



REV. CHRISTE'S FINAL SERVICE

Sunday, June 11, 11 am

Rev. Christe Lunsford is in our Fellowship's pulpit for the last time as they have accepted a position as Interim Minister at the Unitarian Universalist Congregation of Fort Wayne, Indiana. Please come to this "fond farewell" service as we look back at their time here at UUFG. Erin Parish serves as worship associate, and James Chase provides our story for all ages. Please remember to bring a mask.

Live Stream

If you're unable to attend, you may watch our live streaming service starting at 10:50 am this Sunday on our YouTube channel:

<https://www.youtube.com/user/UUGainesville>

Starting at 10:50 am each Sunday, you can use this link to go directly to the live broadcast:

<https://www.youtube.com/channel/UCSnQkwxBNGT-H1RLSg6lRfA/live>

POT LUCK LUNCHEON

Sunday, June 11, 12:15 pm

Following today's service, please come to the Phillips Social Hall and tent area for a pot luck lunch to continue our celebration of and with Rev. Christe.

If you'd like information on what to bring or to volunteer to help, please contact Debra Neill-Mareci at dneillmareci@gmail.com.

UUFG OFFICE CLOSED

Monday, June 19 thru Friday, June 23

Cam Pierce, our Congregational Administrator, is away from June 19 through June 23, and again in July, from Thursday, July 13 through Wednesday, July 26.

Though the business office will largely shut down during those periods, we are recruiting volunteers to help check mail and messages, and to inspect our buildings regularly. To help, please contact Cam at uufice@uufg.org.

JUNE ANNIVERSARIES

This month, we celebrate the June anniversaries of our membership.

- *One Year:* Michael Hazlett and Joanna Lowenstein
- *Four Years:* Jonathan Coron
- *Sixteen Years:* Jo Anne Smith, Carol Shelley, Hans Alborn and Heather McAuslane
- *Nineteen Years:* Carol Shelley
- *Twenty Years:* Denis Whittaker
- *Twenty-Three Years:* Joy & Michael Avery
- *Twenty-Five Years:* Michael Moulton
- *Twenty-Six Years:* Jeff Dunn
- *Thirty-Three Years:* Paul Avery



PUZZLEMANIA!

We have created a jigsaw puzzle exchange in the Phillips Hall!

If you have jigsaw puzzles you have completed (and are sure they have all the pieces!!) you may donate them or exchange them for different ones.

Look for stickers on the shelf to seal the puzzles shut for safety in transport. Just for fun, write your name on another sticker on the box so we can see who else has enjoyed them.

Puzzles are on the middle shelf of the tall white cabinet farthest to the right. Happy Puzzling!!



**SHARE THE PLATE
WITH BREAD OF THE MIGHTY**

Sunday, June 18, 11:00 am

Next Sunday, we “Share the Plate” with Bread of the Mighty, a local food bank that collects, sorts, and distributes donated food and basic essentials to more than 170 nonprofit agencies such as food pantries, churches, homeless shelters and other organizations who then distribute food in their communities to directly feed the hungry.

**SOCIAL JUSTICE CONVERSATION
ON BREAD OF THE MIGHTY**

Sunday, June 18, 10:00 am

Every third Sunday, our Social Justice Circle gathers before service to discuss our Share the Plate guest. On June 18, join us at 10 am in Classroom 3. We will have an informal conversation of the role this Food Bank plays in Gainesville. And then during the 11 am Service we will take up a collection to help with their work in the community.

~ Alice Primack

**VOLUNTEERS NEEDED:
SIGN UP ONLINE FOR
COFFEE HOUR**

Click [HERE](#) to volunteer yourself, you and a few friends, your family, your committee (you get the idea) to host Coffee Hour. It's fun, easy, and so appreciated!

DOESN'T COST A DIME

Reimbursement sheets are provided, and the reimbursement process is easy. Just save your receipts.

Questions? Contact Susan at susan.christy42@gmail.com

I AM GRATEFUL TO



Big thanks to the *Social Justice Circle* for hosting this past Sunday's UUFG Coffee Hour. *Alice Primack, Hazel and Mike Hazlett, Norden Lucke, Lisa Renner, and Kirsten Flamand* were the hospitable folks providing hospitality, with faithful coffee provider *Fred Judkins* once again manning the urn. *SJC* has committed to hosting Coffee Hour every three months. Kudos for their service to our community.

~ Susan Christe

Do you have a “gratitude” to share, expressing appreciation for someone working “behind the scenes” to make UUFG a warm and welcoming place? Please send an email to Cam Pierce at uuoffice@uufg.org.

HAPPY BIRTHDAY!

Please wish “happy birthday” to Diana Hagan, Jesse Prentice-Bryant, Pete Turner, Linnea Alborn, Rosemarie Dinklage, and Sandra Topp!



Do you have a birthday this coming week, but aren't on our list? Please contact the office to let Cam know (uuoffice@uufg.org).

Thanks to Sunday Facilitators!

June 11 June 18

Outside Greeter	Hazel Hazlett	
Welcome Table	Martha Harrell Vic Harrell	
Foyer Monitor	Vic Harrell	Doris Hargrave Paul Hargrave
RE Monitor	Norden Lucke	Diana Hagan
Ushers	Debra Neill-Mareci	Debra Neill-Mareci
Visitors Table	Mike Hazlett Diane DePuydt	
Audio-visual	Garrett Hecker	Garrett Hecker

UUGF ARTICLE ON CHOKING-RELATED INFORMATION.

Written by Jonathan Coron MS, MSE
Chair of the UUGF Safety Committee
June 2023



Introduction: There was a question on the safety survey about what can be done if a person is choking. Choking is not uncommon and almost always occurs when the person has eaten something too large and it gets stuck in their throat. Knowing what to do will help you save that person's life if they have a complete blockage of their airway. Hopefully, there is at least one person around who knows what to do when someone is choking. There are two types of choking. One is partial and one is complete. It is extremely important that if you are experiencing choking that you do NOT leave the area until the choking has stopped. I know of one instance (as told to me by my mom who was living in Africa at the time) where a choking person was so embarrassed about what was happening to her that she quickly left the eating area of the restaurant and went into the bathroom. Evidently, no one followed her and she choked to death there.

The universal choking sign: In the US, the most commonly used body language that indicates a person is choking is when they hold one or both hands against their neck. If you see a person doing this, you must take action quickly. One thing you should do immediately is to ask them if they can speak. If they can't, they very likely experiencing a Complete choking where the airway is fully blocked.

What you should do if you can: To help reduce the choking person from panicking, tell them you can help them. Note: Remember, if you cannot do something and no one else is around, the person can actually help themselves (if they have a complete blockage) by leaning over a chair and pressing their abdomen down vigorously against the top of the chair. They may well be able to dislodge whatever is blocking their airway.

Do:

1. Encourage the person to cough. If they can cough, they probably have a partial blockage and may well dislodge the item from their throat with no help from you. If the person cannot cough, they probably have a complete blockage and action should be taken immediately.
2. Bend the person over and give them 5 vigorous blows to their back. This maybe all that is necessary to help them dislodge the item causing the choking.
3. People often will experience a lot of stress once they can breathe again. This is normal. It is often best to encourage the person to sit down and relax until they feel more at ease.

Don't do:

1. Don't panic. Usually there are many people around who know what to do. This is especially true if you are at the fellowship in the social hall or attending any other event.
2. What if you cannot reach around the person's waist because they are too big or fat. Don't keep trying. Ask for help or (if the person is completely choking) bend them over a chair and help them to press their abdominal area hard against the back of the chair. This usually develops enough pressure to pop the food item out of the airway.
3. Don't leave the person by themselves if they are fully choking. Do something even if you have to be creative to help them. Chances are pretty good that something you do will prove helpful.
4. ***Do not try to dislodge whatever is in the person's airway.***

What should you do if a toddler or baby is choking: Both of these young people will experience many of the same symptoms as a choking older child or adult and the most common reason for this population to choke is because they have tried to swallow a toy.

Place two fingers on the middle of the breastbone just below the nipples. Give up to 5 quick thrusts down, compressing the chest one third to one half the depth of the chest. Continue 5 back blows followed by 5 chest thrusts until the object is dislodged or the infant loses alertness (becomes unconscious).

Note: Lots of this information is available on the wall on the right side by the entrance of the kitchen.

Jonathan Coron is currently CPR and first aid certified and had been a CPR instructor years ago as well as teaching classes in medical emergencies. He has assisted in doing CPR with others helping out on an older fellow years ago. The person lived. He also performed the Heimlich maneuver on a family member. These situations can be extremely stressful for the care provider so don't be surprised if you continue to feel stress for hours after the emergency event has concluded.



COMMON READ: *THE CLIMATE BOOK*
 by Greta Thunberg
 Discussion #1
 Next meets Sunday, June 25, 3:00 pm

Please join our monthly conversations as we read this important anthology, incorporating work by an all-star cast of writers on climate.

Our second discussion is on Sunday, June 25 at 3:00 pm via Zoom. Alice Gridley facilitates our review of *Part 2: How our planet is changing*.

Zoom link: <https://uuma.zoom.us/j/94464305998>

Subsequently, we'll have three more discussions held on the fourth Sunday of each month at 3:00 pm.

We are looking for discussion leaders for July, August and September. Check out the book, choose a section (3-5), and let Mary Bahr know which one you will do at kmlisle.mary@gmail.com.

More about The Climate Book

The Climate Book gathers the wisdom of over 100 experts, including geophysicists, oceanographers, meteorologists, engineers, economists, mathematicians, and indigenous leaders — all providing perspective on how we can combat climate disaster.

The book is available from local booksellers in hardback for \$30, on order from Amazon for \$24 (used copies available for less), as an e-book for \$15.99, and on Audible for \$30 or one credit.

BLUU — BLACK LIVES OF UNITARIAN UNIVERSALISM



Black Lives of Unitarian Universalism (BLUU) is an organizing collective committed to expanding the power and capacity of Black UUs within the denomination.

BLUU works to provide support, information and resources specifically for Unitarian Universalists who identify as Black or of African descent.

We include information about BLUU events to support those our members who also participate in BLUU. While most BLUU's events are private, occasionally they will open an event to all UUs.

For more, visit <https://www.blacklivesuu.com/>

Sunday, June 11 — 4:00 pm-5:30 pm — BLUU Online Worship. We invite Black Unitarian Universalists and all Black people to join us for a time of remembrance, connection and reflection through song, silence, dancing and sharing! Learn more by joining the Facebook group at <https://www.facebook.com/groups/BLUUExplicitlyBlack/>

RECENT ATTENDANCE

Fifty-one adults attended our June 4 Sunday service, while our online video recording shows 31 views.



**KINDLY SILENCE
 YOUR
 CELL PHONE**

**HEARING LOOP
 AVAILABLE**

Please talk to an usher for information.



GAZETTE SUBMISSIONS: The Gazette is reserved for UUFG business and concerns submitted to the office (email uuoffice@uufg.org) for editing by noon on Wednesdays. Please put "for Gazette" in your subject line. Your submissions will be posted up to three times, inserted on dates you indicate.

MORNING MEDITATION

Tuesdays, 8:30 am

UUFG's Mindfulness Meditation group continues offers meditation sessions every Tuesday from 8:30- 9:45 am via Zoom. The half-hour meditation practice is followed by reading and discussion of Buddhist teachings from several traditions. For information and the Zoom link, contact Diane DePuydt (diane.depuydt@gmail.com) or Pete Turner (peteturner123@gmail.com).

UU VALDOSTA MEDITATION

Tuesdays, 8:00 pm by Zoom!

Our UU neighbors to the north have made their ongoing Tuesday evening meditations available to our Fellowship. Join their sessions Zoom at 8:00 pm each Tuesday, and at 8:10 pm they begin 30 minutes of silent meditation.

If you would like to join this meditation group or would like more information, please send a message directly to Carol Stiles at uuvaldosta@yahoo.com with "Meditation Tuesday" in the subject line. She will send you the Zoom link.

LITTLE FREE PANTRY



Near our entrance, we have a "free pantry" box, which allows people to drop off or pick up food donations in our neighborhood.

Do you have some non-perishable food to share? The box is located near the entrance to our Fellowship.

Questions? Contact Cam in the office at uuoffice@uufg.org / 352-377-1669.

UUFG CALENDAR

Sunday, June 11 —

11:00 am Worship Service (Sanctuary)

12:15 pm Potluck Lunch (Phillips Hall)

12:00 pm Youth Group (Classroom 7)

Monday, June 12 —

3:00 pm Gainesville Bridge Club (Phillips Hall & Sanctuary)

Tuesday, June 13 —

8:30 am Morning Meditation (Zoom — for info, contact Diane DePuydt at diane.depuydt@gmail.com or Pete Turner at peteturner123@gmail.com)

5:30 pm Fellowship Council (Zoom — for info, contact Diane DePuydt, Board Liaison, at diane.depuydt@gmail.com) marmstew002@gmail.com)

6:30 pm HUUGG / Humanist Circle (Taste of Saigon restaurant. To RSVP, contact Al Tweedy at sylvester0077@gmail.com)

8:00 pm Silent Meditation (Zoom — for info, contact Carol Stiles at uuvaldosta@yahoo.com)

Wednesday, June 14 —

6:00 pm Pickleball for All (Parking Lot)

7:00 pm Young Adult Group (Phillips Hall — for info,

Friday, June 16 —

12:30 am Gainesville Bridge Club (Phillips Hall)

5:30 pm Youth Conference (Phillips Hall & Sanctuary — conference continues through Saturday night. For info, contact James Chase, DRE, at dre@uufg.org)

Saturday, June 17 —

11:30 am UU Book Circle (local restaurant — for info, contact Martha Soles at marthajsoles@gmail.com)

Sunday, June 18 —

10:00 am Social Justice Share the Plate conversation (Classroom 3)

10:00 am HUUGG "Religion for Breakfast" class (Common Room — Questions? Contact Kay Anderson at kayanderson59@gmail.com)

11:00 am Worship Service (Sanctuary)

12:00 pm Coffee Hour (Phillips Hall)

12:00 pm Youth Group (Classroom 7)

ONLINE GIVING TO UUFG

You can use our safe, online payment portal to make donations through our website.

Go to <https://secure.myvanco.com/L-YXTK/home>