsey Fales has joined Val and Dan in working on the project.

Those who check out books are requested to please use the check out-check in sheet. When returning books place them beside this sheet rather than re-shelving them. Any books or materials donated to the UU Library become the sole property of our UU Society. Decisions as to whether to place such books or materials in our Library collection, sell them, or donate them to charity will be made by our library volunteers. In the case of any questions concerning such decisions, opinions of the Library Advisory Committee, composed of Board members, will be requested. For more information please contact:

Betsey Fales, 386-672-6996

bjfales@yahoo.com; Dan Kennedy, 386-672-2556 jodan16@juno.com;

Val Rellstab, 386-673-7128

Vrellstab@695online.com

ANNOUNCEMENT BIOGRAPHY PROGRAM SERIES Spring, 2006

What:

A series of lecture-discussion programs on important people from ancient times to the present.

Program Coordinator: Dan Kennedy 386-672-2556 jodan16@juno.com

When:

Thursdays, 7:00-8:30 on the following dates:

Session 7: January 5, 2006

Baruch Spinoza by Don Kennedy

Session 8: January 19, 2006

John Curtis Marshall: by Grace Shinell

Session 9: February 2, 2006
Anne Marrow Lindbergh by Ed Flanagan

Session 10, February 16, 2006
John Keats by Dottie Mann

Session 11: March 2, 2006
Dr Herbert Shelton by John Lynch

Session 12: March 16, 2006
John C. Fremont by George Anderson

Session 13: April 6, 2006
Maya Angelou by Mimi Cerniglia

Session 14: April 20, 2006
Robert G. Ingersoll by Dan Kennedy

Where:

Unitarian Universalist Society 386-677-6172, 56
N. Halifax Dr. Ormond Beach, FL 32176



wUUrld's 2006 WhaleCoast Alaska

Five Alaskan UU fellowships invite other UUs to our eco-cultural programs in June, July and August 2006. See the *REAL* Alaska! Alaskan UU's provide B & B accommodations in their homes in Anchorage, Seward, Fairbanks, Juneau and Sitka, lead tours and hikes and host parties. Visit with Tlingit, Inupiat and other Native Alaskans. See whales, sea otters, sea lions, seals, bears, moose, caribou, wolves, puffins, eagles and other birds in the wild from the Arctic Ocean to the Inside Passage in the south, and visit Denali and other national parks. Rev. Dick & Mary Weston-Jones, leaders. Visit website www.wuurld.org, e-mail dick@wuurld.org, or phone toll-free 1-888, 998-8753 for a brochure. Taking reservations now.

You are invited to participate in a hearing with the

UUA Commission on Appraisal

Saturday, January 21st, 1-3 pm
First Unitarian Church of Orlando
(1901 E. Robinson St.)

Agenda for the Hearing: The focus of the hearing will be the direction of the Commission's future work, the functioning of the UUA, and the health of Unitarian Universalism. Following the formal hearing, light refreshments and an opportunity for informal discussion will be provided. Please note that this hearing does *not* concern the Commission's last report, *Engaging Our Theological Diversity*, though you are welcome to bring it up during the discussion time.

For more information, log on to www.uua.org/coa

Purpose of the Commission: The Commission is charged to "review any function or activity of the Association which in its judgment will benefit from an independent review and report its conclusions to a regular General Assembly." The Commission meets four times a year—once at General Assembly, and three working meetings held in Boston and other locations throughout the continent. During most of our meetings, we hold open hearings to which we invite local UUs so we can hear as many of the different voices of our movement as possible.



Grounded in the living tradition of our free and responsible faith, yet charged with acting independently, the Commission's mission is to provoke deep reflection and to evoke timely, creative transformation of Unitarian Universalism, our congregations, and the Unitarian Universalist Association

JOTTER January 2006

Florida District UUA Calendar

If you have not been involved in the Florida District UUA, it is time to get acquainted with the activities conducted by the district. The following information will give you a good overview of activities from January to June of 2006.

2006

January

7 District Board Meeting
Gainesville

7 Chrysalis Way, hosted by
Congregation All Souls UU
13-15 YRUU All-Age CON
Gainesville

22-28 [Florida Leadership School](#)
Oviedo

February

3-4 [Creating the UU Church of the Future](#), seminar led by Mike Durrall, Vero Beach

4 Chrysalis Way, hosted by
Congregation Mosaic UUs
11-12 Social Justice Weekend, [Si Khan concert and seminar](#)
Clearwater

17-19 YRUU Trans-In CON TBA

24-26 [Interweave Convo: Accepting Ourselves, Accepting Each Other](#) Clearwater

March

4 Chrysalis Way, hosted by
Congregation Center for Change
4 Southwest Cluster Meeting -
"Moral Values for a Pluralistic Society: Our UU Voice in the Public Square" Ft. Myers

11 District Board Meeting Boca Raton

17-19 YRUU All-Age CON
Clearwater

April

1 Chrysalis Way, hosted by
Congregation All Souls UU
7-8 District Annual Assembly
Vero Beach
7-8 YRUU Youth Caucus Vero Beach

May

6 Chrysalis Way, hosted by
Congregation Mosaic UUs
24 West Central Cluster - Third
Annual All Cluster UU Renewal
Service with Rev. William
Sinkford Clearwater

June

2-3 District Board Retreat TBA
3 Chrysalis Way, hosted by
Congregation Center for Change



In Memory

We are sad to report that

Chet Hamilton

*passed away, from a heart attack,
on Monday evening, December
26, 2006*

*A Memorial Service time and
date will be announced.*

January 2006 JOTTER

Week	Greeter/Usher	Coffee	Punch	Coordinator	Desk	Sound
1 Jan	John Lynch Cecile Rice	E.D. Mann	Dorothy Mann	Carol Phillips	Anita Schmetterling	Steve Segner
8 Jan	Rudy Fehling Steve McLachlin	Bea Romans	Polly Fink	Montrose Terry	Donna Jordan	Bob Scherer
15 Jan	Dan Gribbin Betty Nehemias	Bob Scherer	Laurie Scherer	Marsha Lewis	Betsy Fales	Joanne Kennedy
22 Jan	Dan Kennedy Joanne Kennedy	Reinhold Schlieper	Angie Schlieper	Denise Miller	Donna Jordan	Cliff Jackson
29 Jan	Jim and Carla Christianson	Roz Cann	Pat Tugas	Jan Stauffer	Dee Fontaine	Joanne Kennedy
Substitutes:	Jan Stauffer	Jim Christianson	Rita Buell	Val Relstab	Natalie Williamson	

J A N U A R Y

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Discussion 9:15 am Service 10:30	2 Dreams 10 am Yoga 6:15 pm Buddhist 7:30pm Qigong 8 PM	3	4 Men's Grp 5:30 Choir 6:00 pm	5 Caring 10:30 Democracy Now 10 AM Miracles 4:30 Biography 7pm	6 Potluck Supper 6:30	7
8 Discussion 9:15 Service 10:30 Social Action 12 noon Touching Lives class 1 – 4 PM	9 Dreams 10 am Yoga 6:15 pm Buddhist 7:30pm Qigong 8 PM	10 Bereavement Group 2:00 pm Poetry Salon 7 pm	11 Writers' 10 am Men's Group 5:30 pm Choir 6 pm Family Open Mike 7:30 pm	12 Democracy Now 10 AM A Course in Miracles 4:30 pm	13	14
15 Discussion 9:15 Service 10:30	16 Dreams 10 am Alliance 11 am Yoga 6:15 pm Buddhist 7:30pm Qigong 8 PM	17 Black / White Dialogue 6:30 pm	18 Men's Group 5:30 pm Choir 6 pm Board Mtg 7 pm	19 Democracy Now 10 AM Miracles 4:30 Biography 7:00 pm	20 <i>Jotter due date</i>	21 Littner Concert 2:00 PM Derry Deane & Anna Norberg
22 Discussion 9:15 am Service 10:30 Social Action 12 UU class 12:00	23 Dreams 10 am Yoga 6:15 pm Buddhist 7:30pm Qigong 8 PM	24	25 Writers' 10 am Men's Group 5:30 pm Choir 6 pm Family Open Mike 7:30 pm	26 Democracy Now 10 AM Miracles 4:30 pm	27	28
29 Discussion 9:15 am Service 10:30 UU class 12:00	30 Dreams 10 am Yoga 6:15 pm Buddhist 7:30pm Qigong 8 PM	31 Bereavement Group 2:00 pm				

January 2006 JOTTER

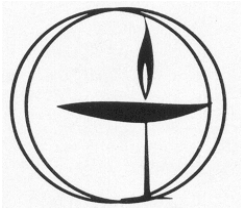
SUNDAY SERVICES JANUARY 2006

January 1	Bud Murphy	<i>Fresh Start</i>	Montrose
January 8	Bud Murphy	<i>Remembering - Repeating</i>	Rodger Patterson
January 15	Bud Murphy	<i>Choices</i>	Donna Jordan
January 22	Marsha Lewis & Jonel Persinger	<i>Take Stock in Children</i>	Dee Blume
January 29	Phillip Lucas	<i>Megaliths as Sites for Contemporary Nature Spirituality</i>	Ron Melvin

ADDRESS CORRECTION REQUESTED

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THE JOTTER



January 2006

*Newsletter of the
Unitarian Universalists
of the Daytona Beach Area*

Bonnie Bostrom, President, 672-2203

Bud Murphy, Minister, 846-1840

Carol Belden, Music, 756-3088

Betty Nielsen Green, Editor, 677-4811

Cathy Jackson, Secretary, Office 677-6172 - Hours: Monday & Wednesday – 8:00 am to 1:00 pm

Tuesday & Thursday 2:00 pm to 6:30 pm

Sundays- 9:45 am to 10:15 am & 11:45 am to 12:15 pm

56 North Halifax Drive * Ormond Beach, Florida 32176 ***** Services Begin at 10:30 A.M.

<http://www.uuormond.net>