



# Worship

## SUNDAY SERVICES IN NOVEMBER: 11 AM

### **Nov. 4: "The Meaning of Democracy"**

Join us with Joan Wallin, President of the Lower Keys League of Women Voters, as we concentrate on our Fifth principle: "The right of conscience and the use of the democratic process within our congregations and in society at large."

### **Nov. 11: "Love Marches On"**

Rev. Steve Torrence shares an insightful message about "chosen people."

### **Nov. 18: "Healing Powers of the Drum"**

Abdul Mateen-Maasai will lead us in this spirited exploration.

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### **Nov. 25: "Music in Community"**

Nancy Hoffman shares her love of international music by creating song and dance circles that all ages can participate in and enjoy. No experience necessary (or particular talent). Music can cross borders and open our hearts to the shared humanity among us. Wear comfortable shoes!

**Whoever you are, we welcome you.  
Wherever you come from, we welcome you.  
Whatever you worship, we welcome you.  
Whomever you love, we welcome you.  
We ARE One Island Family!**



# News & Notes

## President's Message NOVEMBER 2018

Can you hear them?

Can you hear the whispers of the ancestors?

We remember.

Their stories are in these walls, in our bones, in the air that we breathe.

Their stories are in the touch of a calloused hand,

In the melody of songs that we hum while washing dishes,

In remembered faces.

We hear the whispers of the ancestors

How their stories touch our lives

And call us into becoming.

*(Meditation* by Lynn Gardner & Emily DeTarBirt)

Fall is a time for us to think of family and ancestors whose lives have influenced who we are today. Personally I have preserved several years of research on my lineage on Ancestry.com. As much joy as I get from uploading photos, and receiving the "hints" that the program offers, I also hope to pass along to my heirs the stories of those who came before: my mother, who was one of six children and learned self-sufficiency growing up on a farm in upstate New York; my father, who passed on a legacy of pride in our country and patriotism from his time of service in the US Navy; my paternal grandfather, who emigrated from Scotland as a teenager and then returned to bring his widowed mother and sister to our shores. His spiritual calling resulted in his ordination as a Baptist minister. I have learned that I have extended family around the country and in faraway places, such as a distant cousin who connected with me via Ancestry.com from her home in Scotland. From an engraving on a silver teapot left to me, I have been able to give her a firm date of when our ancestors left Scotland and what became them in America. We are so "interconnected"!

This is a time to honor and celebrate ancestors- both those born into our family and those who chose to love us into the space we're in today. How are your ancestors present to you in your life? Listen to what they are telling you now, in this moment of your own precious life. (Rev. Jake Morrill)

Marilyn Smith, President, One Island Family

**Reminder-** DAYLIGHT SAVINGS ENDS on November 4<sup>th</sup>- Be sure to set back clocks the night before!

**FROM OUR TREASURER:**

Greetings, members and friends! This is a 'gentle reminder' to please consider One Island Family as you come to the end of this fiscal year and start to plan for the next. There will be a mailing in December asking for your 2019 pledge year commitment so that we can plan our budget. We are all part of this One Island Family and every contribution of time, talents and money is important!

Joy Brown Taylor, Treasurer

**Our Annual Meeting is scheduled for January 27, 2019.****One Island Family BOARD news-**

1) Our next Board meeting is scheduled for Tuesday, November 27, 2018. (Date moved from Thanksgiving holiday week to the following Tuesday).

2) Nominating Committee will need one additional volunteer to help draft our slate of officers for election at our Congregational Meeting on January 27, 2019.

(Members of the Nominating Committee can be any member not serving on the Board of Directors). Contact Claire Hurd, secretary, if you are willing to join the nominating team.

**CALLING ALL MEMBERS AND FRIENDS:  
YOU ARE NEEDED!!**

Your Program Planners are busy! We have some wonderful programming in place (and many gifted and talented UU ministers and lay leaders visiting over the months of 'season'). Now we need YOU!!

-We need your interest in leading lay services of your own.

-We need your connections to invite friends to come and share their passions and talents.

-We need your ideas for discussions, fun programs, intergenerational and participatory services with our children.

-We need your participation for coffee hour, for greeting, for hosting informal gatherings or dinners. It's time to get involved again!!

Please contact Marilyn Smith, Claire Hurd or Joy Taylor.

**ALL SINGERS INVITED** - One Island Family Choir is back! Please join us at 9:45 a.m. on Sundays, beginning on November 17th for a fun, low-pressure chance to sing. We sing songs from all genres, arranged for the people that show up, based on your voice range, experience and comfort level. How much easier can it get!? Come and sing with us. Nancy 3. Hoffman, Music Director, One Island Family, [3nancy3@gmail.com](mailto:3nancy3@gmail.com).

**PRIVATE LESSONS OR COACHING AVAILABLE** - Please contact One Island Family music director, Nancy 3. Hoffman, for singing, piano or accordion lessons. Have you always wanted to sing? Are you playing ukulele and want to be able to sing along? Now's the time! Coaching or accompaniment in other instruments is possible as well. 207-939-0301 or [3nancy3@gmail.com](mailto:3nancy3@gmail.com).

# The Relationship Bill of Rights

Healthy Reminders for Engaging  
with Yourself and Others

*Consider this contract during intentional conversations,  
or everyday moments of insecurity and doubt.*

1. I have the right to be treated with dignity and respect.
  2. I have a right to follow my own values and standards.
  3. I have the right to say no and not feel guilty.
  4. I have the right to experience and express my feelings.
  5. I have the right to feel safe.
  6. I have the right to take time for myself.
  7. I have the right to change my mind.
  8. I have the right to ask for what I want.
  9. I have the right to ask for information.
  10. I have the right to make mistakes.
  11. I have the right to do less than I am humanly capable of doing.
  12. I have the right to be me and feel good about myself.
  13. I have the right to leave conversations with people who make me feel put down or humiliated.
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14. I have the right to act only in ways that will promote my dignity and self-respect.
  15. I have the right to feel scared and say "I'm afraid".
  16. I have the right to end the relationship.
  17. I have the right not to be responsible for others' behavior, actions, feelings, or problems.
  18. I have the right to expect honesty from others.
  19. I have the right to all of my feelings.
  20. I have the right to make decisions based on my feelings, my judgments, or any reason that I choose.
  21. I have the right to change and grow.
  22. I have the right to be happy.
  23. I have the right to make friends and be myself around people.
  24. I have the right to be angry at someone I love.
  25. I have the right to both experience and let go of fear, guilt, and shame.

*(See back of card for Additional Resources and Support)*





# RE-Frigerator Page



## We Celebrate...

Our theme for November is Ancestors. Our ancestors are the people who went before us who shape who we are.

They might be relatives, like grandparents or great-grandparents, who we knew, but are now no longer living. But their love and the things they taught us live on in us.

They might be people who are long gone, but whose



stories we carry—those further back in history whose choices shaped who we would become.

They might be people who are not related to us at

all, but who have changed how we see the world—writers, artists, musicians, heroes of all kinds who have inspired us.

The end of October and the beginning of November is a time when the separation between the living and the dead has been traditional seen as being at its thinnest, so now is a good time to honor those who have come before us.

## Family Quest of the Church of the Larger Fellowship

Nov. 2018



## We Honor...



We have lots of Unitarian, Universalist and UU ancestors we honor, but this might be a good time to remember

someone who not only contributed to the future of UUism, but also helped us know our past.

Earl Morse Wilbur was born in 1866. He always loved learning, and planned to go into teaching, but a friend convinced him to study for the ministry. He realized that he didn't agree with the orthodox

Congregational church he grew up in, and decided to become a Unitarian minister.

In 1904 he was asked to take the lead in starting a new seminary for students to study for the Unitarian ministry. He was dean, and then president, of the new school in Berkeley, California until 1931. The small school faced many struggles and hardships, but he was able to bring them through with a steady hand. That school is now known as Starr King School for the Ministry, and it continues to train both UU ministers and others who want to build justice in the world.

While Wilbur was teaching at the seminary he realized that we knew very little about the origins of Unitarianism in Europe. He spent many years researching our Unitarian ancestors, gathering and preserving rare documents. Eventually, he published two large books detailing the people and ideas going back hundreds of years who have shaped what became Unitarianism and eventually Unitarian Universalism.

Earl Morse Wilbur dedicated himself to understanding our past so that he could educate students who would build our future.

## Talk About It!

- ☉ Who is an ancestor from your family (biological or adoptive) that you honor?
- ☉ Who is an ancestor who is related to you only because their words or actions have shaped you?
- ☉ What do you hope people will remember about you after you are gone? Feel free to imagine a long and productive life for yourself.

## Act...

One way to honor our ancestors is to listen to and preserve the stories of older people in our lives who are still with us. When we hear those stories we get a glimpse into what has come before us, and when we remember those stories and share them then we carry the past forward.

Intentionally hearing and preserving those stories creates an oral history. You can create an oral history by recording interviews with anyone whose stories you want to know—a grandparent or great-aunt or great

uncle, or a neighbor, or a family friend. You might even want to get an oral history from your parents to learn about and keep stories from the time before you were born.

This can be hard to think about if you were adopted, and don't have access to the stories of your birth family, but we have lots of ancestors and lots of stories that shape us from people who are not related to us by blood.

To make an oral history you will need to come up with a set of questions that will help the person you

are interviewing know what to talk about. For instance, you might want to know about what school was like for them, or how they came to this country or when they fell in love or when they had to make a hard decision. Possible questions are endless.

To record the stories you can set up a camcorder some place that it will get a clear view but not be a distraction, or use the recording function on a smart phone. Make sure you figure out how to keep these stories—you'll want them in the years to come!

## Nurturing the Spirit

One beautiful way to honor ancestors is to build an altar. Put on your altar pictures of the people who are special to your memory. You might want to add some items that remind you of what they loved, like a guitar pick for a musician, or a pen for a writer. Candles, incense, flowers and/or fruit are also often included on altars for the ancestors.

Use the time spent building the altar with your family to talk about who and what has shaped who you are today. Whose memory gives you strength or courage? Whose



memory makes you feel loved? Whose memory challenges you to

risk and try? Whose memory gives you determination to do things differently than they did?

One way to nurture our spirits is to remember the ways in which we are connected to others across time and space. Building a family altar can help you recognize and remember those connections.

## Practicing the Principles

Our Seventh UU Principle is:

Respect for the interdependent web of all existence, of which we are a part.

Usually, when we talk about our seventh principle we talk about how we are connected with all the plants and non-human animals of our world.

But "all existence" could be understood to go even wider, to include

the dead as well as the living. We are all part of a web of history as well as a web of life. Our existence connects to those who have come before us, and to those who will come after us. Not only are our lives shaped by our ancestors, the choices we make will shape the lives of people who are not yet born.

Draw a web that includes the names of some of the people, living or dead, who are part what makes you who you are.

Read more about Earl Morse Wilbur at: <http://www.harvardsquarelibrary.org/biographies/earl-morse-wilbur/>

Learn about altars for the Mexican celebration of El Día de los Muertos/Day of the Dead: <https://www.mexican-folk-art-guide.com/day-of-the-dead-altars.html#.W7zv8WhKlUk>

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Monthly Calendar: <http://www.oneislandfamily.org/calendar>