



Worship

SUMMER GATHERINGS

October 6- SUMMER GATHERING -Join us for our last 2019 Summer Gathering at the Key West Tropical Forest and Botanical Garden, 5201 College Rd, Key West. We'll meet at 11 am at the visitor's center. Entry is free this Sunday with local ID. Bring a sandwich for a quick picnic after, if you'd like to linger with our UU family!

October 13- GETTING READY SUNDAY- 11 am at One Island Family- we will gather to sweep, paint, weed and polish our building as needed. This is the day we clear the refrig, dust off our shelves and prepare to reopen for regular services the following week. Also a day to share your interests and ideas! (Do you want to start a UU book club, a covenant group, or a climate change action team?) Are you inspired to join the Welcoming Congregation task force? Ready to join our team of worship planners or building-need coordinators? There is a place for everyone! Come to lend a hand and reconnect with your OIF family!

SUNDAY SERVICES 11 AM

October 20- JT Thompson- "Energy and Karma" JT will share his visions for One Human Family as we recognize and celebrate the anniversary (10/17/2000) of this official philosophy of Key West!

October 27- Rev. Doug Slagle- "Fantasy Reality"

"Many experts believe our dreams reflect not only what we hope for, but also our living truth. And in many ways, a dream is also a fantasy. If that is so, then fantasies also represent the *reality* of life. Please join Rev. Doug Slagle [on Sunday, October 27th](#) for a Key West Fantasy Fest message on how fantasies are reflections of the truth we both experience and desire - a world filled with justice, equality, joy, and love." (Rev Doug Slagle, from the Gathering at Northern Hills UU in Cincinnati, Ohio is returning to One Island Family as our first guest minister of the fall season!)

**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 OCTOBER 2019 - Marilyn Smith

"Aloha!" warmest greetings and gracious hospitality, Hawaiian style! As you likely know, that says "Hello" or " Goodbye". Or if you care to say, "Good Morning", you might say, "Aloha Kakahiaka!" I just returned from a lovely trip to Oahu with my dear husband of 50 years, on a sentimental journey back to where our life together started on his first Coast Guard assignment. I discovered that the Kamehameha School is still thriving, and I proudly told a few folks we met that I had taught high school math there once, a long time ago. That's where I began my introduction into the Hawaiian culture and legacy of King Kamehameha's descendants.

Returning to our southernmost island Paradise, I am excited as I look forward to the start of our One Island Family season of regular services and events. Let's consider how we as a faith community show the spirit of warm welcome, "Aloha", to each other, and to our visitors every Sunday morning. I enjoyed these suggestions offered by Rev. Erika A. Hewitt in her recent post entitled, "10 Things my Gym Taught Me About How to be Welcoming in Worship":

1) When they arrive, people already want to belong. "When I decided to find a gym, I asked for advice from people I trust. I investigated websites. I called gyms to ask questions (their responsiveness was a factor in my choice). By the time I showed up at my gym for the first time, I had already decided it was the right place for me. . . . All (the owner) had to do was to be congruent with what I'd already experienced. All she had to do was not lose me.

2) Clean says 'welcome'. I've visited gyms (and churches) with dust balls in every corner . . . It's a lot to ask guests to overlook that grime. . . Clean communicates the owner's pride in her space and her desire for people to feel comfortable there.

3) To be called by name is to feel known. When I show up for a gym class, I always receive a warm welcome: a 'Good morning,' eye contact, and a smile (usually I also get called by name, which gives me the warm fuzzies). That greeting makes me feel valued rather than just a paying customer, but it doesn't happen by accident. Anyone who's staffed a welcome table or a sanctuary door knows that distractions abound; in any given moment you'll see someone you feel like chatting with or a task that needs to be done. Personal greetings require the effort of attention, which is also the effort of by passing the desire to spend one's time connecting with friends.

4) Meet people where they are. Newbies can require a lot of explaining. We're self-conscious; we're afraid to ask questions; we make mistakes. Good instructors (read: leaders) remember to go through the basics, and to patiently model what they're asking a group to do. They never say, 'Wow-you didn't know that?' or 'You're taking a long time to learn this.' Good leaders put people at ease.

5) If someone's anxious, putting them on the spot will make things worse.

People come to our worship services for many reasons, but newcomers often come because of a restlessness, a hunger, or outright pain. Putting them on the spot- for example, locking eyes on them for a prolonged moment while asking 'Would any visitors like to introduce themselves'- can be the

opposite of welcoming. To truly feel welcome, some people need space; they need time to emerge from their own shyness or sadness.

6) The leader belongs to everyone. When a leader is 'on'- by which I mean present, *period*- they belong to the Whole, not to the Insiders. Once in a while, an instructor in my gym engrosses themselves in conversation with only one or two people in the class. Some people might conclude, 'That's so nice- people here are friends.' No me: I feel excluded, and wonder whether the instructor is paying attention to the rest of us. In our Sunday services, worship leaders serve as the face and the voice of the entire congregation. They're a conduit for the spirit that moves among and beyond the people, holding pace for every person-- whether stranger or friend, whether they interact with each person or not. . .

7) Offer encouragement . . . During the long slogs on the Spinning bike, my favorite instructor buoys us with shouted encouragement. 'You got this,' he booms. 'You can do this.' He's convincing enough to make me pedal faster. My other favorite thing to hear is 'You're doing GREAT' . . .

8) A great playlist works wonders. I've come to know the instructors at my gym by their playlists. . . . When the music is part of the planning, it draws more out of me than I was planning to give.

9) Stay hydrated. This doesn't have much to do with worship; it's just good advice all the time.

10) Seek effectiveness, not happiness. . . . As worship leaders, we have a mission. It's not to satisfy individual preferences in the illusion that we can make everyone happy. Rather, it's to be *effective* in holding space for people to find their center, or fill their spiritual tanks, or find a little mercy and courage to take with them into the week.

The Takeaway. When we create and offer our communities to seekers, we're inviting them- and ourselves- to be changed. The impulse that carries newcomers through our doors might evolve as the layers of community reveal themselves. It's up to us, as congregational leaders (especially on Sunday mornings) to do all that we can to create the conditions for relationships of belonging to flourish. "
(Rev. Erika A. Hewitt).

ONE ISLAND FAMILY

Vision: A vibrant UU Congregation of reasoning and spiritual individuals committed to the ideal of One Human Family.

Mission: To engage individuals in a transformative journey of spirituality, study, service and fellowship.

Covenant: Love is the force that binds us together in spirituality, study and service. We foster each individual's personal search for universal values. We support the democratic process in human relations and we pledge allegiance to the cause of a united world community.

One Island Family
801 Georgia St. Key West, FL 33040
oneislandfamily.org e-mail: office@oneislandfamily.org

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