SWIM 2021

Zooming along



Countdown to SWIM 2022 Our Golden Jubilee SWIMUU.ORG

Southeast UU Winter Institute Mid-Florida

A UU camp on Zoom
December 27-January 1
Since we can't have camp at camp, camp will
come to you!

swimuu.org

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There are likely to be changes and updates between now and December 27. Please be sure to check the website and our Facebook page for current information.

swimuu.org

Facebook.com (search for SWIM - Southeast Winter Institute Midflorida)

Welcome to SWIM! Zoom along with us!

SWIM's MISSION

Southeast Winter Institute in Mid-Florida is a one-week Unitarian Universalist intentional community, which provides religious, inspirational, educational growth oriented programming. SWIM was founded, and continues, to celebrate the spirit, to promote community, and to nurture connections among people of diverse ages, backgrounds, abilities, and interests. In so doing, SWIM strives to promote our Unitarian Universalist principles.

SWIM's VISION

SWIM is a gathering to form an intergenerational intentional community based on Unitarian Universalist principles and values. It nurtures open communication, inclusiveness, spirituality, and growth. It is an inspirational and safe place to play, grow, and take risks in a supportive environment, encouraging self-awareness and personal responsibility unhindered by limiting societal expectations.

SWIM is an all-volunteer organization of participants who are enthusiastic, talented, diverse, and committed to creating a joyous experience.

SWIM celebrates diversity both within and outside our community and expects all participants to demonstrate personal responsibility and respect for self and others as well as our environment.

SWIM offers a myriad of experiences and opportunities that are challenging and nourishing to mind, body, and soul. Some of our activities are workshops, trips, worship, art, dance, music, campfire, and athletics.



President's Message, Jon Hoskin

The year 2021 is a very special and perhaps penultimate year for SWIMmers. First and foremost, it's the year before the 50th or Golden Anniversary of SWIM. In 1973 it began as a tent revival in Miami, meant to bring the emotion and euphoria experienced by SUUSI participants over the Christmas holidays in southern Florida. After all, why should it be limited to only one week per year? Hopefully SWIM 2022 will be the extravaganza it deserves to be and we are able to bring back the enthusiasm of those that initiated its existence.

More generically, it may also represent the possible end or at least curtailment of religion in general and liberal religion in particular because of the CoVid19. A second year of the pandemic has dramatically reduced our participation in various social activities and may mean many of our Churches and Fellowships may no longer be financially viable. That would be a tragic end to a religion that was an integral part of our nation's beginning with many early Presidents being UUs.

SWIM has always been a volunteer organization that requires staff and leadership to exist. We too need staff and support if we are to continue, without which we may also soon disappear. Thus I hope that this year's virtual SWIM will represent the awakening of a sleeping tiger that stirs the hearts of SWIMmers from the past and initiates a new generation of SWIMmers.

I am Jon Hoskin and am the very recently elected SWIM Board President. I have experienced the approximately 350 participant version of SWIM, the more recent diminished 50+ versions and now the virtual versions. I have also been the Secretary, Director and outgoing Director each for the last two years. I also participated in the lost canoe trip led by long-time volunteer Chuck Hardy (SWIM Emeritus) into the Everglades which was a bit over-hyped. I have designed the last five logos and themes and created several mugbooks. (Mugbooks were of course initiated at SWIM and SUUSI by Vonnie Hicks, past president and now SWIM Emeritus.)

But like others who have done even more, I am getting a bit tired and we need some younger helping hands to emulate the "Courage" of Vonnie moving forward. Thus I ask that you participate in this year's virtual SWIM and contribute to our Golden Anniversary next year. We need volunteers to lead workshops, participate on the Board or contribute financially. Many thanks, Jon Hoskin



Director's Message, Candy Gale

My local UU church has had a rough couple years. I recently found myself in the president's seat and am rather busy. MaryAnn has carried on like a trouper!. If you have any extra time, please offer to pitch in and make SWIM the best it can be!

The pandemic has turned the world upside down. As we plan our second virtual SWIM, I find that I am grateful for the technology that allows us to get together again! We have stream-lined things a bit. There will be only one workshop scheduled at a time. I'm liking that because I won't have to miss anything due to double scheduling!

At this point it is impossible to predict what SWIM will look like in future years. Maybe some of you have some ideas. During mealtimes I am going to have breakout rooms available. One of the rooms will be for brainstorming about the future of SWIM. I hope you will join us and share your ideas and maybe hop on and help us steer this boat.



Associate Director's Message, Mary Ann Somervill

The world keeps on turning, and we keep on learning to turn with it. My involvement with SWIM has encompassed over 40 spins around the sun. In our early years of SWIM we had little or no awareness of what a home computer could do. Now, for our second year, we will be "attending" SWIM on our computers in our homes! That may seem normal to many, but to me it's nothing short of miraculous!

Two years ago most of us had never heard of Zoom. Now a Zoom meeting is almost a daily activity for many. No, it's not the same as being there. No, it doesn't generate the closeness that being together can do. Conversations are not as meaningful and movement is not as easily experienced. But it does bring us together. It does work. And we are so grateful for its existence.

SWIM 2020 was on Zoom. We were surprised to have to do it that way, and for many of us it was a totally new experience. But we did it, and we did a fine job! This year we've made some changes in the overall plan. We're going for simplicity. We'll have one Zoom link, one workshop per time slot. We've shortened SWIM to 5 days plus Closing Circle. But we've not cut back on quality. There are not as many workshops, but they are all outstanding! We'll have the same format that we've had on site and during our Zoom SWIM last year. I'm proud of the SWIM that we present to you for 2021.

What I see as the message here is that SWIM happens, regardless of the obstacles. SWIM happens because of a small core of dedicated volunteers. If you look over the staff and board pages in past SWIM catalogs, you will see many of the same names and faces. Those folks may be in different positions, performing different tasks, but there they are, keeping SWIM going.

So welcome to SWIM 2021, Zooming along! Welcome to a SWIM that has been created combining old fashioned dedication and hard work with amazing modern technology. We hope you enjoy what we have created.

SWIM Board of Directors and Staff



Jon Hoskin President



Candy Gale, Mary Ann Somervill Directors



Carolyn Baker - Secretary Steve Baker - Treasurer



Jerry Elsenrath At Large



Russell Patterson At Large



Carolyn Adler Board Appointed



Paula Heusinkveld Workshops

SPECIAL STAFF MEMBERS

This year the modern-folk duo **Friction Farm** return as SWIM's **Artists in Residence.** They will delight us with a concert on Day 1 and perhaps share their talent in worship throughout the week. They are, known to both SWIM and SUUSI goers and we are delighted to welcome them back to SWIM for their fourth year. (Is it only four? Seems like they've been a part of us forever!) Friction Farm is a husband and wife team of traveling troubadours. Aidan Quinn and Christine Stay combine storytelling, social commentary and humor to create songs of everyday life, local heroes, and quirky observations. They have a big garden and a small orchard at the sustainable home they designed and built. Despite a busy international touring schedule, they make time to visit peculiar roadside attractions. They have been Kerrville New Folk Finalists, Falcon Ridge Emerging Artists, and South Florida Folk Festival Songwriter winners. From ballads to anthems, each song is filled with harmony and hope.



With us for her fifth year is our chaplain, **Jone Johnson Lewis**, a minister in the UU church and the Ethical Culture Society. She is a former minister of the Berrien, Michigan, UU Fellowship and is currently minister of the Ethical Cultural Society in the Bronx. Jone has a B.A. in Management from Mundelein College, and a M.Div. from Meadville/Lombard. Theological School, where she studied humanism, social reform, the Transcendentalists and the history of women in the world's religions. Her experience includes serving as an adjunct faculty member at Meadville/Lombard Theological School, as a faculty member of the Humanist Institute, and as a training instructor and executive in the private sector. She taught about women in liberal religious history. She has participated in the women's movement and other social justice movements since the late 1960s.



This year for the second time in our Virtual SWIM, we are fortunate to have another musician known to many UUs. **Jim Scott** from Shrewbury, MA, is a singer, songwriter

in the UU tradition. For more than three decades, Jim Scott has made it his business to create and perform music that celebrates the earth. His songs and poetry have inspired and educated audiences around the world. https://jimscottmusic.com





Back also for their second year with SWIM are **Pat and Dave**. Last year they did one campfire, which we all loved, and this year they will be doing two. Pat Harris & Dave Smith met in the choir at the Atlanta UU 8 years ago and soon found their voices worked well together. They have performed in open mics around Atlanta. Known to many of us, they played at Concert Hour at SUUSI last year. They tell us that they'd rather have your donation for them got to SWIM.



Schedules

Daily Schedule
9:00 Opening Circle/Ingathering
10:00 First Workshop
12:00 Lunch & Conversation with breakout rooms
1:00 Second Workshop
3:00 Third Workshop
5:00 Community Time with daily breakout rooms (See below)
6:00 Dinner & Chatting with breakout rooms
7:00 Worship
8:00 Evening Activities
9:00 Breakout Rooms

Each day will follow the same general schedule. Details will be presented throughout the catalog describing workshops, breakout rooms, and other activities. The same Zoom link will be used for all SWIM activities. It will be sent out to all registrants. That link will be in use all day during SWIM.



Workshop Leaders, SWIM 2020

Day 1, December 27, Monday
10:00 Mix and Mingle to Make New
Friends
1:00 Creative Writing with Ellé
3:00 How the Human Brain Works
5:00 Community Time Breakout Room:
Margarita Making
8:00 Concert with Friction Farm

Day 2, December 28, Tuesday

10:00 Wildlife Rescue
1:00 Name that Classical Tune
3:00 Intro to The Mountain
8:00 Concert with Jim Scott
Day 3, December 29, Wednesday
10:00 Indo-European Languages
1:00 Novel Circle
3:00 El Dia de Muertos
8:00 Campfire with Pat & Dave

Day 4, December 30, Thursday
10:00 Living Longer
1:00 Daytime Dancing
3:00 History of the Gay Movement in the Southeast
8:00 Game Night

Day 5, December 31, Friday
10:00 Poncho's Never Ending Workshop
1:00 Workshop with Jone
3:00 Sharing Reactions to the Pandemic
8:00 Campfire with Pat & Dave
9:00 NYE Party

Daily Activities

Opening Circle, 9:00. Each day SWIM will begin with Opening Circle. On the first day, Monday, December 27, our Opening Circle will be an Ingathering, an opportunity for SWIM board and staff to welcome you into the SWIM Family and share our ideas about the week ahead. Opening Circle is a time for a bit of inspiration, and to look at the activities for that day as well as to get to know other SWIM participants.



Lunch and Conversation, 12:00. This is an opportunity to sit down together at our separate tables in our separate homes and share lunch *together*. There will conversation as a group, and also breakout rooms for those who prefer small group discussion. Some will be preplanned. To learn more about them, read on. There will also be opportunities

for spontaneous breakout rooms. Something on you mind that you'd like to talk about? Create a breakout room and share your ideas with others!

Community Time, 5:00 with breakout rooms. One breakout room will house a 12 Step Gathering. Another will be for a Happy Hour - a time to get together and raise a glass or two and enjoy the pleasure of one another's company. Other breakout rooms may also be included.









Dinner and Chatting, 6:00. Again a time to chat with other SWIM folks. (Have you noticed, we like to talk a lot?) And again we will have breakout rooms as described above with lunch.

Worship, 7:00. SWIM is a Unitarian Universalist camp. To many of us, the spiritual is in important aspect of our faith. Every evening Chaplain, Jone Lewis, will lead us in worship, often with music and readings by other SWIM participants. On New Year's Eve we will have our traditional Ritual of Transition.





Breakout Rooms, 9:00. More opportunities for conversation, nightly except NYE.

Workshops

Day 1

10:00 Mix and Mingle

This activity is a great way to meet a lot of people in a short time. We'll be divided into pairs with a fun topic to discuss for 4 minutes. Then back to the larger group for something else. Then a different small group with a different topic, and back. Repeat and repeat till the time is gone.

Carolyn Adler is from Tampa, FL. She developed this workshop because she has a hard time getting to know people on Zoom.



1:00 Creative Writing with Ellé

In this writers' empowerment workshop, we will inspire each other and enjoy writing together. Experience and expertise are definitely not requirements! Simply bring a writing utensil, blank paper, and a smile.

Ellé Long has been leading workshops at SWIM for many years, and this is one of her favorites. Beginning SWIM with a writing session is the perfect way to get to know one another and begin our time together.

3:00 How the Human Brain Works

It has been considered that knowing how the brain works might take over a hundred years if ever. We have come a long way and it can impact many aspects of human life possibly even explaining the rise of religion. And getting computers to work like our brain, an incredible predicting masterpiece, is the holy grail of artificial intelligence. This workshop will give an overview of what we now know and some insight into the future.

Suggested reading: <u>A Thousand Brains: A New Theory of Intelligence</u>, Jeff Hawkins 2021, (and/or watch any of his youtube videos)

Jon Hoskin was immediately attracted to the work of Jeff Hawkins when first seen over ten years ago and has read both of his books. He has worked for Clemson Computing and Information Technology and attempted to increase interest in the Palmetto Cluster, Clemson University's large computing resource.

Day 2

10:00 Wildlife Rehab: Giving Injured and Orphaned Wildlife that Second Chance

You find an injured squirrel, or an orphaned opossum or songbird. What do you do? Is it ok to feed the deer? It's awful hot outside - do they need water? What about the coyotes? In this workshop, participants will get an in- depth look into the work of a wildlife rehabilitator. Wildlife rehabilitators seek to provide care for orphaned, injured or critically ill wildlife, with the goal of eventual release back into the wild. Participants will also gain a better understanding of the native and introduced wildlife in their community, and be given tips on how they can avoid human/wildlife conflict.

Sara Summers is a recently retired science educator and veteran wildlife rehabilitator who gains tremendous satisfaction providing wildlife with the help they need to return to nature's fold.

1:00 Name that Classical Tune

Whether you love Classical music, hate it, or simply ignore it, you will leave this workshop with new insights and a new appreciation of how music—classical music—can enrich our lives. If you thought that you never listened to Classical music, you're in for a surprise. Have you watched cartoons? Modern-day producers of cartoons, television

shows, and movies turn to the classics for theme songs, commercials and more. We will listen to brief portions of Classical works that elicit various emotions: excitement, nostalgia, love, anger, melancholy fear, hope. New and improved with more music! **Paula Heusinkveld** has enjoyed classical music since earliest childhood, when her parents played it on 78-rpm records. Paula started playing piano at the age of five and continues to enjoy her avocation for music.



3:00 Introduction to The Mountain Retreat and Learning Center

Our beautiful UU camp, created in 1979 in Highlands, North Carolina, is going strong, even during this pandemic. The Mountain is an offspring of SUUSI, the Southeast UU Summer Institute, born with help from many in 1979.

Come and hear **Phil Sterner** present a show- and-tell about this amazing facility and what it has to offer us.

Day 3

10:00 Indo-European Languages

Seven to eight thousand years ago, certain tribes that dwelt in the steppes of central Asia began to migrate in waves, and over the next few millennia spread across Europe, the Middle East and the Indian subcontinent. The original language they spoke, known as Proto-Indo-European (PIE), gave rise to the large majority of modern languages spoken in those regions today.

Sid Kere was born and educated in India. He continued his graduate studies further in the US in physics (Ph D, Northeastern Univ) and nuclear engineering (ME, U of Virginia). He retired in 2010 after working as a nuclear engineer for over thirty years. He is interested in Indo-European Languages and social development as reflected in language.

1:00

Novel Circle

Leader **Christine Stay** of Friction Farm is not just a great musician! She has led the Novel Circle for past SWIMs. She will select a novel for us to read and discuss. She'll tell us the title when she decides.

3:00

El Dia de los Muertos

After learning about the origins and colorful traditions of Mexico's Dia de los Muertos (Day of the Dead), we can reflect on our own cultural ideas about life and death. What

are some similarities and differences between Halloween and El Dia de Muertos? We will discover that the two holidays reflect differing attitudes and approaches toward life and death. Are there aspects of the Mexican holiday that you would like to incorporate into your own family tradition?

Paula Heusinkveld and **Ginger Heusinkveld White** have traveled and studied extensively in Mexico. They will share photos and insights into the Mexican tradition.

Day 4 10:00

Living Longer – Reboot

This workshop is an updated and modified emphasis version of my ongoing interest in longevity, health and diet. Much of our declining health is related to our diet being manipulated by industry. Man-made foods are additive by design, not to increase our health but to increase company and shareholder wealth. Thus the vast majority of American adults are overweight or obese with 88% suffering from metabolic diseases which are not drug-able but are food-able. These include but are not limited to cancer, diabetes, heart disease and Alzheimer's. The ultimate answer, because we are all different, is to determine our best diet. This may include changing your diet to limiting consumption of certain foods/ingredients and increasing others, evaluating food labels, perhaps adding certain supplements and monitoring health parameters. Suggested reading: Metabolical by Robert Lustig, 2021, may be challenging for some readers.

Jon Hoskin has read over 60 books on this general topic, listens to multiple podcasts weekly and attempts to keep up to date. New information is constantly being released, some intentionally misleading. Hopefully this will lead to a better understanding of longevity, health and nutrition.

1:00

Day Dancing

For anyone who loves dancing- Come have fun! Even if late night is too late for you, join us to enjoy dance. We will have a mix of the past and the present in danceable music. We will stretch a bit before dancing, as some of us may just be waking up.

Rebecca Moon loves to dance, dances every day, usually in the day time, especially since Covid times. Dance is good exercise, relaxes us and makes us happy.

3:00

History of the Gay Movement in the Southeast

Many civil rights movements became active in the '70s, and the gay movement is no exception. For Terry, it was a matter of being in the right place at the right time. He was living in Miami, Florida, when gay men there began to speak up for their rights. He will share his story and the story of the gay movement in Miami in the '70s.

Terry Schneider never thought of himself as a political activist. But there came a time when he felt it necessary to become active for a cause he valued.

Day 5

Poncho's Never Ending Workshop

Poncho Heavener from the Miami UU congregation has been leading this personal growth workshop at SWIM every year since 1976 and has changed many lives for the better. Folks, that is 45 years and counting! What is amazing is that each year is a little different, and we keep coming back for more. Come see what the magic is all about!

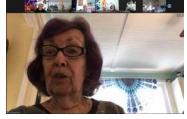


1:00 Setting Intentions

As the New Year begins, how do you want to live? New Year's resolutions are about specific plans of what you want to do during the year -- and these fail for most people. Intentions are about how you want to orient yourself during the year, and these are far more likely to succeed in living the life you want to live. We'll spend some time on looking at how our values might have shifted in priority, either because of the passage of time, life changes, or the lessons of the pandemic. We'll spend a little time on regrets and mournings for the year behind us, then focus on intentions for the year ahead. It will help, though it's not a necessity, to have paper and some colorful pencils or pens to work with during the workshop.

Jone Lewis has been our SWIM chaplain for 5 years. Ordained as both a UU and an Ethical Culture minister, she currently works at an Ethical Culture congregation in the Bronx.

3:00



What Have We Learned from the Pandemic?

It started out to be just a few months, and it grew to well over a year, nearing two. We were restricted in many ways, experienced loss of physical contact, loss of gathering together be it at our congregation, our favorite restaurant, at movies and concerts, and in some cases we have lost loved ones, friends, neighbors, family members. It has

changed our lives in ways too numerous to mention. But we learned from our isolation. We will come out on the other end of this pandemic as stronger people. Join us in sharing our deep feelings about the year plus that we never saw coming.

Mary Ann Somervill is not a psychologist, psychiatrist, social worker. But she has gained some wisdom in her years. And she's a good listener. She will hear you.

Breakout Rooms

Margarita Making during Community Time on Day 1, 5:00

In this breakout room you will learn how to make the best margaritas you've ever tasted. We will use only four ingredients to make a 72 oz picture of the best margaritas ever. You can also pour it into small plastic bottles and freeze them to make frozen margaritas that are very portable. **Jerry Elsenrath** has led this workshop at SWIM a few times before (usually before the New Year's Eve party) and a good time was had by all.

Conversational Dojo, Starting Day 1 Lunch, and on other days

What is a Conversational Dojo? It's a safe place to practice adding more transparency and curiosity to your conversations. We will show a method you can practice over time that can help your conversations be fuller, richer, more direct, surprising, connecting, collaborative. We start by considering a conversation you had, or one you are planning to have, that might have some difficult parts from which you could learn and feel more (safely) genuine in the future. As you reconsider this conversation, with some distance now and also with the help of others, you can gain insights and play with ways that would make it (and others!) better next time.

You can just show up and learn during the session or you can do some research ahead of time: Podcast: https://soundcloud.com/troubleshootingagile/conversational-dojos (The show notes have additional useful links.)

Brigham Johnson has practiced Agile software development for several years, most recently as a "Scrum Master" in Boca Raton, FL. One of its principles, valuing "face-to-face conversation", has put Brig on edge to notice helpful ways to connect.

Envisioning SWIM's Future. Next year SWIM will celebrate our Golden Anniversary, 50 years of SWIM! There have been many changes over the years. SWIM is smaller than it was in its early years. The population has aged. Like many churches and civic organizations, young people have drifted away. Join us as we plan the SWIM of the future. We need your ideas and your enthusiasm!

Harmony Terrace Co-housing. Members of the Tampa UU have recently acquired a substantial plot of land where they intend to create a co-housing facility. Join them as they plan. You may find ideas to take home.

Building & Grounds Conversation. Focus is what you can do to or with your building and its systems and grounds to make them safer, more attractive, and less expensive to operate and maintain. First topic is HVAC, particularly the ventilation, as we return from isolation.

Bill Lewis is a Lifelong electrician and contractor with a belief that building better spaces brings out the best in all of us.

Other possibilities include: **Healthy Eating, Photo sharing (kids, pets, remodels, or travel), Sharing Women's Stories, and The Eighth Principle.** What would YOU like to talk about? We welcome you to start your own breakout room. Breakout rooms for each day will be announced at Opening Circle.

Evening Activities

Day 1, 8:00 Friction Farm Concert Popular not just at SWIM, but at SUUSI and The Mountain, as well as UU churches and other venues in this country and abroad, Christine Stay and Aiden Quinn share not only their music, but also their life experiences as they perform for us.

Day 2, 8:00 Jim Scott Concert Jim has been an entertainer and philosopher at UU congregations and other venues, primarily in the Northeast. On the plus side of doing a virtual SWIM is the fact that Jim can join us without leaving home! We look forward to his concert.

Days 3 and 5, 8:00 Campfire with Pat and Dave Remember singing around the campfire at SWIM? That's what Pat and Dave want to create. Get out your old copy of Rise Up Singing and pick a song or two you'd like to hear, or even to sing. These campfires are yours. Help make them what you'd like them to be.

Day 4, 8:00 Game Night What games do you have that are conducive to groups on Zoom? Get them out and let's give it a go. Or just join in to see what games are happening. A fun opportunity for group interaction.



Day 5, 9:00 Gala New Year's Eve Party We had a fantastic time last year with our at home New Year's Eve Party! Get dressed in your fanciest clothes and get ready to party! We'll have music, games, prizes, and just lots and lots of fun! See the New Year in with some of your very best friends!



Cost

The registration cost for all of SWIM 2021 is \$20.00 for the entire five days! All the workshops, all the meals and breakout rooms, all the worship services, concerts, opening circles, **everything!** for the one fee of \$20.00. Think about it, friends. There are other venues where you would pay that much for one activity. Here you get it all!

Registration

Just follow this link to the Registration Form. SWIM 2021 Registration Choose your activities for the week, and send it in. You may do it the old fashioned way and include a check made out to SWIM, or you may use the link in the Registration Form and make your payment through Zell.

Mugbook



All participants will receive an electronic copy of the SWIM Mugbook at no extra cost. You'll have pictures and contact information at your fingertips so you can keep in touch all year – or visit with SWIM friends while traveling. Your Mugbook will be sent to your email address soon after SWIM.

Note: We do **not** share this information online nor outside the UU community. <u>To protect the rights of SWIMmers, you are not allowed to share the Mugbook.</u>

Auction

Once again our SWIM Auction will be happening. The auction will be online all during SWIM, so you can go there to see what's being auctioned, and to place your bid. Follow this link: The live auction, with Zeida Heavener as auctioneer, will take place during dinner on the last full day, New Year's Eve. Check out what amazing items will be available. Oh, and btw, you can help us out be donating some of those amazing items to be auctioned!

Closing Circle January 1 at 9:30 am



All good things must come to an end, they say. Join us in the morning on New Year's Day at 9:30 as we gather to say our good byes and to share our wishes for the New Year. No long drive home this year, so spend that time with us as we close out our special week together. We wish you a joyous 2022 as you depart from another loving and sharing experience with loved ones.

SWIM COMMUNITY BEHAVIORAL EXPECTATIONS

SWIM has long asked participants to sign a brief statement regarding appropriate behavior at SWIM. The following is an expansion of that statement. Our behavioral expectations are for the entire community. Even though we are meeting virtually, we still expect appropriate behavior among our participants.

SWIM COMMUNITY BEHAVIORAL EXPECTATIONS

SWIM is an intentional community. We expect behavior that contributes to the spirit of community rather than detracting from it. This is true even in our virtual community. We expect courteous behavior in all Zoom gatherings. Disagreements in our discussions are to be expected. We expect courteous disagreements and negativity directed at the ideas and not the person presenting them. Should harassment of any sort occur, the individual doing so will be warned. Should it continue the individual will be evicted by the host. Agreement with this is a requirement of registration.

PRINCIPLES OF THE UNITARIAN UNIVERSALIST ASSOCIATION



At SWIM, we subscribe to the Principles of the Unitarian Universalist Association, which form the basis for our concept of a loving, supportive community. The values and behavioral expectations of our community stem from these principles.

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

The inherent worth and dignity of every person;

Justice, equity and compassion in human relations;

Acceptance of one another and encouragement to spiritual growth in our congregations; A free and responsible search for truth and meaning;

The right of conscience and the use of the democratic process within our congregations and in society at large;

The goal of world community with peace, liberty, and justice for all;

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

We live out these within a "living tradition" of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. These are the six sources our congregations affirm and promote:

Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;

Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love; Wisdom from the world's religions which inspires us in our ethical and spiritual life; Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;

Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;

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.

See you next year in person at our Golden Jubilee!