



# Unitarian Universalists of DeLand

## SEPTEMBER 2025 NEWSLETTER

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**Board Officers:** Pres. Mel Browning, VP Jade Hoke-Smith, Sec. Cheryl Kellogg, Tres. Charles Bose  
**At-Large Board Members:** Colleen Cunningham, Martha Jess, Donna Pepin

### SUNDAY SERVICES 10:30 AM

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Zoom Meeting Link: <https://zoom.us/j/98531898667>  
Refreshments are served in the Social Hall after service.

Zoom ID is the same each week: 985 3189 8667

#### **9/7/25      Sharing the Good News: Welcoming Others to our Faith**

These days, we UUs can feel vulnerable explaining our inclusive, pluralistic faith. And, it's especially difficult for those of us who don't believe in God or god(s). There's a fear that we will be judged for our simple message of an open-minded search for truth, love, respect and justice—without the need to require a belief in god. Learn about this progressive religion and learn how to explain and share it. **Jade Hoke-Smith**, VP of UU DeLand and Programming Chair, will read a sermon by **Rev. Kaaren Solveig Anderson**, who serves as the interim minister for First Parish Brewster UU. Having served UU congregations throughout NY, MA, and FL for over 25 years, she recently served as the Interim Minister of the UU Fellowship in Vero Beach. Rev. Kaaren received her Master of Divinity from Union Theological Seminary/Columbia University. She is also an artist and a published author of several meditations and essays.

#### **9/14/25      Combat Stress with Outdoor Recreation Therapy**

With the decline of physical and mental health, people are in a crisis of purpose and meaning. Technology and divisive politics are leading to isolation and turning us against each other. How do we find peace and belonging in this age of chaos and polarization? Learn how to combat these problems through hands-on outdoor recreation therapy, including martial arts, archery, woodworking, blacksmithing and time around a fire. With an emphasis on building social and emotional intelligence, learn how you can build confidence, discipline and strength—both physical and mental. **Kayan Cajudo** is the founder of Cypress River Outdoor Education, a registered nonprofit 501(c)(3). Having taught Filipino martial arts for 25+ years, he also teaches outdoor skills like archery, wood carving, blacksmithing, and physical fitness.

#### **9/21/25      Welcoming Water Ritual**

Come learn how the water ritual originated. In this ritual, we bring our love, hope, and courageous faith; and through it, we seek to renew our covenantal commitments with one another and remind ourselves of the church home we share. Bring a vial of water from a place (real or symbolic) that holds meaning for you, so that we might mingle the waters of memories and hope in a shared communion of solidarity and peace. The service will be led by **Cheryl Kellogg**, a mother, grandmother, wife, and retired educator. She has been a UU for 43+ years and is currently our UU DeLand Secretary and Service Leader coordinator. **Cheryl** will be assisted by other members of the congregation.

9/28/25

## How Mysticism can Help us Recover from Spiritual Trauma

Learn how people throughout the world, and over the millennia, connect directly with the divine through contemplation and meditation. Unfortunately, religious fundamentalism can be a root contributor to much spiritual trauma. Using teachings from Rumi, Thomas Merton, Thich Nhat Hanh and Jane Fonda, **Bill Brennan**, L.M.H.C., C.A.P., will explain how Mysticism can help us recover from spiritual trauma and offer ancient practices to open us up to the beauty of a direct mystical experience. A psychotherapist for 37 years and a certified addiction professional, Bill has worked with dual-diagnosed clients on inpatient and outpatient levels. He uses EMDR (Eye Movement Desensitization and Reprocessing) and hypnotherapy to help people recover from trauma, depression, anxiety, addiction, and narcissistic abuse. He provides a therapeutic context sensitive to the spiritual needs of each individual. He is also a trained spiritual director and life coach.

## UU DELAND GROUP MEETINGS

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### Adult Discussion Group

**2<sup>nd</sup> and 4<sup>th</sup> Sundays** of the month at **9:15 AM** in the Social Hall or out on the deck – weather permitting. There is a different pre-determined topic for each meeting. Contact **George Crofts** at [jorjcrofts@gmail.com](mailto:jorjcrofts@gmail.com).

### Board of Directors Meeting

**3<sup>rd</sup> Sunday** of the month at **9 AM** in the Social Hall. UU DeLand members may attend.

Contact President **Mel Browning** at [melbrowning@cfl.rr.com](mailto:melbrowning@cfl.rr.com) or Jade Hoke-Smith at [sewdamnhappy@gmail.com](mailto:sewdamnhappy@gmail.com).

### Book Discussion Group

**4<sup>th</sup> Friday** of the month at **10:30 AM** in the Social Hall. Contact **Karen Wolfe** at 763/213-2403 or [karenwolf64@gmail.com](mailto:karenwolf64@gmail.com).

### Connecting Women (Note: different days and times!)

**1<sup>st</sup> Saturday** of the month at **10:00 AM** and **3<sup>rd</sup> Friday** at **2:00 PM** in the Social Hall. Enjoy an informal gathering of female members and friends. Contact Linda Newman at 386/734-1117 or [newmanlinda247@gmail.com](mailto:newmanlinda247@gmail.com).

### Green Team

Our mission is environmental stewardship through education, outreach and fun. Presently we are on our annual summer break. The next meetup is **October 14th, 9:30 a.m.**, in our Social Hall. For further information, contact Joyce Palmer, Facilitator, at [joycepalmer68@yahoo.com](mailto:joycepalmer68@yahoo.com) or call/text 907/727-7655.

- **Recipe of the Month:** [Creamy Vegan Pasta](#)
- **Right to Clean Water Amendment**, ongoing. Let's help improve our drinking water and waterways by signing the 2026 primary election petition at this link: <https://www.floridarighttocleanwater.org/>.
- **Tip of the Month:** Reduce plastic waste by carrying a reusable thermos for your water and other drinks. See the pollution: [Fight Against Plastics | Democracy Now!](#)



### Men's Discussion Group

**Every Tuesday at 7 PM** in the Social Hall. Contact **George Crofts** at [jorjcrofts@gmail.com](mailto:jorjcrofts@gmail.com).

### Poetry Group

**2<sup>nd</sup> Sunday of the month at 12:30 PM** at a member's home. Share a potluck lunch followed by poems read by each participant. Any poem. Contact **Karen Wolfe** at 763/213-2403 or [karenwolf64@gmail.com](mailto:karenwolf64@gmail.com).



### Program Committee

**1<sup>st</sup> Thursday** of the month at **1 PM** in the Social Hall. Planning of future church services. Contact **Jade Hoke-Smith** at [sewdamnhappy@gmail.com](mailto:sewdamnhappy@gmail.com).

### Social Justice Team

**2<sup>nd</sup> Thursday** of the month at **3 PM** in the Social Hall. Join us to get updates on local, state, and federal bills and proposals and find out how your voice can be heard!

- **Regular Saturday Protests** occur at Woodland Blvd./New York Ave. from 10-12. Protest signs are provided. Bring your voice, water, hat, and chair (if needed). See you there! Join us in saving democracy!
- **50501 (50 protests in all 50 states in 1 day)** is a national grassroots movement supporting democracy and opposing executive overreach. We're not watching history happen—***We're making it!*** Check out their link for future events: [50501 Protests](#)

### Song Circle RESUMES THIS MONTH!!

**3<sup>rd</sup> Thursday** from **7-9 PM**. Members and friends are welcome to bring their voices and instruments or just come and listen. Contact Paul Garfinkel at 904/323-5655 or [paulgarf53@gmail.com](mailto:paulgarf53@gmail.com).



## OTHER GROUP MEETINGS

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### PFLAG DeLand/Volusia, 4<sup>th</sup> Thursday of the month, 6 – 7:30 PM (location undisclosed)

PFLAG's mission is to create a caring, just, and affirming world for LGBTQ+ people and those who love them. The meetings are confidential and largely for support purposes. Contact **Carol Dries** at 818/522-5469.

### Volusia Buddhist Fellowship, Wednesdays, 7 PM, Social Hall

### Universalist Convocation Vespers on Zoom, 1<sup>st</sup> Wednesday of the month, 8 – 9 PM

Their mission is to provide people with an opportunity to learn, explore, and celebrate their Universalist heritage and have instituted **Monthly Vespers Zoom** to further build community. Join here: [UU Convocation Vespers](#)

## DENOMINATIONAL AFFAIRS

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### Moment of Reflection: The Brilliance of *STAR WARS*

"It is an act of faith to imagine a world where oppression is either gone, or where—as is the case of *Star Wars*—oppression is challenged and ultimately defeated," quote by Sam Teitel at GA. See link: [UU World Star Wars article](#)



## CONGREGATION INFORMATION

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### Nominating Committee Recruits for Board

We are still recruiting for President, Vice-President, Secretary, Treasurer, 3 At-Large Members and 2 positions on the Nominating Committee. Opportunities abound! It's a wonderful way to get a "bird's eye" view of how our congregation operates on volunteer "steam." Mentoring is always available from previous board members and others. You can complete the UU DeLand Leadership Interest & Nomination Survey (see link below or go online at [UUDeLand.org](#)) or contact any member on the team: Joyce Palmer, [joycepalmer68@yahoo.com](mailto:joycepalmer68@yahoo.com) or call/text 1.907.727.7655, Betty Pasquale, [espasquale718@yahoo.com](mailto:espasquale718@yahoo.com) or call/text 1.716.622.4011, or Ella Sheppard, [ellashep09@gmail.com](mailto:ellashep09@gmail.com). The Nominating Committee invites you to complete our **Leadership Interest & Nomination Survey**. Whether you're interested in serving, want to nominate someone, or simply want to share your thoughts—we want to hear from you! **Deadline is October 24. Complete the survey online here:** [Nomination Survey](#). **Prefer paper?** Printed copies are available in the sanctuary and social hall. Let's work together to build a more transparent, inclusive, and collaborative leadership process at UU DeLand!



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**Sunday Service Offerings/Pledges.** Members and Friends, please help us identify your **cash** offerings by placing them in the white envelopes found in the pews and writing "Pledge" and your name on the outside, so we can count them toward you pledges.

**The Bridge Dinner Prep, 5<sup>th</sup> Thursday of Month.** UUDeLand provides dinner for our homeless community at The Bridge, 421 S. Palmetto Ave., DeLand. If you are interested in participating, contact **Karen Wolf** at 763/213-2403 or [karenwolf64@gmail.com](mailto:karenwolf64@gmail.com)

**UU DeLand's By-Laws and Policies and Procedures:** [UU DeLand Member Resources](#)

**Newsletter Submissions Deadline is the 15<sup>th</sup> of the month.** Please email submissions to [mdykes@stetson.edu](mailto:mdykes@stetson.edu).

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