

TRI-UU NEWSLETTER

October

Birthdays

- Helene Kirschbaum 10/04
- Calvin Groover 10/06
- Sonya Thompson Gooden 10/09
- Joan Sheppard 10/11
- Marilyn McLean 10/15
- Michael Lujanac 10/18
- Susan Elwell 10/23
- Diane Popp 10/29
- Cynthia Alicea 10/30

Upcoming Forums

- October 8 - Writing Your Life with Patricia Charpentier
- November 12 -Bees/Pollinator with Maxine Hunter
- January 14 - Green Burial with Heather Grove from Prairie Creek Conservation Cemetery

Deadline for submissions to November TriUU Newsletter will be October 25.

SAFETY MONITORS AT TRIUU: THE YELLOW JACKETS!

PEGGY ROBERTS



Years ago when I was on the TriUU Board of Directors, there were three Trustees and three jobs for us to oversee. One was the remodeling of the sanctuary, safety committee and I can't remember the third, but I was not good at remodeling and picking out colors, etc., so I grabbed Safety. I at least had interest and some experience having been a kindergarten and first grade teacher! I soon learned there had been previous Safety Committees and we learned a lot from these documents which had been overseen by Jerry Slosser and Joyce Mills. We were able to get both of them on our committee right away along with several nurses. We were under the umbrella of the Building and Grounds committee so this put me on that committee as well, which was fine because I was already a garden keeper and that originally put me on the Building and Grounds Committee. I originally didn't know I would have to attend the monthly meetings! We met many months on our own, though developing protocol and how we would implement our safety protocols. There was growing concern about churches being targeted, especially Jewish synagogues and especially when we had special services or controversial forums.

We invited a Marion Co Sheriff to speak to us twice and took some of his advice in greeting people and keeping an eye out at the door.

We expanded that to Safety Monitors who patrol the parking lot and make sure everyone is safe getting in the building and the door is locked when everyone is secure.



(Cont'd on p. 4)



President's Message from Cindy Grossman:

Beginning Again in Autumn

It has taken me a while to get used to the rhythm of a Florida year. In many parts of the country, October means leaves falling and gardens preparing for winter. Here in Central Florida, we sometimes experience something closer to a second spring.

I always look forward to the muhly grass—those wonderful pink powder puffs that line so many of the if streets and dividers in The Villages. The color may be more subtle than the fall foliage up north, but it is our own beautiful marker of the changing season.

As the oppressive heat and humidity begin to ease, the outdoors opens up to us again. Longer dog walks become appealing, a swim becomes more invigorating, and our gardens get a second life.

October also brings a second life to our congregation. We welcome back seasonal friends, our calendar fills, and new opportunities emerge to live our values within our beloved community.

From October 4–10, we will recognize Banned Books Week. Florida continues to be at the center of the national debate over removing books from school libraries and classrooms. Thanks to the creative work of Diane Popp—and to everyone who donated books—we have a wonderful display of banned books in the rear of our sanctuary. Take a look. Better yet, borrow one. One way to protect the freedom to read is simply to keep reading. October is also a time to prepare ourselves to be informed and responsible voters. There are three proposed constitutional amendments on Florida's ballot this year, and their consequences may not be evident from their titles alone.

Please join us on October 4 as the League of Women Voters helps us understand what they would do and how they could affect our communities. Thank you to Diane Carlin for helping to organize this important educational opportunity.

On October 8, our forum and potluck will invite us to capture favorite memories from other seasons of our lives. Have you always meant to write some of those stories down for future generations?

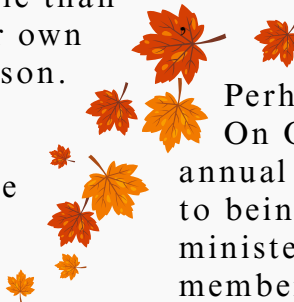
Perhaps this is the time to begin.

On October 10, we will hold our second annual Pride Festival, living our commitment to being a welcoming congregation. Our minister will also offer glitter blessings to members of the LGBTQIA+ community—and their allies!

And on October 24, many of us will join Liz Perdue and the TriUU “Love Bugs” at the Walk to End Alzheimer's at The Villages Polo Fields. What better way to enjoy an October morning than walking with friends for a cause that touches so many families?

All of these activities began because someone cared about something enough to bring an idea forward. That is one of the things I treasure about TriUU: people bring their interests, concerns, talents, and passions into our community, and together we help them take root. Perhaps you have an idea waiting to be planted. Or perhaps your gifts are just what one of our existing teams needs. Right now, we especially need people with experience in business, fundraising, finance, or bookkeeping to help with our finance and stewardship work. If that sounds like you, please let me know.

(Cont'd on p. 3)



President's Message

(cont'd from p.2)

So this October, while you enjoy your first pumpkin latte or pumpkin ale of the season, take a moment to notice what is growing around you. In Florida, autumn doesn't necessarily mean things are dying. Sometimes it means beginning again. May that be true for us, too.

"Every moment is an organizing opportunity, every person a potential activist, every minute a chance to change the world."
~ Dolores Huerta

Message from Reverend Kristina:

As I write this, someone is burning wood outside somewhere, and if I didn't know better, I might think I was back at home in northeast Ohio. Unexpected moments like these remind me how I am connected across time and space with places and people and memory and dreams -- as are we all. What a joy to be heading into autumn!

I love October. This October we'll be celebrating Pride with our UU Pride event on Saturday, October 10, from 10 am-noon. I hope you're planning to come. Snacks are welcome! I'll be there and ready to offer glitter blessings if you'd like to get one. We'll also be exploring UU LGBTQIA+ history until today during worship on Sunday, October 11. If you're curious for more info than I'll be able to cover,

I highly recommend *Defiantly Joyful: Unitarian Universalist LGBTQIA+ Histories*, edited by Diana K. McLean, which came out this summer.

We'll be having our annual Water Communion service on Sunday, October 4. No need to bring your own water, but you can if you have it. We'll be celebrating the Earth and the rhythms of our lives. Later in the month we'll be wondering what we can learn about being human from... zombies! A service brought to you from *The Walking Dead* universe, as I've been watching what I can on Netflix. In between you'll have the opportunity to get your pets blessed with Rev. Carole Yorke.

Our new Office Administrator and Sexton,

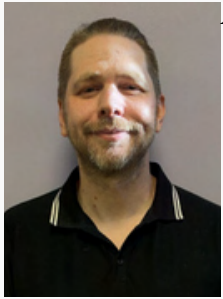


Calvin Groover, started work at TriUU this week. We are so excited about this development for the congregation. There's a lot to learn -- from so many people -- but I know you're going to be grateful we did this now. If you haven't congratulated him yet, please do the next time you see him!

As always, I look forward to connecting with you soon!

In faith and service,
Rev. Kristina Spaude (she/her)





ASK AARON

IS THE TRIUU WEBSITE
STILL A MYSTERY?
DO YOU HAVE QUESTIONS
BUT DON'T KNOW WHO TO
ASK?

**AARON COLEMAN IS HERE TO HELP
YOU LEARN HOW TO USE OUR NEW
WEBSITE.**

CONTACT AARON @
AARONNCOLEMAN@GMAIL.COM

Women 4 Women Met to discuss Decluttering

Every third Saturday of the month, at 2:00 PM sharp, Nancy Garrison calls TriUU women together to discuss topics that change from month to month. From spirituality to childhood experiences to decluttering, no topic is off limits, as long as we are respectful, good listeners and allow all ideas free expression.

This photo was taken September 19th as we were getting ready to discuss decluttering.



Incredibly, no two people had the same take on the topic. All women are welcome. No commitment necessary. Contact garrisonnancy@yahoo.com if you would like to receive the monthly topics.

(Cont'd from p. 1)

Some still walk around outside and others stay in and keep an eye out at the door. Some also join the service on Zoom! We have a great group who take turns and some who like to be substitutes. I would like to take this opportunity to thank all of these dedicated volunteers for keeping a watch every Sunday and keeping us a little safer! Be sure to thank those with the yellow jackets! Some do three times a month!!

If you are interested in safety and would be willing for a little training and to take a turn once a quarter, please let me know! The more the merrier and the less we have to take a turn! Please call, text or email Peggy Roberts

(334)750-5588

Peggyroberts48@hotmail.com

Safety First!! An ounce of prevention....



Pictured from left to right: Nancy Garrison, Calvin Groover, Bill Nelson, Ray Ellis, Bruce Twiss.

Not pictured: Peggy Roberts, Dale Kenton, Sonya Thompson, Sonya T. Gooden, Brenda Nelson, Sally Bethart, Don King, Nancy Solberg, Carol Stevens.



MEMBERS

Four New Members are Welcomed in September

"On September 13th, Tri-County Unitarian Universalists welcomed four new members into our congregation.



Pictured, (from the left) is Kathi Smith, Bill Nelson, and Anna Kiliany. Marie Turner also became a member but was unable to be present for the ceremony.



Marie Turner

New to Unitarian Universalism?

Nu to UU Class - October 27th, 10:00 AM to 12:30 PM

Are you curious about Unitarian Universalism or interested in learning more about Tri-County Unitarian Universalists?

Join Reverend Kristina and our Board of Trustees president, Cindy Grossman, for our "Nu to UU" class, where we'll explore the values and beliefs of Unitarian Universalism and introduce you to our local Congregation. This is a great opportunity for newcomers or anyone seeking to deepen their understanding.

Date: Saturday, October 27th, 2026

Time: 10:00 AM -12:30 PM

Location: Tri-County Unitarian Universalists

We hope to see you there! For more information or to RSVP,

please sign up in our sanctuary or

contact Helene Kirschbaum at helenekirschbaum@gmail.com



TRI-COUNTY
UNITARIAN UNIVERSALISTS



TRIUU

Sunday, October 4 at 11:00

Tri-County Unitarian Universalists
7280 SE 135th Street, Summerfield, FL | triuu.org

League of Women Voters of Florida Presents

Be An Informed Voter Sunday, October 4 at 11:00 a.m.

Decisions 2026 explains the three constitutional amendments appearing on Florida's November ballot.

All three measures involve budgets:
one at the state level and two at the local level.

This educational presentation aims to
make a potentially dry and confusing topic
clear, accessible and engaging.

As often happens, the impact of passing an amendment
can be more complex than it first appears.

This presentation helps voters understand the three
proposals that, if approved, could affect their
daily lives for years to come.

Presenter:

Avelia B. Perkins, better known as "Bert", retired to Ocala, Florida in 2016. Prior to that, she was a licensed real estate broker in both California and Georgia for over 30 years. Bert has spent most of her retirement years traveling and volunteering.

Bert has opened and chaired a food bank in Georgia, and she is a lifetime member of the NAACP serving in several positions in California and Georgia, a member of the American Association of University Women, a member of the OTOW Lion's Club International (and a certified diabetes screener), as well as a member of the League of Women Voters TriCounty.



TRIUU FORUM:

Thursday, October 8th at 4:00 p.m.

Tri-County Unitarian Universalists

7280 SE 135th Street, Summerfield, FL | triuu.org | (352) 245-7944

Get Started: Write Your Life Stories with Patricia Charpentier

Do you have life stories you want to write but are unsure where or how to start? If so, you're not alone.

Patricia Charpentier will help you learn how to retrieve long-forgotten memories, ways to begin putting words to paper, painlessly organize your work, and much more.

After this exciting forum you will be inspired and ready to write the stories that only you can.

No previous writing experience is necessary.

Patricia's motto about life story writing is:

The only way to do this wrong is to not do it at all!

Presenter:

Patricia Charpentier, author of the multi-award winning book, *Eating an Elephant: Write Your Life One Bite at a Time*, teaches, writes, edits, ghostwrites, and publishes personal and family history and life-based stories. She is a popular speaker who, since 1999, has helped hundreds of people write and publish the most important stories of their lives.

Visit Patricia at WritingYourLife.org

All attendees are invited to share in a community potluck dinner following the discussion.



JOIN US

Save the date for UU Pride 2026!

We are proud to announce that our TriUU Welcoming Congregation Team will be hosting the 2nd Annual Pride Celebration. To build on the success from last year, we have invited UUCLC to join in the celebration. All members from both congregations are invited!

Please join us Saturday, October 10th, from 10-12, here at Tri-UU.

We will celebrate **National Coming Out Day**, enjoy light snacks, and have an opportunity for conversation and community. Plus, Rev. Kristina will be doing “Glitter Blessings!”

We will also need volunteers to provide snacks, preferably finger foods. There is a signup sheet on the table behind the Media Team. This is a great way to contribute and show your support for our LGBTQIA+ community!

More info:

Liz Perdue 352-256-2888

Perdueea@gmail.com

Welcoming Congregation Team

Tri-UU Social Justice Team



Last year's event



UPLIFT

UPLIFTING THE LGBTQ+ EXPERIENCE
WITHIN UNITARIAN UNIVERSALISM & BEYOND



TRI-COUNTY
UNITARIAN UNIVERSALISTS

You are invited to join our friends at the United Church of Christ (UCC in the Villages) for the opening film in their documentary series
Wednesday, October 28, 2026 at 1:30pm
at UCC (12514 Co Rd 101, Oxford, FL)

“Bad Faith”

Exposes how Christian Nationalism has become the most powerful anti-democratic force in America. Leaders join forces to defend our country from this march to fascism, but American citizens seem unaware of the threat.



Future films:

January 27: “The AI Doc: Or How I Became an Apocaloptimist” (2026) The film follows an expectant father investigating the existential promises and perils of artificial intelligence by interviewing top industry CEOs and risk experts. Explores both the utopian possibilities and dystopian risks of the rapid AI boom through a personal, expectant-father lens.

February 24: “Stamped” The film explores the history of anti-Black racist ideas in America. It features leading female academics and activists—including Dr. Angela Davis, Dr. Jennifer L. Morgan, and Dr. Ruha Benjamin—who guide viewers through how harmful myths and tropes were created, enshrined in culture, and used to justify systemic inequality.

See <https://www.villagesucc.org/upcoming-special-events.html> for other films in the series.



OCTOBER SERVICES

The spiritual theme for October is “Courage”

October 4:

Rev. Kristina Spaude

Title: “Our Beautiful Blue Boat Home”

Water is a deeply precious resource for humans, it is the source of life on this planet, and it is a gift to celebrate and protect. We'll explore themes of water this morning as we celebrate our annual Water Ceremony. (No need to bring your own water, just an open heart!)

October 11:

Rev. Kristina Spaude

Title: “UUs Coming Out!”

National Coming Out Day is to celebrate those who are willing and able to come out of the closet. This morning we'll be exploring the UU history of coming out in support of the LGBTQIA+ community. It has been an uneven and challenging journey, and we have work yet to do. National Coming Out Day is to celebrate those who are willing and able to come out of the closet. This morning we'll be exploring the UU history of coming out in support of the LGBTQIA+ community. It has been an uneven and challenging journey, and we have work yet to do.

October 18:

Rev. Carole York

Title: “Learning When to Unclip a Harness”

Here's what I know about harnesses. They are supposed to help. They're supposed to keep us safe. Keep us connected. Keep us from bolting into traffic, but sometimes we hold them so tight they cut off circulation. Sometimes the thing that was meant to help us starts to hurt us or starts to hurt someone else. The second principle of Unitarian Universalism calls us to justice, equity and compassion in human relations — dog relations too. The seventh principle reminds us that we are part of an interdependent web — interdependent, not all powerful, not the whole web just part of it. What harness are you wearing that's turning part of you gray? A job? A role in this church? A story about who you have to be? A grudge you've been carrying in your teeth like a dog? What would it mean to unclip that harness? At the end of the short sermon, we will do a Blessing of the Animals. Bring your dogs, cats, and any other pets in your house, either leashed or crated. Perhaps some paper towels, just in case.

October 25:

Rev. Kristina Spaude

Sermon Title: “Lessons on Being Human from The Walking Dead and Other Zombie Lore”

Whether you've seen The Walking Dead or any other zombie feature or not, the lore of zombies has been around for hundreds of years. Today we'll consider what lessons we might learn from encounters with zombies and what we might learn about what it is to be human.



Welcome to Universalism ! Reverend Kristina

I'm reviving Welcome to UUism! for the year...

Last year I ran a series that I called "Welcome to UUism!," where I answer some of the more common questions I've been asked about our faith. Previous columns are available on our website here: <https://triuu.org/reflect-discover/>

This month I thought I'd write about vestments, as I've been asked questions about stoles these last few months.

Vestments are liturgical garments and articles that clergy wear. Vestments are primarily associated with Christian traditions, and as Unitarianism and Universalism come from Protestant Christian traditions, this includes UUs. (I have said before, and maintain, that UUs protested Protestantism so hard that we left.)

Still, there are signs everywhere that we were once Christian, including with regard to clergy garb. In some congregations, it is tradition that clergy robe during worship. Clergy also robe for weddings, memorials, ordinations, installations, and other times we might call sacred, when we are performing or participating in religious duties and rites. Given that we do not come from "high church" traditions and given how comparatively non-hierarchical our tradition is, our vestments mostly revolve around robes and stoles, as well as the clerical collar.

Some clergy, especially women and non-binary folx, are grateful for robes, as they prevent congregants from critiquing their clothing, bodies, and so on. I've personally not a problem with critiquing (and consider myself very fortunate) and it's too hot in Florida to wear a robe -- although some colleagues here do this regularly.

There is regularly "much to do" about wearing stoles, which are the most common vestment worn by UU clergy. Many believe that stoles should only be worn by ordained ministers, although some will accept seminary students wearing stoles for weddings and funerals. Some of us are much more flexible around this, like the dear colleagues who asked me to wear a stole during my colleague's ordination.

Stoles for ordained clergy hang behind the neck, and resemble a yoke -- a reminder of the power we have and hold, our commitment to serve, and the authority granted to us to lead. It's important to note that within Unitarian Universalism, the only body that has the right to ordain a minister is the congregation. Congregations vote to bestow this honor on those they have deemed worthy to receive it.

(Cont'd on p. 12)



KNOW UNIVERSALISM

Welcome to Universalism !

Reverend Kristina

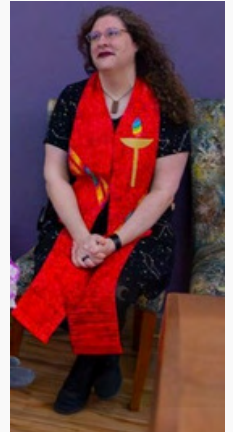
UU stoles aren't often liturgical, but I'd venture to guess that many of them have particular meaning to the minister. The red stole with the flaming chalice I wear often is my ordination stole, a gift from the UU Church of Kent, my home congregation, and the First UU Church of Youngstown, my teaching congregation, both of which ordained me.

The last item is the clerical collar. UUs in parish settings generally don't wear these often, although I have taken the practice of doing so at times. Collars are often worn during actions of public witness, though -- so rallies, protests, and the like -- and sometimes also during rites of passage (weddings, memorials, etc). Chaplains may wear clerical collars in their work, depending on the setting and the chaplain's preference.

As always, if you'd like to learn about something, let me know -- I'd be glad to write about it.

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In faith and service,
Rev. Kristina Spaude (she/her)



September "Balance" Forum

The September "Balance" Forum on preventing falls was a well-attended event with everyone in comfortable clothes and shoes and ready to participate. The forum was presented by two Healthy Aging experts from Elder Options, a state funded agency headquartered in Gainesville and serving 8 Central Florida counties. The presenters

gave us the rationale for exercising to maintain balance and strength as we age. We practiced a few of those exercises as well as watched a Tai Chi 21 move workout. The vibe when it was done was, "Can we have more of this? Can you teach one of your 16 week classes here?" Stay tuned. There could be a Fall Prevention class here at TriUU in your future.



COME TO THIS MONTH'S FORUM!





JOIN US

TRI UU Outdoor Adventure Group

Hi everyone,

We plan to have walking, hiking, kayaking and camping trips starting in October. Most activities can be done either as one day events OR two - three day events. All are welcome to join us for the day only, if you choose to do that.

If you would like to join our camping group, some locations have cabin rentals OR just come for the day. Please email us for the latest updates on our upcoming trips.

As we get closer to the dates, we will have a relaxed itinerary of things to do and/or group activity on our excursions. If you have a craft, activity or talent that you want to share during one of our trips, please let us know.

Here is the schedule for our upcoming camping and kayaking trips for 2026–2027:

Oct. 26 - Oct. 28 Wekiwa Springs State Park - Apopka, FL located about 1 hour 15 minutes southeast of Summerfield, FL. Reservations now required for day use or camping. Activities include: swimming in the crystal clear water,(constant 72 degrees) many trails to walk, bike or horseback ride thru lush tropical hammocks, canoes and kayaks available on site. For additional info, go to Florida State Parks website.

Dec. 6 - 9 Anastasia Island State Park, St. Augustine, FL - located about 2 hours north east of Summerfield, FL. The park is only about 1-2 miles from downtown St. Augustine. Activities include: Biking, birding, camping, fishing, glamping, walking/hiking/running, paddling, picnicking, shelling, surfing, swimming, wildlife viewing just to name a few AND HOLIDAY LIGHTS will be on full display in St. Augustine. For additional info, go to Florida State Parks and St. Augustine websites.

Jan. 24 - 27 Paynes Prairie Preserve State Park, Micanopy, FL - located about 30 minutes north. Activities include: wildlife viewing, (American Bison roaming free), biking, hiking and walking. Downtown Micanopy is where the movie, "Doc Hollywood" with Michael J Fox was filmed. Very quaint town with several restaurants, book stores, and multiple antique shops.

Feb. 21 - 23 Tomoka State Park, Ormond Beach, FL - located about 20 minutes north of St. Augustine. Timucuan Native Americans once dwelled here, living off fish filled lagoons. Activities include: Bird watcher's paradise, canoeing, boating, fishing, walking/hiking biking to name a few. Ormond Beach is an artsy small town and beautiful beach. John D. Rockeller home is open to the public.

(Cont'd on p. 14)



JOIN US

Mar 12-14 Will McLean Music Festival

- Location: Florida Sand Music Ranch (Sertoma Youth Ranch), 85 Myers Rd, Brooksville, FL 34602 (approx. 57 minutes from Tri-UU on I-75).
- Details: Features 80 folk groups across 3 stages playing Americana, Blues, Celtic, Bluegrass, Country, and Modern Folk, plus workshops and vendors. Bill, Brenda, Marsha, and Sandy will be attending. Day trips are also an option if you don't wish to camp.
- Camping & Tickets: Camping with electric is \$40/night (no reservations, arrive before Friday for better spots). Please order festival tickets (day or weekend passes) in advance. Contact Brenda at nelsonbrenda164@gmail.com with questions.



April - TBD

May - TBD

Considering Salt Springs, Rainbow Springs, or other suggestions. We should book early to get adjacent sites.

Anastasia Island, St Augustine (additional information)

- Details: Timed to enjoy the downtown Christmas lights, a group dinner, the historic fort (free with America the Beautiful Card), and city trolley tours. The campground offers beach access, e-biking, and kayak rentals/launching.
- Booking: Bill and Brenda are booked on site SAND #67, and site SEYE #52 is also booked. Florida seniors receive a 50% discount (~\$14/night plus fees; regularly ~\$28 plus fees). Sites fill quickly, so please check the park website for current availability.

Kayaking Group Trips

We will try to kayak, depending on weather, on Monday or Tuesday of the camping trips which is a great way to kayak in different locations. (Many locations will have kayak or canoe rentals). Starting late October until May, we will try to plan 2 local kayak trips a month besides our kayaking at our camping events. (Rainbow Springs, Salt Springs, Silver Springs, etc).

Please let me know if you are interested in any of these trips, would like to help plan a camping trip, or have suggestions for future destinations!

Best regards,

Deb Anderson
debbieraha@gmail.com
352-454-9353



Brenda Nelson
nelsonbrenda164@gmail.com
(352)245-5911 or (352)446-5487





OUR MEMBERS

POETRY BY SYLVIA WINCE

SLOW DOWN

As you push me in my wheelchair

I get dizzy when rushed here and there
I know you're busy and I am not
I spend my days in just one spot
Take your time, and let me see
Others in wheelchairs just like me

Written by Sylvia Wince, May 7, 2026

Do you remember Sylvia? She and her husband Bevington (Bev) were members of TriUU for 9 years when it was still UUFMC. They researched UU congregations before moving to Florida, choosing ours "because the choir practiced during the daytime and the people were friendly and it seemed like home." They left our congregation to retire, for a second time, to Lakeview Terrace Retirement in Eustis. Currently, Sylvia attends book club, poetry club, plays recorder in a 6-member "consort", and makes greeting cards. Since she was recently widowed, she has written poetry to express her grief. She is friends with Joyce Mills who asked that her poetry be shared with our congregation.

SUPPRESSED ANGER

I TRY, GOD KNOWS I TRY.

I JUST HATE TO SAY, "GOOD-BYE".

WRITTEN BY SYLVIA, MARCH 30, 2026

Sylvia has a long history with Unitarian Universalism. She recounts that a college class in philosophy led to a curiosity of Unitarianism while she and her first husband lived in Youngstown, Ohio. They soon became very active and at one point she was Director of Religious Education for 93 children.



OUR MEMBERS

TRANSITIONS

Most of your life you forgot,
Contented just to sit
You lived in the moment a lot
And I adjusted to it.

“We are old, I said.
Soon we will both be dead.:
“For this while, he pled,
Let’s find happiness and peace
instead.”

You are gone now, I miss you so
much,
Your suppressed smile, your humor,
your touch.

Who do I have now to embrace?
This empty space feels like a
different place.

Written by Sylvia Wince, Sept. 3, 2026

While she cared for her husband, she
watched UUCLC services on Zoom. Not
able to go to church in person, she attends
the discussion sessions, equivalent to our
forums, she says. But grief co-exists and
doubts persist.

MY ALZHEIMER’S

For some, I’m told,

It’s part of growing old.

My thoughts become nonsense,

A sundowning mantra, I show in defense.
“Just leave me alone,” I cry.

“I Just want to sit here and die.”
Unreal ruminations occupy my mind.
How can life be so unkind.

Written by Sylvia Wince, March 30, 2026

(Written for the newsletter
by Lenore Mickelson)



TriUU Goes Fragrance-Free | An Invitation to Care for One Another

TriUU is taking an important step toward making our congregation more accessible and welcoming. We are working toward creating and maintaining a fragrance-free, low-scent building.

Please know this is about much more than whether someone likes or dislikes a particular smell. For some people, exposure to fragrances can cause migraine headaches, breathing difficulties, asthma symptoms, and other significant health effects. Extensive research by environmental health researcher Anne Steinemann, PhD, and colleagues has found that approximately one-third of adults report adverse health effects from exposure to fragranced consumer products.

This means that fragrances can become an accessibility barrier. Just as stairs can prevent someone who uses a wheelchair from entering a building, scented air can prevent someone with fragrance sensitivity or multiple chemical sensitivities from participating in Sunday services or other indoor TriUU activities.

Keep in mind that a “fragrance” means more than perfume or cologne. It includes:

- Air fresheners and room sprays
- Scented cleaning products
- Laundry detergent, fabric softener, and dryer sheets
- Scented soaps and lotions
- Hair and personal-care products

So we're asking everyone who comes to TriUU to please choose fragrance-free or unscented products whenever possible and refrain from wearing perfumes and colognes.

We know this may take some adjustment. In particular, fragrances can remain in clothing even after someone switches to fragrance-free laundry products. We are not asking anyone to achieve perfection overnight. We're asking all of us to make a good-faith effort to reduce fragrance exposure.

Think of this as an act of compassion and helping TriUU become a more accessible and community for everyone.

Sally Bethart



**Sally Bethart, DNP, APRN, FNP-BC,
PHNA-BC, CNE** 
Clinical Assistant Professor

DEPARTMENT:

Family, Community and Health Systems Science

BUSINESS PHONE:

(352) 494-3548

BUSINESS EMAIL:

sbeth12@ufl.edu

TRIUU IN ACTION

Our Building is Available - with Reservations

The TriUU Board has just given the Building and Grounds Team the green light to add a “Memorandum of Understanding: Building Rental” to the website. It will be there soon in the form of text and boxes to click on.

Here are some of the questions the Building and Grounds team will ask as they decide whether to rent our building to a group:

Who wants to rent our space? One time or multiple times? Which rooms do they need? Is the group a non-profit. Are they selling anything? Is this group going to pay rent? If so, how do they plan to share the proceeds with us. Does there need to be security? Does this group align with our UU values?

Any TRiUU member can start the process by filling out the form in the members’ portal on the website. A member of the B & G team will interview someone from the group wishing to use our building. A security deposit may be required. A TriUU member will always be present when a group uses our building. Evening events are possible also. However, TriUU events will always take precedence. Bruce Twiss is the person to talk to if you have more questions.



During the service



Getting social before the service



Phil and Linda with their wagonload of food for the Community of Gratitude Food Pantry in Oklawaha. We are always in need of your donations.

Photos courtesy of Lenore Mickelson

TRIUU IN ACTION

Save the Date! Walk to End Alzheimer's – Saturday, October 24th!

The 2026 Walk to End Alzheimer's is happening on Saturday, October 24th at TV Polo Fields and the TriUU Lovebugs are ready to make a difference again!

We need walkers to join us and of course donations to support the cause! Last year, we proudly raised \$3,000, and this year, we're aiming to beat that goal — but we can't do it without YOU!

We're also working on carpooling options to make it easy for everyone to participate — so don't let transportation stop you from being part of something so meaningful and fun!

Want to join the team or learn more?

Contact Liz Perdue 352-256-2888

Let's show up with love, energy, and purpose — and show the community what the TriUU Lovebugs can do!



WALK TO END ALZHEIMER'S THE VILLAGES SATURDAY, OCTOBER 24TH

Registration: 10:30 :AM | Ceremony & Walk: 11:30 AM
POLO CLUB | THE VILLAGES

JOIN OUR TEAM!

Love Bugs



**WALK
TO
END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

NOW IS THE MOMENT WE'VE BEEN WAITING FOR. WITH NEW TREATMENTS EMERGING IN THE FIGHT AGAINST ALZHEIMER'S AND ALL OTHER DEMENTIA, NOW IS THE TIME FOR HOPE. NOW IS THE TIME FOR ACTION.



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The TriUU Book Club

The TriUU Book Club meets the last Monday of each month at 1pm at TriUU. On October 26 we will discuss *The Great Shadow* by Susan Wise Bauer (2025, non-fiction, 302 pgs.)

"A History of How Sickness Shapes What We Do, Think, Believe and Buy. The author illuminates the roots of today's anti-science and anti-reason movements."

There will be no book club meeting in November. All current and past book club titles can be found on our website, triiu.org.

If you would like to receive book club emails, please contact garrisonnancy@yahoo.com

HEALTHY RELATIONS TEAM

What are "Healthy Relations" in a Unitarian Universalist Congregation? Look for the Answer in our brochure in the Brochure Rack.

The Healthy Relations Team is available for Consultation, Team Building and Conflict Resolution.



TRIUU OFFERS A PEER GRIEF SUPPORT GROUP

Every first and third Tuesday of the month a small group gathers around a table in our TriUU sanctuary at 11:00 AM for one hour..

Each person brings life stories, emotions, and their grief.

They honor each others experiences and feelings by listening and keeping what is said there confidential.

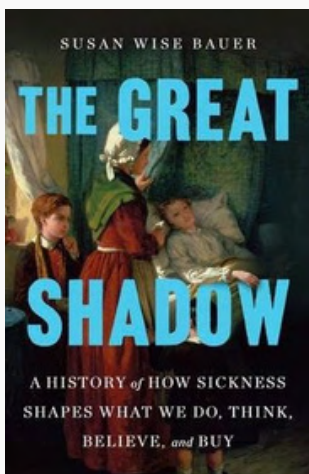
It means honoring grief from any of life's many ways that one can become grief-stricken.

The covenant says, "We are here to share and care, and to share our caring."

The brave and grieving members welcome you too.

For more information, please contact the group facilitator,

Trish Schwarzberg, Group Facilitator



TRIUU IN ACTION

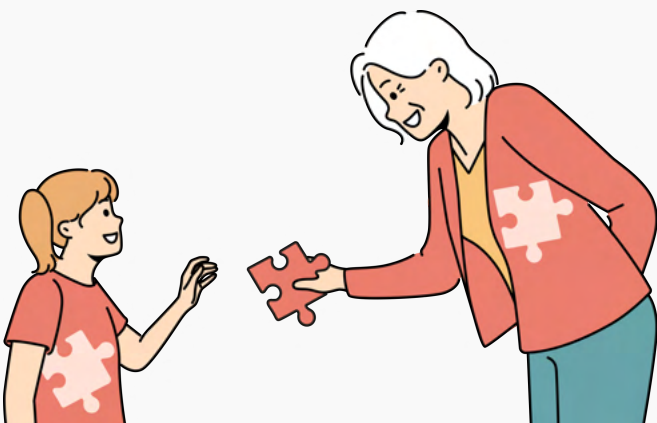
“No good deed goes unpunished”

The phrase “No good deed goes unpunished” is a well-known proverb, but its exact origin is uncertain, though it became widely used in modern English to express the ironic consequences that can follow acts of kindness.

It is often associated with the idea that acts of kindness can sometimes lead to trouble, criticism, or extra burden for the person who helps. The phrase became especially popular in the 20th century and is sometimes linked to writers such as Clare Boothe Luce.

People volunteer to help and somehow end up owning a problem they only meant to hold for five minutes. You offer a hand, and suddenly you are in charge of the whole arm. You try to do the right thing, and the universe responds by handing you a clipboard, three phone calls, and a casserole dish that must be returned by Thursday. It happens all the time. Cover one shift for a coworker, and suddenly your name is written in invisible ink on every future schedule. Help a neighbor carry one box, and before you know it, you are involved in a full-scale relocation effort with pizza promised “later.” Hold the door for someone carrying coffee, and somehow you are now balancing two laptops, a purse, and a mystery bag of bagels while they search for their keys. Tell a friend the honest truth for their own good, and they look at you like you personally invented disappointment. The original good deed may be noble, but the aftermath often arrives wearing work boots.

Still, the lesson is not to stop being kind. The lesson is to be kind with a receipt. Generosity is a wonderful thing, but so are boundaries, caller ID, and the phrase “I wish I could, but I can’t.” A good deed may not always be rewarded with gratitude, applause, or even a clean escape, but it can still say something good about the person who does it. Just remember: if you are going to help, wear comfortable shoes.

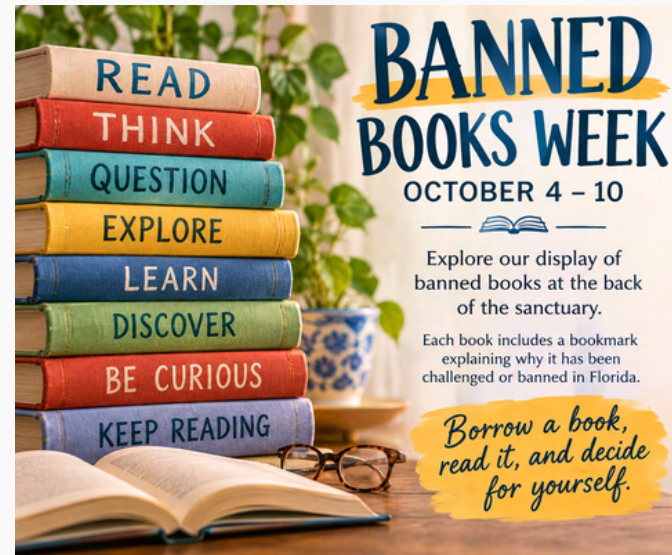


TRIUU IN ACTION

Banned Books Week begins today and runs through October 10.

Did you know that Florida leads the nation in the number of books banned from school libraries and classrooms? Banned Books Week begins today and runs through October 10. Thanks to Diane Popp and several generous donors, we have a special display of banned books at the back of the sanctuary. Each book includes a bookmark explaining why it has been challenged or banned in Florida.

We invite you to borrow one, read it, and decide for yourself: What is it about this book that someone thought you shouldn't read?



Banned Book Week runs from today until Oct. 10th. We have a display of banned books in the back of this room. See if you can guess why they're banned!

Please check out the following pages.

Please bring banned books for our Tri-UU display

According to PEN America, Florida led the country with 2,304 documented school-book-ban instances in 2024–25.

Here is a list of 15 classic literary books that were banned in Florida-

1. *Beloved* — Toni Morrison My strongest recommendation. A profound novel about slavery, memory, motherhood, trauma and what it means to survive history. Morrison's language can be demanding, but this is one of the great American novels. PEN America has documented *Beloved* repeatedly among banned books.

2. *Homegoing* — Yaa Gyasi

It follows two branches of a family over generations, beginning in 18th-century Ghana and tracing the consequences of slavery through African and American history. It appears on Florida's removal lists.

3. *The Kite Runner* — Khaled Hosseini

An extremely readable literary novel about friendship, betrayal, guilt and redemption against the history of Afghanistan. It is also one of America's frequently banned books.

4. *A Thousand Splendid Suns* — Khaled Hosseini

I actually think you might prefer this to *The Kite Runner*. Its central relationship is between two Afghan women whose lives become intertwined. Florida's 2024–25 removals included it in Bay County.

5. *The Color Purple* — Alice Walker

Another essential American novel. It's about abuse and racism, certainly, but also female friendship, independence, sexuality and a woman gradually finding her own voice. PEN America lists it among the major modern classics caught in the current banning movement.

6. *I Know Why the Caged Bird Sings* — Maya Angelou

If you've never read it, I'd put it quite high on your list. Angelou's memoir is simultaneously painful and enormously life-affirming. Florida districts have removed it from school collections.

7. *Slaughterhouse-Five* — Kurt Vonnegut

Short, strange and deceptively accessible. Underneath its science-fiction conceit is a devastating meditation on war, particularly Vonnegut's experience of the bombing of Dresden. It has also been pulled in Florida.

8. *The Bluest Eye* — Toni Morrison

Much shorter than *Beloved*, but emotionally brutal. Morrison examines race, beauty, childhood and the terrible consequences of teaching a Black girl that whiteness is the standard of beauty. It remains among frequently banned titles.

9. *The Handmaid's Tale* — Margaret Atwood

This one seems especially worthwhile if you're interested in democracy, authoritarianism and the relationship between religion and political power. Whatever one thinks of its politics, it gives a book group an enormous amount to discuss.

10. *The Hate U Give* — Angie Thomas

Technically YA, but don't let that put you off. It's an unusually readable examination of race, policing, family and the very different worlds its teenage protagonist moves between.

11. *Nineteen Minutes* — Jodi Picoult

A novel centered on a school shooting and the people surrounding it. Picoult isn't as stylistically ambitious as Morrison or Walker, but she's extremely good at constructing moral dilemmas that make excellent book-club discussions. It has been among the country's most frequently banned books.

12. *Last Night at the Telegraph Club* — Malinda Lo

Historical fiction set in 1950s San Francisco about a Chinese-American teenage girl discovering that she's gay during the Red Scare. It combines personal identity with a fascinating political period. Florida's Brevard County removed it in 2024–25.

13. *Looking for Alaska* — John Green

Another YA novel that is worth reading as an adult. It's about friendship, first love, grief and the tendency to romanticize other people. PEN America says it has been the **most frequently banned book in the country since 2021**.

14. *Forever...* — Judy Blume

I'd include this partly for historical reasons. When Blume published it in 1975, an honest novel about a teenage girl's sexuality was genuinely groundbreaking. Fifty years later, it's fascinating that we're still arguing about whether teenagers should be allowed to read it. It appears on Florida removal lists.

15. *A Clockwork Orange* — Anthony Burgess

The hardest sell because it is violent and deliberately disturbing. But as a novel about **free will, state power and whether government can force people to become "good,"** it's intellectually fascinating—and it appears on Florida removal lists.

Other popular books that were banned in FL include:

Book	Author
To Kill a Mockingbird	Harper Lee
The Perks of Being a Wallflower	Stephen Chbosky
The Absolutely True Diary of a Part-Time Indian	Sherman Alexie
All Boys Aren't Blue	George M. Johnson

Gender Queer	Maia Kobabe
A Court of Thorns and Roses series	Sarah J. Maas
Wicked	Gregory Maguire
The Hill We Climb	Amanda Gorman
Anne Frank's Diary: The Graphic Adaptation	Ari Folman & David Polonsky
Born a Crime	Trevor Noah
Ruby Fruit Jungle	Rita Mae Brown

Look for these books on your own bookshelves and in used bookstores. Bring them to the congregation so that we can circulate them. among ourselves and maybe even in our Little Free Library that is frequented by our neighbors.



SPACE NEEDED

Storage space to put donated items prior to our February Rummage Sale.

Some of our members have things they would like to donate but need to get rid of prior to the schedule sale the first week of February.

The items are things like small furniture e.g. end table, lamp, etc.

Please contact Andrea Coburn if you have any space that might work. Items will be delivered and picked up.

Andrea Coburn 352-408-4920

COMING SOON

Blessing Our Animals - Oct. 18

During our Sunday, October 18th service, the Rev. Carole Yorke will be blessing our animals. You are welcome to bring your well-behaved pets for the in-person (or animal?) blessing. You're also invited to send Ivett pictures of your current pets or those you've previously owned (or who owned you!) at ivettgarza@gmail.com to include in a PowerPoint presentation on that date. Please send Ivett your pictures no later than October 11th.

Thank you!

Beacon College Salon Series - Oct. 5

Hi everyone, I am Susan Zingale-Baird, a TriUU guest who has been visiting this summer. I recently moved to the southernmost area of The Villages. I previously lived in Lake County and was a member of UUCLC for five years.

Karen Frank from UUCLC has reserved seats for the Beacon College Salon Series on Monday, October 5, 2026, at 7:00 PM at the Venetian Center, 1 Dozier Circle, Leesburg FL 34748. The upcoming topic is "The Supreme Court and American History: Landmark Decisions that Changed the Nation's Course." Admission is free.

The Salon Series offers highly stimulating topics, and I know that TriUU members attended the Freedom Riders Salon earlier this year along with UUCLC. I am happy to coordinate and reserve seats for our group. The event includes a complimentary dinner.

If you would like to attend, please RSVP to szbaird@gmail.com.



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