

One Island Family August 3, 2022 Weekly E-letter

Please send announcements to office@oneislandfamily.org

View this newsletter online at <http://www.oneislandfamily.org/currenteletter.pdf>

Weekly E-Letter Deadline: Tuesday 5 p.m. Sunday Announcements Deadline: Thursday Noon

All One Island Family activities and events at the Fellowship Hall can be viewed at the following link: [calendar](#)

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SERVICES

WITH OUR SUMMER BREAK we will not be holding regular Sunday services during August. Please keep connected with One Island Family by following our newsletter posts.

One Island Family Eletter Note From

"A Year of Living Kindly- Choices that Will Change Your Life and the World Around You" by Donna Cameron

"Slowing Down: Both gratitude and kindness ask us to slow down. Slowing down isn't always easy in our overscheduled and overactive lives. I often feel like I'm rushing from one deadline to the next, one obligation to the next, ruled by a lengthy to-do list. But slowing down is essential if we are to notice and appreciate the sunrise, the crocuses bursting forth, the birds circling overhead like ice-skaters with wings. And slowing down is essential if we are to notice the smile on the cashier's face, the door held open for us, or the myriad opportunities before us each day to extend our own kindness.

An Open Heart: When I experience gratitude, my heart feels open. It is a feeling of abundance and sufficiency. *This is all I need.* It is also a feeling of presence- what happened five minutes ago doesn't matter, and what will happen five minutes from now doesn't matter. I am in the moment.

Likewise, the experience of kindness- whether given, received, or even just witnessed- opens my heart and allows me to feel fully present in the moment. For that brief moment, kindness is all that matters. . . Abundance is also a companion of kindness. If we believe we *are* enough, we can easily believe we *have* enough. Both of these beliefs help us to reserve judgment and extend kindness. And that sense of abundance, whether related to gratitude or kindness- or most likely both- inspires us to be generous with our time, our words, our deeds and our resources."

CARING CONNECTORS-

CLAIRE HURD- Wishing you a Happy Birthday this week! (We never ask a lady her age, so we simply say "*We're celebrating YOU!!*")

BILL PALMISANO sent an email to let us know how much it touched his heart to see in our One Island Family August newsletter our plans to remember Debby on August 26 by casting flowers from the Edward Knight Pier. He reminds us "that day also happens to be Deb's birthday. She would have been 71. Thanks again for all the prayers and support you and OIF sent our way during the past year. Hopefully I will be down in October." (*We look forward to seeing you, Bill!*)

WEDNESDAY, AUGUST 12 at 12:30- "UU's WHO LUNCH" One Island Family members and friends will meet at a local restaurant. Place to be determined but Salutes and Chicos have been suggested. Call Marilyn Smith by Monday 8/15!

FRIDAY, AUGUST 26th at 5:00 pm. Meet at Edward Knight Pier to join our casting of flowers to remember Debby Palmisano.

SATURDAY, AUGUST 27th - Celebration of Life for Debby Palmisano by Zoom link with Rev, Doug Slagle and her congregation from the Gathering at Northern Hills. (We will share the Zoom invite with OIF members who would like to join from home computers or mobile devices.) Let Marilyn Smith know by August 25 if you'd like to participate. We'll share the details when we receive them.

TUESDAY, AUGUST 30th at 1:00 p.m. ONE ISLAND FAMILY BOARD OF DIRECTORS MEETING at 801 Georgia. We can make a Zoom link available for anyone who requests it. Anyone with items to add to the agenda, please contact Claire Hurd, secretary.