

One Island Family September 21, 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](#)

Like us on Facebook "One Island Family Official"

SERVICES

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

Adopt a Highway. We haven't been able to do a clean up on our section of US 1 MM14 - 16 for some time. So it's time to give it a good cleaning. Thus we'll do it on Sunday Oct 16. We'll meet at Baby's Coffee MM15 and start clean up at 9:00 am. Come earlier for coffee and build your energy level for walking the highway and picking up trash and recycle.

Please watch the safety video – it's on the DOT web

site http://www.fdot.gov/maintenance/aahinfo.shtm#Safety_Video

If you need a ride please let me know. Dave Arnold, text 757-285-1609 or email dave.arnold@netzero.net

CHANGING SEASONS- by Marilyn Smith

As Unitarian Universalists, we share a reverence for "spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature." So this week, on September 22, we celebrate the **Autumn Equinox!** With the sun shining directly on the equator, Mother Earth begins fall in the Northern hemisphere, and spring in the Southern hemisphere. Living here in the tropics it's easy to overlook the changing seasons, except that our daytime temperatures gradually get a little cooler and our snowbird members begin to return. Meanwhile, in the view of author Ben Soule, we may choose to "Hold Fast To Summer".

"Hold Fast to Summer" By [Ben Soule](#)

Enjoy with heightened appreciation these still-warm September days. Create more memories, take more pictures. Enjoy a bit of denial. Suck all the summer sweetness out of your sun-warmed garden tomatoes. Smile at someone. Squeeze a hand. Put up some jam or pickles. We store these things up as we approach the uncertain seasons. And our summer companions will be our winter support and sustenance. In celebration of the changing seasons, we gather together in community.

"Fall Equinox Meditation" By [Lori Gorgas Hlaban](#)

Pause.

Balanced in the center

between the longest and shortest days.

Equinox.

The wheel of the year turns, and turns again.

The air cools, days shorten,

the sun seems to weaken,

barely clearing the horizon after rising
before beginning its descent.

This is our opportunity, now, to pause.
Balanced, breathing in, breathing out,
knowing this present moment.

This present moment is all we're guaranteed.
Like the sun moving toward the shortest day,
each moment arises—and is gone before we know it.

This is the time to pause, and consider.
As we enter the season of contemplation,
of increasing darkness,
of lying fallow,
of dormancy.

This is the season of letting go,
of lightening burdens,
of preparing for a long period
of being still, going deep.

Pause and consider.
Binaries: dark and light, hot and cold,
chaos and order—neither extreme is inherently good
or bad, it's all a matter of balance,
of honoring the spectrum for which
binaries mark the endpoints.

Today we mark the midpoint
between Summer and Winter Solstice,
a time to seek balance
and be free.

Blessed Be. Amen.

(<https://www.uua.org/worship/words/meditation/fall-equinox-meditation>)

This week we also honor and recognize the High Holidays of Judaism with the start of **Rosh Hashanah** at sundown on Sunday, September 25th. With the start of the Jewish New Year, traditional celebrations include gatherings with family, enjoying special foods (challah, Matzo ball soup, and apples dipped in honey) and sounding of the shofar. With each new year the Book of Life is opened again as if to receive a new chapter. Following in ten days will be **Yom Kippur**, the Day of Atonement, when each person is invited to decide how that new chapter will begin. To our members and friends celebrating these holidays, we say "Shana Tova"

(*Good Year!*)

ONE ISLAND FAMILY CARING CONNECTORS:

JOY WOOD shared this by email recently:

Hi, Family and Friends who care about the environment and like music, I have not been spending much time on a computer lately, however when I received the announcements for concerts online by Jim Scott, I wanted to invite you too! He is one of my favorite musicians and I am so pleased he does live concerts online weekly.

I first met Jim Scott many years ago when he did a concert at my UU Church in Cherry Hill, NJ. Later when he performed at my UU in Key West, FL., he stayed at my home on Cudjoe where we have great acoustics! He also gave me a copy of "The Earth and Spirit Songbook, Compiled, Edited, Sometime Composed and Mostly Arranged by Jim Scott." I look forward to more concerts in the future! Meanwhile, hear him online where he also does some great interviews like the two coming up (Peter Yarrow next week). His programs are free but donations are appreciated! I know several musicians having a hard time because of Covid and this strange life we are living. I feel quite safe here with lots of fresh air and sunshine and I am not into hanging out in bars unless a good friend is performing.

Two great concerts in September !

Jim Sings for Greenpeace Day

Featuring Greenpeace Founder Rex Wylar

Wednesday, September 14, 8 PM Eastern

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Then Peter Yarrow on September 21!

[Facebook.com/JimScottMusic](https://www.facebook.com/JimScottMusic)

and

[YouTube.com/JimScottMusic](https://www.youtube.com/JimScottMusic)

MESSAGE FROM JIM SCOTT:

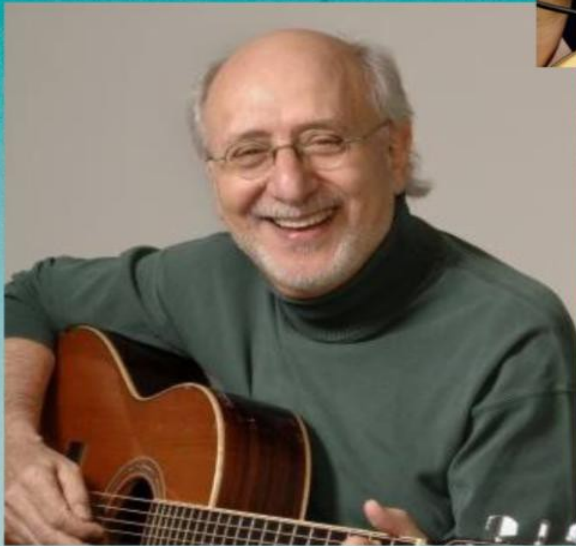
I'm honored and I'm elated to have Peter Yarrow join me for my Wednesday concert on September 21st! That's right, the "Peter" of the famous trio "Peter, Paul and Mary"!

He's the ultimate schmoozer. I've seen him take special care to make fans with medical challenges be special guests at his concerts, visiting with them before or after, he shows them how much he cares with his attention.

So, not just an obvious peacenik, but a funny guy too. We will have a good time, I can promise. And probably "Puff the Magic Dragon." Two great concerts!

My quick update since I haven't been on FB much: my health is quite good and getting better with no more pain in my hips and back! Healthy eating with an emphasis on anti-inflammatory foods is key! Especially fresh turmeric used with black pepper and blueberries, cranberries, beets and other colorful foods, nuts, and of course my favorite, dark chocolate! In the spring I joined our UU group to support the Keys "Gay Pride Parade" and I was comfortable walking several miles! I was happy to get a ride back to my car in the end. I do need to get more exercise than street walking and my bed exercises that help heal my back. I look forward to more mermaids and kayakers in my life! I love swimming and snorkeling but don't want to do it alone! (joywood11@gmail.com)

*Songs, Humor
and Serious
Business*



*Jim Scott
Welcomes
Peter Yarrow*

(This should be fun)

Schmooze-fest

Wednesday September 21

8 pm Eastern

[Facebook.com/jimscottmusic](https://www.facebook.com/jimscottmusic)

[YouTube.com/jimscottmusic](https://www.youtube.com/jimscottmusic)