

ONE ISLAND FAMILY

801 GEORGIA ST.

KEY WEST, FL 33040

WWW.ONEISLANDFAMILY.ORG

E-MAIL: OFFICE@ONEISLANDFAMILY.ORG



## WEEKLY E-LETTER, DECEMBER 26, 2025

### FIRST AND FOREMOST: HOLIDAY BLESSINGS TO ONE AND ALL!



**THIS WEEK WE WELCOME BACK Dr. Arnold Kerzner!!**

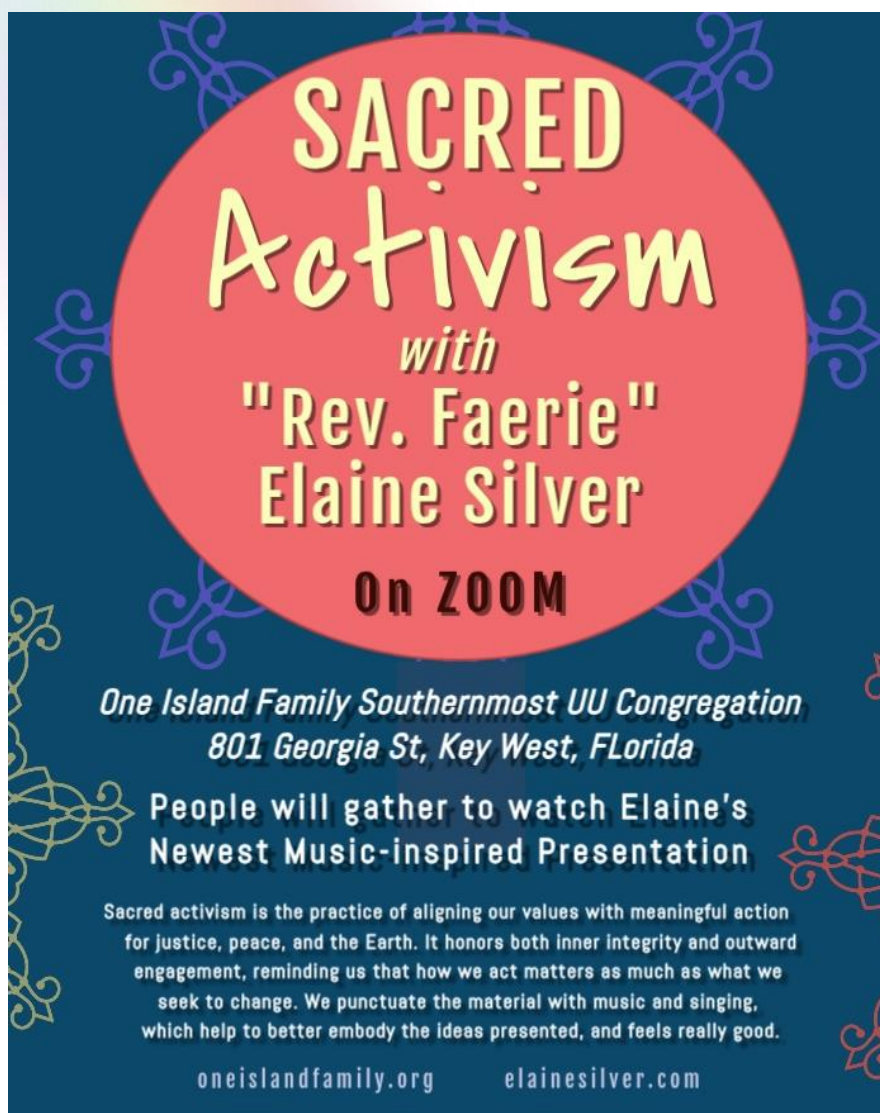
#### **“Recovering from Trauma”**

Is it possible for people to recover from trauma? What are the roads to such a recovery? Perhaps, the Japanese metaphor, "Kintsugi" reflects the process of recovery; putting broken pieces back together in a totally different way where the memories of trauma remain side by side with the recreation of a whole new story - in a more sustainable - even in more beautiful ways.

## PLANNING AHEAD:

### JAN. 4 Elaine Silver "Sacred Activism."

Sacred activism is the practice of aligning our values with meaningful action for justice peace, and the Earth. It honors both inner integrity and outward engagement, reminding us that how we act matters as much as what we seek to change. We punctuate the material with music and singing, which helps to better embody the ideas presented, creates a higher group and individual frequency, and just plain feels good. :).



**HERE** is the reusable information and link for weekly attendance via Zoom:

**Zoom Link - Meeting ID – 6164793132 Password – 018xPC**

**<https://us02web.zoom.us/j/6164793132?pwd=am5Cb3puRkFGOU8vNTAvbjRHSVZWZz09>**

We welcome our **UUA AFFILIATE MINISTERS**  
on a regular basis:

**Rev. Bob Murphy and Rev. Doug Slagle**

### THIS PAST SUNDAY:

One Island Family had some very special music on December 21st. The congregation appreciated the inspiring talk by Rev. Bob Murphy called "Back to Basics" referencing the many December holidays and acknowledgment of the changing light, seasons and year. We were regaled with incredible musical additions! **David Lightman** created "Merry Christmas" for an opener; and **Claire and Leland Hurd** closed the service with a kazoo rendition of "Joy to the World!" The congregation repeated that rendition with kazoos for all--and it was indeed joyful for all!





## PLEDGES AND ANNUAL MEETING:

### PLEASE NOTE DATE CHANGES!!!

Our annual members meeting is coming up **FEBRUARY 1, 2026**. To be a member qualified to vote at that meeting you must have signed our membership book by **1/2/26**.

Additionally, you have to have submitted a pledge for 2026 and made a good faith minimum payment of at least \$5.00 on your pledge before **1/17/26**.

If you have any questions, please give me a call - Dave 757-285-1609

## OUR CLASS SCHEDULE (USE OF FACILITY) IS CURRENTLY:

Jan Bergh	Mindfulness Meditation Sangha	TUE	5.30 PM
Carl Ferrette	Yoga	MON, THU	6.00 PM
Mike Mulligan	Mindful Movement	TUE, THU	10 AM
Marjorie Paul-Shook	Gentle Pilates	WED, SAT	10 AM

## OUR LAND AND WATER ACKNOWLEDGMENT

ADOPTED 11/10/24, AS AMENDED 12/7/25

**WE ACKNOWLEDGE THAT THE LAND THAT ONE ISLAND FAMILY NOW STANDS ON AND THE WATERS SURROUNDING KEY WEST, WERE THE TRADITIONAL HOMES UNDER THE STEWARDSHIP OF THE MASCOGO, SEMINOLE, TEQUESTA, CALUSA AND TAINO PEOPLES. WE COMMIT TO SHARING THE HERITAGE OF OUR UNIQUE FLORIDA KEYS ENVIRONMENT, AND TO PROMOTING ITS PRESERVATION FOR FUTURE GENERATIONS**



We welcome diversity of race, color, ethnicity, national origin, culture, citizenship status, sexual orientation, sex, gender identity, gender expression, family status, religious background, socioeconomic status, education, political perspective, age, and abilities.



VIEW THIS NEWSLETTER ONLINE AT [WWW.ONEISLANDFAMILY.ORG/NEWS](http://WWW.ONEISLANDFAMILY.ORG/NEWS)  
PLEASE SEND ANNOUNCEMENTS TO [OFFICE@ONEISLANDFAMILY.ORG](mailto:OFFICE@ONEISLANDFAMILY.ORG)  
WEEKLY E-LETTER AND SUNDAY ANNOUNCEMENTS DEADLINE: THURSDAY NOON  
MONTHLY CALENDAR: [WWW.ONEISLANDFAMILY.ORG/CALENDAR](http://WWW.ONEISLANDFAMILY.ORG/CALENDAR)  
LIKE US ON FACEBOOK: [ONE ISLAND FAMILY OFFICIAL](https://www.facebook.com/ONEISLANDFAMILYOFFICIAL)

SCAN TO DONATE

